



Belleville Youth Swim Team

www.BYST.ca

Dear Junior BYST Parents,

This will be the final newsletter for Session 1. Our last lesson will be Thursday December 13th and children will receive a skills inventory checklist that day. No lesson December 10th due to pool closure.

I would encourage you to take advantage of the public swimming times at QSWC so that your swimmer has time in the water over the break – especially fun time!

At this stage 35 children have been notified that they will be ready for the January meet. I expect the remaining swimmers will be ready soon. We have another home meet, time trial and some local meets to consider. Please encourage your swimmer to keep working hard. This is a process.

On behalf of the coaches and volunteers who help to run Jr BYST each week, I'd like to thank you for your support.

Anthea Grant (Head Jr. BYST Coach)

CANADA CUP FUNDAMENTALS CAMP



On Novemebr 24th Brandon, Lucas, Nicholas and I, participated in a swimmer/coaches clinic run by Swim Ontario. This clinic enabled about 80 qualifying 9-12 year old swimmers and their coaches to work with Provincial Mentor Coach, Dean Boles and a select group of high-end coaches, including several Olympians. It was my second year at the clinic and once again, I was not disappointed. Humbled in the presence of Olympians including Brittany Mclean, we learned a great deal to bring back and share with BYST swimmers.

Our Coaches are Swim Ontario trained in the Fundamentals of Competitive swimming. Volunteers are competitive swimmers.

Upcoming Events

Christmas Party



THIS SUNDAY DECEMEBR 9TH
QSWC UPSTAIRS – 5ish-8PM

**WATER BOTTLES & GOGGLES SHOULD
BE AT EVERY PRACTICE WITH YOUR
CHILD!**



Stocking Stuffers!

TIMERS CLINIC-

December 17th – 5-7pm
**QSWC – see website for
details**

**New!-Session 2 starts Monday
January 10th
5-6pm QSWC**

**Session 2 ends April 11th
2013- No swim Family Day,
Easter or March Break**

BYST Head Coach:
Brandon Oates

Pot Luck Sign -up



Details on Website

If you haven't already signed up for something to bring and share on Sunday, please find contact details below-No strawberries, kiwis or raspberries .

You can email (maureenebarton@yahoo.ca) or call 613 968 9279 & leave a message.

ABC's of Swimming –Continued

Course-The length of the pool. Long Course = 50 m / Short Course = 25m

Deadline-The date meet entries must be postmarked to be accepted by the meet host.

Deck-The area around the swimming pool. At swim meets, only authorized members, swimmers, and coaches may be on the deck during a swim competition.

Deck Entries-Most of the time, swim meet entries are made well ahead of a swim meet. But some swim meets allow swimmers to enter an event during a meet.

Disqualified-A swimmer's performance is not counted because at least one rule concerning performance was broken. The official will report the issue to the coach and or the swimmer and the coach will discuss with the swimmer.

Dropped Time-When a swimmer goes faster than the previous best performance they have dropped their time.

Dryland-The exercises and various strength programs swimmers do out of the water.

Skills Inventory- The assessment of skills is ongoing within the program. The skills inventory you will receive will highlight for your swimmer the techniques we hope they will be able to acquire, build on and consolidate. We are striving to develop good basic skills, and hope to see swimmers consistently and efficiently using these skills when swimming.

Movement between groups happens when a child is identified by their Coach as needing increased challenges. Some children will be placed in a new group with a new coach in January. Please email me at any time if you have questions.

antheajgrant@gmail.com

Approved swimwear is essential for a meet. Reminder – Boys are NOT permitted to wear board shorts. Girls – No frills or strings. Those who ordered suits, caps and equipment with BYST will be notified as soon as they arrive. Well priced suits/jammers can also be found at www.swimoutlet.com and www.swimshop.ca

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MEET ENTRY –JANUARY

HOW TO ENTER

Only those who have received notification from Anthea should enter this meet –

[Please see/email me before entering for both days- some swimmers will only be swimming on Saturday.](#)

Visit the home page of BYST.ca and sign in.

Read the 'meet package' on by clicking on the link "BYST Winter Invitational"

Select "attend" next to BYST Winter Invitational (Still on the home page)

You will be automatically directed to the next page

Check the box for "attend" Next to your swimmer's name.

Wait to hear from Brandon regarding your entries.

PLEASE SEE WEBSITE FOR COSTS AND MEET PACKAGE

Cheques should be made to BYST and placed in drop box upstairs at QSWC in envelope with swimmer name clearly marked – NO CASH please!

See www.BYST.ca Events tab for "First Meet" handout.

BYST CAPS:Are mandatory for a meet. Cost \$13

BYST Head Coach:
Brandon Oates