



# The Tritons SPLASH

## From the Registrar:

As you are all certainly aware, all training has been officially paused. We are hopeful that we will be back in the pool after restrictions ease and we are safe to do so. Please note that the April payments have been processed. April payments reflect your swimmer's April training. All other upcoming payments have been paused until further notice.

If you have any questions or need clarification on the payments, do not hesitate to contact the registrar at [registrar@tritons.ca](mailto:registrar@tritons.ca)



## TRITONS DEEP DIVE AT DAVID FRY PROVINCIAL CHAMPIONSHIPS



By Mike Glenn

The David Fry Swim meet has been a TRITONS favourite each year. Typically swimmers from all over the province and even clubs from outside our borders, attend this meet to celebrate a love of swimming and compete with age-group swimmers. But what really brings us together is to celebrate

## Catch the Next 50/50 Draw and Support the Tritons!



Catch the next 50/50 Draw  
 The Wolfville Tritons could use your support! Simply go to our Sport Split page: <https://sportsplit.5050central.com/?olc=WolfvilleTritonsSwimClub>

Sport Split is a province-wide multi-sport online 50/50 draw to help teams, clubs and organizations raise funds. Our team will receive 70 percent of the profits from every ticket we sell. The holder of the winning ticket will receive 50 percent of the ticket revenue.

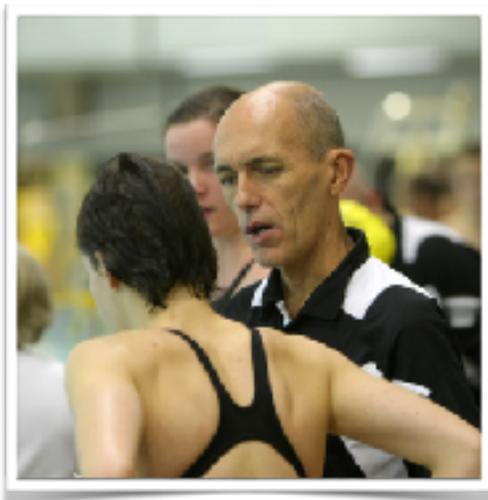
Tritons Swim Club wish to express our gratitude to our sponsors:

- AQUA VALLEY WATER
- GATES INSURANCE
- HOME HARDWARE
- WOLFVILLE SUBWAY

the life of David Fry. The **David Fry** Swim Meet has become one of the most revered of meets within our province each year and this year, due to COVID our meet was held online and fans watched events live on Facebook. The Tritons did extraordinarily well this year. Some highlights are listed in Coach Hayden's Coach's Corner so be sure to keep reading!!

Many of our younger families may not know who David Fry is, what he meant to Nova Scotia swimming and his personal connection to the Tritons.

Fry's contributions to the sport can be seen at provincial, national and international levels following a 40 plus year long career in the sport. His dedication as a coach, administrator and educator is certainly illustrated in his numerous Coach of The Year honours and countless other awards in the sport.



*David Fry - Tritons Alumni*

David Fry swam for the Acadia Axemen swim team during his undergraduate studies at Acadia. He

began making an indent on our own club by coaching the Wolfville Tritons Swim Club while studying at Acadia. In 1972, he graduated from Acadia and moved to Halifax where he began coaching for the Dartmouth Crusaders.

Fry's contributions to swimming were not only shown in the development of each club he lead, but in 1995, he and Hall of Fame swimmer **Virginia Smith** conducted research on gender equity in swimming for the Canadian Association of the Advancement of Women in Sport and Physical Activity,

which was specifically focused on the treatment of female athletes and coaches across the nation.

Following his death in 2015, the April swim meet was named after this Tritons Alumni in recognition of his extraordinary accomplishments as a leader in swimming and coaching. Some of these accomplishments include winning Dalhousie Coach of the Year (a record five times), AUS Coach of the Year 11 times for both men's and women's swimming, CIS Coach of the year two times (2003 for women's and 2007 for men's), and was twice selected as Swim Nova Scotia Coach of the Year.

For specific times at this year's David Fry meet, you may find them online at <https://www.swimming.ca/en/meet/35592/>.

Be sure to stay in touch with our team on facebook, instagram or by checking out our website at [www.tritons.ca](http://www.tritons.ca).



