

December

2019

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***“HARD WORK BEATS TALENT WHEN
TALENT DOESN'T WORK HARD”***

– TIM NOTKE

Upcoming Events

December 2nd: Sign Up
Deadline for Candy Cane

December 4th –
Wednesday Night @ the
Races #2 – **ALL SWAT
SWIMMERS!!!**

December 7th – Nova Tech
#2 – SWAT Hosted.

December 13th – Last Day
Swimming for Novice &
Mini-Waves

December 13th – 15th:
Candy Cane Meet – Truro.

December 27th – Senior
Christmas Camp Starts

December 28th – Junior
Christmas Camp Starts

January 2nd – Novice
Christmas Camp Starts

January 6th – Back to
Regular Schedule

SWAT Hosted Swim Meet in December

Submitted by Kristy Childs (SWAT Meet Manager)

Our SWAT hosted Nova Tech meet will be here before you know it; December 7th will be the first of 2 meets we will be hosting this year.

We have has lots of people sign up for the NT Meet, but still need a few more positions filled:

- **2 Canteen / Officials Food Coordinators:** you will run the canteen/officials food in the entrance/windowed area of Centennial Pool. You'll still be able to watch your athlete race!!
- **3 Deep End Timers:** If you recently have taken the Level 1 Clinic offered by Steven Taylor, this is a great opportunity to put your training to a test!
- **Safety Marshal:** An easy job for someone who is already signed up to time. Safety Marshal watches the pool during warm-up to make sure the swimmers are in a safe environment! You can Safety Marshal AND still be ready to time also!
- **"X" Swimmer Marshallers:** This is a great job for athletes in Sr 2/1 & Performance. I would STRONGLY encourage swimmers to sign up for this. You will get volunteer points for your family, and this is a vital role in the smooth running of our meet to make sure the swimmers are in the right lane at the right time.

Thank you to everyone who has volunteers so far. This is a great way to get involved with the SWAT Community. If you have any questions, please email kristinalegge@hotmail.com. Thanks!

Volunteer Points – How to Submit

Submitted by Staci Brocklehurst

Our volunteer points for the season have been finalized by the board and are available on the website under Member Info. Volunteer points will be tracked each month by each individual family. At the end of the month, families will have 7 days to report their volunteer points for the month to Staci B (secretary@swatswim.ca). If volunteer points are not received within the first week of each month, you will not get credit for your volunteering from the previous month. We suggest that you put a reminder in your phone or on your calendar to email your points monthly.

For Example: Your November volunteer points are due to Staci B on or before December 7th. If you have any questions, please reach out to Staci.

Sobeys Gift Card Orders

Submitted by Lisa Jardine

SOBEYS GIFT CARD ORDERS DUE DECEMBER 13th

If you are interested in ordering cards for January, please let Lisa Jardine (lisajardine@swatswim.ca) know and provide her with your cheque by Friday, December 13th. The order date is a week earlier than usual; however, cheques can be dated for January 1, 2020.

DECEMBER SWIMMER OF THE MONTH CRITERIA

This season, we will be doing swimmer of the month for each group! SWAT coaches have created special criteria for each month, that highlights certain things we think are important in our sport.

December Criteria: Best Possible Teammate

This swimmer is exemplary of what it means to be a teammate. They are always cheering for their team, they are the first person to congratulate other swimmers on their accomplishments, and they make sure to recognize achievements of swimmers in all groups. They are engaged in all aspects of the team, and understands the importance of team work at swim meets and during practice. During tough workouts this teammate encourages everyone, and they are always willing to lend out an extra suit / gear / cap / goggles if someone forgot theirs.

November Swimmer of the Month

Theme: Skill Commitment

Senior 1 / Senior Performance – Juliette Mercier



November Swimmer of the Month is Juliette. Juliette has improved so much across all four of her strokes, and this is 100% due to her conscientious, attention to detail and desire to always do her best. Juliette has committed to doing every skill to the best of her ability, whether it be in warm-up, cool-down or a challenging main set. Juliette has worked hard this season to improve her breaststroke pull, which

has resulted in a HUGH improvement in her distance per stroke, and ability to hold technique across longer sets. Juliette has also worked to straighten out her naturally flexed breaststroke toes when swimming backstroke and freestyle!! She is setting herself up for a super speedy and successful season!!

