

## Newsletter – September 25, 2021

### Welcome Back to a New Season!

Swim Manitoba is happy to see all its clubs back at the pool!

The staff and the Board of Directors would like to wish everyone a Happy Season!

Although we expect to have to adapt during this season to public health orders as they change during the season, we are confident that with the experience gained during the last 18 months, we will be able to cope more easily, and adapt quickly and effectively.

The competition calendar is now available on our website. The competition format may change in order to limit the number of participants and comply with public health orders, but we will do our best to provide competitive quality events in a safe manner for our swimmers.

Competition Calendar: <https://www.swimmanitoba.mb.ca/events-results>

### Awareness Campaign

Our Awareness Campaign is now up and running and will continue during the fall and beyond.

<https://www.letsgoswimming.ca/>



Follow us on our social networks and our website and share in large numbers!

[Facebook](#) – [Twitter](#) – [Instagram](#) – [www.swimmanitoba.mb.ca](http://www.swimmanitoba.mb.ca)

### National Coaches Week

September 18 to 26 is the National Coaches Week. Swim Manitoba wants to thank all the coaches in the province that make our sport possible, by helping our swimmers learn to swim and reach their full potential.

You are not only playing an indispensable role in our sport, but you are also playing an indispensable role in the lives of thousands of children, adolescents and young adults.

**Thank you, coach!**



## **Coaches Conference**

Swim Manitoba is hosting a coaches' conference October 15-16-17. Coaches of all levels are encouraged to attend!

For this first meeting in person since the beginning of the pandemic, we have decided to keep the costs very low- \$ 25 for the first coach from your club and \$ 15 for any other coach from the same club who signs up. Of course, a mask and proof of immunization will be required to attend in person.

Register today! <https://www.swimmanitoba.mb.ca/2021-coaches-conference>

## **Swimming 101**

Swim Manitoba will be offering Swimming 101 online coaching course on October 30-31 and November 6-7. All coaches requiring this course, including all new coaches can register here:

<https://edu.swimming.ca/index.php?page=245>

## **Office closed – September 30**

Swim Manitoba office will be close on September 30 for the first National Day for Truth and Reconciliation to honour the lost children and Survivors of residential schools, their families and communities.





## **Newsletter – October 8, 2021**

### **Parents in Sport Week**

It's Parents in Sport Week! We're celebrating all the parents out there who help make sports positive for kids. Here are a few ways to ensure everyone keeps the game fun, and our kids engaged and happy.

[How to create a positive sport experience from the sidelines](#)

**Thank you to all devoted parents who make participation in sports possible for our youth!**

### **Coaches Conference**

Swim Manitoba is hosting a coaches' conference October 15-16-17. Coaches of all levels are encouraged to attend!

The conference will be delivered in a hybrid version, online and in person. This means that coaches have the choice of attending the conferences online from home, or in person at the Holiday Inn hotel.

For this first meeting since the beginning of the pandemic, we have decided to keep the costs very low- \$ 25 for the first coach from your club and \$ 15 for any other coach from the same club who signs up. We will follow public health and facility requirements- a mask and proof of immunization will be required to attend in person.

Register today! <https://www.swimmanitoba.mb.ca/2021-coaches-conference>

### **Swimming 101**

Swim Manitoba will be offering Swimming 101 online coaching course on October 30-31 and November 6-7. All coaches requiring this course, including all new coaches can register here:

<https://edu.swimming.ca/index.php?page=245>

### **Junior and Senior Team**

The junior and senior teams have been selected and they will participate in a training camp on October 16 and 17. The complete list will be published in the near future, once all swimmers are properly registered on the Swimming Canada registration system.

Have a safe and happy Thanksgiving!



## **Newsletter – October 22, 2021**

### **Awareness Campaign**

We're happy to see member registrations returning to pre-COVID numbers this season. Good news for our clubs and our sport!

As you know, Swim Natation Manitoba launched an Awareness Campaign *Let's Go Swimming!* across the province in early September. The objectives of the campaign are:

1. To present competitive swimming as a fun, dynamic, inclusive, multifaceted sport for life, an individual sport within a team environment
2. To promote swimming as a life skill for all- everyone should know how to swim, the ability to swim saves lives
3. To educate on the role of SNM and that Manitoba swim clubs provide programs for all ages, and skill levels, delivered by certified swim coaches in a safe and friendly environment
4. To identify where/how to find a swim club

The campaign is primarily delivered through a variety of social media channels which directs individuals to a landing page and our website. Anyone requesting more information is answered by email.

So far, we are encouraged by the initial data from social media activity, and the number of responses to the program. The campaign will run for another few weeks. We plan to provide club presidents with a summary of the results at the conclusion of the campaign.

### **First Swim Meet of the 2021-22 Season**

At the start of the new season, we are happy to have the first scheduled competition since March 2020. The COVID-19 protocols have been put in place at the meet to provide a safer event for all participants, coaches, officials, and volunteers. However, this adds a lot of extra work for the hosting club. A big thank you to the St James Seals for organizing the meet. We hope everyone will have fun and enjoy it!

### **Swim Meet COVID-19 Protocols**

With the return to competition, it was important to work on consistent protocols for the upcoming competitions. We have worked with the Manitoba Swimming Official Association (MSOA) to develop safety protocols for all participants (swimmers, coaches, volunteers, and officials).

The COVID-19 safety protocols will be reviewed and updated as the public health orders evolve, and as we learn from each competitive experience.

