

November

2019

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Team Pride – Integrity – Dedication – Leadership



FLASHBACK TO KEN DUNN 2019 “OMBRE SUIT GIRLS”



LOTS OF BEST TIMES @ AGD #1 IN OUR INTER-TEAM BLK VS GREEN!!

***“ THE KEY IS NOT THE WILL TO WIN.
EVERYBODY HAS THAT. IT IS THE
WILL TO PREPARE TO WIN THAT
IS IMPORTANT” – BOBBY KNIGHT***

NOVEMBER 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.

November Criteria: Skill Commitment

This swimmer always shows the very best skills no matter what the set is. Warm-up, Prep Set, Main Set, Warm Down, this swimmer is always trying to do the best technique and never takes short cuts. This swimmer always looks for ways to improve, and continues to work on stroke technique and swim skills without prompting. This swimmer makes it their own responsibility to constantly be practicing the skills they know will make them successful.

October Swimmer of the Month

Theme: Coachability

Senior 1 / Senior Performance – Megan Bateman



Megan has been with our team for just over 7 weeks now and has already emerged as a strong “silent leader” within our team. Megan is always looking at how she can improve her stroke technique, and has worked tirelessly over these last 7 weeks to do everything in her power each day to work towards her goal of Eastern Canadian Championship. Meg’s strong drive and attention to

detail has already transformed her stroke, which has resulted in early season best ever swims! Keep it up Megan!

Senior 2 – Trevor Rollin

Trevor is also a new SWAT member this season. He is vocal in workout always asking for ways to improve his strokes and skills and he making sure he’s taking ownership on his own training. Trevor has been working on perfecting his bent elbow recovery / catch in his freestyle, and all three coaches have commented on how dedicated he is to making this change and looking for feedback. We all know it’s going to be a breakout season for Trevor if he continues down this training path. Way to go Trevor.



Junior – Murray Briand



Murray wins Junior Swimmer of the Month for his motivation to succeed and learn how to swim outside of his comfort zone. He is learning how to swim with an older group of athletes on Tuesday and Saturdays. At times he feels nervous swimming on the Senior 2 peacetimes, but he is now beginning to break down the wall of intimidation. He constantly arrives to practice with

a positive attitude and is a strong role model for the Novice and Mini Wave athletes. Murray always listens attentively and knows exactly what he is supposed to do when he pushes off the wall. You rock Murray!!

Novice/Winter Maintenance – Will Carter

Will is Novice’s Swimmer of the Month. Will has shown determination in the pool and superior focus on technique. He is constantly looking for ways to improve his stroke and needs minimal reminders in the pool. He is always respectful to the coaches and fellow athletes. Recently Will has had a major breakthrough with dolphin kick; he is learning how to keep his feet relaxed to maximize the mobility of his ankles versus flexing in his kick. Great work Will!!



Mini Waves – Joel Phillips

Joel is the swimmer of the month for the Mini Waves group! Joel is always early for practice and excited to be in the pool. His eagerness to learn and willingness to implement feedback has led to the development of awesome skills in the pool. His continuous enthusiasm brings up everyone around him and attention to detail is sure to lead to success in the pool. Great work Joel!



Upcoming Events

November 2nd – Nova
Tech #1 Meet

November 9th /10th – Age
Group Dev #2 Meet

November 15th: Sign up
Deadline for AGD #3.

November 18th: Sign up
Deadline for Nova Tech #2

November 30th / December
1st – AGD #3, Greenwood

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 – 15th:
Candy Cane Meet – Truro.

Swimmer Nutrition Hints

By: Dina Rogers

Nutrition is often a neglected part of a swimmers participation in competitive swimming. Whether an athlete is in Mini Wave or Senior performance nutrition will have different demands, but is extremely important. Food is the fuel that swimmers need to feel energized during their workout, to recover and to perform at the level they are striving for. Remember this article is not a substitute for going to see a nutritionist, the goal is to simply inform about the basics of nutrition in the sport of swimming!

Energy availability is the amount of energy the athlete has in their muscles to expend during their workout. This energy comes from glycogen stores which are made up of mostly carbohydrates the swimmers put into their bodies. The primary reason why nutrition is so important is because it directly affects this energy availability. An excellent analogy is to represent this energy availability as a pie. If the athlete has been eating consistently and properly all day then they have full energy availability when they start their workout: a full pie. This will give them the best base for having a successful workout. However, then after workout they have used a piece of that pie and now if they do not replenish their energy if they have a second workout that day or other activities then it will not be completed to the best of their ability or recovery will not ensue because now they only have three-fourths of a pie left and therefore, not enough energy availability.

Swimming is the only sport that consistently uses all of the muscles in the body and as a result uses a lot of energy. If the athletes are not conscious in what and when they are eating they may find themselves energy deprived which can have consequences on the immune system, growth hormones, irreversible loss of bone density and other not ideal effects on the way the body functions.

