

# TUNA NEWS

## Bluefins make waves in opening summer meet!

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The executive would like to say a HUGE thank you to all swim families and swimmers who helped make our meet a success! Please know you are all appreciated!!



Here's to all  
volunteers, those  
dedicated people  
who give selflessly  
of their time, talent  
and treasures.

**THANK YOU**  
FOR MAKING THE WORLD  
**A BETTER PLACE**

### Reminder:

If you plan to attend either meet this weekend Hayden & Freya need to know by Wednesday at noon!! Saturday we will be in Bridgewater and Sunday at the Waeg in Halifax.

Interested in becoming an on deck official??? Let us know! Or feel free to sign up for a course if we share something around!



## Off the Deck with Hayden

Hi Bluefins,

First off, I need to say WOW! We had some truly impressive results from you all at our first meet of the season. I have to make a few shout-outs in particular: Congrats to Rachel, Chaz and Patrick on making their 50 freestyle participation time, that was a huge step forward for you 3! I also have to congratulate Ryan and Ty for qualifying for provincials in the 200 IM for the first time, you both worked super hard for that. On top of those successes, we had lots of personal best times. Needless to say, Freya and I were both quite impressed with the results, and we are super excited for the meets to come! Speaking of...

**UPCOMING MEETS-** This weekend is a double meet weekend. On Saturday July 21st The Bridgewater Barracudas are hosting an A template meet, while the Waeg Waves are hosting a B template meet on Sunday July 22nd. If you are planning to attend one or both meets, I have to know **NO LATER THAN NOON ON WEDNESDAY JULY 18TH**. Like usual, I will discuss with the swimmers which races they will be competing in. Just a note on these meets, while I will not have the warmup schedule until later in the week, both of these pools are notorious for having abysmal parking. If you aren't there early, you'll have to do a bit of walking. I should also note for new families that the Waeg's pool is salt chlorinated, which can be pretty yucky. I wouldn't want any new swimmer to be caught by surprise. With that said, this is probably the "fastest" pool that swimmer's can race in, as the salt water increases how buoyant swimmers are in the pool.

**MORNING PRACTICE REMINDER** - I just want to remind families (for those that it applies to) that morning practice **STARTS** at 7:30am. There are still swimmers consistently showing up over 10 minutes late. Not only is it beneficial to be there on time to get the most out of each practice, but it is also respectful to the coaches, who are there 20 minutes early to set everything up, and to your teammates who are always on time. For those of you who are ready to roll on time in the morning, thank you! It is very much appreciated. Even though our races are individual, we are still a team, and training as a unity is going to be beneficial to everyone. Freya and I want to do everything we can to make you great swimmers, so please be on time. Thank you!

I think that is all from me, see you all on deck! Always feel free to email Freya or myself if you have any questions.

## Off the Deck with Freya

Great job to everyone at the meet this weekend. I'm looking forward to a fun week of training and a double meet weekend at Bridgewater and Waeg. As for practice, this **FRIDAY** we have a guest yogi coming in for dryland, so make sure you guys bring an extra dry towel or yoga mat and some water, as we will be doing yoga :))

Hope you guys are having as much fun as me! and



that the season continues to be awesome



**Birthday Shout outs go to Isabelle and Rhegan who both share the same birthday!**

**July 20<sup>th</sup>**

## Sweet potato chocolate chip muffins

### **Wet ingredients**

1 1/2 cups (360 ml) mashed sweet potato (from 2–3 large sweet potatoes)  
 2 eggs  
 1/4 cup (60 ml) maple syrup  
 2 tablespoons (30 ml) avocado oil, olive oil or melted coconut oil (butter also works)  
 1 teaspoon (5 ml) vanilla extract  
 1/2 cup (120 ml) 0% plain Greek yogurt  
 1/2 cup (120 ml) unsweetened vanilla almond milk (or lite coconut milk)

### **Dry ingredients**

1 1/2 (360 ml) cups whole-wheat pastry flour (or white whole-wheat flour)  
 1 teaspoon (5 ml) cinnamon  
 1 teaspoon (5 ml) baking soda  
 1/4 teaspoon (1.25 ml) salt  
 1/2 cup (120 ml) dark chocolate chips

### **Directions**

Preheat oven to 375°F. Line a large baking sheet with parchment paper. Poke holes in sweet potatoes with a fork and place them on the baking sheet. Roast in the oven for 45 minutes to 1 hour or until fork tender. Allow to cool for 10 minutes, then remove skin and mash. Measure 1 1/2 cups of sweet potato; do not use more than that.

