

WINDSOR BLUEFINS



Summer Swim Team

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www.windsorbluefins.ca

Executive

| | |
|---|---|
| President: | Lisa Lebrasseur lisalebrasseur1@gmail.com |
| Vice President: | Karen Rideout rideout.karen@gmail.com |
| Secretary: | Michelle Bregante michellebregante@gmail.com |
| Treasurer: | Jennifer Hilborn jenniferhilborn7@gmail.com |
| Meet Manager | Michelle Bregante |
| Fundraising | Vacant |
| Canteen Manager | Karen Rideout |
| At Large - David Bannerman, Robert Brooks, Lorna Brooks | |



2015 Windsor Bluefins Swim Team

(L-R) Joy Bannerman, Brianna Sexton, Cassidy Lutes, Samantha Brooks,
Coach-Hayden Adams, Amy Johnston, Isabelle Lebrasseur, Shelby Rideout.
(Missing; Sarah Hilborn, Dawson Sedgwick, Ruth Sedgwick, Freya Ferguson, Bruce Friars, Jack Friars,
Gabby Strickey, Isabelle Dickie, Sophia Dickie and Assistant Coach-Amy Lord)



2015 Provincial All Star Team

L: Cassidy Lutes R: Brianna Sexton

(Named Assistant Coach for the
All Star Team: Hayden Adams)

President's message

Welcome to all Windsor Bluefins swimmers and families.

Windsor Bluefins is a non profit organization run by a volunteer group, the Parent Association. Every parent is a member of this group - your voice, ideas and opinions are very important and we encourage new parents to be involved. You are invited to every meeting we have, so please be involved.

The executive and the Manager of Recreation and Program Operations for the Town of Windsor have been working collaboratively to maintain and sustain our Summer Swim Team program. We may be sharing the pool at times with adult lane swimmers but together we have come up with a schedule that suits us all.

Communication will be via email, and possibly our website. Please make sure we have your up to date contact details for last minute information. We may try to have a facebook page as well.

Long term friendships are made when you are part of the Windsor Bluefins Swim Team and we all truly become part of a 'family'. The swimmers will work hard, the coaches will provide the needed instruction and as a parent, our job is to ensure they are well rested, watered, child's athlete-size appetite is fed (stock the fridge!) and above all help ensure they have fun!

"Summer home is where the pool is!"

Lisa :o)

Cell: 902-788-5472

Coaching

Head Coach ~ Hayden Adams

NCCP Level 1 certified (National Coaching Certification program)

Currently studying at Acadia, Recreation Management and Business Management

Current member of the Acadia Axemen swim team

Former member of the Wolfville Tritons swim team

Former member of the Windsor Bluefins swim team

Coach's message

Hi everyone! My name is Hayden Adams, and this my second year at the Windsor Bluefins' Head Coach. I would like to welcome all returning and new families to the 2016 season! I hope everyone is excited to get into the pool.

To give a brief background about myself, I started swimming on the Windsor Bluefins when I was 10 years old, back in 2005. I swam for 5 summers until I joined the Wolfville Tritons so I could swim all year round. In 2012, I graduated from the Tritons and showed my local pride by swimming for the Acadia Axemen for 4 years. Being a competitive swimmer, both summer and year round has influenced who I am more than any other aspect of my life. I have made lifelong friends, travelled to lots of places I would not have otherwise had the chance to go to, found a healthy form of competition, and a meaningful sense of accomplishment. But most importantly, I had a lot of fun! While I did retire from swimming this year, I am still happy to be a part of the swimming community as a coach.

Everything I want to accomplish this season falls under 2 overarching themes. The first of which is to help every swimmer be the best swimmer they can be and help them reach any goals they may have. The second, is to have a ton of fun while doing it! Between our days at the pool, our social events, and swim meets, we will grow and bond as a team and I am excited to see what kinds of great things we can do!

I am open to input from parents and swimmers at all times, so never hesitate to email me, or come and talk to me. Here's to an awesome summer!

