

TUNA NEWS

Bluefins Meet Opens the Summer Season!

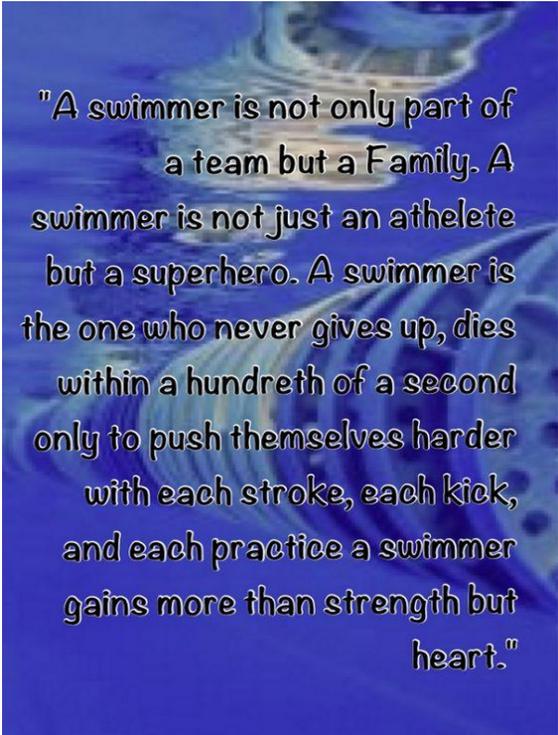
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Our meet is fast approaching (July 14th) and is the opening meet of the Summer Season, this is a great way to kick off the season. This will be a VERY busy day for us but after this we will get to enjoy the other meets. In saying this we really do need as many helping hands as possible to make this a success. Folks love our facility on the summer swim circuit for so many reasons and we love to host them!

If you haven't signed up to take on a job that day and a donation please do as we are really trying to ensure everything is looked after 😊 The meets are all run by parent volunteers all summer so it is super important otherwise the kids won't have these events that they work so hard for!

If you have any questions about the meet or canteen please reach out to Michelle (Meet Manager) or Karen (Canteen Manager)



"A swimmer is not only part of a team but a Family. A swimmer is not just an athlete but a superhero. A swimmer is the one who never gives up, dies within a hundredth of a second only to push themselves harder with each stroke, each kick, and each practice a swimmer gains more than strength but heart."



Off the Deck with Hayden

Hi Bluefins!

Welcome to the first issue of our Bluefins newsletter! I think this is a great way to get information around, so thank you to Michelle for putting this together. There are a couple of things to talk about regarding this coming week.

FIRST SWIM MEET - Our first meet is this Saturday, July 14th, and it happens to be our home meet! I hope everybody is getting excited, we always host a really fun and well ran meet! Since our meet is fast approaching, I need to know if swimmers are attending **NO LATER THAN NOON, WEDNESDAY JULY 11TH**. You can either contact me electronically, or tell me at the pool. However if I do not hear from you by then, you will not be entered in the meet. This is a B template swim meet, meaning that the events a swimmer can enter are as follows:

Participation:	10 and under
50 free (If they have not achieved their 50 free time)	25 fly
25 fly	25 back
25 back	100 IM
100 IM (If they have achieved their 50 free time)	

11-12

200 or 100 IM (there is no provincial qualifying standard 100 IM in this age group, so expect to do 200's)
50 fly
50 back

13-14

200 IM (mandatory)
50 breast
100 free
50 fly
100 back
(Swimmers do 2 out of these 4)

15 & Over

200IM
50 breast
100 free
50 fly
100 back
(Swimmers do any of 3 of these 5)

For clarification for new parents, if your child is new to competitive swimming this year, but is 12 years old or younger, they will be in participation. If they are new to competitive swimming but are 13 or older, they will be place in their respective Age group category. The participation program lets swimmers safely learn the new strokes, with the safety net of not being allowed to be disqualified for stroke infractions, false starts, etc. To graduate to the age group swimming, participation swimmers must achieve a 0:55.0 in the 50 free, and then achieve a 2:15.0 in the 100 IM. The reason why I, along with most teams choose to only enter athletes 12 years or younger is for the sake of the swimmers themselves. It just does not feel right putting a 13 year old in the same races as a brand new 7 year old. Freya and I have been doing everything we can to ensure that the new swimmer's stroke executions are legal, and comply with Swimming Canada's rules.

You might be wondering when you need to be there on Saturday. Once teams have entered their athletes, a warm-up schedule is made based around how many swimmers are entered from each team. Usually this comes out some time on Thursday, so I will circulate that as soon as I see it!

Touching a little more on events, as swimmers get older they have a little more freedom in what they can compete in at swim meets. Most of the time, I let those applicable swimmers choose their races, and present their choices to me. However, from time to time I will make recommendations to the swimmers, if I feel they have a chance to improve a race, place highly, or just try something different. I want to remind parents that event selection is something that is done between the swimmers and coaches, meaning there is no involvement from the parents.

Finally, I will touch on qualifying for provincials. You can find more details in Swim Nova Scotia's competition structure, but I will highlight the basics. Anyone who is registered with the team can compete at provincials. However, if a swimmer **QUALIFIES** for provincials, they are allowed to swim 5 individual events, rather than the default 2 that someone who doesn't make the qualifying standards, will swim. Each age category has a different set of qualifying standards. Swimmers can achieve qualifying standards at any of the 6 regular meets before provincials, or at any sanctioned time trial. However, swimmers will not be allowed to compete at provincials if they have not competed at a meet before August 1st (Swim Nova Scotia's rule, not mine.)

Finally, I just want to remind swimmers to always wear sunscreen and bring a water bottle to practice! Some of us (myself included) got burned pretty badly last week, so it's important we're staying safe!

I think that is all from me, see you all on deck!

Hayden



SOCIAL NIGHT

Cineplex – New Minas

INCREDIBLES 2

Thursday July 12th 3D show – 6:45 pm

*Families responsible for own tickets/food

*Open to friends & families



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?

Birthday Shout out goes to Freddy who celebrated his birthday on June 22, 2018!

Memories & Photos



(L-R): Isabelle Lebrasseur, Coach Hayden, Cassidy Lutes representing Team Nova Scotia at the Qplex All-Star Meet June, 2018.
Quispamsis, New Brunswick



Huge thank you to Dave & Joy Bannerman for hosting the team at their home for our annual Bonfire/BBQ!

