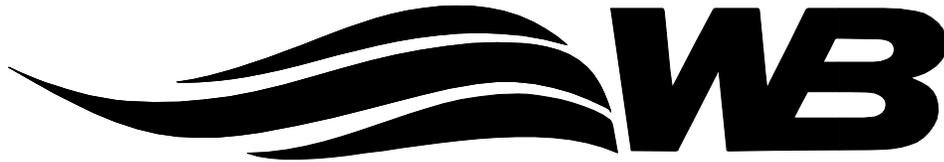


WINDSOR BLUEFINS



Summer Swim Team

windsorbluefins@gmail.com

www.windsorbluefins.ca

Executive:

President:	Karen Price kprice.home@gmail.com 902-385-2481
Vice President:	Emilie Smith Emilie.Smith@avrce.ca 902-790-6123
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Treasurer:	Jennifer Hilborn jenniferhilborn7@gmail.com 902-790-4478
Meet Manager:	Michelle Bregante
Fundraising:	Susan Hartt-Wellwood suehartt@hotmail.com 902-790-3297
Canteen Manager:	Karen Price

At Large – Dave Tremblay, Lisa Lebrasseur, Robert Brooks, Lorna Brooks, Theresa Cleveland



Windsor Bluefins 2018 Swim Team



2018 Girls 15 and Over 200 Freestyle Relay team with Coaches Hayden and Freya
(L-R) Kara Hartt-Wellwood, Cassidy Lutes, Isabelle Lebrasseur, Joy Bannerman

President's Message

On behalf of the Windsor Bluefins Swim Team Parent Association, I would like to welcome you to the 2019 summer swim season.

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 all parents to be involved. We will be holding weekly meetings during the summer swimming season and look forward to your input.

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.

We are fortunate to have Hayden Adams returning as our head coach and Freya Ferguson returning as our assistant coach. Their success as a coaching team last summer will continue into this season and we look forward to watching our swimmers become stronger and more confident under their guidance.

Communication will be via email, including a weekly newsletter that will provide you with information regarding the week to come (such as swim meet information and our weekly team building event). Please make sure we have your up to date contact details for last minute information. We will also keep our website and Facebook page current as an additional way to get information out to the team.

We will be hosting the first meet of the season on July 13th. Home meets are always a lot of fun and give each member of our swim family the opportunity to show off our “home”. Our meet is always popular and very well attended so we will need all members of our swim family to help make the meet a success. We encourage all swimmers to participate in our home meet to represent our team with pride.

We are excited to have each of you as a member of our swim team family and are looking forward to an amazing summer of fun and hard work. With our coaches' guidance, the hard work of our swimmers and our support this will be a fun and successful summer.

See you at the pool!

Karen

Cell: 902-385-2481

Coaching

Head Coach – **Hayden Adams**

- NCCP level 2 certified (May 2019)
- Former Bluefins coach (2018 Coach of the Year)
- Wolfville Tritons Age Group coach
- Former member of the Acadia Axemen Swim Team
- Former member of the Wolfville Tritons Swim Team
- Former member of the Bluefins



Assistant Coach – **Freya Ferguson**

- NCCP level 1 certified
- Former Bluefins assistant coach
- Former member of the Bluefins
- Lifeguard
- WSI instructor
- CPR/AED certified



Coach's Message

Hi everyone! My name is Hayden Adams, and I am returning as the head coach for another summer. Welcome to the 2019 season!

To give a little background on myself, I swam for the Windsor Bluefins from 2005-2009. I then joined the Wolfville Tritons Swim Club in the Fall of 2009 so that I could compete year-round. After graduating from Avon View High School in 2012, I went on to swim for the Acadia Axemen for four years before hanging up my cap and goggles. During my time as a swimmer, I got to compete at meets such as Canada Games, World Trials and the Canadian Inter-University Championships.

My coaching career started in June of 2015 with the Windsor Bluefins. On a whim, I applied for the head coach position and I've stuck around since! Year-round, I am also an Age Group Coach with the Wolfville Tritons Swim Club.