See you at the pool,

Hayden Adams

adams.hayden3@gmail.com

Cell: 902-599-0073

2016 Practice Schedule*

Pre-Season ~ June 7th to July 3rd inclusive (no practice July 1st)

| Time | Sunday | Mon | Tuesday | Wed | Thursday | Fri | Saturday |
|--------------------|--------|-----|---------|-----|----------|-----|----------|
| 4:00 – 6:00 | POOL | | | | | | POOL |
| 6:00 – 8:00 | | | POOL | | POOL | | |

Full-Season ~ July 4th to August 18th inclusive
(Provincials August 19- 21)

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|----------------------|-------------|----------------------|-------------|----------------------|
| 7:30 am – 9:00 am | POOL | | POOL | | POOL |
| 9:00 am – 10:00 am | Dryland training :o) | | Dryland training :o) | | Dryland training :o) |
| 4:00 pm – 5:30 pm | POOL | POOL | POOL | POOL | POOL |
| 8:00 pm – 9:30 pm | | POOL/Clinic | | Social Time | |

- *Tentative Schedule; this will be confirmed by June 7th
- WB executive reserves the right to change the schedule depending on numbers of registered swimmer as of July 8st.
- Swimmers can attend any *or* all swim meets and Provincials (if qualified).

What to Expect From practice

Going the extra mile puts you miles ahead of your competition. Consistency is what gets the job done.

Swim Nova Scotia introduced the long term athlete development plan a few years ago (LTAD). This reinforces the coach, parent and administrator's primary role - to create a sport experience that provides each young participant with the opportunity to achieve success to their highest capabilities and to continue a life of active living.

A successfully implemented long term athlete development strategy provides greater member retention as well as the acquisition and expression of a love for the sport. In some instances we may recruit the help of our older swimmers to assist our new and younger swimmers in the one-on-one sessions.

There is still practice on days that it rains. If it is thundering and lightening practice may be cancelled as often the pool is closed.

The part of the summer your child will remember is not the laps, it will be the great times!

Background

The Windsor Bluefins Swim Team dates back to 1966 when the Windsor Centennial Pool first opened. The early years were difficult as it struggled to survive but by 1978 the team was well established. In 2003, the Windsor Centennial Pool was marked for closure by 2006, and the WB Parent Association came forward with a \$10,000 donation towards the construction of the new facility. In addition, other fundraising efforts were undertaken, and another \$4,000 was raised bringing our contribution to the pool at \$14,000. We were the first users of the new pool which opened July 1, 2007.

The Windsor Bluefins have been ranked highly for many years. In 2004 we won Provincials for the large teams. By 2009 we became a small team but still won highest point score for small teams for 2009-2014. The Windsor Bluefins have consecutively had swimmers qualify for the All Star Team.

The Bluefin Tuna is the fastest creature in the water. It is widely regarded as the most difficult fish to catch, as are many of our swimmers!

Philosophy Statement

The Windsor Bluefins is a competitive swim team. We are able to practice up to five days a week throughout the summer. Swim meets are optional each weekend all across the province representing our team and our community. Our goal is to make your child the best athlete that he or she can be while having fun!

While improving your child's swimming abilities in all four competitive strokes, we also aim to teach a high standard of teamwork, fair play and sportsmanship in and out of the pool. We encourage these aspects in our swimmers by involving them in full team activities, cheering each other on at meets, and being respectful of fellow competitors, officials, and parents.

Our goal for the summer is to recruit new swimmers, retain our returning swimmers, and for each swimmer to achieve their personal goals. For some, that may mean medaling at provincials. For others, it may mean achieving their personal bests, e.g. improving a stroke, managing a turn or performing a dive. Athletes need a lot of encouragement and support from their family, friends and coaches, so please don't be shy about cheering on every Bluefin.

Fees

Registration fees are used to cover all coaching costs, pool time, meet entry fees and registration with Swim Nova Scotia. If we can be notified before July 1st; ½ of the registration fees will be refunded. In the case of injury or illness which will prohibit the swimmer from participating, a refund and a pro-rated amount will be considered and decided by the executive.

Fundraising events

The Windsor Bluefins is a non-profit organization. In order to keep our registration fees at an affordable level, fundraising is a key part in this effort. Any new ideas for fundraising are welcomed and encouraged. **The amount of fundraising that is needed to keep our registration fees at their current levels requires the participation of ALL FAMILIES.**

Grocery Bagging

We are fortunate to have the chance to raise funds by helping to bag groceries at the Superstore. The date for this have varied through the years so watch for notice of this fun, easy fundraiser.

