

## NEWSLETTER

Head Coach

2020 NOV - DEC

New Season: 2020-2021

## GRATITUDE

We are grateful for our blissful Sep-Oct pool time. Time together as a Team, Time to remember the freedom and joy the pool brings to each of us.

November

## AWARENESS



Remembrance Day  
Every Child Matters  
Epilepsy Month  
Stop Violence against Women



**#SWIMAGAIN CHALLENGE**  
**DÉFI #NAGERDENOUVEAU**

PSSC participated in Swim Canada's National Challenge in Oct.

So great to see everyone giving their all during the challenges.

### Well done Team !

A random draw by Swim Canada saw Lily receive some Speedo schwag.

**SPEEDO #RACEAGAIN CHALLENGE – INTRO**

So looking forward to getting back to pool for training and next opportunities with Virtual racing.

### Social Media



The teams Social Media presence is increasing! **Thank you Kate** for your continued work on ensuring we are moving forward with this important aspect of Phase 1. **Thanks so much to everyone** for stepping up and pushing our image forward. Keep up the great work !

*Life with Intension*



*- POOL Time -  
Short lived but loved ✓*

## Happy Hanukkah Merry Christmas

Tue - Thu **Team ZOOM Workouts**

Nov 3 - Team resumed twice weekly Zoom workouts. This is going very well & we are ramping up the intensity as we anticipate return to pool.



We have added once per month, athlete driven programming. Athletes are asked to bring their favourite exercise to share with the team. Athletes are expected to describe and demo the exercise as well as identify the muscle group being worked on.

**Our Team Workouts help us stay connected as a Team, keep us physically moving and challenging ourselves to stay pool ready!**

**Thank you Meaghan** for putting together another 2 months of tremendous Team Zoom Workouts, so appreciate all you do!

Wed **Competitive Team Zoom Workouts**

Nov 4 - Para 1 resumed advanced dryland training with Karen to ensure we don't lose strength and conditioning gained. This too is ramping up to ensure we are ready to restart on the fly at the Performance Centre and Pool. The athletes are doing well and challenging themselves with the additional demands as we continue building strength and movement skills.

### Boni Vital Pool Update

Last conversation with Boni Vital Pool - mid January they will have all renovations and upgrades complete. I drove by Boni Vital in Dec and the construction fences have been removed!

Dec 14 - **Congratulations to Ella and Josh** on their nomination to the 2020-2021 Swim Manitoba Team! Ella with her two newly minted ManSask time standards from last season & Josh holding his qualifying event times, both have been named to the Swim Manitoba Team. First up for them, a Zoom meeting with guest speaker Kelsey Wog sharing her ISL experience from Budapest in Nov. Along with their first athlete funding cheques from Swim MB!



**\* Shout Out to our President \***

**Thank you Gavin** for the amazing amount of work you put forth for PSSC & MCPSA. A tremendous amount of hours, effort and dedication, we appreciate all you do!