As a coach, I try to strike a strong balance between building swimmers to meet their best potential, while also creating an inviting, exciting and comfortable environment for them to thrive in. Between accessible yet challenging practices, team social events, swim meets (and their associated shenanigans), I can't think of a better way to spend a summer! After all, this is summer VACATION, so it has to be fun, right? 😊

I also try to make myself as resourceful and readily available as often as possible, both for the swimmers and parents! Communication is very important to me. Anyone returning to the team this year knows how often and thoroughly I distribute information regarding meets, practices, social events, etc. With that said, it is not a one-way street – if you ever have questions or want to talk, I am always checking my phone and email!

I try to make every summer I am with the team better than the last, and nothing about that is going to change this season. Let's all get excited for another great summer!

Hayden

Cell: 902-599-0073

E-mail: adams.hayden3@gmail.com

Windsor Bluefins Swim Team

2019 Practice Schedule

Pre-Season

June 4 -30 inclusive - All Groups/Swimmers swim together

Time	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
4:00 – 6:00 PM	SWIM						SWIM
6:00 – 8:00 PM			SWIM		SWIM		

The coaches will determine which swimmers will be in each group in late June. Typically, the younger swimmers (aged 10 & younger) are in the Novice group.

Regular Season

July 2 – August 23 inclusive (No practice on July 1)

Time	Mon	Tues	Wed	Thurs	Fri
7:30 – 9:00 AM	SWIM Jr & Sr Groups		SWIM Jr & Sr Groups		SWIM Jr & Sr Groups
9:00 – 10:00 AM	Dryland Training Jr & Sr Groups		Dryland Training Jr & Sr Groups		Dryland Training Jr & Sr Groups
4:00 – 5:30 PM	SWIM Novice Group	SWIM Novice, Jr & Sr Groups	SWIM Novice Group	SWIM Novice, Jr & Sr Groups	SWIM Novice Group
8:00 – 9:30 PM			SWIM / CLINIC Novice, Jr & Sr Groups		

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 one-on-one sessions.

The coaches put great effort into preparing each practice schedule and it is important that swimmers are at each practice **on time**. It is disruptive to the other swimmers and coaches when swimmers arrive late.

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.

We ask that parents keep off the pool deck during practices as this distracts both the coaches and the swimmers.

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 to \$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 can practice up to five days a week throughout the summer. Swim meets are optional each weekend 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 a swimmer wishes to be removed from the swim team and notification is received by July 5th, half of the registration fee will be refunded. In the case of injury or illness, which will prohibit the swimmer from participating, a refund at a pro-rated amount will be considered and decided by the executive.

Fundraising Events

The Windsor Bluefins is a non-profit organization. To keep our registration fees at an affordable level, fundraising is necessary. 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.**

Bottle Recycling

Instead of organized bottle drives, we are asking parents and swimmers to save all bottles, asking neighbours 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 and 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.**

Other Fundraisers

Throughout the season, and even in the off-season, we run additional fund raisers. These include, basket raffles (for which families are asked to donate items and time selling tickets) and Gift Card Survivor (refer to the game rules at the end of this handbook).

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 scratches 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 must 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 to 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?

If you know ahead of time that you will not be able to make any or certain swim meets this year, it is important that the coaches be notified! Swim Nova Scotia generally requires teams to submit their entries the Tuesday 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 Tuesday. 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

- **FOOD:** Healthy snack foods are important to give your swimmer the best fuel. 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.
- **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!!), goggles, swim caps, WATERPROOF sunscreen of at least SPF 30, at least two towels per child, extra socks, sandals, a blanket, rain/wind breaker, hats, sunglasses, lawn chairs and a good attitude! We know it's early!

Expect to make lots of NOISE!!

Meet Officiating

Each swim meet would not be successful without the officials on and off deck that work together with Swim Nova Scotia to run the meet. There are numerous different official positions that are all filled by volunteers within the swim community and their importance cannot be over stated:

- Timer and Scribe (2 per lane are required): Operate stop watches and properly record the official time of the swimmer.
- Chief Timer: Briefs timers prior to session, takes time of lead swimmer in each heat, steps in when a timer has missed the start of a heat or a watch has malfunctioned.
- Safety Marshall: Ensures that all safety rules are followed by swimmers while on deck.
- Starter: Assumes control of the swimmers from the Referee, directs them to "take your mark" and watches that no swimmer is in motion prior to giving the start signal.
- Clerk of Course: Arranges (seeds) the swimmers in their proper heats and lanes, notifies Referee if anything is not as is published in the Heat Sheet, assists Marshall with deck control.
- Chief Finish Judge: Processes results from the timers sheets. For each swimmer within each heat the times recorded by the timers are averaged to give a final time for the swimmer in the related event.
- Meet Manager: Organizes the meet including pool time, supplies, schedules and all matters required to run a smooth event.
- Turn Judge: Observe from each end of the pool and ensure that the turns and finishes comply with the rules applicable to each stroke.
- Stroke Judge: Observe from both sides of the pool, walking abreast of the swimmers, to ensure that the rules for each stroke are being followed.