The protocols as well as the best practices for officials are available on our website:

<https://www.swimmanitoba.mb.ca/return-to-play>

## Coaches Conference

The coaches' conference on October 15-16-17 was a success and the discussions were very interesting.

Thanks to the technology, we have been able to deliver the conference in person and online without any hitches!



## Swimming 101

The Swimming 101 course offered by Swim Manitoba on October 30-31 and November 7-7 has reached its full capacity. If some coaches need to take the course, they can look at the other options offered by other provinces online in the Swimming Canada course list:

<https://edu.swimming.ca/index.php?page=245>

## Junior and Senior Team

The junior and senior teams benefited from a training camp on October 16-17. It was great to see the swimmers in action again at a provincial team activity!





## **Newsletter – November 05, 2021**

### **Discounts on vehicle rentals**

Swim Manitoba is excited to announce we are now offering our members discounted vehicle rental rates through a partnership with Avis Budget Group and Swimming Canada.

Avis and Budget are here for you anytime and anywhere. As a Swim Manitoba member, enjoy up to 30% off Avis base rates when you PAY NOW using **AWD # F221807**. Visit [www.avis.ca/swimmb](http://www.avis.ca/swimmb) and book your vehicle rental today! For a unique and expedited experience, sign up for [Avis Preferred](#) and accelerate your rewards. As an added bonus, Swim Manitoba members can also enjoy up to 35% off Budget PAY NOW base rates by visiting [www.budget.ca/swimmb](http://www.budget.ca/swimmb) and using **BCD # B166107**.

The mobility landscape is rapidly changing, and Avis Budget Group is driving towards the future, focusing on reinventing the car rental experience. Data-driven intelligence, company digitization and a global footprint are enabling connectivity, convenience and choice.

[Travel safe](#) with Avis Budget Group, as they follow the precautions and guidelines set out by the World Health Organization (WHO).

Safe travels!

### **Paris & Beyond 2021 Virtual Distance Development Camps**

Congratulations to Mia West, Eric Dupre, Ava Thomson, and coach Tommaso Panizza who have been selected and invited to a Virtual National Camp hosted by Swimming Canada!

This camp consists of two virtual class sessions on Saturday 6th and Saturday 13th; during the first session swimmers will be given a week-worth of work to do with some test sets that need to be analyzed on the second week.

The camp will be jointly run by Distance and Open Water Coach Mark Perry and National Development Coach Ken McKinnon.

More details on the camp here: <https://www.swimming.ca/en/news/2021/11/04/swimming-canada-to-host-virtual-distance-development-camp-for-second-year/?fbclid=IwAR11PPilBbuuzJ-WW5l8eITf501giNucDI6L2t0GBkNJUxq7X1XdY9L1dEk>

### **Funding for new swimmers**

Since we have many new swimmers starting this season, we want to ensure our new members are aware that there are financial assistance programs for accessibility to the sport. Here are some existing programs:

KidSport - <https://kidsportcanada.ca/manitoba/winnipeg/>

Jumpstart - <https://jumpstart.canadiantire.ca/pages/individual-child-grants>

You can also look at different other grants too - [Grant opportunities for Sport in Manitoba](#)



### **Kids Help Phone**

Kids Help Phone e-mental health services are non-judgmental, and inclusive that is available to young people across Canada 24/7. This means they're there for all kids, teens, and young adults from coast to coast to coast.

You can contact Kids Help Phone for support for support with any issue, big or small. This includes topics like bullying and abuse, friends and family, emotional well-being and more! Kids Help Phone is there to support your mental health and well-being.

Kids Help Phone's e-mental health services include phone, text/message and online chat support. Their one-to-one services are free and available in English and French.

Services are available by:

Phone: 1 800 668-6868

Chat: <https://kidshelpphone.ca/>

Text: 686868

**Kids Help Phone** 



## **Newsletter – November 19, 2021**

### **New Health Orders**

On November 12 the government announced new public health orders. A significant change concerns the vaccination confirmation requirements of individuals ages 12-17. Beginning December 6, everyone participating in an indoor sport and between 12 and 17 years old will have to prove that they have either received, at a minimum, of a single dose of vaccine or proof of a negative test confirmed by a pharmacist in the last 72 hours.

#### **ORDER 14**

14(1) Except for ticketed sporting events under Order 16, indoor sporting and recreational facilities, including dance schools and martial arts studios, must not operate unless admission of members of the public to the facility is restricted to the following:

- (a) persons who produce proof of vaccination;
- (b) persons who produce proof from the Government of Manitoba that there is a medical reason for the person not to receive a vaccine for COVID-19;
- (c) persons under 12 years of age;
- (d) until December 5, 2021, persons who are at least 12 years of age but who have not yet reached 18 years of age;
- (e) on or after December 6, 2021, persons who are at least 12 years of age but who have not yet reached 18 years of age and who produce
  - (i) proof that they have received one dose of the Pfizer-BioNTech or Moderna vaccine for COVID-19, or
  - (ii) proof of a negative rapid COVID-19 test result within the previous 72 hours that is confirmed by a pharmacist.

Full PHO: <https://www.gov.mb.ca/covid19/prs/orders/index.html>

We are working with our partners, Sport Manitoba and the City of Winnipeg, to prepare for the changes, determine what types of documents will be accepted, and understand how the new orders will be applied.

We will send all relevant information to the clubs as it arrives.

### **Return to Play Protocol**

Following new public health orders, the return to play protocol has been updated.

We have also added COVID swim meet protocols including warm-up protocols for competitions.

All documents can be found on our website and are updated regularly. It is therefore important to consult them regularly.

