



Belleville Beast Swim Team

2023 / 2024 Swim Season

Coaches

- ▶ Brandon Oates - Head Coach - Performance / Senior / Program Design & Delivery / Mentor Coach
- ▶ Nyden Kovatchev - Associate Coach - Advanced / Development / Novice / Masters
- ▶ Andrea Taylor- Jr. Beast Program Co-Ordinator / Development / Novice / Masters / Jr. Masters
- ▶ Marya Peters - Novice Coach
- ▶ Karissa Manlow- Jr. Beast Coach / Novice Coach
- ▶ Sophie O'Neill- Jr. Beast Coach
- ▶ Joey West - Jr. Beast Coach
- ▶ Logan Hicks - Jr. Beast Coach
- ▶ Leah Hudacin - Jr. Beast Coach
- ▶ Lilly Peck - Jr. Beast Coach
- ▶ Tyler Gawley - Jr. Beast Coach

Executive

- ▶ President - Victoria Black
- ▶ Vice President - Maggie Morgan
- ▶ Treasurer - Rachel Calder
- ▶ Registrar - Maarje Armstrong
- ▶ Meet Manager - Maggie Morgan
- ▶ COC - Heather Bennett
- ▶ Secretary - Theresa Pallett
- ▶ Members at Large - Twyla Jackson and Jay Asher

(AGM to be held on Oct 16, 2023 - Details will be sent out at a later date.)

Session Dates for Jr. Beast, Masters and Jr. Masters

- ▶ Session 1

September 25th to December 21st

(Assessments for new swimmers on September 18th and 21st)

- ▶ Session 2

January 8th to April 4th

(Opt out date December 31, 2023)

- ▶ Session 3

April 8th to June 27th

(Opt out date March 31, 2024)

Cancelled Practices

- Saturday, September 30 due to *Truth and Reconciliation Day*
- Monday, October 9 due to *Thanksgiving*
- *Saturday, October 21 due to Milton Marlins Dash for Cash*
- Tuesday, October 31 due to *Halloween*
- Saturday, November 11 due to *Remembrance Day / NYAC Performance Meet*
- *Friday, November 24 and Saturday, November 25 due to BBST Fall Invitational*
- *Saturday, December 9 due to Guelph Marlins Dash for Cash*

Special Practices

- ▶ Friday, October 20th - 4:30-6:30pm
- ▶ Friday, November 10th - 4:30-6:30pm
- ▶ Friday, December 8th - 4:30-6:30pm

ALL PERFORMANCE, SENIOR, ADVANCED, DEVELOPMENT AND NOVICE
SWIMMERS WILL PRACTICE TOGETHER FOR 2 HOURS

Other Items

- ▶ Belleville swim caps at all afternoon/evening practices (competitive groups)
- ▶ No morning workouts for first two weeks
- ▶ Cell Phone Usage (Workouts / Attendance)
- ▶ Nutrition / Mental Training Presentations
- ▶ Goal Sheets - November 1st
- ▶ On Deck / Social Media (Facebook / Twitter / Instagram)/ Calendar
 - ▶ Video Library
 - ▶ Team Feed

Dry-land

Performance and Senior Dry-land

- *Ascension Movement (Rob Beare)*

@ Mindful Movements:

Tuesday and Thursday from 6:30-7:30pm

- Strength and Power Training

STARTING OCTOBER 3rd

Saturday - QSWC Gymnasium - 9:10-10am

(Waiting on Approval...)

Philosophies & Values

- ▶ T.E.A.M. - Together Everyone Achieves More
- ▶ Attitude / Attendance / Effort
- ▶ Emphasis on Technique and Quality
- ▶ Dedication Vs. Commitment
- ▶ Time Management / Work Ethic / Discipline
- ▶ Long Term Athlete Development (LTAD)
- ▶ Kind and Well-Mannered Athletes
- ▶ Build Character
- ▶ Positive Environment

