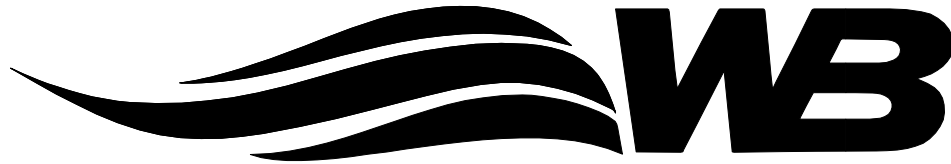


WINDSOR BLUEFINS



Summer Swim Team

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At Large – Dave Tremblay



Windsor Bluefins 2019 Swim Team



Windsor Bluefins 2018 Swim Team

President's Message

On behalf of the Windsor Bluefins Swim Team Parent Association, I would like to welcome you to the 2021 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 Facilities for the West Hants Regional Municipality 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 excited to have James Stenhose as our head coach this summer! He will be joined by two former Bluefins as our assistant coaches, Sammy Brooks and Cassidy Lutes.

Communication will be via email, including a weekly newsletter that will provide you with information regarding the week to come (such as any virtual 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 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

Coaching

Head Coach – **James Stenhose**

- NCCP level 2 certified (May 2019)
- Former coach at CFB Shearwater (2015)
- Many coaching positions in both New Zealand and Canada



Assistant Coach – **Sammy Brooks**

- Community Coach Certification
- Canadian Ski Instructor Alliance (CSIA) level 1 certified
- Ski Instructor at Martock for four seasons
- Former member of the Bluefins
- Volunteer assistant coach for Bluefins winter maintenance (2019-2020)



Assistant Coach – **Cassidy Lutes**

- NCCP level 1
- Former member of the Bluefins for 11 years
- Former member of the Wolfville Tritons
- Novice/Intermediate group coach for Wolfville Tritons
- WSI instructor certified.
- NLS certified
- AED/CPR/Oxygen tank as well as psychological first aid certified



Coach's Message

Hello Everyone,

I won't bore you with a 'Coachalogue' of who, what, where and when of my experience. I'm looking forward to meeting everyone, particularly my two Assistant Coaches, and answering any questions once we are released from COVID confinement.

With input from the other members of your coaching team I will be writing a 'Coach Note' at odd intervals during the season on topics that we feel will be of help to our swimmers and of interest to parents.

The Health and Safety of Team Members is paramount and whatever COVID regulations the Provincial Health Department has in place will be strictly followed as will those required by Swim Nova Scotia.

When your coaches have seen the team members in the water and have gauged each individual's level of ability at each stroke then teaching/training/coaching plans will be drawn up that suit each age group and ability level. These plans will have flexibility for cross over between groups as our swimmers progress.

We will 'Focus on the Process'. Distance covered in training has a stamina benefit but is secondary to stroke efficiency. Every stroke has a process from 'catch to recovery to catch' - the stroke 'fingers to toes cycle' - and each cycle has a number of parts which include all necessary body motion, and just as important...lack of. Getting the process right will provide the greatest speed for the least amount of energy used. Fast swimmers, of any age, never seem to be working hard. Focus on the process and speed will come.

Nothing is more boring than training sessions that are 'same old, same old'. It's surprising how much FUN...and that's what it's all about...can be had by everyone involved by doing things a bit 'off the wall' that still bring benefit to the swimmers. More on that when we hit the pool.

Karen has copies of testimonials from clubs I have coached with and also from parents of swimmers, feel free to ask to see them. They will, I think, give you a picture of my coaching approach.

I look forward to a meet and greet with everyone involved with Windsor Bluefins but until then I hope we all stay safe and the time for getting back in the pool is not too far away.

James Stenhouse.

Head Coach.

Windsor Bluefins Swim Team

2021 Practice Schedule

Pre-Season

June 15 -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. Swimmers may be moved between groups depending on development throughout the season.

Note due to Covid there will be limitations on group sizes, which will also affect the times in which swimmers will be in the pool. We will keep all families up to date via email as the season progresses.

Regular Season

July 2nd – August 20th inclusive.

Time	Mon	Tues	Wed	Thurs	Fri
7:30 – 9:00 AM	SWIM Jr & Sr Groups		SWIM Jr & Sr Groups		SWIM 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 – 9:00 PM			SWIM / CLINIC Novice, Jr & Sr Groups		

August 23 – 27 Fun Week – All Groups/Swimmers swim together.

Time	Mon	Tues	Wed	Thurs	Fri
4:00 – 5:30 PM	SWIM	SWIM	SWIM	SWIM	SWIM

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!

Covid-19 Procedures

Due to the pandemic, there are rules that everyone in our swim family must adhere to. These are at both the facility and team level and are based on the requirements from Nova Scotia Health and Swim Nova Scotia. The process will change over the summer dependent on the opening phase we are in, and this information will be communicated to you via email as soon as we are made aware. The basic rules that need to be followed:

- Bring a mask to practice. It must be worn on deck at any point except when you are in the pool.
- Wear your swimsuit to practice. The change rooms will not be available to swimmers. If showering is required, there are two outdoor showers (one next to each bathroom). The showers can be accessed one person at a time.
- Parents are not allowed on the pool deck. We recommend watching from the bleachers on the outside of the fence.

The coaches will make sure that all swimmers know and follow the rules as we progress throughout the summer. We are always available for any questions!!

Background

The Windsor Bluefins Swim Team dates 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 will be held virtually this summer, which will be a new experience for most of our team. 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 do not be shy about cheering on every Bluefin.

Fees

The registration fee for the 2021 summer swimming season will be \$325 per swimmer. 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.

A fundraising fee of \$75 per swimmer or \$125 per family will also be charged to help cover costs as we are reducing our fundraising activities this year as described below and there will be no swim meet this summer.

If the season is shortened due to COVID restrictions the registration fee will be pro-rated accordingly.

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 and return them to the O'Leary's 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 does not take long for the money to add up if everyone participates.

Canteen

We will not be hosting a meet this summer so there will be no canteen to support.

Other Fundraisers

We are participating in the Sport Nova Scotia SportSplit online monthly 50/50 fundraiser. This is our primary fundraiser for the year, and we are asking all parents to share our specific 50/50 page on their social media and encourage their friends and family to participate. The team specific URL is <https://sportsplit.5050central.com/?olc=WindsorBluefins>.

Team Clothing

Although not required, the Bluefins do offer team swimsuits for purchase. Each fully registered swimmer will be given a team swim cap as part of their registration.

What to Expect at a (Virtual) Meet

The structure for the 2021 summer swimming season will be much different than previous seasons due to restrictions from the pandemic. There will be virtual meets and virtual challenges held at our home pool. Details will become clearer as the season progresses but, rest assured, this is going to be an awesome season with many great memories.

Meet Officiating

Although there will be no in-person meets this summer, virtual meets will still need to be supported by many officials.

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 overstated:

- 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 should be held throughout the season 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.**

Summer Provincial Competition

Provincials are the big final meet that ends the season. Swim Nova Scotia is planning a virtual Provincials this season and details will be provided as they become available over the summer.

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

Other useful info:

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