



New Parents' Orientation Meeting

October 20, 2016



Agenda

- Competitive Swimming 101
- Navigating the CVAC Website
- Swimming Apps
- Committees
- Club Communications



Swimming 101

- #1 goal: HAVE FUN!
- Train at different times and intensity – depending on level (gold, silver, bronze, blue, speed swimmer)
- Swim meets – premier (developmental), invitational, open, provincial, national, etc.



Club business

- All swimmers must:
 - Sign the code of conduct with their parent(s) present – parent can sign for the younger kids
 - Purchase and wear (to meets) an official current CVAC t-shirt and CVAC cap
- All parents must:
 - Sign the parent code of conduct (when registering)



Time Standards

- Different time standards depending on the type of meet
- <http://www.swimnb.ca/events-calendar/meet-standards/>
- Example:

Standards SCM " Natation Nouveau Brunswick"

	FEMALE/FEMME						EVENTS	MALE/HOMME						
	11 ans & U	12 ans	13 ans	14 ans	15 ans	16 ans & +		16 ans & +	15 ans	14 ans	13 ans	12 ans	11 ans & U	
AA	00:36,12	00:34,68	00:33,96	00:33,23	00:32,51	00:31,79	50Fr libre	00:30,40	00:31,09	00:31,78	00:32,47	00:33,16	00:34,54	AA
A	00:37,57	00:36,12	00:34,68	00:33,96	00:33,23	00:32,51		00:31,09	00:31,78	00:32,47	00:33,16	00:34,54	00:35,92	A
B	00:39,00	00:38,50	00:38,00	00:37,50	00:36,00	00:34,50		00:31,50	00:35,00	00:36,00	00:37,00	00:38,50	00:39,00	B
AA	01:18,88	01:15,72	01:14,14	01:12,57	01:10,99	01:09,41	100Fr libre	01:06,26	01:07,77	01:09,27	01:10,78	01:12,28	01:15,30	AA
A	01:22,03	01:18,88	01:15,72	01:14,14	01:12,57	01:10,99		01:07,77	01:09,27	01:10,78	01:12,28	01:15,30	01:18,31	A
B	01:26,00	01:23,00	01:21,00	01:20,00	01:17,00	01:15,00		01:10,00	01:16,00	01:19,00	01:21,00	01:23,00	01:26,00	B
AA	02:51,75	02:44,88	02:41,45	02:38,01	02:34,57	02:31,14	200Fr libre	02:25,61	02:28,92	02:32,23	02:35,54	02:38,85	02:45,47	AA
A	02:58,62	02:51,75	02:44,88	02:41,45	02:38,01	02:34,57		02:28,92	02:32,23	02:35,54	02:38,85	02:45,47	02:52,09	A
B	03:25,00	03:18,00	02:59,00	02:54,00	02:49,00	02:45,00		02:34,00	02:39,00	02:55,00	02:59,00	03:18,00	03:30,00	B
AA	05:04,87	05:50,28	05:47,98	05:35,68	05:28,39	05:21,09		05:09,67	05:16,71	05:23,75	05:30,79	05:37,82	05:51,90	AA



What does that mean?

- SCM = Short Course = 25 metre pool
- LCM = Long Course = 50 metre pool
- Time qualifications for meets:
 - Each meet sets their qualification requirements depending on the type of meet etc.
 - Ie. “no time standards”, two NB “A” times, three NB “B” times, Age Group times, Easterns, etc.



Swim Meet lingo...

- Some of the things you could hear at a swim meet:
 - Marshalling (done only for Premier meets) - makes sure kids get to the blocks for their events
 - The Blocks – the diving blocks where the races start
 - Event – the overall events your child swims (50 free, 100 breast, 50 back, 100 Fly, etc.
 - Heat – the race your kid will swim in (against the other kids swimming in the same race)



Swim meet lingo cont'd

- DQ – the dreaded word... Disqualified 😊
- PB – personal best time



Food during meets

- Some kids eat, some don't... they still need to have snacks with them on deck
- Healthy food ONLY
 - Carbs (cooked plain pasta, crackers, etc.)
 - Minimal veggies
 - Minimal protein – save this for after the meet
 - Nothing new – swim meets aren't the time to try new foods
- Swimmers also need to drink – water, etc. – at practice and meets
- **Absolutely NO NUTS on deck for practice or at meets**



Fueling your athlete

http://www.coach.ca/files/CAC_9021C_13_SNAC_Tip_Sheet_EN_Final.pdf

Sport Nutrition for Athletes and Coaches



Quick and simple tips to fuel your athlete in the pool

Proper nutrition during multiple training days and meets provides:

- Sustained energy from foods and fluids high in carbohydrate, adequate in protein, and lower in fat and fibre;
- Mental focus for best technique and skill execution in the pool;
- Adequate hydration and electrolyte balance;
- Adequate energy and nutrients to recover and prepare for the next training session or meet.

