
SWASHBUCKLER

...becoming better people through excellence in swimming

Dear Pirate Families,

We hope you've had a wonderful time celebrating the holidays and are ready to kick off the new year with excitement! As we return to training, the Pirates are making a few updates in the coaching department to help foster team growth and ensure we continue to provide the best experience for all our swimmers.

Change #1 – New Pre-Competitive Group

We've seen continued interest from swimmers eager to join the Pirates, and as a result, our Monday & Wednesday groups are now at capacity. To accommodate this growth, we're introducing a new Pre-Competitive group on Tuesdays and Thursdays. These sessions will be held from **5:30–6:00 PM** and **6:00–6:30 PM**.

Change #2 – Coaching Update for Pre-Competitive

With the addition of new groups, there will also be a coaching shift. Coach Tara has been working with both Discovery and Pre-Competitive groups, but since these two sessions are now overlapping, Coach Tara will now take the lead for **all Pre-Competitive swimmers** moving forward.

Change #3 – Coach Angie to Lead Discovery

Coach Angie will now be leading our **Discovery group** going forward, ensuring a smooth and dedicated coaching experience for these swimmers.

We are excited for these changes and believe they will help each group grow and thrive. If you have any questions or need further clarification, please feel free to reach out to us.

Thank you for your continued support, and we look forward to an amazing season ahead with the Pirates!

Pirate TEAM Record Setters - 2024-2025 Season

The 2024-2025 season has already seen incredible performances, with several team records being shattered across multiple events. Congratulations to all the swimmers who have etched their names into Pirate history with their record-breaking achievements!

**Thank you to
our supporters**



Open Women's Relay Records:

- **400 Free Relay (4x100) - 4:08.40**
Set at **JP Fiset**, this new record was achieved by: **Astra Kapicki, Peyton Tucker, Sarah Harbin, and Sydney Tucker.**
- **800 Free Relay (4x200) - 9:09.84**
Also set at **JP Fiset**, this relay record was broken by: **Peyton Tucker, Sydney Tucker, Astra Kapicki, and Sarah Harbin.**

**Individual Record Breakers:**

- **- Astra Kapicki (Age 13)**
Astra, at 13 years old, set two team single age records at the **Pirate Zombie Disco Apocalypse:**
200 Free - 2:20.24 (previously held by Peyton Tucker at 2:20.57 in March 2023)
400 Free - 4:47.45 (previously held by Jewel Shewchuk at 4:51.67 in March 2016).
- **Sadie Mouser (Age 16)**
Sadie completed the **200 Butterfly** at the meet in Calgary, setting a new team record with a time of **3:08.96**, surpassing the previous record of **3:19.30** set by Anna Stuart in 2011.
- **Zoe van Keulen (Age 16)**
Zoe had an exceptional season, breaking multiple team single age records:
100 Breaststroke - 1:26.02 (set in Calgary, breaking Anna Stuart's 1:32.00 from 2011)
400 IM - 5:40.71 (set at JP Fiset, breaking Alicia Mills' 5:43.12 set in January 2024)
400 Free - 5:06.70 (set at PZDA, breaking Madeline Lee's 5:31.07 from 2022)
800 Free - 10:30.84 (set in Calgary, breaking Anna Stuart's 11:43.08 from 2011).
- **Sarah Harbin (Age 15)**
Sarah broke the **Open Age Record** in the **100 Breaststroke** at **JP Fiset**, finishing with a time of **1:16.56**, narrowly surpassing the old record of **1:16.62** set by Sena Lovsin 10 years ago.
- **- Bruce Wurban (Age 14)**
Bruce is having a record-breaking year, setting multiple single age records:
100 Free - 55.59 (set at PZDA, breaking Marco Bagnasco's 55.70 from 2015)
800 Free - 9:25.77 (set at Reindeer, breaking Ian Simons' 9:36.33 from 2012)
200 Breaststroke - 2:46.09 (set in Calgary, breaking Brevan Wagner's 2:51.51 from Feb 2017)
100 Fly - 1:05 (set at PZDA, breaking Mitchell Krassilowsky's 1:09.38 from Feb 2016)
200 Fly - 2:26.82 (set in Calgary, breaking Kail Ketelaars' 2:32.34 from Feb 2016)
400 IM - 5:13.76 (set at PZDA, breaking Kail Ketelaars' 5:24.11 from Feb 2016).
- **- Daniel Shevchuck (Age 17)**
Daniel set a new team single age record in the **200 Breaststroke** at **JP Fiset**, with a time of **2:48.29**, breaking Ryan Boll's 2:50.13 from 2018.

