



MILTON MARLIN SWIM TEAM

PARENT INFORMATION SESSION
SEPTEMBER 23, 2025

WHO WE ARE

OUR VISION STATEMENT

To establish a program of excellence in training, team culture, character development and family support where every swimmer has the opportunity to set personal goals and achieve their highest potential in a safe, fair and competitive environment.

OUR MISSION STATEMENT

To be a community leader in Milton by helping members lead healthier, active lives through the sport of swimming. We enable our athletes to strive for excellence and achieve their best results physically, mentally, and emotionally in a sport they can enjoy their entire lives. We inspire a team culture where everyone encourages and takes pride in each other at all levels of competition.



Our Core Values



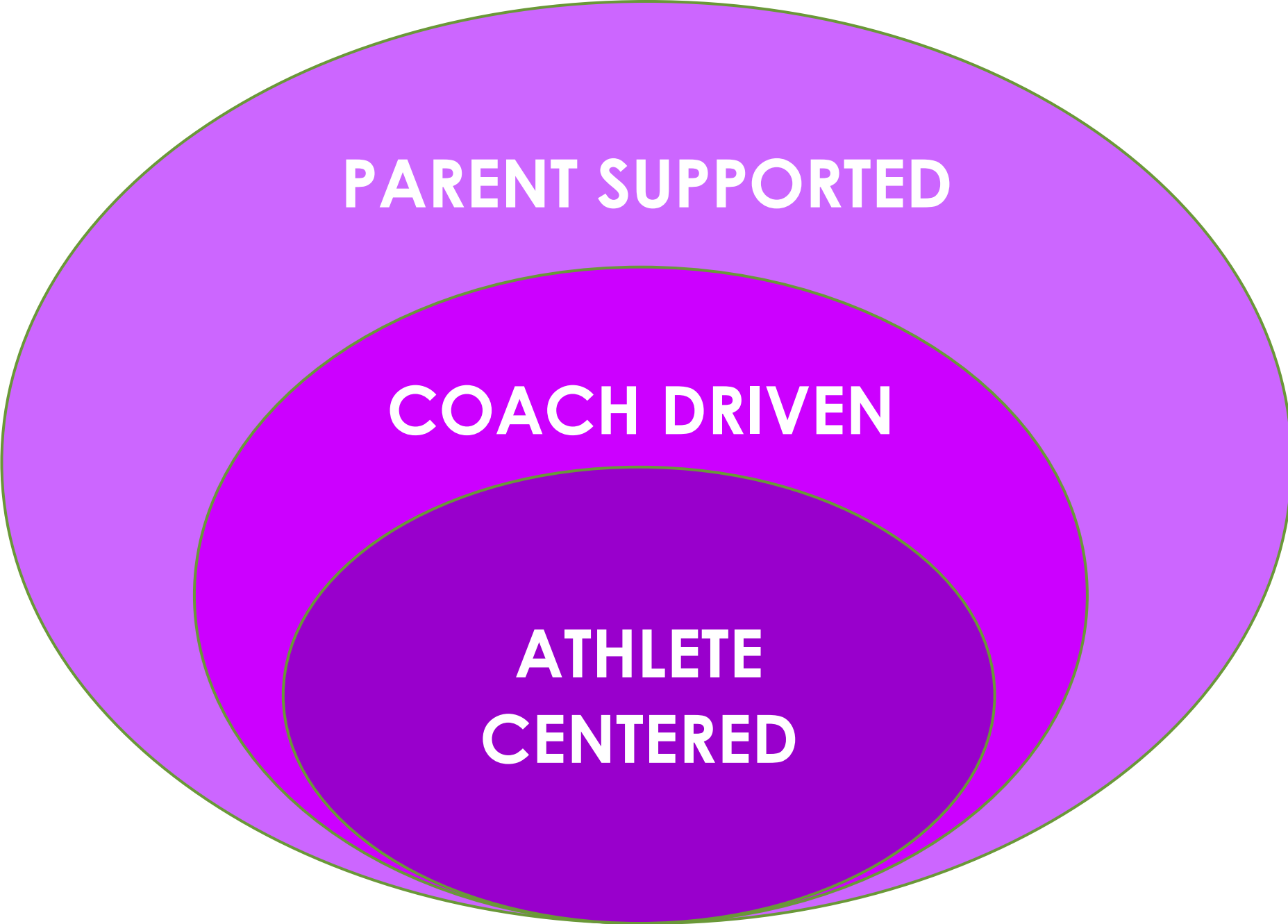
AGENDA

- ▶ Training & Expectations
- ▶ Communication & Policies
- ▶ Volunteer Commitment
- ▶ End of Year Survey Results
- ▶ Final Reminders