Pumpkin Regatta

In the past, we have helped out with the Chili contest that takes place in the coach house. This event has a high attendance rate....it certainly helps get our name out there and it is a wonderful community event to be a part of.

Bottle Recycling

Instead of organized bottle drives, we are asking parents and swimmers to save all bottles, asking neighbors and friends, for the months of July and August. These are to be returned to the recycling depot in Garland's Crossing to credit the refund to the Windsor Bluefins Swim Team. This is an ongoing fundraiser so returns can be made at your convenience. It doesn't take long for the money to add up if everyone participates.

Canteen

During our swim meet we have a canteen and it is a major fundraiser for the team. Our canteen is probably one of the most successful canteens you will see at any swim meet during the summer. This is due in large part to the many donations we receive from the team members & local businesses. **In addition to food items for the canteen, parents will be asked to volunteer time working in the canteen. It takes many hands to run an efficient canteen.**



As of March 9, 2016 v2

2016 Summer Swimming Meet Schedule

| DATES | HOST CLUB | TEMPLATE |
|---|-------------------------------------|-------------|
| Saturday, July 2 nd | | |
| Sunday, July 3 rd | | |
| Saturday, July 9 th | | |
| Sunday, July 10 th | | |
| Saturday, July 16 th | Lunenburg Mariners | A |
| Sunday, July 17 th | Waeg Waves | B |
| Saturday, July 23 rd | Colby Sailfish | A |
| Sunday, July 24 th | | |
| Saturday, July 30 th | Kentville Marlins | B |
| Sunday, July 31 st | Windsor Bluefins | A |
| Saturday, August 6 th | Bedford Beavers | B |
| Sunday, August 7 th | | |
| Saturday August 13 th | St-Margaret's Bay Breakers Fun Meet | |
| Friday, August 19 th - Sunday, August 21 st | PROVINCIALS- Bridgewater | Full Events |

2016 Summer Invitational Meet Templates

| A | B |
|-----------------------------|-----------------------------|
| Participation | Participation |
| 50 Kick | 50 Free* |
| 25 Free | 25 Fly |
| 25 Breast | 25 Back |
| 100 IM** | 100 IM** |
| 10 & Under | 10 & Under |
| 25 Free | 25 Fly |
| 25 Breast | 25 Back |
| 100 Free or 200 Free | 100 IM |
| 11-12 | 11-12 |
| 200 or 400 Free | 200 IM or 100m IM |
| 50 Free | 50 Fly |
| 50 Breast | 50 Back |
| 13-14 | 13-14 |
| 200 or 400 Free | 200 IM |
| 50 Back | 50 Breast |
| 100 Breast | 100 Free |
| 50 Free | 50 Fly |
| 100 Fly | 100 Back |
| 15 & Over | 15 & Over |
| 200 or 400 Free | 200 IM |
| 50 Back | 50 Breast |
| 100 Breast | 100 Free |
| 50 Free | 50 Fly |
| 100 Fly | 100 Back |
| Open Age Group Relay | Open Age Group Relay |
| 200m Medley Relay | 200m Freestyle Relay |



As of March 9, 2016 v2

Notes:

- Allow Coaches on deck during competitions (full deck access).
- *Swimmers must achieve the 50m Freestyle time standard of .55 in order to swim the 100m IM
- **Swimmers must achieve the 100m IM time standard of 2:15 in order to move into the age group events. These times may be achieved at invitational meets or time trials using legal starts/strokes/turns
- Relays: Participation Fun Relays at break; mixed gender and age
- 11 & Over: mixed gender and age (scores and awards by multi-age group)
- 13+14 - must swim 200/400 Free and 200 IM; choice of 2 other events
- 15 + O - choice of 3 events
- 100m IM will be swum as 12 & Under (scores and awards by multi-age group)
- 400 Free will be swum as 11 & over (scores and awards by multi-age group) and may be swum two per lane.
- 50m Kick will be swum as 12 & under, with the use of a flutter board, dolphin or flutter kick are acceptable, everyone will start in the water with one hand on their board and one hand on the wall with the flutter board touching the wall for the finish; will swim two per lane and as 'flighted' heats.
- Participation swimmers will receive a Skills Report from their Coach.
- Participation swimmers that graduate to the Age Group program will receive a graduation certificate.
- PARA swimmers are able to swim in the appropriate level; Coaches should follow up with Swim Nova Scotia on their level and classification.