How much fluid do swimmers need?

Training and competing in hot humid pool environments can increase sweat loss which is difficult to determine since athletes are wet from the pool and varies from athlete to athlete. Here are some general guidelines to follow:

- Athletes should weigh themselves pre- and post-training: For every 1 kg lost, replace with 1.5 litres of fluid;
- Athletes should check their urine! If they have not produced any urine, or if it is bright yellow, they should drink 3 to 5 ml of fluid per kg body weight (about 150 to 350 ml fluid) about 2 hours before exercise;





Food before & during meets

On deck it's always good to snack on foods that are easy to digest such as:

- Low fibre cereal (less than 2 grams per serving)
- Pita bread or Naan bread
- Cooked pasta either plain or with olive oil and Parmesan cheese or non-spicy tomato sauce
- Dried fruit
- Yogurt, yogurt tubes, yogurt drinks
- Blueberry and/or pancakes
- Fruit-to-go bars
- Fruit smoothies
- Graham crackers
- Pretzels
- Plain sandwiches - bread product with lean meat.

Make sure to have a supper meal that is rich in carbohydrates and protein the night before the meet. Pasta, rice, or sweet potato eaten with lean meat/poultry or fish would be examples.



What to wear at meets?

- CVAC Clothes!
 - MUST wear team shirt
 - Navy sweatpants
 - CVAC cap
- No team swimsuits
- Racing suits – you'll see lots of knee-length suits at higher level meets – this is not required



Volunteering

The BEST way to learn about CVAC and competitive swimming is to get involved! **We need your help!**

- Everything done for CVAC is done by volunteers
- Committees
- Official at swim meets
- Special skill we might need? Let us know!
 - I.e. Dietitians set up the nutrition section of the website



Committees

- Communications and promotions (parent liaison group)
- Human Resources
- Fundraising
- Special Events
- Finance
- Officials
- Etc.



Officials

- Best seat in the house at swim meets
- Need a large number of officials at every meet
- Different levels of officiating
 - Time keepers
 - Strokes and Turns
 - Etc.



Special Events

- Holiday Party
- Haunted Walk
- Team Dinners
- Pancake Breakfast after CVAC challenge
- Santa Claus Parade
- Year-end Banquet
- Etc.



Apps



Introducing
OnDeck 4.0

iOS & Android
Compatible

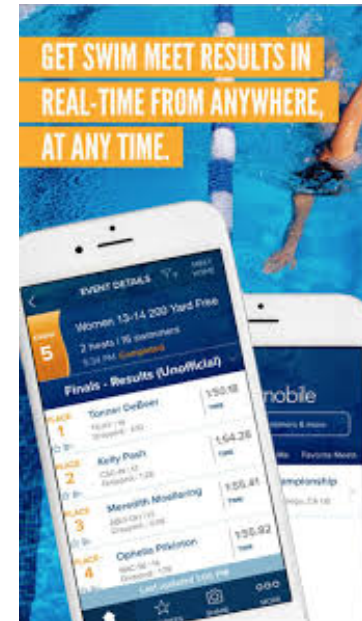


Parent OnDeck - OnDeck

- Gives access to your swimmers times, meets, etc.
- Free app
- Being replaced this year by OnDeck

Meet Mobile

- For use at swim meets to track results, see psych sheets, etc.
- Free app but some functionality requires payment
- Not all meets upload to Meet Mobile





Contacts

Have a question? Ask!

- Coaches: if it's a question about training, your swimmer's participation in a meet, etc. – talk to your child's coach. They are always available after practice!

- Anything else: ask one of the Board or Committee Chairs/Members (all board members emails are listed on the website)
 - president@codiacvikings.ca
 - treasurer@codiacvikings.ca
 - teammanager@codiacvikings.ca

- Coming soon – Parent info groups (reps from each swim level)



CVAC Communications

- Everything will be posted to the website
- Some things will also be sent as an email
- CVAC Families facebook page to relay and ask for info (closed group)
- Codiac Vikings facebook page (open/public group)
- Coming soon! Parent Info group



Questions?