<https://www.swimmanitoba.mb.ca/return-to-play>

### **Club Presidents and Head Coach meeting**

On November 18, Swim Manitoba had an information meeting with club presidents and head coaches.

The objective of the meeting was to share all the information we have on the various subjects affecting our clubs this fall, and to hear from the clubs on how the season is starting, and what issues are of concern.



**Canada Games Target Squad Camp**

On November 20, a camp will be held with 32 swimmers identified on the target squad for the next 2022 Canada Games.

More details on Identification and Games on our web page:

<https://www.swimmanitoba.mb.ca/canada-games>

**SWIM  
MANITOBA**





## **Newsletter – January 14, 2022**

### **Happy New Year**

The staff and Board of Directors of Swim Manitoba would like to wish all these members a very Happy New Year. May this year be filled with success and health for all.

### **Health Orders**

Public health orders from December 21 have been extended until February 1. Here is a summary of the orders that affect indoor sports:

#### **Indoor sport, including the Sport Manitoba facility:**

Except for ticketed sporting events under Order 16, indoor sporting and recreational facilities, including dance schools and martial arts studios, must not operate unless the operator

- ensures that the number of spectators at the facility does not exceed 50% of the usual spectator capacity of the facility or 250 people, whichever is less;
- restricts admission of members of the public to the facility to the following:
  - persons who produce proof of vaccination,
  - persons who produce proof from the Government of Manitoba that there is a medical reason for the person not to receive a vaccine for COVID-19,
  - persons under 12 years of age,
  - persons who are at least 12 years of age but who have not yet reached 18 years of age and who produce
    - proof that they have received one dose of the Pfizer-BioNTech or Moderna vaccine for COVID-19, or
    - proof of a negative rapid COVID-19 test result within the previous 72 hours that is confirmed by a pharmacist or by staff at a nursing station on a First Nation; and
- ensures that no tournaments are held at the facility. Tournaments are defined as a single or multi-day gathering of three or more sport teams, who come together outside regular league play, but does not include; a gathering where team members compete on an individual basis against members of other teams.

### **Multi-Clubs Activities Cancellation**

Swim Manitoba in conjunction with the host clubs have made the decision to cancel all in-person multi-club events through February 7 to respect the primary objective of the health orders and guidance from public health to reduce the number and length of contact between people in indoor spaces. The cancelled events include:

- January 8: Junior and Senior Team common training
- January 15-16: Marlins New Year Invitational + Masters New Year Invitational
- January 22: Racing League
- January 22-23: Junior, Senior Teams, and Canada Games Target Squad training. We are working to secure an alternate date with National Development Coach Ken McKinnon
- January 28-30: Manta Grand Prix
- February 4-7: Para Prospect West Camp, Edmonton; will be transformed into a virtual camp over two weekends, details to come.

### **Junior Provincials 2022**

Considering the current situation, Swim Manitoba has decided to postpone the Junior Provincials to February 25-27.



## **Newsletter – January 28, 2022**

### **Health Orders**

Public health orders have been extended today for another week, until February 8. Here is a summary of the orders that affect indoor sports:

#### **Indoor sport, including the Sport Manitoba facility:**

Except for ticketed sporting events under Order 16, indoor sporting and recreational facilities, including dance schools and martial arts studios, must not operate unless the operator

- ensures that the number of spectators at the facility does not exceed 50% of the usual spectator capacity of the facility or 250 people, whichever is less;
- restricts admission of members of the public to the facility to the following:
  - persons who produce proof of vaccination,
  - persons who produce proof from the Government of Manitoba that there is a medical reason for the person not to receive a vaccine for COVID-19,
  - persons under 12 years of age,
  - persons who are at least 12 years of age but who have not yet reached 18 years of age and who produce
    - proof that they have received one dose of the Pfizer-BioNTech or Moderna vaccine for COVID-19, or
    - proof of a negative rapid COVID-19 test result within the previous 72 hours that is confirmed by a pharmacist or by staff at a nursing station on a First Nation; and
- ensures that no tournaments are held at the facility. Tournaments are defined as a single or multi-day gathering of three or more sport teams, who come together outside regular league play, but does not include; a gathering where team members compete on an individual basis against members of other teams.

### **Team Manitoba Activities**

Since we had to cancel the in-person activities scheduled for January for the junior and senior teams as well as those of the Canada Games target squad, we have replaced these activities with three online conferences on mental preparation which will take place on January 29, February 12, and March 12.

### **Junior Provincials 2022 – February 25-27**

After opening to all clubs and following an application/selection process, the organization of the Junior Provincials has been assigned to the St. James Seals club who will work closely with Swim Manitoba.

A decision-making process regarding the holding of the competition due to COVID has been put in place. We have identified February 15 as the deadline for making the final decision on whether or not to hold the event.

### **ManSask Championship**

The event is still scheduled for March 17-20 at the Pan Am Pool, but we have secured the pool from March 31 to April 3 in case we have to postpone the competition.

Just like for the Junior Provincials, we have put in place a decision-making process for the holding of the event. We have identified the dates of February 15 for a first decision and March 1 in the event of a postponement.



## Contact Tracing and Self-Isolation

Here are the Public Health order protocols in relation to contact tracing, high-risk settings, and self-isolation and we felt the information would be beneficial to share with all of you.

First, some definitions:

The period of communicability is when you are most likely to spread COVID-19 to others. For those who are symptomatic, the period of communicability is from two days prior to the onset of symptoms through to 10 days from the start of your symptoms. For those who test positive and have no symptoms (asymptomatic), the period of communicability extends from two days before your lab test to 10 days after you had the test.