Senior 2 – Grace Bains

All three coaches thought that the November Swimmer of the Month for Senior 2 should be Grace. Grace has done a great job swimming to the “skill ask” of each set, and working to improve her stroke technique. When Grace is at the pool, she works to maintain awesome wall patterns, and pushes herself to improve her skills across all 4 strokes. When a coach reminds Grace of a skill she should be working on, we notice that it does not usually take more than one reminder and Grace continues to work the rest of the practice on that skill. Way to go Grace.



Junior – Gabriel Anderson



The recipient of the Junior swimmer of the month goes the Gabe Anderson for his dedication to skill commitment in the pool throughout the month of November. Gabe has made a conscious effort to maintain steady kick in free and back which has immensely strengthened the power of his stroke and has increased his overall efficiency. He has dedicated himself to a 3-meter glide with 3-4 dolphin kicks off of every wall and keeps his head down on the first stroke majority of the time. During challenging sets Gabe has stood out for his attention to technique. He is learning what it means to train the way you want to race! Congratulations Gabe, your efforts have not gone

unnoticed!

Novice/Winter Maintenance – Matthew Power

Matt Power will be receiving the Novice swimmer of the month for his dedication to skill commitment in the pool throughout the month of November! Matt has begun to improve his catch in all four strokes. He is beginning to implement a forearm catch to increase his overall power. Matt no longer crosses under his body during fly and free, nor does he pull with a straight arm in backstroke anymore! This is an advanced skill to learn and can be challenging to maintain. The coaches are impressed with Matt's commitment to his high level of thinking in the pool! He is learning that every action completed in the pool needs to be done with a purpose! Congratulations Matt!



Waves in the Community



Caitlin Taylor Sailing as part of the Royal Canadian Cadet Program. Caitlin has had some amazing experiences of the last few months because of this program. Read Waves in the Community - November to find out more



Mini Waves – Virginia Millward



Virginia is the Mini Waves swimmer of the month! She is always asking what skills she needs to work on and then sets her mind to achieving them. Always aware about what improvements she needs to make, Virginia works with a positive attitude and determination to achieve important skills and consistently pays attention to the smallest details to ensure that she is swimming to the best of her ability. Way to go Ginny!

Waves in the Community – November

Name: Caitlin Taylor

Age: 16 years old

Event: Caitlin is a very involved member of the Royal Canadian Sea Cadets Program. Sea Cadets learn about the naval and maritime environment by participating in a variety of activities on and off the water. Sea Cadets participate in ceremonial events and citizenship activities, sailing regattas and other hands-on events, exciting challenges and leadership opportunities. Over the past few months, Caitlin has been able to really shine a light on her amazing contributions to the Cadets Program through many community events. Caitlin talks a little bit about what she has been involved in:

"I was a sailing instructor in Shearwater for four weekends where I taught the cadets from different corps in the HRM how to sail. I was able to teach with my former coaches, which was an awesome experience! This was a volunteering opportunity but there are a number of sailing, safety, leadership and teaching qualifications that I have achieved over the last three years which allowed me to become an instructor. I've participated in three parades recently. There are only a few parades throughout the year which are mandatory and the Remembrance Day ceremony is one of them. Because I'm in the band I play with them throughout the ceremony. We also participate in activities leading up to the ceremony including selling poppies for the legion, and laying crosses and flags on veterans' graves. The other two parades that I participated in were the Halifax Parade of Lights and the Bedford Parade of Lights. The Halifax Parade of Lights is only open to the band and some extra cadets to hold flags and the cadet banner. This year I was asked to be with the sailboat float as a sailor, along with a few other cadets from around Halifax. The Bedford Parade of Lights is open to everyone but I joined back in with the band to continue playing the glockenspiel. These parades are huge in the HRM and it's really cool to be a part of them! I also competed in the regional biathlon competition two weekends ago and I attended a leadership workshop to improve my teaching skills, which will help me to make lessons more fun and improve my ability to be a better leader."