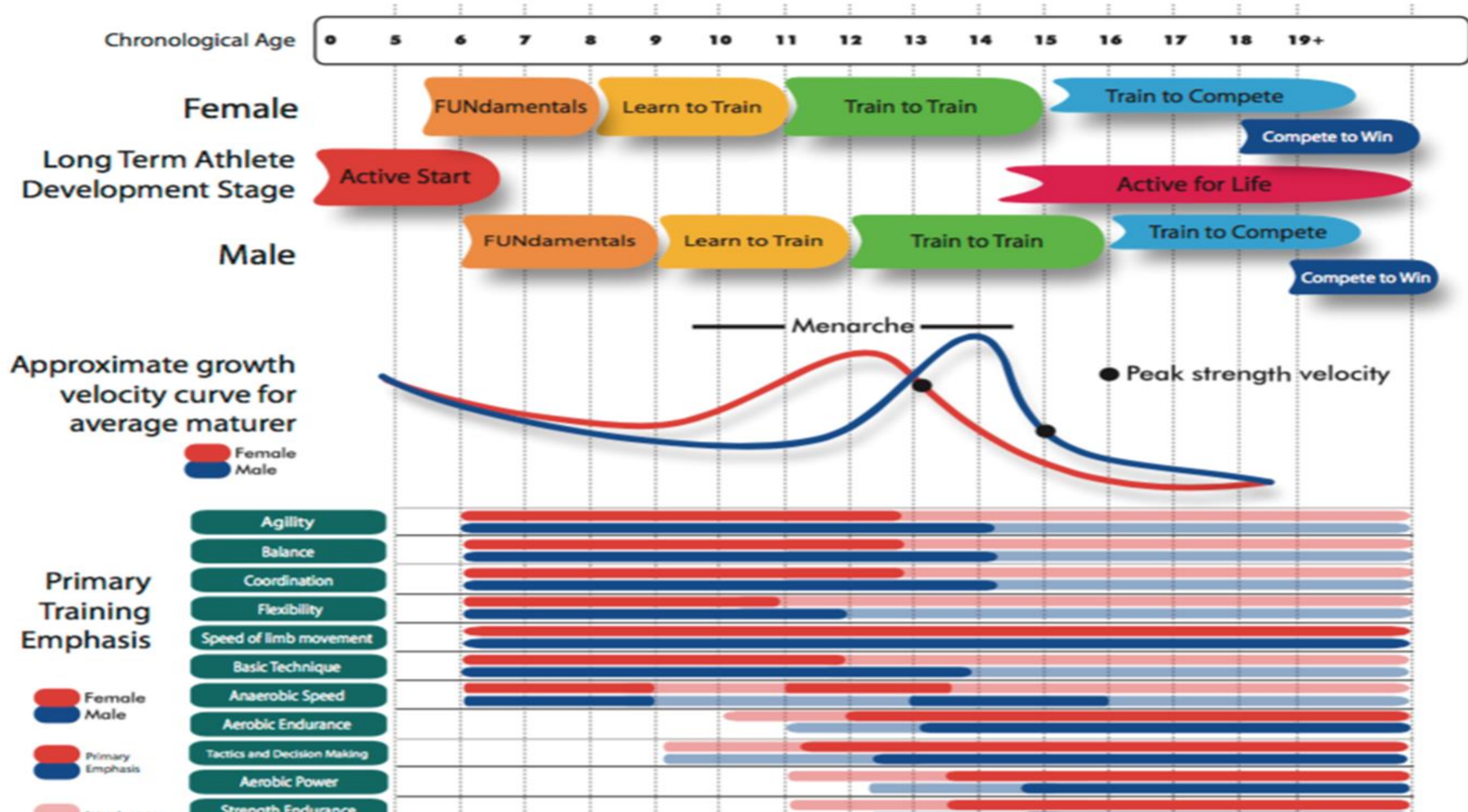
Goals

- ▶ Recognition in Ontario and Canada
- ▶ Create Competitive Culture
- ▶ Team Building
- ▶ Increase Membership / New Programs
- ▶ New Regional, Festival, Ontario Youth, Provincial and National Qualifiers
- ▶ Break Team Records, Regional Records (Provincial / National Records)
- ▶ Post-Secondary Swimmers (OUA, USPORT and NCAA)
- ▶ Scholarships
- ▶ Olympians
- ▶ FUN!!!

Training - Practice is Everything!

- ▶ Performance, Senior & Advanced: Must have kick board, pull buoy, fins, snorkel and paddles
- ▶ Development and Novice: Must have kick board, pull buoy, and fins
- ▶ Forming Training Habits
- ▶ Extrinsic Vs. Intrinsic Motivation
- ▶ Morning Workouts
- ▶ Macrocycles / Mesocycles / Microcycles
- ▶ Test Sets
- ▶ Attendance Percentages/ Meterage (Sitting Out)
- ▶ **Communication** - Text / Email
- ▶ Absences (illness, vacation, school, etc.)
- ▶ Punctuality (Activation)
- ▶ Technique, Technique, Technique!
- ▶ Starts, Turns and Finishes!
- ▶ Efficiency is key (DPS: Distance Per Stroke)

Long Term Swimmer Development Model



1 or 2 days a week doesn't seem like much but...

| If your child misses... | That equals... | Which is... | And over 13 years of schooling that's... |
|-------------------------|-------------------|-------------------|--|
| 1 day every 2 weeks | 20 days per year | 4 weeks per year | Nearly 1 ½ years |
| 1 day per week | 40 days per year | 8 weeks per year | Over 2 ½ years of school |
| 2 days per week | 80 days per year | 16 weeks per year | Over 5 years |
| 3 days per week | 120 days per year | 24 weeks per year | Nearly 8 years |

How about 10 minutes late a day? Surely that won't affect my child?

| He/she is only missing just... | That equals... | Which is... | And over 13 years of schooling that's... |
|--------------------------------|------------------------|---------------------------|--|
| 10 mins per day | 50 mins per week | Nearly 1 ½ weeks per year | Nearly ½ year |
| 20 mins per day | 1 hr. 40 mins per week | Over 2 ½ weeks per year | Nearly 1 year |
| 30 mins per day | Half a day per week | 4 weeks per year | Nearly 1 ½ years |
| 1 hour per day | 1 day per week | 8 weeks per year | Over 2 ½ years |

EVERY DAY COUNTS

If you want your child to be successful at school then, YES, attendance does matter!

Meets

- ▶ Deadlines
- ▶ Event Selection (Coaches Responsibility)
- ▶ Results (Best Times)
- ▶ Report to Coaches First
- ▶ Attire / Race Suits / Team Colours
- ▶ Team Spirit

MILTON MARLINS DASH FOR CASH - October 21st-22nd

NORAC (PORT HOPE) - October 28th

BBST Fall Invitational - November 24th-26th

Guelph Marlins Dash for Cash - December 8th-10th

Thank You!



► **Questions???**