What to Expect at a Meet

To enhance our cohesion as a team, we cheer, yell, scream, and go nuts! Nothing shows team spirit like showing no fear, so at every meet we try to be as loud and supportive as possible! If your child is shy, he or she will quickly learn how to step out and yell loudly to the world "BLUEFINS RULE!"

Why Warm Up is Important

Sometimes we don't know why warm up is important. There are several reasons why 10-15 minute warm ups can impact the swimmers and the coaches. We ask that if you are going to be late for warm up or for some reason are unable to make the scheduled warm up time that you manage to inform the coaches so that swimmers do not get mistaken for absent and scratched from the meet, because the coaches are required to submit scratches to at the end of warm up sessions before the meet begins.

Reasons swimmers should attend warm up:

- 1) **Every pool is different.** Returning or new-we only swim at some pools once a year; it is important that we get used to each pool before we race. Some pools are deeper or shallower than others, and this will affect your dives and starts during a race. To be properly prepared for a race you have to know what you are diving into. Kentville isn't even the same length as other pools! (It's in yards not meters)
- 2) **You need to get used to the flags.** Flags are supposed to be the same distance at every pool, but since we swim outdoors even the weather can affect our stroke count into the wall. Nobody wants to swim their heads into the wall, so it is important to practice that stroke count in warm up if you are swimming any backstroke at the meet.
- 3) **Warm ups are important to get you ready to race.** Getting in the pool before you race gets you ready and lets your muscles know that you are about to go all out. It also gets you pumped up for the environment you are about to immerse yourself in. So come to warm up and get pumped for that big race!

Not attending a swim meet this year?

If you know ahead of time that you will not be able to make any or a certain swim meet this year it is important that the coaches be notified! Swim Nova Scotia generally requires teams to submit their entries the Thursday before a meet. So, if you know that your swimmer will not be able to attend an upcoming swim meet it is best that coaches are notified before Thursday. If there are circumstances that occur such as illness, notifying the coaches as soon as possible is important so the swimmer can be scratched from the meet. If we are unable to scratch swimmers from the meet, a heat for a race will run sometimes with only one or two swimmers in them because we were unaware of their absence.

What to bring to a Swim Meet

- **NO JUNK FOOD. NO SUGAR.** Healthy snack foods are a must. Most kids just munch on little things all day. When the lunch break arrives, it lasts only for about 30-40 minutes, so a small lunch packed with fruit, pasta, bread, and vegetables is the best idea. Something that can be thrown -together instantly or just eaten separately is a great time saver. There most always is a canteen available.



We have a swimmer who has a nut allergy so we ask that foods containing nuts are not brought to the pool or meets.

- **WATER! WATER! WATER!** It cannot be emphasized enough how important it is to bring lots of water. Water is the best substance to drink all day. The hot sun can cause heat stroke and dehydration, both of which must be avoided.
- **OTHER STUFF:** Swim suit (or suits...just in case!!), goggless, swim capss, WATERPROOF Sunscreen of at least SPF 30, at least 3 towels per child, extra socks, sandals, a blanket, rain/wind breaker, hats, sunglasses, and a good attitude! We know it's early!

Expect to make lots of NOISE!!!

Directions to the Various Pools

Bedford Beavers

East on the 101 and drive straight through to Bedford. Continue on the Bedford Highway and go past McDonald's. Then turn left at the 2nd set of lights on Islevue Drive (there is a brick Spa at the corner and a large white church on the right Islevue is very short and you will immediately turn right on Shore Drive. The pool is a short distance down the road on the left. Parking is extremely limited and you can only park on one side (the left) of the street. There is parking up on the Bedford Highway (one more set of lights) that will allow you to walk down the hill to the pool. Driving time: 40 minutes

Bridgewater Barracudas

Head out of Windsor on Highway #14 (Chester Road) and drive until you meet up with Highway #103.

