

2020

SEPTEMBER

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TEAM PRIDE - INTEGRITY - DEDICATION - LEADERSHIP



Back to the Stadium!



Senior Swimmers Activating



Novice Back to Pool!

***“DO NOT FEAR YOUR CHALLENGES;
CHALLENGE YOUR FEARS”***

CONTACT US

Coach Contacts

Head Coach – Senior Coach

Zoe Miles

zcmiles1@gmail.com

Junior & Novice Coach

Grace Myers

grace@swatswim.ca

Mini-Waves Lead Coach

Madi Slack

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Lines of Communication

1. Email your group coach first with any questions!
2. Email Head Coach second if you need more clarification.
3. Email the Board Member or Volunteer in charge of “out of the pool” things.

Welcome to SWAT!

We are so excited to be back in our home pool again, and to provide incredible programming to all our members. To all of our new SWAT members: Thank you for choosing our team, and I am confident you will learn so much this season and have a ton of fun through this process. Swimming is an amazing sport, and I am excited to share this experience with you. Whether your child is brand new to competitive swimming, joining our Mini-Waves Program, or joining our team after previous Swim Club experience, my coaching staff and I are happy to be a part of this next step in your child's athletic journey!

Last year our season was cut short, however, we did have some amazing performances before that happened. SWAT ended last season with the most athletes Qualified for the 2020 Olympic Trials. We also finished the season with 8 Eastern Canadian Championships Qualifiers and 5 Canadian Junior Championships Qualifiers. This is an outstanding performance for a small team – congratulations athletes.

We also introduced our first Mini Waves Season and it was hugely successful. This initiative brought in younger athletes to teach them about our sport, and what it means to be a SWAT Swimmer. We had 5 Mini's graduate out of Participation and into Level 1, with many others achieving their 25m kick graduation standard! This season we look to build this group even further by adding an extra cohort each week to allow even more swimmers to experience how awesome SWAT is.

Looking forward into 2020-21, there may be some uncertainty or changes from previous years, but I encourage everyone to look ahead, and bring your best self to the pool every day. This year, our overall team goal is “Dedication”, which is also one of SWAT's 4 Team Values. We challenge each swimmer to show up ready to do one thing a little bit better, for a little bit longer each day! These small commitments to improvement show your dedication and will add up to big results.

Our group structure follows closely with Sport Canada's Long Term Athlete Development Model so that each athlete is challenged to learn and grow, while still having fun! As athletes move through SWAT's training program, they will learn in pool skills that will help them to continue to succeed and reach their swimming goals. They will also continue to learn our Team Values (*Team Pride, Integrity, Dedication, & Leadership*), which are transferrable outside the pool to make sure that we are helping our athletes learn the tools to reach any goal they have.

My hope with our Parent Handbook is to have a resource available for all of the information you might need as a new parent. It is by no means an exhaustive resource – I understand there are likely things that will pop up during the year not addressed in here – but I hope to make sure that by creating this handbook, you and your swimmer are able to have a smooth and successful transition into this wonderful sport.

Welcome to the team, and here's to another record breaking season!



Zoe Miles,
Head Coach
Sackville Waves Aquatic Team

UP COMING EVENTS

Junior Parent Meeting –
ZOOM: September 24th
@ 7:30PM

Senior Parent Meeting –
ZOOM: September 25th
@ 7PM

Mini-Waves Parent
Meeting – IN PERSON
@ SSS: September 26th
@ 9:45AM

SWAT Senior Fall
Training Camp –
October 5th – 18th

Black & Green Time
Trial – October 16th
(4:15 – 7:30PM)

Message from the President

On behalf of Sackville Waves Aquatic Team, it gives me great pleasure to welcome you to our club; whether you are a returning member or new to the team.

Our club has always prided itself on being a family-oriented club with high expectations of performance and conduct, both in and out of the pool. We are committed to the further development of the sport of swimming as well as the development of our swimmers, coaches and administrators. One of our goals in 2020/21 season for our senior and junior groups is to build on the great results achieved last year. I ask each of you to get behind our senior and junior groups and support them. In addition, I'm very excited to see the novice group build on the fundamentals of swimming in order to achieve their desired goals. With the introduction of the successful Miniwaves program last year, the team has built an excellent group of enthusiastic young swimmers that are eager to get to the pool for every session.

New Board

We have new and returning board members this year with an even representation of the club on the executive. New to the board this year are:

- | | |
|--------------------|--------------------------|
| • Jen Power | Vice President |
| • Marty Gaudet | VP of Finance |
| • Robin King | Treasurer |
| • Christine Potvin | Team Manager / Registrar |
| • Fiona Gibbs | Communication Chair |
| • Lindsey Briand | Equipment Manager |

I would like to thank the outgoing board members for their dedication and time and effort that was put in through the past year.

