



Roy van der Sluis  
Red Deer Masters Swimming  
"Silver Sharks"  
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## NEWS LETTER

November 29, 2021

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### **Awesome start to our 2021 – 2022 swim season**

I hope this newsletter finds you well and safe. Our swim practices have been running great with some tough workouts of late, for those of you sitting on the sidelines, get yourself out to practice!! We have quite a few new members, so a warm welcome to all of you.

We are very fortunate to have Mandi Smith joining our coaching team this year. She is an extremely accomplished coach, training many athletes at the university level, she has been part of the National High Performance program., AND named to Swimming Canada's Select Coaches Group. Mandi has been very beneficial to our club, and more importantly to us swimmers.

### **1. Dry-land Training**

Candace is leading our Dry-land training Thursdays from 7:00-7:30pm. Candace, along with guidance from Mandi, has developed a great conditioning routine. The exercises vary somewhat every week, and so we encourage all Silver Sharks to come out. It is a great warm up before practice and helps with strength and injury prevention as well.

### **2. Suit order time (with Team / Club logo)**

Chantal will be placing a team swimsuit order in the first week of January. Q Suits are good quality and reasonably priced. The suits are also uniquely designed just for us! Cost will be approximately \$100 for women and \$70 for men plus tax and shipping. If

you want a suit, please let Chantal know, ideally by Thursday, December 23 (last day of practice for the year). You can reach Chantal Boos directly at [chantalmcboos@gmail.com](mailto:chantalmcboos@gmail.com).

### **3. Thursday Night Socials**

Our Thursday night socials are back on. Come join us after practice at OJ's (Original Joe's). Even if you can't make the practice, come on out! It's a great way to catch up with old friends.

### **4. Holiday / Winter Social**

Details to follow, but the plan is:

Date & Time: Sunday December 19<sup>th</sup> (3:30 PM start time)

Place: Original Joe's, 4720 51 Ave, Red Deer, AB T4N 4H1

### **5. Mini Meet**

Our first mini meet for this season has been scheduled for this Tuesday, November 30<sup>th</sup> at 7 PM. This event is open to all members, regardless of what session you have signed up for. This timed meet is a relaxing and friendly event. No pressure, no stress. Just pure fun!

We will start with a 15-minute warm up.

Then you sign up for either 50m or 100m events, including some fun relays.

It is great fun, and you get an idea of what your times are and maybe set some new goals. If you do not wish to partake, we still need a couple of people to help us time so come out and cheer your fellow sharks on!

#### ***What To Bring:***

- Extra towel
- T-shirt or swim parka to stay warm on deck
- Flip flops / Slides / Deck Shoes
- Smile and enthusiasm
- A loud voice to cheer on your fellow swimmers

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