



WELCOME BACK AJAX

2026-27 Season is about to start, you ready?

Lots of info inside.



Apparel Orders Due Sept 1st (orders take time so if we want to look good by Meet #1 we need to get on it)

Sat Sept 5th Open water races (Niagra on the Lake)

<https://embraceopenwater.com/2026-embrace-open-water-swim-paddle-fest/>

Sept 6th AFC game plus CNE (tickets \$40) order due asap

Sept Fees due Sept 15th Please use our new password swimming2026

Please follow our new calendar for this season. Google updated when changes occur, Mako is the format for Elite.

<https://calendar.google.com/calendar/u/0/r>

Sat Sept 19th 8-10am Competitive Club Orientation (Swimmers and parents) ACC (Swimmers arrive 7:30am)





Get your AJAX Gear Here

Proof of cap on next page. If you wish to request a Dome cap (not needed for anything, some wanted...) just add that on your orderform and we will see if we make it to the min order



Sept 1st Deadline

CLIENT NAME: Ajax Aquatic Club

JOB NAME: Silicone Caps

PO:

DATE: 10/08/2026

CLIENT PO: **

DUE DATE: 4 WEEKS



#1



Cap #1: 289c

Print: Blue/Green

Green

Red

White

#2



DETAILS:

#1 SEAMLESS CAP

#2 SILICONE CAP

QTY: 400

QTY: 400

I _____ hereby confirm that the information above is correct and authorise Custom Swim Caps Australia to proceed with the service procedure. I approve of the artwork, cap colour(s) selected, ink colour(s) selected, cost quoted, delivery date and conditions of the services provided.

Whilst Custom Swim Caps takes every care in ensuring artwork is correct, I understand that the ultimate responsibility for proofing rests with the client. Please note that there may be a slight variation in cap and/or print colour to the preview above. Proof of cap is not to scale. Printing of the artwork above is authorised by your signature.

Print Name: _____ Signed: _____ Date: _____

customswimcaps.com

Last week to submit your inspirational saying for the back of our team T shirt



Send your ideas to
ajaxaquaticclub@gmail.com

We will then compile and send out an email
for votes from the swimmers



HAPPY SEPTEMBER BIRTHDAYS

Advita Singh

Aidan Brown

Lake Hamilton-Smith

Averie Quinn Lagrosas

Judah Bell

Daniz Javid

Aleksandra Mercer

Mikhail Glassco

Graham Steinwall Pennington

Quinn Mullins

Oliver Lin

Shania Ali

Davin Knight

Ava Lee

Alexa Quimette

Open water races Sept 5th Niagara on the Lake



**EMBRACE OPEN WATER
FESTIVAL**

2026 EMBRACE OPEN WATER SWIM-PADDLE FEST

The courses are clearly marked: there is a 200m loop, a 500m and a 1 Km, Courses.

[Embrace Open Water Swimming /](#)



**AFC Soccer game and a ticket to
the CNE \$37. Bring your friends
and family**



**[https://am.ticketmaster.com/afctor
onto/buy/quickbuy?id=ODI5](https://am.ticketmaster.com/afctoronto/buy/quickbuy?id=ODI5)**

How to start the best season ever

Move your body. You can work on mobility/posture/ anything to ensure you have some fitness. It is easier to work on skills if you are not exhausted

Get Organized... school/ swim/ bags ready. Schedules sorted. Swim equipment purchased etc.

Start listening and focusing from day one. Learn the basics when all you have to do are the basics. Things will get harder and more complicated in no time.

Be your coach's favorite swimmer. Be your lane mates favorite training partner. Be a good example every chance you get

Starting gradually is build up is built into our schedule. If you are starting later or have a large break due to injury or illness ensure you come back smoothly.

Groups will be doing some goal setting from Sept 19th till end of Oct. Get clear on what you want and be responsible for making it happen.

A season is built one practice at a time... Don't let the first workout go by thinking you can focus tomorrow

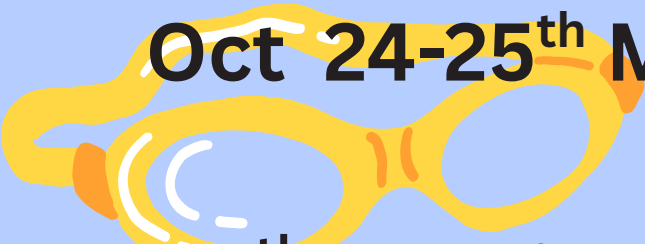
Team Calendar

<https://calendar.google.com/calendar/u/0?>

[cid=NzEyZjgxN2UzYjZjNjQ3MmEyN2YyNmJiMWRkNmZjYjZmMjJjNmY5OTlmYWYwOGNkZWZkMzlwYWlyMzM5NWUxZUBncm91cC5jYWxlbmRhci5nb29nbGUuY29t](https://calendar.google.com/calendar/u/0?cid=NzEyZjgxN2UzYjZjNjQ3MmEyN2YyNmJiMWRkNmZjYjZmMjJjNmY5OTlmYWYwOGNkZWZkMzlwYWlyMzM5NWUxZUBncm91cC5jYWxlbmRhci5nb29nbGUuY29t)



Tentative Meet Schedule

 Oct 24-25th Markham SCM (all)



Nov 7-8th Uxbridge (those not qualified
for NYAC)

 Nov 13-15th NYAC Cup

Dec 4-6th Pickering (those not
attending Team Show down)

 Dec 11-13th Team Showdown in
Brantford

Jan 22-24th Markham



CALELLA

TRAINING CAMP 2027



ELITE + VELOCITY PROJECT



MARCH 13–21, 2027



CALELLA, SPAIN



WHERE

CROL CENTRE CALELLA

Calella, Spain

Swimmers will stay at a **full-board hotel**, with all meals provided throughout the camp.



WHEN

MARCH 13–21, 2027

A full week of focused training, team development, and preparation for the season ahead.



ESTIMATED COST

~\$2,600 CAD



INCLUDES



Return Flights



Full-Board Hotel



All Meals



Pool & Training Costs



Final cost will be confirmed once flights and bookings are finalized.