It is important to remember that clubs like ours are run by volunteers. Therefore, if you can help in any way, please do not hesitate – your helping will make a huge difference!!!

I look forward to another successful year for SWAT and ask all you to get involved in your club.

Yours in swimming,

Dan Dobson
President
Sackville Waves Aquatic Team

A HUGE **Thank-You** to Martin Gaudet and Christine Potvin for putting together our registration night on September 11th. There was a lot of behind the scenes time and effort to ensure all of our members had a smooth and easy process. Additionally, Thank-You all of our volunteers who made this year's "Drive Thru" Registration such a success; Lindsey & Angie Briand, Dan Dobson, Fiona Gibb, Jason Jardine, Kristy Legge and Jen Power.

SWAT PARENT HANDBOOK

Your 2020 SWAT Parent Handbook is now available on www.swatswim.ca. This is a great resource for new and returning parents to learn about your team, how to use our website, how to sign up for swim meets, the club structure, our board, and so much more! Please take the time to look through as I am sure it will answer some questions people may have.

Great Links for Swim Parents

Here are some awesome links to keep up to date with everything you'll ever want to know about swimming (and some stuff you didn't even know you wanted to know!)

www.swimming.ca Swimming Canada Website

www.swimnovascotia.com Swim NS Website

www.swatswim.ca SWAT's Website

www.swimswam.com Swimming News from around the world

Funding Opportunities

For many families, swimming is an expensive sport. There are a couple grants available through community partners that families are able to apply for each season.

KidSport – Support4Sport

Families can apply for up to \$300 per child, per calendar year (January 1st – December 31st) to help offset the cost of organized sport registration and equipment. If you are requesting funds only for equipment, the grant cannot exceed \$200 per child. Applicants can only be approved once per calendar year, per sport. To be eligible to receive funding, the child must be 18 years of younger by the application deadline date they are applying for. Application deadline dates for 2020: October 1st & November 1st.

For more information: <https://kidsportcanada.ca/nova-scotia/halifax-regional-municipality/>

JumpStart – Canadian Tire

To be eligible for funding for one or more children, families must first meet specific financial criteria as per Revenue Canada's Low-Income Cut-Offs (LICO) chart. Children must fall between the ages of 4 – 18 years old. Funding is allocated to sustained programs that involve a sport or physical activity. Programs should be a minimum of 5 weeks in duration, and include at least 1 session per week. Funding is up to \$300 per activity, subject to chapter discretion and/or local demands. Applications must be submitted between January 15th and November 30th. Funds will be distributed evenly over all spring/summer and fall/winter activities.

For more information: <https://jumpstart.canadiantire.ca/pages/apply>



Cost Recovery - Sobeys Gift Cards

Submitted by: Lisa Jardine

SWAT is participating in the Sobeys gift card fundraising program again this year, which is an easy way to earn cost recovery funds to use towards monthly swim fees and other costs. Orders are placed monthly for Sobeys gift cards in \$100 increments. The gift cards can be used at any Sobeys location (also at Fast Fuel, Needs, Lawtons, Foodland) and can also be used to buy any gift cards available at Sobeys for restaurants, gas stations, retail, NSLC, etc. Air Miles are earned when using the cards for purchases when applicable.

To participate, families write a monthly cheque made out to SWAT for the total gift cards they would like to purchase for the following month. For every \$100 purchased, a percentage (last year it was 5%, depends on order size), less \$0.25 cost recovery fee, goes to your cost recovery account.

If you are interested in ordering cards for October, please let Lisa Jardine (lisajardine@swatswim.ca) know and provide her with your cheque for October's order by Saturday, September 19th. Please email her to arrange for pick-up of your cheque. The program will run until June 2020. There is no requirement to participate every month, you can opt in or out any month. For anyone planning to participate regularly, it's easiest to provide Lisa with post-dated cheques for future months, dated for the 20th of each month.

Cards will be distributed the first week of each month (EX: September Payment is for October cards, distributed first week of October).

Cost Recovery – Aroma Maya Coffee

Submitted by: Fiona Gibb

Available coffees include a *light, medium and dark roast*; their *Morning Blend*; and a *decaf option*. Their seasonal *Pumpkin Spice Blend* will also be available during our campaign. Coffee is available in whole beans or ground. Coffee bags sell for \$15 each; for each bag of coffee sold, families will earn \$4.75 that will be put in your cost-recovery account. In addition, Aroma Maya Coffee offers four-packs of cans of cold brew for \$17; families will earn \$2.85 for each four-pack of cold brew sold.