Close contacts are people who you have shared space with during your period of communicability. Specifically, these are people you were within two metres/six feet for a total of 10 minutes over a 24-hour period.

In most situations, public health officials will no longer be notifying close contacts. Confirmed COVID-19 cases will be asked to notify their own contacts.

Above is a flow chart on what to do in each scenario in regards to isolation. You can also view [the high-res PDF here](#).

Also to note is that the 5 days of isolation for positive cases is from symptom onset or test date, whichever is later and for fully vaccinated individuals only.

More info on isolation can be found at <https://www.gov.mb.ca/covid19/fundamentals/self-isolation.html>.

Sport Manitoba website has a designated COVID-19 blog dedicated to the most up-to-date guidelines for sport, you can refer to at any time: [sportmanitoba.ca/covid-19/](https://sportmanitoba.ca/covid-19/)

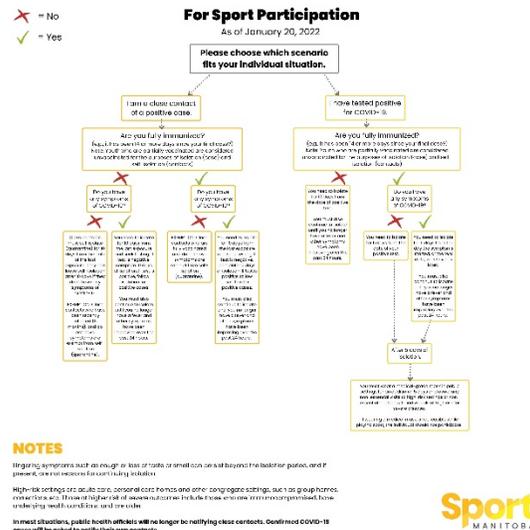
Remember that Swim Manitoba updates its return to play when public health orders change.

<https://www.swimmanitoba.mb.ca/return-to-play>

## Coaching Opportunities

We remind you that there are regular coaching opportunities announced on our website, do not hesitate to consult them:

<https://www.swimmanitoba.mb.ca/coaching-opportunities>



Click the image to open in full size

## **Newsletter – February 11, 2022**

### **Swim Manitoba Announcement**

Brian Leier, Executive Director Swim Manitoba, has announced his retirement effective **May 1, 2022**. We would like to thank Brian for his hard work and dedication to the sport of swimming in Manitoba over the past 5 years. He will be missed!

The SNM Board will be recruiting for and selecting a replacement with the assistance of the recruiting firm Summit Search Group. The posting is targeted to be available on various websites, including the Swim Manitoba site, on Monday, **February 14th**. All inquiries or submissions are to be directed to Summit Search Group.

### **Health Orders**

New public health orders have been in effect since February 8. Changes for sport include lifting restrictions on tournaments and spectator capacity. The complete PHOs can be viewed here:

<https://www.gov.mb.ca/covid19/prs/orders/index.html>

### **Return to Play Protocol**

Following the new health orders, we have updated our Return to Play Protocol. You can consult them on our website:

<https://www.swimmanitoba.mb.ca/return-to-play>

We will review the changes announced today and provide an update when the official orders are released.

### **Junior Provincials and ManSask Championships**

Junior Provincials are still scheduled for February 25-27 at the Pan Am Pool - Training Tank.

ManSask Championships are still scheduled for March 17-20 at the Pan Am Pool.

A decision-making process regarding the holding of the competitions due to COVID has been put in place. We have identified February 15 as the deadline for making the final decision on whether or not to hold both events.

### **Events Live Streaming**

We received confirmation from the City of Winnipeg this week that we will be allowed to film (live stream) our Junior Provincials and the ManSask Championships. Great news for families and friends of our swimmers who want to watch the live racing remotely! We will be working with a livestreaming provider to cover both events.

### **Louis Riel Day**

Swim Manitoba wishes everyone a very happy Louis Riel Day on Monday, February 21st.





## **Newsletter – March 4, 2022**

### **Swim Manitoba Job Posting**

Following the announcement in the last newsletter of the retirement of our Executive Director of Swim Manitoba, Brian Leier, here is a link to the job posting via the recruitment firm Summit Search Group. All inquiries or submissions are to be directed to Summit Search Group.

<https://summitsearchgroup.com/job/executive-director-winnipeg-mb-w970/>

### **Health Orders and Return to Play Protocol**

New public health orders came into effect March 1. Changes for sport, include lifting most restrictions except for the requirement to wear masks in public places. The complete PHOs can be viewed here:

<https://www.gov.mb.ca/covid19/prs/orders/index.html>

Following the new health orders, we have updated our Return to Play Protocol. You can consult them on our website:

<https://www.swimmanitoba.mb.ca/return-to-play>

### **Junior Provincials**

187 swimmers participated in the Junior Provincials last week, February 25-27. It was great to have our swimmers back racing. The meet went well, thanks to the hard work of all the volunteers. Thank you to those individuals from a number of clubs who stepped in to help over the weekend. For all results, please visit our webpage:

<https://www.swimmanitoba.mb.ca/junior-provincials>

### **Canada Games**

Swimming is featured in [Team Manitoba's](#) latest News Post in preparation for the Canada Games.

Go Toba Go!

<https://www.sportmanitoba.ca/swimming-2022-canada-summer-games/>



## **Newsletter – March 25, 2022**

### **ManSask Championships**

**Thank you!** The ManSask Championships are now behind us, but it's important to thank and recognize all the officials and volunteers who worked all weekend to make this championship possible.