We asked Caitlin T a few questions to learn more about this experience:

How long have you been in Cadets, and what is the most valuable thing you've learned?

I joined cadets in September 2016 when I was 13. I have learned so much since joining the cadet program but the biggest thing is the leadership skills I have gained. When I first joined I was really shy and the thought of teaching the younger cadets terrified me, but as I've progressed through the program I have learned many skills that now help me teach the younger cadets. This also helps me with sailing because I'm able to make lessons and water briefs for the cadets who I teach while in Shearwater.

SWAT Record Breakers



New this season, we want to make sure all our record breakers get recognized for their accomplishments. Watch for posts, like those above on our social media platforms throughout many competitions this season!

GO SWAT!!

What is your favorite opportunity that being part of Cadets has given you?

My favorite opportunity that I have been able to participate in was the National Sea Cadet Sailing Regatta in Kingston, Ontario last August. It is one of the biggest events of the year for the Sea Cadet program so being able to participate in it was amazing. I was able to meet, train, and compete against some of the best cadet sailors from all over Canada in a serious but friendly competition. I'll never forget the many voices that echoed over the water while we sang our way around the course! As it's such an important event for the Sea Cadet program it is highly publicized, so I got to be the voice of the video that highlighted and explained the event which was really exciting! The regatta is run as part of CORK (Canadian Olympic Regatta Kingston) so there are also other competitions running throughout the summer. While I was there I saw some of the youth worlds competition for the lasers, which was amazing! My first sight of the venue was a sea of boats from all over the world.

If you could pick one thing that you want people to know about Cadets, what would that be?

If I could pick one thing, it would have to be about the opportunities it gives you! Through cadets I've been able to learn how to sail, and attain the qualifications I needed to become a sailing instructor. In addition, I was able to join and be part of one of the top competitive cadet bands in Nova Scotia, compete in biathlon, drill and marksmanship (shooting) competitions, go to Kingston for the regatta, and participate in summer training camps at HMCS Acadia. Through all of these activities I have met so many people who will stay with me for life. It's an amazing program and it has taught me many skills that will be valuable in the future.

Wednesday Night @ The Races

Our December Wednesday Night @ the Races is just around the Corner (December 4th). It is going to be a really exciting night of fun swimming for the athletes, and an opportunity for new (or returning) parents to help out on deck to gain experience officiating, or timing! It's a great team builder, and a fun way to get some more team engagement from all parents and swimmers. It is also a great way to meet some of the new families on our team, maybe make some carpool connections or find a new friend. If you would like to help on deck, please contact Zoe (zcmiles1@gmail.com) by December 3rd.

4:30PM	Swimmers Arrive on Pool Deck
4:40PM	Team Activation
4:55PM	Swim Warm-Up
5:40PM	Races Start
	Mini-Waves: 25FR + 25 DK or Br K
	Novice: 50FR + 25 SLK
	Junior: 100IM + 50FR
	Senior 2: 100 #1 Stroke + 50FR
	Senior 1/P: 100FR + 50 #1 Stroke
	MTL Kids: 50 choice !!
~7:10PM	Team Building, Group Stations
7:30PM	SWAT Team Wrap Up & Head Home

Thank you to the parents who have already volunteered their time for this awesome SWAT Event.

How to Volunteer – Job Sign Up

Within the next week we will have our Job Sign Up open on www.swatswim.ca for our Nova Tech Meet.

Once it is fully functional, you will be able to log into your account the same way you do to sign up for a swim meet, and then commit yourself to volunteer for the Nova Tech Meet. There will be many jobs listed, that use all sorts of skill sets so EVERYONE will be able to find something they're comfortable with. You will find this "Job Sign-Up" button on the Team Event for the Nova Tech #2 on our home page. It is almost identical to the "Edit Commitment" button you are all used to using to sign your swimmers up for swim meets.