In basic nutrition there are three types of macromolecules: carbohydrates, proteins and fats. For the sport of swimming we are mostly concerned with carbohydrates and proteins in relation to energy availability, but note that fats are also essential to the body's function. Carbohydrates are sugars and starches which provide the main source of fuel for the body. Common foods containing carbohydrates include bread, rice, pasta, starchy vegetables and fruits, and sweetened dairy products such as yogurt and flavoured milk. On the other hand, proteins function primarily in the recovery of muscles after workout. Proteins are essential to keeping the muscles in prime condition and are found most commonly in eggs, meat, dairy products, oats, nuts and lentils.

As carbohydrates are digested faster, eating a snack before workout or a breakfast with high carbohydrate content and a smaller amount of protein directly before getting into the pool (approx.. 1 hr prior) is ideal because a large meal with a large amount of protein will sit mostly undigested and feel heavy in the water. Immediately after a hard training session it is important to refuel the body quickly to effectively recover. This can be a small snack to provide some nutrients to the muscles until it is feasible to get home and have a proper meal. A favourite for this is a small bottle of chocolate milk (sweetened dairy) because it contains an ideal ratio of protein to carbohydrates to both refuel the energy stores and recover the muscles worked.

As a last note, a good rule to follow is nothing new for race days (or morning practices) because the body tends to be extremely picky with what it uses as fuels during these events. Changing routines when the athlete is awake early or on race day with nervous energy, switching up a nutrition routine can be detrimental, so sticking to something that already works for the swimmer is essential! Additionally, if swimmers are "picky eaters", ANY food, is better than NO food before they race, or before a morning practice!

How to Volunteer At A Swim Meet – 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.

Waves in the Community – October

Name: Alana Mercier & Emily Gaudet

Age: 11 & 12 years old

Event: WE Day Atlantic. WE Day is the manifestation of the WE movement: an unparalleled celebration of young people and educators who have made a difference. Held in over 15 cities across the United States, Canada, the UK and the Caribbean, the event series features an inspiring line-up of world-renowned speakers, award-winning performers and real-world stories of change. You can't buy a ticket—you have to earn your way. All it takes is one local and one global action through WE Schools. On October 16, 2019, thousands of change-makers packed the Scotiabank Centre for an unparalleled event to celebrate a year of action that transformed communities and changed lives.

We asked Alana M and Emily G a few questions to learn more about this experience:

Why was attending We Day Atlantic an important event for you?

AM: WE day was an important event because I loved learning about other people's lives and if they are struggling I would like to learn how to help them. I loved seeing others as passionate about helping other as I do.

EG: Attending WE Day 2019 was important to me because I got to hear all about other people's problems and how they solved them. I found it really inspiring and interesting. At WE Day, there were people who were telling us their stories and life experiences, and it was also very interesting to learn about different cultures and countries.



What is one thing you learned from attending We Day 2019?

AM: I learned that there is no such thing as the "box". The box is a set of stereotypes of perfect attributes and if one does not fall within these perfect attributes they are "outside" the box. I learned that you can be yourself and you don't have to be "perfect".

EG: One of the things I learned from WE Day 2019 was that everyone makes mistakes and everyone can do things to fix their mistakes. And most importantly, everyone can learn from their mistakes so they can continue to improve and grow.

Why would you recommend being part of this event to other SWAT Swimmers in the future?



AM: I think WE day could be a great event for swimmers on SWAT. You learn to be kind to others, and help each other out. I think If they learn to help others at WE day they would be more encouraged to help others on our team making us a closer group.

EG: I would recommend being a part of this event because you can learn a lot about how to solve problems and about how other people overcome their problems. I think that it would be a great learning experience for the swimmers on the team as it is very easy to forget that everyone faces challenges in their lives.

Dal Relay & Sprint Meet Results

Congratulations to the following 12 swimmers (one third of our team!!) who were 100% best times: Landon A, Jack Br, Murray Br, Ella B, Nelson D, Ryan J, Adrianna K, Eugene L, Zoe M, Aline P, Matthew P and Audrey S.

We also had many swimmers combine together to form Top 3 placings in the Relay Meet. Congratulations to the following Top 3 Relays:

3rd: 13&U Girls 4x50 Medley Relay – Abby L, Ella S, Ella B, Aline P

3rd: 14&O Boys 4x50 Medley Relay – Grant G, Oscar C, Michael S, Ryan J

2nd: 14&O Boys 3x50 Backstroke Relay – Oscar C, Grant G, Michael S

3rd: 13&U Boys 3x50 Breaststroke Relay – Gabe A, Tristan S, Matthew P

3rd: 14&O Girls 3x50 Breaststroke Relay – Juliette M, Ella D, Amelia S

2nd: 13&U Girls 3x50 Butterfly Relay – Ella B, Ella S, Ash T

2nd: 13&U Boys 3x50 Butterfly Relay – Gabe A, Murray Br, Matthew P

3rd: 14&O Boys 3x100 Medley Relay – Oscar C, Grant G, Jack Br

3rd: Open Girls 4x200 Free Relay – Ella D, Megan B, Katharine D, Ella B

3rd: Open Boys 4x200 Free Relay – Ryan J, Michael S, Nelson D, Jack Br

Full Meet Recap is available on swatswim.ca or our facebook page.