- Referee: Has overall authority and control of the competition, ensuring that all the rules are followed. Assigns and instructs all officials and decides all questions relating to the conduct of the meet.

Various training sessions are held throughout the season, hosted by teams within the summer swimming circuit, to obtain training in each official position. We will notify you when sessions are available for those interested in becoming a meet official.

Swim Nova Scotia requests that each swim club supply volunteer members from their team as officials for each meet. **Without officials, a meet cannot run.**



As of May 14, 2019

2019 Summer Swimming Meet Schedule

DATES	HOST CLUB	TEMPLATE
Saturday, June 29 th	--	--
Sunday, June 30 th	--	--
Saturday, July 6 th	--	--
Sunday, July 7 th	--	--
Saturday, July 13 th	Windsor Bluefins	A
Sunday, July 14 th	Bedford Beavers	B
Saturday, July 20 th	Colby Sailfish	A
Sunday, July 21 st	--	--
Saturday, July 27 th	Waeg Waves	B
Sunday, July 28 th	Lunenburg Mariners	A
Saturday, August 3 rd	Kentville Marlins	B
Sunday, August 4 th	St. Margaret's Bay Breakers	A/B
Saturday August 10 th	--	--
Friday, August 16 th - Sunday, August 18 th	PROVINCIALS – Bridgewater Barracudas	Full Meet Schedule

2019 Summer Invitational Meet Templates

A	B
Participation	Participation
50 Free* or 25 Free	50 Free*
50 Kick	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 Free	200 IM or 100m IM
50 Free	50 Fly
50 Breast	50 Back
13-14	13-14
200 Free	200 IM
50 Back	50 Breast
100 Breast	100 Free
50 Free	50 Fly
100 Fly	100 Back
15 & Over	15 & Over
200 Free	200 IM
50 Back	50 Breast
100 Breast	100 Free
50 Free	50 Fly
100 Fly	100 Back
Age Group Relays (2 templates will run medley & 1 template will run free) in the middle of the day	Open Relays (2 templates will run free & 1 template will run medley) at the end of the day

Notes:

- *Swimmers must achieve the 50m Freestyle time standard of .55 to swim the 100m IM
- **Swimmers must achieve the 100m IM time standard of 2:15 to move into the age group events. These times may be achieved at invitational meets or time trials using legal starts/strokes/turns
- 11 & Over: mixed gender and age (scores and awards by multi-age group)
- 13+14 – must swim 200 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)
- 200 IM & 200 Free will be swum as 11 & over (scores and awards by multi-age group)
- Clubs are asked to organize in-house 400 Freestyle time trials and email the results to Swim Nova Scotia. These will be included in the weekly rankings.
- 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 can swim in the appropriate level; Coaches should follow up with Swim Nova Scotia on their level and classification.

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 Isleview Drive (there is a brick Spa at the corner and a large white church on the right Isleview 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: 1hour, 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 center/arena parking lot. Driving time: 1 hour.

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 will be asked to help cook or serve.

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

Chief Finish Judge: If you like math, this is where you can work. You get to see as much of the meet as you want as you work on the deck under the pergola. The Chief Finish Judge 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. 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

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.

Everyone will not get an equal number of swims. If you are planning on being away Provincials 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 coaches in this regard. Swimmers need to be registered by August 1st and will be announced shortly afterwards.

Swimmers must have participated in at least one swim meet before August 1st in order to be eligible to participate in Provincials.

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!!!!!!)

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

The order will be sent out from the host team typically by mid-July.

2019 Summer Provincials Qualifying Criteria

2019 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	2:00.00			100 IM			2:02.00	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, 2019. 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, 2019-August 5th, 2019 (rankings will be published on August 6th).