Reduce oven heat to 350°F. Line a 12-cup muffin tin with liners and coat the inside of them with non-stick cooking spray. In a medium bowl, whisk flour, cinnamon, baking soda and salt. In a separate large bowl, mix together mashed sweet potato, eggs, maple syrup, oil, vanilla, Greek yogurt and almond milk until smooth and creamy. Add wet ingredients to dry ingredients and mix until just combined. Gently fold in 1/2 cup chocolate chips. Divide batter evenly into muffin cups, top each with a few chocolate chips, and bake for 25–35 minutes or until toothpick comes out clean or with just a few crumbs attached. Cool muffins for 5 minutes, then remove from pan and transfer to a wire rack to finish cooling. Muffins can be served warm and are even better the next day. I like mine with a little nut butter on top.

**\*\*Please have your survivor entry names into Karen by July 23!**

[RIDEOUT.KAREN@GMAIL.COM](mailto:RIDEOUT.KAREN@GMAIL.COM)



### **Gift Card Survivor Rules:**

Each family is responsible for finding 10 participants to go on the “island”. Cost to play is \$20 (\$10 entry fee and \$10 towards the gift card pool). We will start drawing names on the 23<sup>rd</sup> of July with the winners being announced on the 17<sup>th</sup> of August.

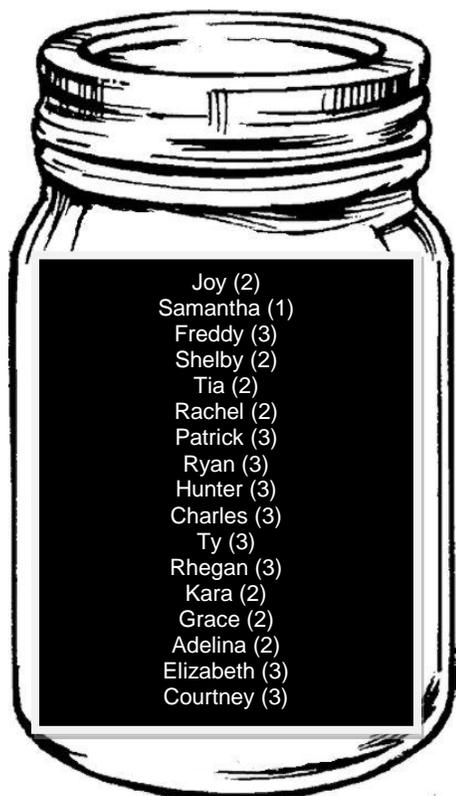
Each draw will have a minimum of 10 names being randomly selected from the pool of players left on the “island”. The draw will be streamed live on Facebook (a Facebook group will be created that the players can be invited to). Draws will take place on Monday, Wednesday and Friday at 8:30 PM.

Each player can buy back onto the island twice, meaning that if the player’s name is drawn, they can pay another \$10 and be put back on the island to be part of the next draw. Players have until 6:00 PM on the day of the draw to buy back in.

Prizes will be awarded to the last three people on the island in the following order:

- The 3<sup>rd</sup> person left will receive 20% of the gift card pool
- The 2<sup>nd</sup> person left will receive 30% of the gift card pool
- The last person left will receive 50% of the gift card pool

You are responsible for the people that you recruit onto the island. Which means that if one of your people has their name drawn, you must follow up with them to see if they want to buy back in. You are also responsible for collecting the money from your people. We will not give out the prizes until all of the money has been collected.



### PB JAR

Each time a swimmer meets a Personal Best at a meet or a time trial there name is going to be entered into our PB JAR!

At the end of the season at our closing banquet we will draw a name or two for a prize!

So we ask what is your GOAL?

Names listed in the jar image reached a personal best at the Windsor Bluefins Meet on July 14, 2018

## SOCIAL EVENT

I know everyone has been asking and asking about going tubing. Trust me, it's a favorite of mine as well. The problem is that the Gasperau River is controlled by an NS power dam, meaning some days the river is up, and some days it's down. I follow Gasperau River tubing on Facebook, since that is where up to date posts are made regarding the status of the river. If I see at any point before Wednesday evening that the river will be up on Thursday or Friday, I will immediately make that our social event for the week. I will get all the necessary details out ASAP if this is the case. However, if that cannot work this week, we will plan to go to Oaklawn farm zoo for Noon on Thursday. I apologize since that a last minute switch, but everyone has been requesting tubing WAY more than anything else, so I will do my best to make it happen. I hope everyone understands! - HAYDEN

*Memories & Photos*



If you would like to submit your photos to share in the Newsletter please forward to Michelle at [michellebregante@gmail.com](mailto:michellebregante@gmail.com)