Go right on the 103 and continue until exit 12. Come off the highway and turn left and head in to town. You are on North Street. Turn right at the stoplights on to Aberdeen. Follow this down the road and go over the bridge and turn left on King Street (first street past the bridge). Go along King Street until you are on the other side of town and turn right on Jubilee Road(Quik way store on the corner) The pool is just past the museum on the right. Driving time: 1hr, 15 minutes

Colby Sailfish

East on the 101 highway, exit at Dartmouth turnoff to Burnside

Take Akerley Blvd. Past Leon's, to highway 107(Forest Hills extension), stay on this road through the lights and stop signs, it changes into Cumberland Drive. Continue until you see Colby Drive on your left. Colby pool is past Cole Harbour Place on the left.

Kentville Marlins

Kentville Pool is located at Memorial Park on Park Street. From Hwy 101 take Exit 12. At the stoplights turn left towards Kentville. Go around the one way loop and turn left at bridge, then turn right at the next set of lights. You should be driving past the Kentville Arena. Turn right at the stop sign, the pool is just a short distance up the road on the right hand side. Lots of parking and tennis courts on this side of the pool. Driving time: 30 minutes

Lunenburg Mariners

Route 14 to Hwy 103 (Halifax -Yarmouth)

Exit 11 -Blockhouse/Lunenburg/Mahone Bay, turn left at stop sign

At Blockhouse 4 Way Stop Proceed Straight for 10 kilometers -Hwy 324.

At Lilydale 4 Way Stop Proceed Straight Ahead to Green Street, Lunenburg.

Continue Along Green Street to the intersection of Green Street and Victoria Road.

Turn Right on to Victoria Road -Turn Left between Blue Building and Ty's Car Wash and Proceed into community centre/arena parking lot. Driving time: 1 hr

St. Margaret's Bay Breakers

Get on the 101, head to Sackville. Take Sackville exit.

Turn left at 1st stop lights, Old Sackville Road to Lucasville Road, turn left towards Hammonds Plains

Stay on this road about 10 km, at intersection go right, pool is at the arena on the right.

Waegwoltic Waves

Street Address: 6549 Coburg Road

As always, there are many different ways to navigate around Halifax. This is just one way.

Coming in from Highway 101, take the Bi-Hi (102) exit through Bayers Road.

Turn right on Connaught Avenue (just past the Halifax Shopping Center)

Turn left at Quinpool Road, Turn right on Oxford

Turn right on Coburg Road. The Waeg is down at the end of the street on the right.

Parking is very limited and unless you get there very early you won't get a spot on that street. There is parking available on the streets above.

Windsor Bluefins (Easy to find this pool...☺)

Information about our Invitational Swim Meet:

All families will be asked to make food donations as well as working a shift somewhere at the meet. The Meet Manager will be asking parents to sign up for various shifts throughout the day starting early in the morning. This could include any of the following;

Set UP/Take Down: The Meet Manager will require help setting up for the meet (usually done the night before) and taking down equipment after the meet. The more volunteers we have in this area, the quicker and smoother things will go.

Parking Attendant: Help to ensure that we maximize our parking lot for the extreme volume of cars.

Marshalling: Experienced volunteers are required to assist in the marshalling and organizing of swimmers as they check in for their events.

Canteen: Bake, Bake, Bake! AND Donations!! The more we have to sell the more money we raise. This is a very easy fundraiser and our biggest of the year. Parents may be asked to help cook or serve. In the past, we have only needed about six parents to help here as the swimmers love to help in their own canteen.

Runners/Floaters: Prepared to help in any area or job need the day of the meet.

Stats Room: If you like computers, this is where you can work. You get to see as much of the meet as you can by poking your head out of the office. The stats room looks after the results and gets the ribbons ready.

Timers: These positions will usually be filled by parents of the other teams. But parents can volunteer as timers at the other meets. Six sets of 3 parents will be required for both the morning and the afternoon shifts. (2 timers and a scribe) Those volunteering for the timer's position must have attended a timer's clinic in the past. If there is enough interest we will setup a timer's clinic to certify new parents who would like to be more involved. Timers are considered officials and as such are asked to dress in white. It's a good idea to wear a hat to keep the sun off your head.

Summer Provincial Competition

(See attached information from Swim NS)

Provincials are the big final meet that ends the season. Every team across the Province convenes at a different town each year to compete.

Unlike other swim meets, every team member will not have equal opportunity to swim at provincials.