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 dependent 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:

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

<p>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. <i>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. If a swimmer graduates on Saturday and deck enters the 100 IM, they will not score that event (if they have swum 3 events already).</i></p>
<p>AGE GROUP LEVEL swimmers are eligible to swim AGE GROUP events.</p>
<p>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.</p>
<p>11-12 AGE GROUP swimmers achieving qualifying times in 200 OR 400 free AND 100 IM OR 200 IM are eligible to swim any 5 individual events in their age group.</p>
<p>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.</p>
<p>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.</p>
<p>AGE GROUP LEVEL swimmers who have not achieved AGE GROUP QUALIFYING STANDARDS are eligible to swim any 2 individual events in their age group.</p>
<p>ALL AGE GROUP LEVEL swimmers are eligible to participate in a maximum of 2 relays in addition to individual events.</p>
<p>RELAYS:</p> <ul style="list-style-type: none"> -Athletes participating only in relays must be entered in the club roster submitted for provincials (there is no minimum number that must qualify for Provincials). This can be accomplished by entering the athlete's name in at least one relay event. At the beginning of each session, relay teams will need to be confirmed. -If a Participation swimmer graduates, they are eligible to join an age group relay (that is pre-entered in the meet). -Relays are available for Age Group level swimmers only. -All 'A' relays will be seeded ahead of 'B' relays. Only 'A' relays will score. -At least two (2) of the four (4) members swim in that age group. -Swimmers must not move to a younger age group (from which they are entered) to fill up the relay. However, a swimmer may move to an older age group. -For relay events please use the following formula if you do not have a relay time in the 13 & over events: take 45% of the 100m time to calculate the 50m time.

2019 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	Participation	9:00am-	50m Breast	13-14		
	25m Breast	Participation		Participation Awards (10-Minute Break)			50m Breast	15 & Over		
	25m Back	Participation		50m Free	15 & Over		100m Free	10 & Under		
	25m Fly	Participation		50m Free	13-14		100m Free	13-14		
3:30-4:30pm	Warm Up	Age Group		50m Free	11-12		100m Free	15 & Over		
				25m Free	10 & under		25m Back	10 & Under		
4:30-7:30pm	200m Free	Open (to be swum together, scored/awarded by age group)		100m Breast	15 & O		50m Back	11-12		
	100m Medley Relay	10 & Under		100m Breast	13-14		100m Back	13-14		
	200m Medley Relay	11-12		50m Breast	11-12		100m Back	15 & Over		
	200m Medley Relay	13-14		25m Breast	10 & Under		100m IM	Participation *if qualified		
	200m Medley Relay	15 & O		50m Back	15 & O		50m Fly	13-14		
				50m Back	13-14		50m Fly	15 & Over		
<p>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.</p>				100m IM	11-12		100m IM	10 & Under		
				25m Fly	10 & Under		100m IM	15 & Over		
				50m Fly	11-12		10-Minute Break		100m Free Relay	10 & Under
				100m Fly	13-14		400m Free	11 & Over (to be swum alternating gender, scored/awarded by age group)	200m Free Relay	11-12
			100m Fly	15 & Over			200m Free Relay	13-14		
							200m Free Relay	15 & Over		

Provincials Scoring: Participation scores 5 points per splash at Provincials

Are You a Winning Swim Parent?

From: *Swimming World, August 2007* (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 guides 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.

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)

Age Group Swimmers: These swimmers have successfully achieved the time standard required for the 50m freestyle and 100m IM without any disqualifying infractions. They can achieve these at meets or time trials and can move into the age group category at any time during the season. The age group category is then broken down according to gender and age (U10, 11/12, 13/14, 15+). In this level, at meets and time trials, swimmers can be disqualified for technical infractions (such as failed two-hand touches, incorrect turns or incorrect stroke technique).

Anchor: The last swimmer in a relay.

Block(s): The starting platform.

Counting Strokes: 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 they have 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).

Flip Turn: The name given to the turn performed at the ends of the pool in which the swimmer performs a forward somersault to change direction. Entry into the turn is face downward and the swimmer pushes off the pool end with their feet.

Heat: Each group of swimmers that compete within an event.

Heat Sheets: The swim meet program. Each race consisting of six swimmers is one heat. Each event can have several heats, depending on the number of swimmers registered for the event.

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.

Marshalling Area: The area near the pool used at a meet for organizing the swimmers. It is where swimmers must report prior to racing when their event is announced. Once checked in by the Marshaller (or Clerk of Course), they are to remain there until called to the block.