Helpful Hints for a successful campaign:

Social Media is your friend- Use social media to connect with friends and family and advertise your campaign.

Product Knowledge – Add Aroma Maya Coffee Inc's website and Facebook so you customers can learn more about the coffee. They also have a promotional video.

Website - <https://www.aromamayacoffee.com/>

Facebook - <https://www.facebook.com/AromaMayaCoffee/>

Youtube - <https://youtu.be/el6YeaAJ63c>

E-transfer funds- Most of us are set up to transfer funds online and it's a quick and easy way to collect payment once people have placed their order! Setting up your bank account for Autodeposit eliminates the need for individual passwords.

Sorting and delivery- Consider provincial Public Health guidelines when delivering your orders. Information is available at <https://novascotia.ca/coronavirus/staying-healthy/>

Remember physical distancing, proper handwashing, wearing of masks, and consider no contact payment and delivery options.

The order deadline for this initiative is October 9th, 2020. Order forms and payment can be sent to Natasha Sexton at natasha_sq@outlook.com. Order sheets, and an information pamphlet are available on our website under the Member Info Tab → SWAT Fundraising.

Fundraising – All Tides

Submitted by Fiona Gibb

Need a new training suit? What about (another!) pair of goggles, snorkel, fins or fresher smelling mesh bag?

Swimming Canada, in partnership with Speedo Canada and All Tides, has announced a new initiative to kick-off the 2020-2021 swim season. Starting now and for the next two months, when you purchase items from the All Tides online store and enter our club code (SWAT) at checkout, Speedo will give our team 20% of the total purchase amount!

It's a win-win.

Click [HERE](#) to see the product selection and get shopping!

Black & Green Events

This season we will be holding in house Time Trials to get our team back to competition and introduce our new members to how Swim Meets are run. We will split the team into 2 groups, Black or Green, and there will be swimmers from all of the different groups mixed together.

Our hope is to hold the first Black & Green Event on October 16th. All Mini-Waves, Novice, Junior & Senior Swimmers are invited, and encouraged to participate, even if they don't usually swim on Fridays.

Currently we will be tight on #'s allowed gathering inside of the building, but my belief is that by then, the sport sector will open up to more people allowed inside so that we can successfully have our whole team together.

There will be more information available in the coming weeks, but for now, please mark your calendars for Friday, October 16th from 4:15 – 7:30PM! It is going to be a lot of fun for everyone.

We will also need volunteers and officials. If you are new to the sport, this is a great way for you to get involved with our team! Please contact our officials chair person, Steven Taylor for info about how to become an official. (steventaylor@swatswim.ca)

DO YOU MAKE WAVES? OR KNOW SOMEONE WHO DOES??

Many of our SWAT Swimmers are also doing BIG things in our community. Whether that be volunteer, academic achievements, or other athletic endeavors, it is great to celebrate our swimmers achieving big things both in and out of the pool. Each month we will highlight one athlete in our community. If you know someone who should be nominated, please contact Zoe at zcmiles1@gmail.com



Waves in the Community – September

Name: Eugene Legge

Age: 11

Event: Atlantic Division Canoe/Kayak Canada (ADCKC) U12 Champs. August 20th – 23rd, 2020. Eugene raced in both Canoe and Kayak events across the 3 days of Prelims, and 1 day of Finals. The regatta was held at Lake Banook this summer. Eugene races and trains with Cheema during the summer when swim training is off! This year, Cheema won the 12&U – U14 Overall Division of Champs.

We asked Eugene some questions to learn more about this experience.

What was your favorite part of this experience?

My favorite part of Champs was definitely the opportunity to race for Cheema in the “A” final and come in 2nd overall in the U12 500m K1 Race.

What is one thing you learned from this experience?

I learned that hard work will eventually pay off at just the right time. I trained really hard all summer with the hopes of getting a medal at champs. By earning a medal at champs I also earned a position on the ADCKC U12 Kayak Atlantic Team.

What is one thing you are most looking forward to over this swim season?

I am definitely looking forward to training harder than I’ve ever done before and hoping that it will pay off in whatever types of competitions we are able to participate in.



Virtual Swim League

This season, swim meets will look a little different, at least as we begin our season! That means that coaches from across the country have had to get creative in the way that we are providing new opportunities for our athletes to race. Through creativity, innovation is born, and I am so excited to announce that SWAT has been invited to participate in the inaugural season of the “Virtual Swim League”. SWAT is the only team East of Ontario who has been invited to participate, in what is sure to be a very fun and competitive event.