Congratulations to all these record setters and their hard work throughout the season! Your performances have raised the bar for our TEAM, and we can't wait to see what you achieve next. Keep pushing forward, and let's make the 2024-2025 season one to remember!

Below Time Standards—known as Pirate Times—are important benchmarks for swimmers to gauge their improvement and to see where they stand. These stepping stones help motivate swimmers to improve their skills and reach higher

<p>AAA Times Top ~8% Peyton Tucker (2) Bruce Wurban (2)</p>	<p>AA Times Top ~18% Sarah Harbin (6) Astra Kapicki (6) Tristan Petryshen-Kozak (2) Sydney Tucker (1)</p>	<p>A Times Top ~25% Sierra Melnyk (1) Maiya Scantlebury (5) Daniel Shevchuk (3) Lucy van Keulen (3) Zoe van Keulen (5)</p>
<p>BB Times Top ~34% Rilyn Belzile (4) Francesca Brown (1) Jade Elias (8) Shayna Elias (4) Skylar Fechter (6) Addison Gill (1) Sophia Inaba (4) Jade Kapicki (7) Jazmin Kennedy (1) Sadie Mouser (2) Jasper Nelson (5)</p>		<p>B Times Top ~48% Zia Aligato (1) Meath Conroy (6) Reeve DeVera (1) Eli Gillis (3) Shou Inaba (1) Evenlyn Johnson (1) Noah Johnston (1) Gavin Kielland (2) Sine Nora (1) Jackson Ross (5) Saje Wood (1) Nicholas Ziehr (6)</p>

AAAA (Quadruple-A) Top Tier: This is the highest level and represents elite performance. Swimmers achieving AAAA times are among the best in their age group or even in the country or region.

AAA (Triple-A) Elite Level: Swimmers with AAA times are also very competitive and often perform at a high level meets.

AA (Double-A) Advanced Level: AA times are still highly competitive and are achieved by swimmers with strong skills. These swimmers often compete at high-level regional meets.

A Competitive Level: Swimmers who achieve A times are skilled and competitive within their age group. They are often eligible for local and regional competitions. Achieving A times means the swimmer is performing well but may not be at the level of swimmers achieving AA or higher times.

BB Developmental Level: Swimmers who reach the BB standard are typically in the early stages of competitive swimming and are continuing to develop their skills and still working towards reaching the higher levels such as A or AA.

B Entry Level: This is usually the entry-level standard for swimmers just beginning to compete at a higher level. It represents the basic competitive level and provides a benchmark for improvement as they keep working towards improving



Over the Fall Break, 9 High School Aged Swimmers went on a training camp to San Diego California! Between travel and training, this band of Pirates saw Sea World, SanDiego Zoo, La Jolla tide pools, the USS Midway, the SanDiego harbor via a cruise as well as toured Coronado Island and Mission Beach.

[San Diego Trip Video Here](#)



Below are the list of swimmers that have qualified for various Swim Alberta Championship Meets.

Festival Qualifiers (cuts)

- Jade Elias (1)
- Sophia Inaba (3)
- Jade Kapicki (5)
- Jack Mouser (2)
- Jasper Nelson (12)
- Andrew Shevchuk (7)
- Lucy van Keulen (9)
- Isla Walkom (2)
- Nate Wonnacott (2)

Provincial Trial Qualifiers

- Maiya Scantlebury (14)
- Daniel Shevchuk (13)
- Lucy van Keulen (2)
- Ruby van Keulen (1)
- Zoe van Keulen (11)
- Lucas Wonnacott (3)

Provincial Championship Qualifiers

- Sarah Harbin (6)
- Astra Kapicki (2)
- Sierra Melnyk (1)
- Tristan Petryshen-Kozak (1)
- Peyton Tucker (5)
- Sydney Tucker (1)
- Bruce Wurban (17)