Medley Relay: An event in which four swimmers compete together as a team to achieve a time, with each swimmer swimming one of the four strokes in the following order: backstroke, breaststroke, butterfly and freestyle.

Participation Level: All swimmers that join the summer swimming circuit start at the participation level. At this level the focus is on skill development and fostering a love for competitive swimming. At meets, the races are short and there are no disqualifications. Participation swimmers are eligible and encouraged to attend all meets, including Provincials.

Provincial Qualifying Times: Getting a qualifying time in certain events guarantees that your age group swimmer can swim a maximum of 5 events at Provincials. Not getting a standard qualifying time simply means that there are a limited number of events that your swimmer can participate in at Provincials. Please refer to page 19 for the 2019 Provincials qualifying times.

Template: It is not possible for all races to be run at a single swim meet. The full set of races is sectioned off into templates and each meet is assigned one of these templates. The templates are defined in such a way to try and allow swimmers the opportunity to race in a variety of different races at each meet.

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 with this activity by timing for the event.

Scratch: When a swimmer listed on a heat sheet does not participate in their heat, it is considered a scratch. Scratches result in empty lanes in heats, which is inefficient and less competitive.

Split: A swimmer's intermediate time in a race. Splits can be registered every 50m and are used to determine if a swimmer is on a planned pace.

Suicide Turn: The name given to a backstroke turn performed at the ends of the pool in which the swimmer completes the action by doing a back flip. The swimmer enters into the turn on the back and pushes off the pool end with their feet.

Warm-ups: This is the reason we must 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.

Other useful info:

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Swimming Canada National Office:

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Ottawa ON K1G 6C3
Canada
Phone 613.260.1348 | 613.260.0804 (fax)
www.swimcanada.ca | natloffice@swimming.ca

Upcoming Summer Provincial Championships:

Bridgewater Barracudas (August 16-18, 2019)
Waeg Waves (2020)
Canada Games Clippers (2021)

Gift Card Survivor Game Rules



What is Gift Card Survivor? A pool where the participants win a portion of the gift cards purchased. Participants in the pool are eliminated during live Facebook draws until the top three remain. Third place gets 20% of the total gift card pot, second place gets 30% of the total gift card pot and first place (the last player in the pool) gets 50% of the total gift card pot.

- Cost of participation is \$20. This amount is divided into a \$10 participation fee and a \$10 contribution to the gift card pot. A participant can purchase multiple entries into the game (\$20 per entry).
- Once the pool is full, the live draws will commence. The number of draws per week and the time they are done is at the discretion of the person responsible for making the draw.
- If a participant's name is drawn, they are eliminated from the game.
- Each participant has two opportunities to buy back into the game for the cost of \$10 per buy-back. If the participant buys back in, their name will be placed back in the pool.
- Their name will not be placed back into the pool unless the money is paid. They only have until 6:00 PM on the day of the next draw to buy-back into the game. After 6:00 PM, if they have not requested to buy-back in and have not paid the \$10 fee, they will be permanently eliminated from the game.
- The game will run for approximately one month.

Each **family** is responsible for recruiting 10 participants for the game (or \$200). You will be given two weeks to recruit your participants. Participants can purchase more than one spot in the game. Once the game begins, you will be responsible for the following:

- Determining whether any of your participants have been eliminated and notifying them if they have. If they have been eliminated, check to see if they wish to buy back into the game (if they still have buy-back opportunities available to them).
- Collecting all initial participation fees (\$20 per participant) and additional buy-back money (\$10 per participant) for any of the participants you have recruited.
- Once all money is collected, e-transferring the money to windsorbluefins@gmail.com using the keyword *bluefins*. For buy-backs, the name of each participant that is buying back in should be listed in the e-transfer memo.
- Confirming with the organizer which participant is buying back in and that you have collected and e-transferred their money. Confirmation must be made by 6:00 PM on the day of the next draw.

Rules specific to the draws:

- The number of draws per week will be determined by the organizer.
- The number of participant names selected in each draw will be determined by the organizer.
- Once there are only ten participants left in the pool we will have one final draw to determine the winners. The third place participant will take 20% of the gift card pot, second place will take 30% of the gift card pot and first (last participant in the game) will take 50% of the gift card pot.
- It will be possible that a participant may have multiple instances of their name in the final ten.