## Coach's Corner



### A message from our Head Coach Hayden Adams:

"Holy cow! I think I want to spend this section of the newsletter just reflecting on how successful April was for our club.

We had a Nova Tech virtual meet at the start of the month, and I was very impressed with the improvements to the technical aspects of the swimmers' strokes, especially in comparison to the March NovaTech meet in March, which was less than a

month before. I think we have some strong up and coming swimmers in the club! I have to, of course, shout out the Nova Tech coaching staff for really hammering down what the swimmers needed to work on. Congrats to Maggie MacDougall for moving up to Level 1!



*David Fry - Tritons Club Swimmers*



That's right! We are selling Tritons Clothing now! Not only is our assortment of clothing awesome, but our prices are crazy good and everything is so comfortable you'll want to wear them everyday! These make great Mother's day gifts, father's day gifts, and gifts for grandma too! Why stop there when you know your neighbours will look great in our Tritons t-shirts, hoodies, jackets and more! Get your order in **now** while supplies last. **All** the cool kids and their parents are doing it and besides, all profits go to WTSC.



*Alexander Glenn*

For prices and ordering, email [harv.hadley@gmail.com](mailto:harv.hadley@gmail.com)



***Bo Stokesbury-Price Named Top Male Swimmer at David Fry 2021***

Of course, I also have to discuss the Tritons strong showing at the David Fry Virtual Championships, which truly blew me away. It didn't matter that we were in a pandemic, nor did it matter that no other teams were present in real time competing against our swimmers. The Tritons gave a 12/10 effort that completely blew away my already sky high expectations of that weekend. I am so happy we were able to get in such a strong showing before getting locked down again. Congratulations swimmers on all the best times. Special Congratulations to Liam Edgar, Olivia Williams, Shannon Guy, Gabriel Graves, Eliza Stokesbury-Price, and Bo Stokesbury-Price on your top 3 finishes! On top of that, huge congrats to Bo Stokesbury-Price on being named as the top male swimmer of the meet. It was also pretty neat of Bo to steal more of that Hayden Adams guy's club records ;)



**Coach Hayden & Crew**

It is weekends like these that give me confidence that I have chosen the right path in life. To all the swimmers on this club, you make this job the best job ever! Keep being you!"

## THE COVID EFFECT ON SWIMMING (For now)

Mike Glenn - Communications

COVID-19 is certainly having a lasting effect on our lives, in so many ways, from at-home-learning to line-ups at the grocery, to new fashion statements which now include mask wearing. Many sports have had to shut down or change the way they operate this year due to the pandemic, and now we are all equally shut down completely. All these changes may

have an effect on the way we swim in the future, but for now we head into our current closure with optimism and hope that we will soon return to the pool and competition again in the not-too-distant-future. For now, Coach Hayden has devised work-out routines for swimmers and with a little self-discipline, swimmers will be back in the water, making waves in no time. Thank you to all families for your patience and your support as we head back into dry-land training. We are certainly anticipating a safe return to the pool this season and will continue to prepare for this year's SWIM-A-THON, one of our most important fund raising events each year. We look forward to your continued support and seeing you poolside very soon. But for now, let's stay safe Tritons.

\*\* (Thanks Marketa Glenn for the lovely pics!)





### Welcome Tritons to Swim-A-Thon 2021

On behalf of the board and coaching staff we are excited to announce our Swim-A-Thon campaign for this year.

Swim-a-thon is an annual, in-pool fundraiser where swimmers earn money by swimming lengths of the pool. This is our biggest fundraiser, and it helps raise valuable funds to keep costs down for parents. This year, our fundraising goal is \$5000, which we will put towards pool rental fees.

Our swim club has a dedicated website, which allows us to reach out to family and friends, and use our social networks to increase our “Swim-A-Thon” fundraising dollars.

Due to the COVID pandemic, the final dates have been paused. Once Swim Nova Scotia provides the go ahead to return to the pool, we will post our Swim-A-Thon dates and send them to you.

The age-group swimmers typically swim 200 laps, or swim for two hours. Nova tech swimmers have one hour to try and swim to their goal.

