



[www.BYST.ca](http://www.BYST.ca)

Upcoming Events

**Session 2 starts Monday  
January 7<sup>th</sup> 5-6pm**

**.....ends April 11<sup>th</sup> 2013- No  
swim Family Day, Easter or  
March Break**

**BYST WINTER SWIM MEET**

**Who – invited swimmers**

**When – 12<sup>th</sup> & 13<sup>th</sup> January**

**Where – QSWC**

**Details – see BYST.ca**

**BYST swim caps FOR SALE  
\$13 this Thursday January  
10<sup>th</sup>....Mandatory for meet**

**Watch out for...** our free  
clinics on how to become  
an official at a swim meet.  
Please see website for  
details

**Don't forget to pay meet  
fees on time!**

**Check out our new**

**BYST store**

**www.BYST.ca**

## **Belleville Youth Swim Team**

Dear Junior BYST Parents,

Welcome to a new year of swimming and to Session 2 of Jr BYST. We especially welcome new swimmers to our program and, although we are sad to see them leave Jr BYST, we congratulate those who have moved up to our Age Group level.

This session starts with our winter home meet at the end of the first week back. This is truly an exciting meet for our club. It covers 5 sessions and for the first time ever, we are able to offer night time finals on Saturday for senior swimmers - making this meet sought after by high end swimmers hoping to achieve qualifying times for upcoming championship meets. Not to be forgotten are our own little Jr BYST champions who will compete in either their first or second meet! The weekend promises two full days of racing enjoyment for swimmers and spectators alike.

Please see details about the meet and how you can help to make it all possible by looking at [www.BYST.ca](http://www.BYST.ca)

The coaches and volunteers of Jr BYST session 2 look forward to another opportunity to help your child along their pathway towards a lifelong love of swimming.

Anthea Grant (Head Jr. BYST Coach)

***We are so pleased with the improvement of every Jr BYST swimmer. Our young athletes are currently working and having fun in ability groups across 5 lanes for 2 hours each week. 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 anytime if you have questions. [antheajgrant@gmail.com](mailto:antheajgrant@gmail.com)***

***Not been to a swim meet yet?  
.....keep working hard, there are more events soon!***

**If you have more than one swimmer in the family  
Be sure to take advantage of our sibling discounts!**

*Our Coaches are trained with Swim Ontario  
Our Volunteers are competitive swimmers  
Our swimmers are all registered with Swim Ontario*

*BYST Head Coach  
Brandon Oates*

## RACE DAY CHECKLIST

1. Check Internet for start time line, Warm up time.
2. Arrive at pool ½ hr before warm up.
3. Be sure to have the right types and plenty of food and fluids for the meet. See BYST Holiday newsletter for "swimmer food" details.
4. Be sure to pack everything: goggles, swimmers, caps, towels, shirt.
5. Check in with coach on arrival. Bring a positive attitude. Be ready to race.
6. Record events you are in on the back of your hand in permanent marker. Check with coach first!
7. Stretch before warm up.
8. Wear only the BYST Uniform- Black or purple shirt permitted for Jr BYST this season.
9. Wear only the BYST cap in races.
10. All warm ups to be done correctly- see your coach.
11. See your coach before and after every event. Do not create a scene in the stands if you have a poor swim.
12. You are not allowed to withdraw from races without coach approval.
13. Check the relay lists and be ready to swim. Selections are Head Coach decision. You are part of a team.
14. Sit in our team area. You are part of a team! Give them support.

*15. Have fun, believe in yourself and do not give up!*

**Please see [www.byst.ca](http://www.byst.ca) under events tab for our "First Meet?" information package**



## **Maximizing the true Sport Experience for our Children**

**Dina Belle Laroche**

Sport is built on the four core values of fairness, fun, excellence and inclusion and is brought to life by the following six principles of sport:

1. Go for It means digging deep, never quitting, rising to the challenge, and discovering one's full potential.
2. Play Fair means playing honestly while honouring the rules of the sport and the participants involved.
3. Respect Others means respecting teammates, competitors, officials and coaches while acting with integrity. It means winning with dignity and losing with grace.
4. Keep it Fun means having a good time while maintaining a positive attitude. Although this sounds simple, ensuring this philosophy is shared by parents, coaches and other teams will undoubtedly be a challenge.
5. Stay Healthy means respecting your body by avoiding unsafe activities and over training or attempting new skills before your body is ready. It means staying in shape, eating well and maintaining a healthy, balanced lifestyle. Parents can be role models for their children by keeping fit and making healthy choices.
6. Give Back means connecting back to your community by doing something meaningful. Be an ambassador for your sport by helping younger athletes, cleaning up a local park, or even rallying your entire community.

**Approved swimwear is essential for a meet. Reminder – Boys are NOT permitted to wear board shorts. Girls – No frills or strings. Gear available at**

**BYST store ([www.BYST.ca](http://www.BYST.ca))**

**Well priced suits/jammers can also be found at [www.swimoutlet.com](http://www.swimoutlet.com) and [www.swimshop.ca](http://www.swimshop.ca)**