**Congratulations!** Congratulations to the **Manta Swimming** club for earning the top honors of the best club of the championship! They are the first Manitoba club to earn this honor in several years.

**Congratulation!** Congratulations to the University of Manitoba Varsity Swim Team for earning the honor of the best small club of the championships!

**Congratulations!** Congratulations to Halle West, Mia West, Rimnso Nkechika, and Ben Lang, all from MANTA, who win the Overall Individual High Points Awards! Also, congratulation to Kelsey Wog (UM) who wins the Betty Lou Dean Award!

You can find full club ranking on our results page: <https://www.swimmanitoba.mb.ca/results>

You can find all the awards winners on our awards page: <https://www.swimmanitoba.mb.ca/awards>

### **Health Orders and Return to Play Protocol**

Following the end of public health orders on March 15, we have updated our return to play protocol, as well as the swim meet COVID protocol. You can find them on our website:

<https://www.swimmanitoba.mb.ca/return-to-play>

We remind you that the end of public health orders does not mean that the virus has disappeared. The health and protection of our members remain our priority.

Several elements related to public health orders have been removed from the RTPP. We are transitioning to an education, guidelines, and recommendations approach, as most governments currently do. In this spirit, we always encourage our members to keep good habits to reduce the risk of spread. These measures include but are not limited to, hand washing, vaccination, wearing a mask, and social distancing.

As mask requirements are removed, it is important to note that swimmers, coaches, officials, and volunteers can continue to choose to wear masks, based on their individual risk and personal preference. We ask our members to be respectful and supportive of each other's decisions.

A question that has been raised often is what about isolation for people who test positive? Here is what we can find on the government website, which is also reflected in our RTPP:

Effective March 15, the public health orders for isolation of individuals who have tested positive for COVID-19 are being removed. The orders are being transitioned to public health guidelines, similar to how other communicable diseases are managed.



Isolation for COVID-19 is still advised:

- People with symptoms should stay home and isolate for five days after symptoms start, until you have no fever and other symptoms have improved over the past 24 hours.
- Individuals who have tested positive but do not develop symptoms should isolate for five days from the date of the test.
- Individuals should wear a well-fitting, well-made mask if you must have contact with other people while you are ill, when your isolation is finished, for 10 days after the onset of your symptoms, or test date if asymptomatic.
- People who have symptoms or test positive should avoid non-essential visits with higher-risk people or at higher-risk settings for 10 days after the onset of their symptoms, or test date if asymptomatic.

### **Date change - Meet Schedule**

Please note that there are two date changes to the Meet Schedule in the next month:

- The March 12 **racing league** hosted by Selkirk has been moved to **April 23** at the **Selkirk Community Pool**.
- The **Marlins Sprint/Distance** have moved from April 16-17 to **April 9-10**, in the training tank.

To consult the complete 2021-2022 Swim Manitoba Meet Schedule:

<https://www.swimmanitoba.mb.ca/events-results>

### **Mental Health**

As a swim coach, caring for your mental health is important, for you personally, and , it can improve your ability to coach!

Infograph: [@believeperform](#)

(see next page)



# 11 WAYS LOOKING AFTER YOUR MENTAL HEALTH CAN IMPROVE YOUR COACHING



Feeling confident allows you to feel more in control of situations



Staying in the present moment allows you to truly watch and listen



Regularly using coping skills helps you to manage stress and pressure effectively



You will be more physically active which helps to provide you with more energy



Using coping skills allows you to enjoy the challenge of problem solving



Helpful thoughts allow you to assess performance effectively



Feeling in control of your body will help you to manage stress



@BELIEVPHQ



Positive behaviours allow you to create a positive motivational climate



A positive mood allows you to be proactive in developing positive relationships with athletes and staff



Experiencing positive emotions allows you to be confident in demonstrating your skills and expertise



A positive attitude helps you to be more creative





## **Newsletter – April 15, 2022**

### **New Executive Director**

We, the board at Swim Manitoba, are pleased to announce that Lainie Wintrup has accepted the role as Executive Director. Lainie is a seasoned sport management leader, moving from her role as Executive Director of Ringette, Manitoba. She has experience in sport marketing, sponsorship, youth programming and long-term athletic development for all ages. Her experience working with Sport Manitoba as well as her passion for sport will be an asset as she works with the current Swim Manitoba staff to support and grow swimming in Manitoba

Lainie will be starting on April 18th, transitioning responsibilities until the current Executive Director's last day April 29th.

### **2022 Canadian Swimming Trials**

**Congratulations** to all Manitoba swimmers for their performance at the Canadian Swimming Trials!

#### From Manta:

Mia West:

- qualified for two super finals
- 1 junior bronze medal
- 3 junior finals
- 200 IM (bronze junior), 50 free (26), 100 free & 200 free (7 junior), 100 fly (6 junior), 200 fly (8)

Halle West:

- 2 junior finals
- 3 provincial records
- became the fastest 13-year-old Canadian female swimmer in the 200 IM
- 200 IM (6 junior), 100 BR (6 junior), 200 BK (8 junior), 50 free (26), 100 free (13), 200 free (22), 200 BR (29)

Ava Thomson

- 2 best time on two events
- 200 breaststroke (22) and 100m breaststroke (23)

Eric Dupre

- 1 junior bronze medal
- 1 junior final
- 3 best time on three events
- 1500 free (bronze junior), 800 free (4 junior), 400 free (6 junior)



From University of Manitoba Bisons:

Kelsey Wog:

- 1 Gold medal
- 1 Bronze medal
- 200 BR (Gold), 100 BR (Bronze)

Daniel Boguski:

- 1 final B (11<sup>th</sup> in total in the 50m freestyle)
- 1 best time
- 50 free (11), 100 free (27), 50 fly (33), 50 BR (45)

## **National Team Selection !!!**

**Congratulations** to Kelsey Wog and Coach Vlastimil Cerny [University of Manitoba Bison Swimming](#) on their nomination to the FINA World Championships team! 🏆🏆🏆

**Congratulations** to Mia West, Eric Dupre, and coach Tommaso Panizza [Manta Swimming](#) on their nomination to the Pan Pacific Junior Championships team! 🏆🏆🏆

We wish you all the best of luck! Manitoba is very proud of you!