There are provincial qualifying standards for each stroke, which if met will guarantee that swimmer a spot in that event. Each age/gender group is allotted certain # of swimmers per event. Berths are awarded first to swimmers with qualifying times. If there is still berths available in an age/gender group after all the qualifying times are identified then the next fastest swimmer (without a qualifying time) would be chosen to swim that event to round out the berths.

Everyone will not get an equal number of swims. If you are planning on being away provincial weekend, please let the coach know ahead of time so that swims are not given to swimmers who won't be attending provincials. It should be understood that our goal is to provide a competitive sport at Provincials. This does not change our goal of providing your child with the opportunity to do their **Personal Best**. We hope you respect the decisions of the coach in this regard. Swimmers need to be registered by August 1st and swimmers will be announced shortly afterwards.

Provincial Clothing

Each year there is an opportunity to purchase souvenir clothing from Provincials. Samples are distributed early. These items will be sold on a pre-order, pre-pay basis only...

(NO EXCEPTIONS!!!!!!)

So... if you are interested don't delay in ordering. Please see a member of the executive for further information.



2016 Summer Provincials Qualifying Criteria

| 2016 Summer Swimming Provincial Championships Qualifying Standards | | | | | | | | |
|--|---------|---------|-----------|------------|-----------|---------|---------|------------|
| FEMALE | | | | Event | MALE | | | |
| 10 & Under | 11-12 | 13-14 | 15 & Over | | 15 & Over | 13-14 | 11-12 | 10 & Under |
| 1:44.92 | | 1:20.89 | 1:15.90 | 100 Free | 1:12.85 | 1:19.41 | | 1:44.79 |
| 3:58.57 | 3:29.72 | 3:01.56 | 3:03.07 | 200 Free | 2:50.66 | 3:05.11 | 3:30.47 | 3:58.28 |
| | 7:56.14 | 7:03.03 | 7:01.06 | 400 Free | 6:32.52 | 7:11.31 | 7:57.48 | |
| | | 1:43.96 | 1:35.52 | 100 Back | 1:28.79 | 1:43.55 | | |
| | | 1:50.96 | 1:46.43 | 100 Breast | 1:34.85 | 1:50.86 | | |
| | | 1:38.65 | 1:35.14 | 100 Fly | 1:27.24 | 1:37.68 | | |
| 2:05.39 | | | | 100 IM | | | | 2:07.64 |
| | 4:00.00 | 3:34.10 | 3:32.93 | 200 IM | 3:22.82 | 3:42.22 | 4:05.81 | |

To be eligible for Provincials, a swimmer must have competed in at least one invitational meet prior to August 1st, 2016. The results must be published on the Swim Nova Scotia webpage and included in the rankings.

All times being submitted for entry to Provincials must be achieved between June 1st, 2016-August 7th, 2016

No time entries will not be accepted for Provincials, entry times must be published in the Swim Nova Scotia rankings as of the entry deadline.

PARA swimmers are eligible to compete in the designated PARA events. PARA events will be dependant on the classification of PARA swimmers.

All athletes who fulfill the above criteria are eligible to attend Provincials*, following the event entry eligibility determined as follows:

PARTICIPATION LEVEL swimmers are eligible to swim any 3 PARTICIPATION LEVEL events. As per regular season rules, Participation Level athletes are eligible to swim the 100 IM if they have met the 50 free graduation standard. *If swimmers qualifying for the 100 IM after the 50m Free, they may contact meet management and enter the 100 IM. Participation swimmers may only score points for 3 events.*

AGE GROUP LEVEL swimmers are eligible to swim AGE GROUP events.

10-and-under AGE GROUP swimmers achieving qualifying times in **100 OR 200 free AND 100 IM** are eligible to swim any **5** individual events in their age group.

11-12 AGE GROUP swimmers achieving qualifying times in **200 OR 400 free AND 200 IM** are eligible to swim any **5** individual events in their age group.

13-14 AGE GROUP swimmers achieving qualifying times in **200 OR 400 free OR 200 IM AND any other** eligible events to swim any **5** individual events in their age group.

15-and-over AGE GROUP swimmers achieving a qualifying time in **ANY** event are eligible to swim any **5** individual events in their age group.

AGE GROUP LEVEL swimmers who have not achieved AGE GROUP QUALIFYING STANDARDS are eligible to swim any **2** individual events in their age group.