We encourage parents to go online and assist your swimmer with the registration. We would like all swimmers to be registered on the swim-a-thon website by Tuesday March 30. Our online fundraising campaign will take place throughout March and April and May. We will have a series of weekly challenges, starting on Tuesday, April 6. The winner of each weekly challenge will be chosen on the Tuesday morning, and the prize will be handed out at practice that evening.

Please go to our club link at [www.novascotiaswimathon.ca/wtsc](http://www.novascotiaswimathon.ca/wtsc) and register your swimmer. Feel free to include a photo and a personal goal for your swimmer. Then start spreading the word! Most donations received will be online, through the swim-a-thon website. However, if your swimmer receives a cash donation, parents are welcome to enter them online. This year Swimming Canada is unable to issue any receipts in any circumstance. You may find out more information here:

<https://swimming.ca/en/resources/swimming-canada-overview/swim-a-thon-online/>

Please show your support, and help us to provide the best resources, coaching and programs that we can by helping to raise these valuable dollars that will support our swimming program.

If you have any questions please email [ntmanager@tritons.ca](mailto:ntmanager@tritons.ca).

Please contact RaiseATHon at [swimmingcanada@raiseathon.ca](mailto:swimmingcanada@raiseathon.ca) if you have any technical problems registering your swimmer.



# TRITONS SPOTLIGHT

By Alexander Glenn

Shannon Guy, a backstroker, has been swimming with the Tritons for 3 years now, but this was hardly the beginning of her swimming journey. Swimming has been part of most of her life, starting when she lived in the Northwest Territories. Recently, at the David Fry swim meet, Shannon did exceedingly well, placing in top 5 in all of her events, achieving second in both the 13-14 50 breast and 50 back. Lately, I recently had a chance

to interview Shannon where she revealed more about herself.

## When did you begin swimming, what inspired you?

*I started swimming when I was a baby in Inuvik, Northwest Territories at the Midnight Sun Recreation Centre pool. I joined the Mackenzie Muskrats Swim Club when I was six years old. I was inspired by my older sister Jenna because she competed with that club and my friends were in the club too. It was a great place to start my swimming journey and I'll always remember it.*

## How do you manage the balance between school, friends and training?

*To help balance these things, I try to hang out with my friends on the weekends, and finish my homework early in the evenings so I can head to bed early. Swimming is a priority for me so I try my best to get enough rest so I can be at my best.*

## What are your goals as a swimmer?

*A goal I have as a swimmer is to compete in the Canada Summer Games in the summer of 2022. It has always been a goal of mine since my sister went and represented the NWT in Winnipeg at the 2017 Canada Games. It looked like something to be proud of and a once-in-a-lifetime opportunity. I would also like to get a Wolfville Triton Club record before I graduate high school.*



**Do you have a highlight that you would like to share?**

*A highlight I'd like to share is that I took 15 seconds off of my 200M backstroke time at the recent David Fry Provincial Championships and placed 3rd in that event in my age group (13-14yrs). That time beat my sister Jenna's PB in that event at the same age so I feel happy to have accomplished that.*

**What is it about the Tritons you love the most?**

*I love that the practices are a happy place to be. Everyone is encouraging and helps you achieve your goals. When you walk into the Acadia pool, we are all cheering each other on and working hard which inspires us to do our best. Coach Hayden has been my coach since we moved to the Annapolis Valley four years ago and I think I speak for all the swimmers when I say we appreciate how much he does for our club. He motivates us and helps us set goals for the future.*



**What is your biggest challenge with swimming?**

*My biggest challenge with swimming is probably managing my time with training and other activities. Swimming takes up alot of my day so I need to make sure that I set aside time for my school work and social life. It is not the easiest thing to manage but so far, I think I'm doing a pretty good job.*

**What inspiring message you might share with a new swimmer?**

*You will enjoy your time with the Tritons from making new friends to achieving your goals, it will be a place where you can challenge yourself and have fun.*

## THINGS TO REMEMBER IN MAY

- Continue to **train**. Coaches have communicated with respective swimmers and a plan is in place for most swimmers. It's up to YOU to DO it!
- **Wednesday May 19th** Virtual Board Meeting 4:30pm - 6:00pm Please email [registrar@tritons.ca](mailto:registrar@tritons.ca) for the invite link.