The 5 Foundational Blocks of Swimming – Part 3

Make A Plan

As we work through the first part of our season, the swimmers are continuing to learn what it takes to build a great swimmer. We have already talked about the first two building blocks of swimming, “Habits” & “Humility”. The third is something that should not come as a shock to anyone – MAKE A PLAN!!

As coaches we spend a great chunk of our day planning – planning the entire season, then planning each month, each week, each workout. We plan when is the best time to teach our swimmers new skills, or to have them swim high volume workouts. What’s the plan for dryland, what’s the plan for meet schedules, events at each meet, etc. It’s awesome that we have this plan, but at the end of the day teaching our swimmers how to plan is critical for their success. Swimmers tend to gravitate towards focusing on the RESULTS. If I swim 2:20 in my 200fr this weekend, that is good. If I make finals I’ll be successful. If I qualify for AAA Champs, I’ll be happy. Those examples are likely all true, and not too far off of how many swimmers (and parents) tend to quantify a successful race. However, there is so much more along the way that goes into a great swim. As I’ve said before, when swimmers learn to focus on the process there are many more factors to consider when deciding how much they’ve improved or if they executed a great training set or race. Planning in its simplest form, is really just learning how to focus on the process and check in at various times to make sure you’re on track.

There are many ways we teach swimmers about the importance of having a plan, which they may not recognize immediately. Any sort of seasonal goal setting (process goals on the way to your Long Term Goals) is planning. Creating a Pre-Race Routine is planning. Making sure that you have all your gear and a snack in your swim bag before you go to school is planning to succeed at afternoon practice. Completing your homework on days off so that you don’t need to miss practice later in the week is planning also.

In our sport, we have a really long season and sometimes it’s easy to get distracted and lose your focus along the way. When this happens, it is not uncommon for swimmers to start to forget their motivating factors of why they’re spending so many hours working hard at the pool. When you have a plan in place, and you know how to continue to break your large plan into smaller weekly or daily plans, it helps you to remain connected to your end of season goal. It also helps to reinforce the idea of building strong habits, and creates great positive reinforcement as you feel successful when you’re able to create a plan, and then execute it to the best of your ability.

It might seem like more brain power, or that there is not a correlation between success IN the pool, and planning many things that seem to happen “outside” of the pool, however, when you have a plan, the results take care of themselves. And at the end of the day, everyone loves a great result in the pool!!!

Grand in YOUR Hand

COST RECOVERY INITIATIVE
By: Shannon Millward

This is an easy way to reduce those swim payments right before the holidays!

There are 300 tickets at a price of \$10 each. The draw will be held Saturday November 30th and the winner takes home \$1000 cash just in time for the holidays!

This is a cost recovery initiative and therefore it is not mandatory, but tickets will be given on a first come first served basis. This is easily shareable via social media and I will be posting something on our Facebook page that you can share if you'd prefer not to make your own post. If you prefer to sell door-to-door please make arrangements with me to pick up some tickets. If you do take tickets you need to ensure that you either sell them all or they are returned in time for someone else to sell them. If you are selling primarily online go ahead and sell without your tickets but keep me posted on how many you've sold so I can keep track as we get closer to selling out. Assuming all 300 tickets are sold the breakdown will be as follows: \$3.33 to the winner and \$6.67 to the swimmers cost recovery account per ticket sold.



SWAT Hosted Swim Meet in December

Submitted by Kristy Childs (SWAT Meet Manager)

Hello SWAT families!

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.

I am looking for some volunteers that would be able to help with our Canteen and Officials food. Please also keep in mind that we will need lots timers and officials. If you're are able to help you can reach out to me at 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 October volunteer points are due to Staci B on or before November 7th. If you have any questions, please reach out to Staci.

December SSS Pool Closure - Update

The Sackville Sports Stadium Pool has confirmed it will be closing for two weeks around Christmas this season, December 14th – December 27th. There have been some posters around the Stadium, so I am sure that most of you have seen this. This means that some groups will get their time off before Christmas, other groups will have a reduced training schedule at other pools around the HRM for the week of December 15th – 22nd. The Christmas Camp Schedule for Jr and Sr. Groups will be available by the end of November. To plan ahead, please note: *most groups will run from ~Dec 27th – Jan 6th when school starts.*

Mini Waves – not effected, last day of swimming is December 13th!

Novice – last day of swimming before Christmas break will be December 13th.

Junior – will finish after the Candy Cane Meet on Dec 14th. Junior Swimmers will have Christmas Training Camp following Christmas.

Sr 2 – All AA level swimmers will finish after the Candy Cane Meer on Dec 14th. All AAA level swimmers will follow Sr. 1 training schedule until Dec 22nd.

Sr 1 - Will take Monday, December 15th OFF after the meet, will swim until December 22nd – schedule TBD.

Sr P – Will take Monday, December 15th OFF after the meet, will swim until December 22nd – schedule TBD.