ALL AGE GROUP LEVEL swimmers are eligible to participate in a maximum of **2 relays** in addition to individual events.

* Individual club policies will determine which eligible athletes are entered in the meet

December 2015



2016 Summer Provincials Order of Events

| Friday | | | Saturday | | | Sunday | | | |
|--------------|-------------------|---|-------------|-------------|--|-------------|-----------------|-----------------------------|--|
| 12:30-1:00pm | Warm Up | Participation | 7:00-8:40am | Warm Up | All | 7:00-8:40am | Warm Up | All | |
| 1:00-3:30pm | 25m Free | Participation | 9:00am- | 50m Free | 15 & Over | 9:00am- | 50m Breast | 13-14 | |
| | 25m Breast | Participation | | 50m Free | 13-14 | | 50m Breast | 15 & Over | |
| | 25m Back | Participation | | 50m Free | 11-12 | | 100m Free | 10 & Under | |
| | 25m Fly | Participation | | 25m Free | 10 & under | | 100m Free | 13-14 | |
| 3:30-4:30pm | 200m Free | Open (to be swum together, scored/awarded by age group) | | 50m Free | Participation* if qualified | | 100m Free | 13-14 | |
| | | | | 100m Breast | 15 & O | | 100m Free | 15 & Over | |
| | | | | 100m Breast | 13-14 | | 25m Back | 10 & Under | |
| | | | | 50m Breast | 11-12 | | 50m Back | 11-12 | |
| | | | | 25m Breast | 10 & Under | | 100m Back | 13-14 | |
| | | | | 50m Back | 15 & O | | 100m Back | 15 & Over | |
| | | | | 50m Back | 13-14 | | 100m IM | Participation* if qualified | |
| | | | | 25m Fly | 10 & Under | | 50m Fly | 13-14 | |
| | | | | 50m Fly | 11-12 | | 50m Fly | 15 & Over | |
| | | | | 100m Fly | 13-14 | | 100m IM | 10 & Under | |
| 4:30-7:30pm | 100m Medley Relay | 10 & Under | | 100m Fly | 15 & Over | | 200m IM | 11-12 | |
| | | | | 400m Free | 11 & Over (to be swum together, scored/awarded by age group) | | 200m IM | 13-14 | |
| | | | | | | | 200m IM | 15 & Over | |
| | | | | | | | 100m Free Relay | 10 & Under | |
| | | | | | | | 200m Free Relay | 11-12 | |
| | | | | | | | 200m Free Relay | 13-14 | |
| | | | | | | | 200m Free Relay | 15 & O | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |

Note that the 15 & Overs will be swum together, scored/awarded by age group (15-16 & 17-18).
10 minute marshalling break will take place in between all Participation events.

Provincials Scoring: Participation scores 5 points per splash at Provincials

December 2015



All Star Team Selection:

The Summer Swimming All Star Team will be selected at the completion of Provincials based on the top aggregate scores in each age of the following age group categories: 10 & Under (top 5 of each gender); 11-12 (top 5 of each gender); 13-14 (top 5 of each gender); 15-16 (top 4 of each gender); 17-18 (top 4 of each gender).

Results/Rankings:

Meet results will be posted by age group during the regular season invitational meets and Summer Provincials. The following age group categories will be used: 10 & Under, 11-12, 13-14, 15 & Over.

Swim Nova Scotia will endeavour to post rankings every Monday following the regular season invitational meets in the following age group categories: 11-12, 13-14, 15 & Over.

December 2015

Swimming Definitions

2 Hand Touch In the Breaststroke and the Butterfly it is mandatory for the swimmer to touch with 2 hands at the same time at the end of the race and anytime they complete a length and begin to swim another length. Failure to do so is reason for disqualification. (DQ)

Anchor The last swimmer in a relay.

Block(s) The starting platform.

Counting Strokes When you are getting ready for a backstroke race, you need to practice this, as you cannot see the finish on your back. Backstroke flags are set up 5 meters from the end. In the warm up, swimmers doing the backstroke that day should count how many strokes it takes to get to the wall.

DQ Does not refer to Dairy Queen. It refers to that dreaded term Disqualification. This is when a swimmer has an infraction such as; starts too soon, or touches incorrectly, or an incorrect part of their stroke, or wrong stroke. This is not applicable to swimmers in Participation.

