

# WINDSOR BLUEFINS



## Summer Swim Team

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### **Executive:**

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Meet Manager:

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At Large – Dave Tremblay



Windsor Bluefins 2021 Swim Team

## **President's Message**

On behalf of the Windsor Bluefins Swim Team Parent Association, I would like to welcome you to the 2022 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 Community Engagement 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 three former Bluefins as our coaches this summer! Sammy Brooks will be returning to our coaching staff and taking on the role of head coach. Cassidy Lutes will also be returning to our coaching staff this summer as an assistant coach, and she will be joined by Kara Hartt-Wellwood.

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 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

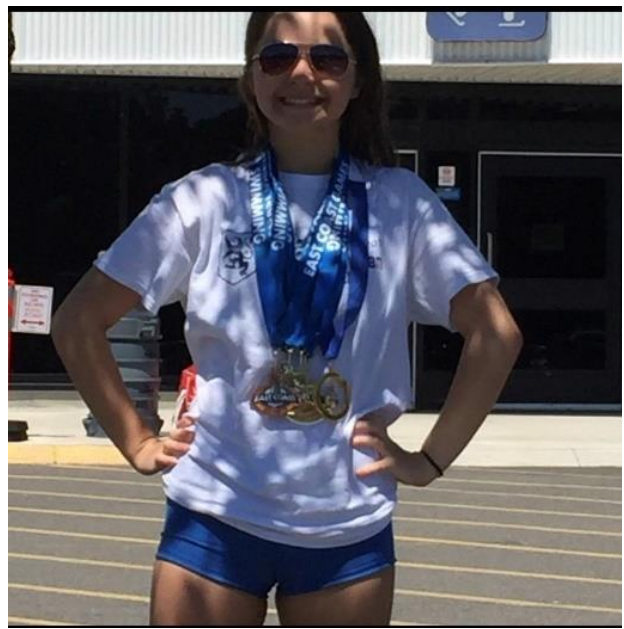
### Head Coach – **Sammy Brooks**

- NCCP Level 1 certified
- Former Bluefins Assistant Coach
- Former Bluefins member
- Former CSIA Level 1 ski instructor
- Standard First AID AED/CPR C certified



### Assistant Coach – **Cassidy Lutes**

- NCCP level 1
- Assistant Coach for the Bluefins in 2021
- 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



Assistant Coach – **Shelby Rideout**

- Swim Teach certified
- WSI instructor certified
- Standard First AID AED/CPR C certified
- Former member of the Windsor Bluefins



## **Coach's Message**

Hi everyone. My name is Sammy Brooks and I will be your head coach this swim season. I look forward to stepping into this role especially now that we can finally have swim meets. However, I would like to acknowledge that while Nova Scotia Covid restrictions are non-existent, Covid is still all around. I completely understand and will do my best to support members who would like to follow restrictions.

For a bit of background about myself, I swam with the Bluefins from 2013 to 2019. Even though I no longer compete I still love to swim and frequently train. Last swim season I was an assistant coach and mainly coached the juniors. Before that, I helped coach the 2019-2020 winter maintenance. Additionally, I was a CSIA level one ski instructor at Martock from 2016 to 2020. I stopped instructing to attend university in Antigonish. This September, I am going into my third year at St. FX University where I am pursuing a Bachelor of Arts with a joint major in Computer Science and Mathematics/Statistics.

My coaching style is focused on individual improvement and having fun rather than results. At this level, I believe the best way to achieve results is to concentrate on improvement and to have fun. This is not an Olympic-level swim team and, therefore, should not be treated as such. All I ask from my swimmers is to come with a good attitude, be respectful to their fellow swimmers and coaches and try their best. Not everyone can be an all-star swimmer nor wants to be and that is perfectly fine. Nevertheless, this is still a competitive team, and I will push the swimmers to help them reach their maximum potential not only as a swimmer and athlete but also as a person. My goal is that every swimmer will walk away feeling like their swimming has improved and they had a fun time despite the hard work.

If you have any questions, comments, or concerns please reach out. I am more than happy to explain my decisions and thought processes as well as hear others' opinions. You can talk to me in person at practices/swim meets or reach me by email and text. I would prefer to be emailed rather than texted but if you need to reach me quickly or cannot email you can text me.

I look forward to coaching everyone and let's make this a great summer.

Sammy

Cell: (902) 790-4286

Email: samanthabrooks1201@gmail.com

# Windsor Bluefins Swim Team

## 2022 Practice Schedule

### Pre-Season

June 21<sup>st</sup>, 22<sup>nd</sup>, 28<sup>th</sup> and 29<sup>th</sup>.

| Time           | Sun | Mon | Tues | Wed  | Thurs | Fri | Sat |
|----------------|-----|-----|------|------|-------|-----|-----|
| 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.

### Regular Season

July 4th – August 19th.

| Time            | Mon                        | Tues                              | Wed                             | Thurs                             | Fri                        |
|-----------------|----------------------------|-----------------------------------|---------------------------------|-----------------------------------|----------------------------|
| 7:30 – 9:00 AM  | SWIM<br>Jr & Sr Groups     |                                   | SWIM<br>Jr & Sr Groups          |                                   | SWIM<br>Jr & Sr Groups     |
| 9:00 – 10:00 AM | Dry land<br>Jr & Sr Groups |                                   | Dry Land<br>Jr & Sr Groups      |                                   | Dry Land<br>Jr & Sr Groups |
| 4:00 – 5:30 PM  | SWIM<br>Novice Group       | SWIM<br>Novice, Jr & Sr<br>Groups | SWIM<br>Novice Group            | SWIM<br>Novice, Jr & Sr<br>Groups | SWIM<br>Novice Group       |
| 8:00 – 9:00 PM  |                            |                                   | SWIM / CLINIC<br>Jr & Sr Groups |                                   |                            |

August 22<sup>nd</sup> to 26<sup>th</sup> - 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.