Top-8 Finishers @ PZDA**— Age (#of events)**

Zia Alligator — 8(4)
 Rilyn Belzile — 15(3)
 Meath Conroy — 10 (6)
 Ryven DeVera — 12 (2)
 Jade Elias — 10 (4)
 Shayna Elias — 12 (3)
 Elodie Etherington — 10 (6)
 Addison Gill — 16 (2)
 Eli Gillis — 10 (5)
 Avery Goerzen — 10 (2)
 Sarah Harbin — 15 (8)
 Kendall James — 10 (6)
 Noah Johnston — 9 (1)
 Astra Kapicki — 13 (8)
 Gavin Kjelland — 10 (4)
 Kayleigh Lande — 11 (2)
 Miller Machado — 9 (2)
 George Maetche — 8 (6)
 Sierra Melnyk — 13 (4)

Jack Mouser — 11 (7)
 Sadie Mouser — 16 (1)
 Jasper Nelson — 11 (8)
 Tristan Petryshen-Kozak — 15 (5)
 Yina Pincock — 9 (1)
 Jackson Ross — 12 (8)
 Maiya Scantlebury — 13 (3)
 Andrew Shevchuk — 9 (6)
 Daniel Shevchuk — 17 (7)
 Ryker Shumilak — 10 (5)
 Olivia Thomas — 10 (5)
 Emma Traynor — 11 (1)
 Peyton Tucker — 15 (8)
 Sydney Tucker — 15 (6)
 Lucy van Keulen — 11 (7)
 Ruby van Keulen — 13 (1)
 Zoe van Keulen — 16 (5)
 Isla Walkom — 11 (1)
 Thevindue Weeramange — 16 (3)
 Lucas Wonnacott — 12 (8)
 Nate Wonnacott — 9 (6)
 Bruce Wurban — 14 (8)

**Top-8 Finishers
@ UCSC****— Age (#of events)**

Jade Elias — 10 (4)
 Shayna Elias — 12 (2)
 Shou Inaba — 13 (1)
 Sophia Inaba — 11 (3)
 Kayleigh Lande — 11 (1)
 Jasper Nelson — 11 (6)
 Jackson Ross — 12 (2)
 Peyton Tucker — 15 (1)
 Sydney Tucker — 15 (6)
 Lucy van Keulen — 11 (4)
 Isla Walkom — 11 (2)
 Lucas Wonnacott — 12
 (3)
 Nate Wonnacott — 9 (3)
 Bruce Wurban — 14 (7)

**Top-8 Finishers @ Reindeer—
Age (#of events)**

Zia Alligator — 8 (8)
 Rilyn Belzile — 15 (3)
 Francesca Brown — 14 (8)
 Meath Conroy — 10 (7)
 Reeve DeVera — 14 (4)
 Ryven DeVera — 12 (2)
 Jade Elias — 10 (8)
 Shayna Elias — 12 (8)
 Elodie Etherington — 11 (3)
 Skylar Fechter — 14 (1)
 Addison Gill — 16 (3)
 Eli Gillis — 10 (7)
 Avery Goerzen — 10 (2)
 Shou Inaba — 13 (8)
 Sophia Inaba — 11 (8)
 Kendall James — 11 (1)
 Noah Johnston — 10 (5)
 Jazmine Kennedy — 15 (2)
 Gavin Kjelland — 10 (6)
 Rose Koenders — 9 (2)

Kayleigh Lande — 11 (6)
 Jack Mouser — 11 (8)
 Sadie Mouser — 16 (8)
 Jasper Nelson — 11 (8)
 Yina Pincock — 9 (1)
 Claire Read — 13 (7)
 Jackson Ross — 12 (8)
 Andrew Shevchuk — 9 (7)
 Ryker Shumilak — 10 (7)
 Olivia Thomas — 10 (7)
 Emma Traynor — 11 (3)
 Ruby van Keulen — 13 (6)
 Isla Walkom — 11 (8)
 Thevindue Weeramange — 16
 (8)
 Lucas Wonnacott — 12 (8)
 Nate Wonnacott — 9 (6)
 Saje Wood — 13 (6)
 Roy Wurban — 8 (7)
 Evan Zawaski — 16 (7)
 Nicholas Ziehr — 15 (7)