

Junior BYST FUNDamentals

News & Views – March 2013

Belleville Youth Swim Team

Dear Junior BYST Parents,

As we move into March we begin a break in competitions between our short course (25m) and long course (50 m) seasons. We are very excited to be hosting a Swim-a-thon on March 24th as a fundraiser. With the money raised we hope to purchase new resources for our club. This is not compulsory for Jr BYST swimmers but is a great way to support your team. Please see www.BYST.ca for details.

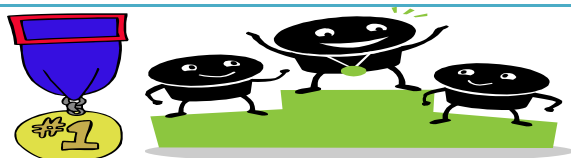
As the final session of Jr BYST starts we are excited to have several opportunities to compete. We plan to have Jr BYST swimmers at our home meet in April and as we are so delighted with their stellar progress we plan to take our troop of young champions further afield with a mini meet in Picton in early May and a larger meet in Kingston in late May.....and maybe morestay posted! *Remember they are all optional.*

Finally, registrations for session three will start at the end of March. The first date for swimming will be Thursday April 18th. We will be contacting those swimmers in Kelley's group who will move up to Age group 3. As has been the pattern all year, we again have a significant waiting list for our program. To ensure your child's space is held, please re-register early.

Anthea Grant (Head Jr. BYST Coach)

Please email me at any time to discuss your child's progress

antheajgrant@gmail.com



Did you know.....

..... that at Ontario Festivals (top 13 & under athletes) earlier this month our **BYST boys 13 & under relay team won the coveted gold medal in both freestyle events**besides being at the top of the Province all 4 boys on that team came through our **Jr BYST program!** Well done boys! Well done Coach Brandon! Go BYST!

.....that at Ontario Age Group Championships (top 13 & over athletes) last weekend each of our 5 qualifying swimmers started in the **Jr BYST program. Go BYST!**

.....that at BYST we love swimming so much- every week we have over 16 coaches and assistant coaches helping to keep the Jr BYST program **running.....**
many of whom volunteer their time!

Fundamentals of Competitive Swimming – Jr BYST – Under the Direction of BYST Head Coach, Brandon Oates.

Technique focused: Flexible ability groupings: Repetition, review, routine: Quality instruction from NCCP & CSCA trained professionals: Child focused Progression & rewards: Fun through learning and achieving: Communication & feedback Structured format & consistency



www.BYST.ca

Remember:



No swimming --- March Break or Easter.....this session ends April 11th.



Session 2 Reports handed out April 11th.

NEXT MEET(s)....

BYST PENTATHLON & SPRINTS / RELAYS MEET

Be part of a BYST team relay!

Jr BYST ONLY swim Sunday
When – April 6th & 7th Cost –
Sunday only ...approx \$35
for 3 events & relays
Detail- see BYST.ca

Another chance to compete!

Stay tuned..

Early MayAll Jr BYST!! Yes!! Everyone!!

Mini meet in Picton

May 25 & 26

Kingston...

KBM Season

Wrap - up meet

Please deposit meet fees to
BYST drop box - upstairs
bleachers QSWC (no cash)!

HOW they do versus what they do

Especially at younger ages, how fast a child swims and how well he places in a meet have little significance for how that swimmer will do as a senior. Many national caliber athletes were not at all noteworthy as ten year olds.

Competition times and places often tell you not about the amount of swimming talent a child has, but about how early a developer he/she is. What is truly important in determining future swimming success is what happens everyday in practice: Is he developing skills and technique? Is she internalizing the attitudes of a champion? Is he gradually building an aerobic base and building for the future? The work done is cumulative, with every practice adding a grain of sand to what will eventually become a mountain. Children can be inconsistent. There is nothing that any coach or parent can do to change that. A ten-year old swimmer who knows better will in the pressure of a meet do a flip-turn on breaststroke. Another young swimmer will take twenty seconds off her best time in a race this week, and next week add it all back, with interest. One week it will seem that the butterfly is mastered, and the next week that we've never even been introduced to the stroke. A senior swimmer will take ten seconds off her best time one race, then an hour later add ten seconds in her next race. It's enough to make your hair turn grey. Learn to expect it and even to enjoy it.

A champion never stands alone on the podium

BYST values your help.

Want to help out on deck?

Watch out for... our free clinics on how to become an official at a swim meet. Please see website for details.. STARTER CLINIC MARCH 18TH. Details BYST.ca



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)

Well priced suits/jammers can also be found at www.swimoutlet.com and www.swimshop.ca

Fundamentals

Weaving fun into every practice is our pleasure! So far this year we have celebrated Halloween, Christmas, Valentine's Day, had group relays & learned the team cheer. We have incorporated into our practices: noodles, bugs, erasers, cups, hoops, hearts, pumpkins, dice, balls of all sorts and sizes, hats, poker chips, money, pull buoys, fins, boards, stones, videos, masks, spiders, turtles and more. We are always looking for new ways to present the **FUND**amentals of competitive swimming.



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