## **Swimming 101**

You want to become a coach! Swim Manitoba will offer a Swimming 101 coach course online over two weekends, May 13/14 and June 3/4.

To register: <https://edu.swimming.ca/index.php?page=245>





## **Newsletter – May 13, 2022**

### **Swim Natation Manitoba AGM**

Swim Natation Manitoba will host our AGM virtually on Wednesday, June 15 at 7:00 pm CST.

All details and documents can be found on our website: <https://www.swimmanitoba.mb.ca/agm>

### **Niagara 2022 – Canada Summer Games**

Don't miss the announcement of the swim team that will represent Manitoba at the 2022 Canada Games in the Niagara region. **This announcement will be made on Tuesday, May 17.**

### **2022-2023 Swim Manitoba Scholarships**

Swim Manitoba is pleased to announce that the Post-Secondary Scholarships are now open for application. The application deadline is June 15, 2022 at 4 p.m. CST.

Access the application forms: <https://www.swimmanitoba.mb.ca/scholarships>

### **Congratulations**

**Congratulations** to Halle West who received a Swimming Canada card following her performance at the Canadian Trials in early April.

She is the third Manitoban to receive carding this season and joins Kelsey Wog and Mia West who received their cards last fall.

### **Modification - Meet Schedule**

Please note that there are two modifications to the Meet Schedule in the next month:

- The **Marlins Racing League** of May 29 has been cancelled.
- A **Racing League** meet has been added to the meet schedule on **June 4** and will be hosted by DSSC at the **Selkirk Community Pool**.

To consult the complete 2021-2022 Swim Manitoba Meet Schedule:

<https://www.swimmanitoba.mb.ca/events-results>

### **Swim Meet Protocols**

Please note that the **swim meets protocols** have been updated. You can consult them on our website:

<https://www.swimmanitoba.mb.ca/return-to-play>



## **Newsletter – June 17, 2022**

### **Swim Natation Manitoba AGM**

The Swim Manitoba AGM was held on June 15th. Please welcome our new Board of Directors.

President:	Janice Kostelnyk	Director:	Kevin Bruce
Treasurer:	Chris Kushka	Director:	Vacant
Secretary:	Danielle Kerr	Director:	Vacant
Director:	Andrea Tetrault		

Following the AGM, two positions remain vacant. The Board of Directors and Membership will work in the coming months to recruit new members.

Swim Manitoba is pleased to announce that the President now has a Swim Manitoba email address to receive and answer questions from members. The president can be contacted at this email address: [president@swimmanitoba.mb.ca](mailto:president@swimmanitoba.mb.ca)

### **Summer Swim Program**

We are pleased that the summer swim program is back into action with seven clubs registered. We are pleased to welcome Hamiota to the Summer Swim Family as our newest addition to Summer Swim MB. We are excited to announce 5 competitions on the Summer Swim 2022 schedule! For more information and updates, please visit our website.

Watch for Danielle and the rest of the Swimming Matters crew at one of our Summer Swim Competitions!

Following the fun on our social media feeds.

Swim Manitoba is also proud to announce the addition of Kendall Reimer as the new Summer Swim Coordinator for the 2022 season.

Join us in welcoming her and take the time to learn more about her by reading her introductory remarks on our website:

<https://www.swimmanitoba.mb.ca/summer-news-updates>

### **Grants**

#### **Coach & Official Assistance Grant**

Sport Manitoba Coaching is now overseeing the Coach & Official Assistance Grants! This grant reduces barriers for individuals at the community level, so they can focus on training, evaluation, and sport development. Coaches/officials or organization's applying on behalf of these individuals (4 max) can apply via this link:

[Coach & Officials Assistance Grant](#)



## Community Sport Development Hosting Grant

A subsidy program designed to support organizations in hosting of sport technical courses/clinics for coaches and officials.

[Community Sport Development Hosting Grant](#)

## Congratulations

Congratulations to Avery Lindgren of [Para Storm Swim Club](#) who is the [CTV News Winnipeg's](#) Sport Star of the Week!

<https://winnipeg.ctvnews.ca/.../sport-star-of-the-week>

## Indigenous History Month

June is Indigenous History Month. Take time this month to learn about the history of Indigenous peoples in Manitoba and Canada and celebrate your Indigenous athletes, coaches, officials and volunteers!

- Watch the virtual session titled: [A Path to Reconciliation in Sport](#)
- Learn about the [TRC Calls to Action \(87-91\)](#) related to sport
- Learn more about the [Manitoba Aboriginal Sports and Recreation Council](#)

## Pride Month

June is Pride Month! Learn more about the 2SLGBTQIA+ community and how you can create a more inclusive environment in sport.