All swimmers should come to the pool with waterproof sunscreen applied and plenty of water to keep hydrated as they practice.

**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 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 do not be shy about cheering on every Bluefin.

## **Fees**

The registration fee for the 2022 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 5<sup>th</sup>, 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 to only those listed below.

## **Fundraising Events**

The Windsor Bluefins is a non-profit organization. To keep our registration fees at an affordable level, fundraising is necessary. There are three fundraisers that we are running this year, which are listed below.

### **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 Garlands 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

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.**

## Nova Scotia SportSplit

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>.

## Clothing and Equipment

To compete at meets swimmers must have goggles and a lot of swimmers find that a swim cap is important when racing. Each new swimmer will be given a Bluefins cap when they join the team.

Swimmers will also be given a Bluefins team t-shirt at the beginning of the season.

Although optional, an enclosed bag is useful to keep clothes and towels dry when it rains (practice still runs in the rain). Extra towels, sweatpants and a hoodie are helpful, especially on cool days. We will be coordinating a team clothing order early in the season and the prices will be determined at that time.

Although not required, the Bluefins offer team swimsuits for purchase. The swimsuit and jammers are pictured below, and the cost is \$55 for the swimsuit and \$35 for the jammers.



## 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 warmups 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. **Warmups 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:** Swimsuit (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, sweat pants, hoodie, hats, sunglasses, lawn chairs, entertainment (cards), 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 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, audio, supplies, 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 March 25, 2022*

## 2022 Summer Swimming Meet Schedule

| DATES  | HOST CLUB                     | TEMPLATE           |
|--|-------------------------------|--------------------|
| Saturday, July 2 <sup>nd</sup>                                       | --                            | --                 |
| Sunday, July 3 <sup>rd</sup>   | --                            | --                 |
| Saturday, July 9 <sup>th</sup>                                       | --                            | --                 |
| Sunday, July 10 <sup>th</sup>  | --                            | --                 |
| Saturday, July 16 <sup>th</sup>                                      | Waeg Waves                    | A                  |
| Sunday, July 17 <sup>th</sup>  | Windsor Bluefins              | B                  |
| Saturday, July 23 <sup>rd</sup>                                      | Bridgewater Barracudas        | A                  |
| Sunday, July 24 <sup>th</sup>  | Lunenburg Mariners            | B                  |
| Saturday, July 30 <sup>th</sup>                                      | Kentville Marlins             | A                  |
| Sunday, July 31 <sup>st</sup>  | --                            | --                 |
| Saturday, August 6 <sup>th</sup>                                     | Colby Sailfish                | B                  |
| Sunday, August 7 <sup>th</sup>                                       | St. Margaret's Bay Breakers   | A/B                |
| Saturday August 14 <sup>th</sup>                                     | --                            | --                 |
| Friday, August 19 <sup>th</sup> -<br>Sunday, August 21 <sup>st</sup> | Provincials – Bedford Beavers | Full Meet Schedule |



**2022 Summer Invitational Meet Templates –SUBJECT TO CHANGE**

| A  | B  |
|--|--|
| <b>Participation</b>   | <b>Participation</b>   |
| 50 Free* or 25 Free  | 50 Free*   |
| 50 Kick  | 25 Fly   |
| 25 Breast  | 25 Back  |
| 100 IM**   | 100 IM**   |
| <b>10 &amp; Under</b>  | <b>10 &amp; Under</b>  |
| 25 Free  | 25 Fly   |
| 25 Breast  | 25 Back  |
| 100 Free or 200 Free   | 100 IM   |
| <b>11-12</b>   | <b>11-12</b>   |
| 200 Free   | 200 IM or 100m IM  |
| 50 Free  | 50 Fly   |
| 50 Breast  | 50 Back  |
| <b>13-14</b>   | <b>13-14</b>   |
| 200 Free   | 200 IM   |
| 50 Back  | 50 Breast  |
| 100 Breast   | 100 Free   |
| 50 Free  | 50 Fly   |
| 100 Fly  | 100 Back   |
| <b>15 &amp; Over</b>   | <b>15 &amp; Over</b>   |
| 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 to run medley & 1 template to run free) in the middle of the day | Open Relays (2 templates to run free & 1 template to 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 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
- Clubs are asked to organize 50m Kick in-house. This event should be available for 12 & under swimmers, and they should use 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. These will be included in the weekly rankings
- 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 1<sup>st</sup> 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 items available 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. If you have your food handler's certification, we would love to have you help with the canteen.

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). 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. The 2022 Provincial Championships will be held August 19<sup>th</sup> to August 21<sup>st</sup> and hosted by the Bedford Beavers.

### **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 (see page 14).

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 1<sup>st</sup> and will be announced shortly afterwards.

### **Swimmers must have participated in at least one swim meet before August 1<sup>st</sup> in order to be eligible to participate in Provincials.**

#### **Provincial Clothing**

Each year there is an opportunity to purchase souvenir clothing from Provincials.

These items will be sold on a pre-order, pre-pay basis only.

If you are interested, don't delay in ordering. Please see our clothing manager for details.

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

## **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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