False Start This happens when a swimmer starts too early from the blocks at the beginning of the race or falls in trying to anticipate the start. It is up to the referee to decide if this was deliberate or an accident and has the discretion to DQ them or let them back up on the block. A swimmer can also be DQ'd from the start for delaying the meet (taking too long to get ready).

IM (Individual Medley) This is an individual event in which the swimmer swims all 4 strokes in a certain order. In summer swimming this event is either 100m or 200m (25 or 50 meters of each stroke). The same order is used Butterfly, Back, Breast, and Free. Failure to swim in that order is reason for disqualification. (DQ)

“Marshalling Event Number” You must listen to the announcer throughout the day as they call each event. They normally announce it 3 times; the third time, (saying, ...”3rd and final call for event number”...) Pay attention to what event numbers your child is swimming and make sure they are ready in plenty of time.

Time Trials These are an opportunity for swimmers to get a record of their time in a particular stroke while not at an official meet. Time trials at the start of the season help the coaches get a starting point for their swimmers. As the season progresses towards provincials, it is an opportunity for some swimmers to get a better entry time for Provincials. Parents may be asked to help for this activity by bringing their stop watches and timing for the event.

Seed an Event To distribute the swimmers among the heats & lanes according to their times. In most cases, the fastest swimmers are in the final heat of an event. Over the past few years, many teams have started seeding swimmers at meets because it makes the meet run faster as well as provide better competition for the swimmers. The fastest swimmer swims in the center lane (i.e. Lane 3, then the next 2 fastest in lanes 2 and 4 and then the next fastest in 1 and 5 and 6)

Warm-ups This is the reason we have to get up so early to go to swim meets! Each club hosting a swim meet allows about an hour for all the teams to warm up. This may involve using 2-3 lanes and about 10 minutes for all swimmers from one team to jump in the water and get a 'feel' for it and count their strokes. No diving is allowed during the first part of the warm up.

Are You a Winning Swim Parent?
From: *Swimming World*, August 2007
By: Dr. Alan Goldberg

[...]If you truly want your child to have a successful and rewarding relationship with swimming, then it's up to you to do your part. Learn and practice the following seven keys to becoming a winning swim parent.

1. NO COACHING

[...]As a parent, it is not your job to coach either at swim practices or at meets. [...]Winning swim parents don't coach. Instead they leave the coaching to the coaches.

2. BE UNCONDITIONALLY LOVING AND SUPPORTIVE

Your primary role on the "team" is to be your child's "best fan."

You want to support their efforts and love them unconditionally regardless of how fast they swim or in what place they finish. Whether they win or lose, swim slow or fast, your love and respect for your children should never change.

3. NO PRESSURE FOR YOUR CHILD TO FOCUS ON OUTCOME

[...]Going fast, achieving cuts and winning [...]in swimming [...]can only happen if the swimmer focuses more on himself/herself and the process of the swim, one stroke at a time, and less on the races outcome or their times.

4. HELP YOUR CHILDREN FOCUS ON THEMSELVES

[...]Swimmers can only go fast when they focus on what they are doing and not on what everyone else is doing.

...encourage your swimmers to stay in their own lane, focus on their stroke technique, their racing strategy and what they are doing.

5. KEEP THE SPORT IN PERSPECTIVE

Help your children understand that swimming is just a sport [...]. Teach them that the main purposes of their sport are to master new skills, feel good about themselves and have fun.

Help them understand that if they have a bad race or meet, this does not mean they are a bad person or a failure. Help them view their losses and setbacks as a normal and healthy part of the learning process and a necessary prerequisite to ultimate success.

6. NO BRIBING YOUR CHILDREN TO SWIM

Swimming should be something that your children do because they want to. It's not your job to try and motivate them to go harder and reach for certain goals. The goals and dreams that your children have in the pool should be their goals and dreams, not yours!

7. BE A GOOD ROLE MODEL FOR YOUR CHILD.

Dr. Alan Goldberg is a sports psychology consultant who works with swimmers at every level. You can read more articles and sign up for his free Mental Toughness Newsletter at;
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Upcoming Summer Provincial Championships: Bridgewater Barracudas August 19-21, 2016

www.bridgewaterbarracudas.com/2016-provincials.html