- Check out the 2SLGBTQ+ Sport/Recreation Inclusive Resources created by the Rainbow Resource Centre [here](#)
- Read Canadian Women & Sport's publication titled: [Leading the Way: Working with LGBT Athletes and Coaches](#)



## Newsletter – July 15, 2022

### ManSask Championships

The ManSask Championships were held in Saskatoon July 7-10. Manitoba's swimmers and teams performed well. Congratulation to all participants!

### Congratulations to the Manitoban swimmers who won the Overall Individual Hight Points Awards in their category:

Female 13-14: Halle West Manta Swimming  
 Female 15&O: Mia West Manta Swimming  
 Male 13&U: Rimso Nkechika Manta Swimming



Also, congratulations to Mia West who wins the Betty Lou Award (highest scoring swim on the FINA charts) with her performance in the 400 IM in 4:52.70 for 753 points!

### Congratulations to the Manitoba Provincial Hight Point Age Group Award Winners:

Female 12&U: Cate Liebrecht Selkirk Dolphins Swim Club	Male 13&U: Rimso Nkechika Manta Swimming
Female 13-14: Halle West Manta Swimming	Male 14-15: Tam Doan Manitoba Marlins
Female 15&O: Mia West Manta Swimming	Male 16&O: Eric Dupre Manta Swimming
Female Para: Lily Rich Para Storm Swim Club	Male Para: Matt Miller Para Storm Swim Club

### Congratulations to St James Seals Swim Club who won both the Manitoba Small Club Award and the Overall Top Small Club Award!

### Congratulations to Manta Swimming who won the Manitoba Large Club Award!

### Provincial Records

#### New records in "Manitoba Provincial Age Group 13-14 Records"

13-14	Women	LC	100m	Breaststrok	01:12.5	07.04.2022	Victoria	WEST,	Halle	MANTA
13-14	Women	LC	200m	Medley	02:18.2	05.04.2022	Victoria	WEST,	Halle	MANTA
13-14	Women	LC	200m	Medley	02:19.7	05.04.2022	Victoria	WEST,	Halle	MANTA
13-14	Women	LC	200m	Freestyle	02:05.5	03.06.2022	Vancouver	WEST,	Halle	MANTA
13-14	Women	LC	200m	Freestyle	02:05.7	03.06.2022	Vancouver	WEST,	Halle	MANTA
13-14	Women	LC	50m	Breaststrok	45:36.0	09.07.2022	Saskatoon	WEST,	Halle	MANTA

#### New records in "Manitoba Provincial Age Group 15-17 Records"

15-17	Men	LC	4x50m	Freestyle	01:38.0	29.05.2022	Winnipeg	UMAN		UMAN
										<i>(Stacey, Brayden; Unrau, Ty; Reimer, Gavin; Edinisinghe, Senuth)</i>
15-17	Men	LC	4x50m	Medley	01:50.6	28.05.2022	Winnipeg	UMAN		UMAN
										<i>(Edinisinghe, Senuth; Halayko, Martin; Stacey, Brayden; Unrau, Ty)</i>
15-17	Women	LC	4x50m	Medley	02:00.8	09.07.2022	Saskatoon	Manta		MANTA
										<i>(West, Halle; Kehoe, Gracy; West, Mia; Nkechika, Chizamekpere)</i>

## Summer Swim Program

The summer swimming season is underway, and the activities and fun are just beginning!

Swim Manitoba was in Beauséjour to give the first clinic of the summer swim season to Beausejour Otter's Swim Club. Thank you for the welcome to this magnificent outdoor swimming pool!



## Win a VIP experience!

For the first time in our organization's history, Swimming Canada is holding an online sweepstakes from July 4th-July 28th. Join us as we raise funds to help swimmers at all levels reach their goals and share in their success on the podiums leading up to, and including, Paris 2024.

Not only will every sweepstakes ticket purchased support the advancement of swimming programming across the country, from the grassroots to the National Team – it will also give YOU and a guest a chance to experience the FINA Swimming World Cup 2022 - Toronto from October 28th-30th as VIP guests. **The inaugural sweepstakes Grand Prize includes a meet-and-greet with select FINA star athletes, hotel accommodations for 3 nights, airfare for 2, and VIP tickets to all sessions at the FINA Swimming World Cup 2022 - Toronto.**

With tickets starting at just \$10, individuals can support swimming in Canada by [purchasing tickets here](#). Entering the sweepstakes will directly benefit our efforts to inspire Canadians through world leading performances to embrace a lifestyle of swimming for inclusion, health, and fun!

In addition to the overall prize, two early bird prizes of athlete signed racing suits will be drawn. The first early bird prize was drawn on July 11th at 9:00am ET. The second early bird prize will be drawn on July 18th at 9:00am ET. The winning numbers will be posted on [swimming.ca/sweepstakes](http://swimming.ca/sweepstakes) and through all Swimming Canada social media accounts.

All early bird ticket buyers will be automatically entered to win the overall Grand Prize. The Grand Prize winner will be announced on July 28th at 5:00pm ET.

[Click here](#) for complete set of rules and regulations and to purchase your tickets today. Contest is open to all residents of Canada, excluding those in the province of Quebec, and participants must be 18 years of age or older to enter. Be sure to follow Swimming Canada's social media accounts for winning ticket numbers and other important announcements.



### **Drowning prevention**

All clubs are invited to participate in Lifesaving Manitoba's Awareness campaign photo on Sunday, 17<sup>th</sup> July, NOON, in front of the iconic WINNIPEG located at the Forks!

Clubs are encouraged to bring a banner, make a sign, or come dressed in team club clothes with a visible logo, to take part and support this worthwhile campaign!