The Virtual Swim League (VSL) is made up of 14 Clubs from across Canada and England. The League will hold 4 “Matches” throughout the fall, during competition windows. Match 1 will be completed by October 4th, Match 2 – November 1st, Match 3 – November 15th – Match 4, December 13th. Participating Teams are:

Grand Prairie Piranhas	Alberta
Strathcona County SilverRays	Alberta
Parkland Pirates	Alberta
Red Deer Catalina	Alberta
Canmore Riptides	Alberta
City of Leicester	England
City of Peterborough	England
Rushmoor Royals	England
City of Cambridge	England
KISU Swim Club	British Columbia
Saskatoon Goldfins	Saskatchewan
Manta Swim Club	Manitoba
Newmarket Stingrays	Ontario
Sackville Waves Aquatic Team	Nova Scotia

For each Match, SWAT is able to have a roster of 24 athletes who will compete for our team. The athletes are broken into 3 age categories, with 4 athletes selected per age group, per gender. The age groups are: 10&U, 11 – 13 years, 14& Over. Age is determined as of December 31st, 2020. For each Match, we are able to change up our rosters to ensure that we put forward our best team, depending on the events offered. From the 4 athletes in each age group / gender, we then also need to pick 1 athlete who will be our SCORER to contribute to our team score. Each athlete is only able to score in 2 events across the entire league, which means that as a coach, I need to be VERY strategic as to when I play each athlete. Additionally, we will swim “relays” for each age and gender. The relays are the “Add up Times” of the 4 swimmers individual events. Once all of the teams in the league have submitted their team roster, their individual scorers, and their results, the entire Match will be scored with the compiled results, and then sent back to the coaches to share with their teams.

Swimmers who are selected to represent our team for each Match will be informed ahead of time. Athletes will either get together as a “Racing Squad” and participate in a special workout where we time their races, OR, athletes will complete their races in their own individual workout. This

will be communicated before each match. For our 1st Match, all athletes selected to race will participate in our Virtual Swim League Match 1 Time Trial on Saturday, October 3rd, from 8 – 9:30AM.

For Match 1, the events are as follows:

10&U	50 Free
11 – 13	100 Free
14&O	200 Free
10&U	25 Dolphin Kick
11 – 13	50 Dolphin Kick
14&O	100 Dolphin Kick.

It is a huge honor to be selected for our Virtual Racing Squad! Athletes selected to this team will be ambassadors across an international stage for our team!! It will be super fun to watch how these Matches unfold throughout the Fall Season. I encourage everyone to get excited for their teammates who are selected, and be the very best cheerleaders and supporters of our team you can be! Make sure to follow along on our social medial platforms (Instagram, Facebook & our Team Website) for info and results from each Match.

Full info about the Virtual Swim League Match Rules is attached below for your interest!

Virtual Swim League

a team-based competition format with fast-paced race matches

Meet Format

1. The meet will consist of individual events only.
2. Events are single gender with three age categories.
3. Individual's from all clubs can swim all events in their age category.
4. For the purpose of establishing a league each club will establish teams.
5. A club may have more than one team.
6. Total team size is 24 swimmers, 4 Male & 4 Female per age category.
7. Clubs will submit team rosters to organiser with no alteration prior to match start & conclusion dates.
8. Team rosters can be changed for subsequent matches with submission of updated team rosters.

Eligibility

1. All swimmers must be registered to compete for the 20/21 season.
2. Swimmers age is calculated as of December 31st, 2020.
3. Age groups will be 10yrs & under, 11-13yrs and 14yrs & over.
4. All swimmers are expected to follow agreed start, stroke, turn and finish rules for each event.
5. In the event agreed rules are not followed, coaches should enforce the rules by disqualification.
6. All times are unofficial, unsanctioned and for virtual results and team rankings only.
7. All times submissions will be ranked as 25m format, converted times are not accepted.

Meet Rules

1. Swimmers are permitted to compete in all events in their age category for individual rankings.
2. For team rankings one swimmer must be selected to point score for their team in each event.
3. For team rankings a swimmer can score in only two individual events across all matches.
4. For team rankings relays will be scored as accumulative time from each swimmers age category and stroke event.
5. For team rankings swimmer event selections must be submitted to organiser prior to match with no alteration once match week begins.

Matches & Events

1. Each match will commence during an agreed window of dates.
2. Match results to be submitted by each club to organiser within agreed period of time.
3. Results will be distributed to all clubs prior to next sessions start date.

Team Scoring

8. At the conclusion of each match, results will be complied to achieve individual rankings.
9. Individual Events shall be scored from 1st to 10th place with points as follows 10,9,8,7,6,5,4,3,2,1.
10. Relays will be scored from 1st to 10th place with points as follows 20,18,16,14,12,10,8,6,4,2
11. After each match team points tally to be updated and distributed prior to next session start date.