TRAINING & EXPECTATIONS





PARENT SUPPORTED

COACH DRIVEN

**ATHLETE
CENTERED**

EXPECTATIONS OF SWIMMERS

- ▶ Communication
- ▶ World Class Attitude
- ▶ Adhere to:
 - ▶ Swim ON Code of Conduct and Ethics
 - ▶ Injury and Concussion Protocol
- ▶ Come prepared to each practice
 - ▶ Water bottle
 - ▶ All required equipment for their specific group per the registration page
- ▶ Celebrate the process vs. results

EXPECTATIONS OF PARENTS

- ▶ COMMUNICATION!
- ▶ Adhere to:
 - ▶ Respect in Sport
 - ▶ Swim ON Code of Conduct
- ▶ Express Concerns to Coaches
- ▶ Be your swimmers Support & Cheerleader
 - ▶ Consider your *Reaction to success vs. Reaction to failure*

EQUIPMENT REQUIREMENTS

MMST Swim Cap at All Meets (including warmup)

- ▶ Purchased from MMST Coaches for \$10
- ▶ If your swimmer requests one at practice – your account will be charged

Well Fitted **Swimsuits**

- ▶ NO trunks, t-shirts, wetsuits, or 2 pieces are allowed at any competitions

Equipment as per registration page

ALL swimmers will be assigned to **Team Purple** or **Team Green** for the 2025- 2026 Season

- ▶ Each swimmer will receive 1 free purple/green cap to wear at all Intra Club & Club Champ events
- ▶ Replacement Cap Cost is \$2 each



CLOTHING REQUIREMENTS

Swimmers are required to be in visible
MMST Apparel at all times at swim meets

Required for All Groups

- ▶ Black MMST T-Shirt/Long Sleeve Shirt
- ▶ Two Options to Choose: Cotton or Dry Fit

Recommended for Competitive Groups

- ▶ MMST Track jacket & track pants



Another paired down order will be available in the fall for delivery in time for the holidays



SQUAD MOVEMENT

LONG-TERM ATHLETE DEVELOPMENT

- ▶ Advancement & Placement are at the Coaching Team's discretion
- ▶ The coach's experience, knowledge, and understanding of swimming guide all decisions
- ▶ Meeting some or all guidelines does not guarantee placement in a squad
- ▶ The MMST Performance Pathway is evaluated and updated as needed

MMST PERFORMANCE PATHWAYS

SQUAD	APPROX. AGE AS OF DEC. 31	# OF POOL SESSIONS	# OF GYM SESSIONS	APPROX. # OF TOTAL HOURS	ADVANCEMENT GUIDELINES
Novice	7- 12 yrs	2-3	-	2-3.5	4 Stroke 50s under 60 secs & 100IM under 1:50 Note: These standards are flexible dependent upon the coach's determination of the athlete's readiness to progress. Other elements are considered (e.g., maturity, coach-ability, age, prior swim experience)
Junior Development	9-12 yrs	4	1	6	Challenging training objectives set by coaches similar to those completed in the Junior Squad (e.g., 10 x 50s swim @ 0:60 & 4 x 50s kick @ 1:15)
Junior	10-13 yrs	5	1	8.5	Challenging training objectives set by coaches similar to those completed in the Senior Development Squad (e.g., 16 x 100s swim @ 1:50 or 8 x 50s kick @ 1:10)
Youth Flex	13 yrs & over	3	-	4	
Senior Development & Senior C	12-18 yrs	5	2	11.25 - 12	Challenging training objectives set by coaches similar to those completed in Senior Squad (e.g., 24 x 100s swim @ 1:40 or 12 x 50s kick @ 0:60 &/or Central Region Qualifying time or above)
Senior A/B	14 yrs & Over	7- 8	2	17.5- 20	

SWIM MEETS

Meet Schedule posted on [MMST website](#)

- ▶ It is the coaches' expectation that swimmers will participate in ALL meets posted for their squads (Novice, JD, JR, SD, & SR)
- ▶ Practices will not run during meets for those choosing not to attend
- ▶ Meet Schedule – why we go where we go
- ▶ **PROCESS VS. RESULTS**

Team travel meet for 13/Over (JR, SD, & SR groups)

- ▶ Mark your calendars - Dec. 5 - 7 (will depart on Dec. 4th) in Windsor
- ▶ We will require MMST Parent Chaperones - application details will be communicated shortly
- ▶ Details will be sent out shortly



TRAINING CAMPS

- ▶ What's a training camp & why should I send my swimmer?
- ▶ When?
 - ▶ March Break 2026
 - ▶ ***Deadline to sign up will be early/ mid-October***
 - ▶ Details TBC & sent out in the coming weeks
- ▶ Who
 - ▶ Senior Squad Members