It takes close to 80 volunteers minimum to run a successful swim meet, as we need people for timing, officiating, marshalling swimmers, canteen sales, etc. It will be really easy for you to commit yourself, your swimmer (or both) to a role to make sure that SWAT is able to provide an amazing experience to all NT swimmers.

The 5 Foundational Blocks of Swimming – Part 4 & 5.

Culture & Responsibility

I thought it was important to finish explaining the 5 Foundational Blocks of swimming before we hit our first Championship Meets of the season in December! We have already discussed Mental Toughness, Humility & Have a Plan. The last two blocks are Create A Culture & Responsibility. It's important to recognize which of these 5 foundational blocks are already a strength of yours, and which you could move towards building into a stronger base!

Block #4 is to Create the Right Culture. This means to have the right atmosphere around you all the time to create a positive and supportive environment. It can be coach/club driven, but it is also tied to how the swimmers interact with each other, how they come together to support each other's goals, and the relationships they make with the coaches and teammates. Culture is one of my biggest goals this year for SWAT. I want to create an environment where the swimmers know they can succeed, but feel safe enough to fail. I want our team to be viewed as one that consistently performs, whether it is a Dev Meet, Nova Tech Meet, Provincial Champs or Nationals. Our team will be known as one of the most supportive teams in the province, and one that is always having fun on deck. Essentially, the swimmers know that they get the work done, have fun while doing it, and are unwaveringly supported by their coaches, teammates and parents. To help solidify this culture, there needs to be a mindset shift, which I have already witnessed happening with some swimmers! Swimmers begin to fully understand that what they think is what they get. For example, when asked "who can complete a marathon?", most people would not immediately raise their hands. In reality, every single person who can walk can finish the marathon. It might take a little bit longer, but you'll still finish the distance. This translates so well to the sport of swimming because everyone is on a different trajectory in terms of their own success and improvement. Swimmers must remember to keep their feet on the ground, but always dream for the stars. Creating a culture shift also allows the swimmers to begin to think and speak in positive framework. They start to understand that with the right attitude you CAN do things. It might be "Challenging", or you may have a lot to still learn and work on, but eventually you CAN do it! This is the culture that I want SWAT to be known for.

Block #5 is Responsibility. This means taking responsibility for your own swimming, and focusing on yourself. We need to do what we can control, focus on that, and try our best to let go of what is out of our own control. The more you begin to focus on what other people should be doing, the less effective you are in your own training and racing. This doesn't mean you aren't supporting your teammates, we still want to have the mentality of "we are in this together", and "we have a common goal". However, day to day, you need to focus on your task at hand, and what is going to further push you towards success. Maybe that means leaving a friend behind if you know you're going to be late for dryland, or asking your friend to stop talking to you while the coach is talking. Once swimmers shift their thinking and begin to really take hold of their swimming responsibility, it changes everything for the athlete and allows them to begin to be more accountable to themselves and their training. The responsibility begins to give the swimmers tangible examples they can draw on when it becomes time for competition so that they know they are ready to perform. There are 3 general types of swimmers and how they view and think about their swimming responsibility:

- **Pessimist:** These swimmers want to find the thing that is wrong, which sometimes allows them to shift blame to other people. They typically say things like "I told you I couldn't do that", "I told you the coach was wrong",

SAVE THE DATE!!

SWAT Fundraising Update

Do you LOVE being part of our team?

Do you want the opportunity to meet (and surpass) your second Fundraising Commitment of the season?

Do you want to build connections, have fun, and participate in a full team activity?

We've got the PERFECT event for you!!

