

NEWSLETTER



2023 PAN AMERICAN GAMES

Kelsey Wog travelled to Santiago, Chile with the rest of team Canada to compete in the 2023 Pan Am Games! She came home with a silver medal in the 200 Breast, congratulations Kelsey! View the full results [here!](#)

SWIMMING CANADA

PARA CAMP

Last month Lily Rich and Karen Williams of the Para Storm Swim Club had the opportunity to attend a Swimming Canada Para Camp!

“Swimming Canada Para 20 point Relay Camp was focused on communication, processes and working together as a Relay Team. We all train as individuals, Relays provide us with an excellent opportunity to dial in on the importance of working together as a 4 person team.”
- Karen Williams



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SWIMMING CANADA TARGETED JUNIOR CAMP

Congratulations to Mia West who was recently selected by Swimming Canada to attend the Targeted Junior Camp, in October 2023 held in Toronto. A select number of swimmers were invited to this camp to train with National Team Staff.

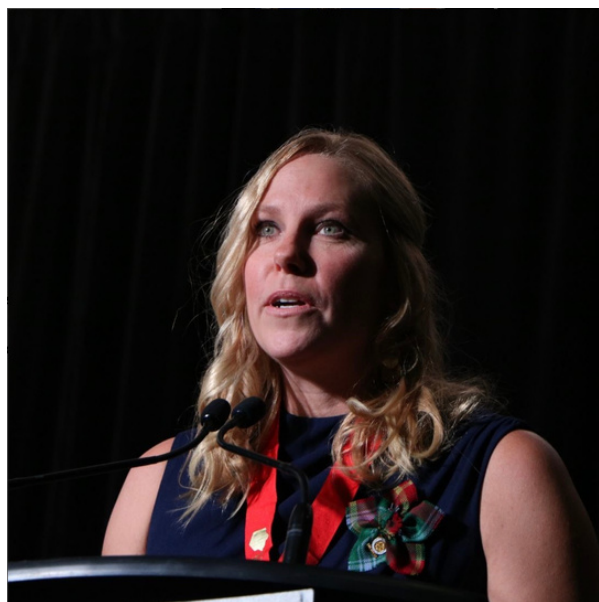
SWIM MEETS BEGIN!

The 2023/2024 swim meets have started with 300 swimmers attending the St. James Seals meet! Followed closely by the Bison Sprint meet which included the first Race League of the season which was packed with athletes attending their first meet!

Be sure to share your meets on social media and tag us @swimmanitoba



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SWIMMING CANADA TARGETED JUNIOR CAMP

On November 3rd Kelly Stefanyshyn, Olympic swimmer from Winnipeg, was inducted into the Sport Manitoba Hall of Fame! Learn more about Kelly's story [here!](#)

NEXT MONTH ON THE CALENDAR

24 - 25 Nov
1 - 3 Dec

Seals Last Chance Meet SEALS Winnipeg
Rural Round Up Invitational BBSC Brandon



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