A photo will take place at The Forks at the huge Winnipeg sign by the Scotiabank Stage which thanks to the City of Winnipeg will be lit in Lifesaving Society blue for a photo to be used on social media. Photo to take place at NOON.

Should members of your club not be able to attend, virtual support with photos from home pools, the favourite swimming spot at the lake/cabin showing their support for the value of knowing how to swim, and drowning prevention are encouraged and shared through your club social media accounts with supporting social media tags.

**#NDPW2022 #SNPN2022 #drowningispreventable #drowningprevention #learntoswim** (feel free to add hashtags of your own)

Mentioning Lifesaving Society Manitoba will ensure that someone at the Lifesaving Society will see the post, enabling us to retweet, like, or share the content.

**Facebook:** lifesaving.mb

**Twitter:** @LifesavingMB

**Instagram:** lifesavingmb

You can find out more about  
National Drowning Prevention Week 2022 at:  
<https://lifesaving.mb.ca/lifesaving-society/ndpw/>



### **Scholarships**

Congratulations to our four scholarship recipients for 2022-2023!

Gavin Reimer  
Brayden Stacey  
Indigo Halldorson Haines  
Kara Dziadek





## Newsletter – August 18, 2022

### Canada Summer Games

Congratulations to all members of the **Team Manitoba** swim team at **Niagara Canada Games 2022** for their extraordinary performance!

The team won 13 medals, which is the second most in history for the swimming team at CSG. 🏅

In addition, the 8 medals won in the swimming pool by the swimmers of the Olympic program constitute a record!!! 🏅🏅



Team Manitoba - Swimming  
Medal history

	Gold	Silver	Bronze	Total
2022	6	4	3	13
2017	4	2	3	9
2013	3	4	5	12
2009	2	4	1	7
2005	3	0	0	3
2001	9	6	5	20
1997	4	2	0	6
1993	0	0	1	1
1989	2	1	2	5
1985	0	0	0	0
1981	0	0	0	0



Thanks to the coaching staff, manager, personal assistant, and the mission staff for their amazing job!

Thank you to all the family members who supported and encouraged the swimmers throughout the adventure and their journey.

### Canada Games: By the Numbers

30 – number of swimmers representing Team Toba

9 – number of coaches/manager/personal assistant

6 – number of female coaches/manager/personal assistant

13 – number of medals won by the swimming team, the second highest total of medals by a Manitoba swim team at Canada Games (🏅🏅🏅🏅🏅🏅🏅🏅🏅🏅🏅🏅)

5 – number of medals won by Teagen Purvis, including four gold (🏅🏅🏅🏅🏅)

8 – the number of medals won by the Olympic program, which is the best collection for the Olympic program in history (🏅🏅🏅🏅🏅🏅🏅🏅)

25 – the number of years separating the last men's swimming medal from the Olympic program won in 1997 by Owen MacGregor and those won by Eric Dupre (🏅🏅)

5 – the position the Manitoba swim team finished in the provincial standings



## 2022 Canada Games

### Swimming Team Announcement



### Swimming 101

Swim Manitoba will be hosting a Swim 101 course the first week of September. Register quickly, places are going fast. To be able to register, you must have completed your pre-course workbook:

<https://edu.swimming.ca/index.php?page=252>

List of courses and registration: <https://edu.swimming.ca/index.php?page=245>

## 2022 Summer Swim Season

The season started off strong with a clinic in Beausejour, the skills we practiced there were then put into use at swim meets!

The first of 5 meets started in Treherne with 52 participating athletes. Next up was Winkler with 84 participating athletes, followed by Manitou with 57 participating athletes and finally Neepawa with 79 participating athletes! Swan River had a clinic following Neepawa to get some Breaststroke and Butterfly practice.

This Sunday we will finish off the season with the championship meet in Beausejour!

This year Summer swim created a spirit award, adopting the True Sport principles to focus on the values that make our sport so great! Go for it, play fair, respect others, keep it fun, stay healthy, include everyone and give back are the principles that we are highlighting this year and in future years!



## 2022 Coaches Conference!

The coaches conference will be held October 14-16 in conjunction with the junior and senior team camp.

**Put these dates in your agenda!**

The conferences will take place at the Holiday Inn South in the Conference Theater while the practice sessions with the junior and senior teams will take place at the Pan Am pool.

As a speaker this year:

- Ken Mckinnon – National Development Coach, Swimming Canada
- Lindsay Berard – Mental Performance Consultant, Toogood Consulting inc.
- Michel Bérubé – Next Gen and Pathway Coach Paralympic, Swimming Canada
- Vlastimil Cerny – Head Coach, Bisons Swimming – Assistant coach, World Championships
- Tommaso Panizza – Head Coach, Manta – Assistant coach, Jr Pan Pac Champs

For more details and to register: <https://www.swimmanitoba.mb.ca/2022-coaches-conference>



## **2022 Awards Banquet**

The Awards Banquet is back!

**Put October 16 in your agenda!**

More detail to come, stay tune...

You have until September 23 to send us applications for the following awards:

- Development Coach of the year
- Eric Suthon Memorial Award
- Sprot Person of the year

Application forms and details about the Awards Banquet can be found here:

<https://www.swimmanitoba.mb.ca/awards-banquet>

Looking forward to seeing many of you there!

## **2022-2023 Meet Schedule**

The 2022-2023 meet schedule is now available on our website:

<https://www.swimmanitoba.mb.ca/meet-schedule-results>

Please note that the schedule is subject to change.