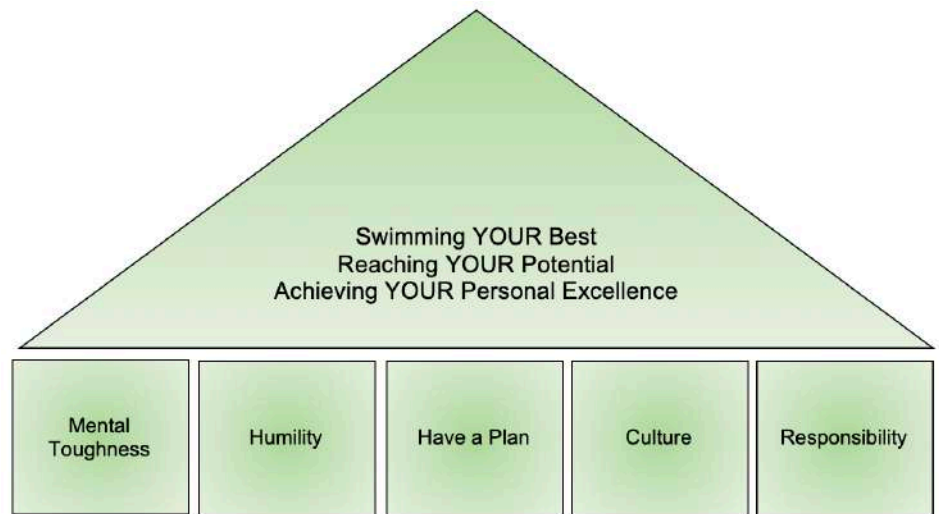
Our next Mandatory Team Fundraiser is scheduled for Monday, February 24th, 2019. There will be lots of details to come within the next few weeks, but you will not want to miss this exciting new event our Fundraising Chair has been planning. It will be sure to be an evening you won't forget!

We will need engagement from all SWAT Families to make this the greatest team event & fundraiser this year!

or "I told you this workout was bad". Living your athletic career in this way is a critical limiting factor that the athlete has chosen to stack against their chance of success before they even get to the race. We want to work to shift these thoughts.

- **Naïve Optimist:** These swimmers don't accept much responsibility at all. They take the stand of "what will happen will happen", which is deadly in sport. You may not be able to control EVERYTHING, but you can control enough to know that you've put the work and preparation in to be successful. These athletes get over excited for competition, "I just KNOW I'm going to swim so fast", but do not understand the actual preparation that is needed to do well. It is a false sense of reality because they have expectations outside the realm of possibility given their preparation before the meet. They then don't understand why they didn't perform well because they were "excited and positive for the meet".
- **Winning Optimist:** These swimmers understand what it takes to reach their goals and they take responsibility over their training and preparation daily. These swimmers are able to walk into a competition with a really good feeling because they know they have done "X", "Y", "Z" to prepare. They are positive and upbeat in their mindset because they have put in the work, have created great habits, and thus confident because they have evidence of the training they've done. This removes the "I hope I'll do well", and shifts the swimmers to "I know I'll do well".

At the end of the day, there are so many factors and characteristics that are outside of the pool which contribute to a swimmers ultimate success. Regardless of what swimmer we are talking about, a first time Mini-Wave swimmer, or a more experienced Senior Performance swimmer, the more the athletes (with the help of the coaches) can build up the 5 Foundational Blocks we've discussed, the easier it will be to swim your best, reach your potential, and achieve your personal excellence!



Candy Cane Meet – Clothing Order

This year for the Candy Cane Meet, there is a clothing order again. This season it is a toque. There are a few different colors to choose from. If you're interested in purchasing one, please respond to Zoe by **December 4th at 6PM**, with what color you'd like to order.



Black/White






Charcoal/Black



Charcoal/Navy



REFER A FRIEND

-  Earn \$100.00 off your next month Swim Fee's if your "Refer A Friend" join SWAT before January 1st, 2020!
-  Refer ANY Friend - they do not need to be the same age or ability as your own swimmers!
-  When you "Refer A Friend", your friend gets 1 Free Assessment with Zoe to determine skill ability, and then 1 FREE WEEK TRIAL with the appropriate Group!



(Promo Runs until December 31st!)