INTEGRATED SUPPORT TEAM

- ▶ ONYX Fit
 - ▶ MMST's Dryland Facility for Junior Dev, Junior, Senior Dev & Senior
- ▶ Head to Head
- ▶ Sports Psychology – New Partnership for 2025/2026 Season



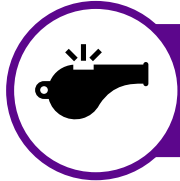
NEW SEASON
NEW PARTNERSHIP

WATCH NOW 

THE ROLLOUT PLAN



HEROIC MINDS



Coaches Session



Keynote Speech at Awards Ceremony



Parent Session - Virtual



4x 1-hour Swimmer Sessions



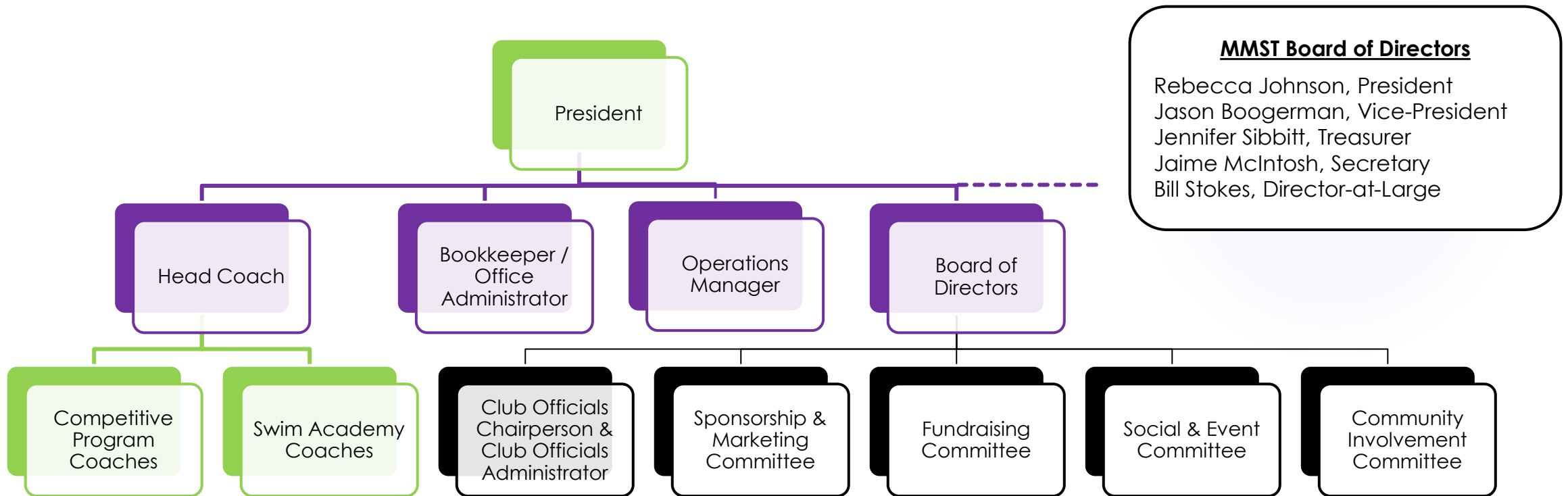
App for Swimmers, Parents, Coaches



COMMUNICATION & POLICIES



MMST ORGANIZATION CHART 2025-26



WHO TO CONTACT – TRAINING

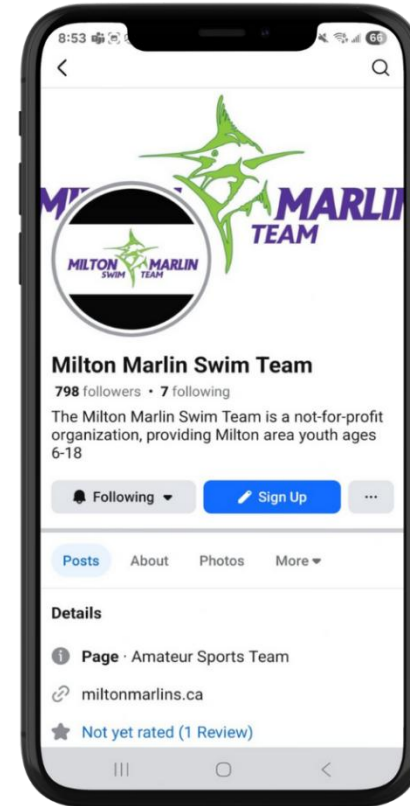
Swimmer's Coach	Head Coach
• Swimmer progress & goal setting • Swim meet event selection	• Concerns not addressed by your swimmer's coach • Swim Academy • Behaviour concerns • Squad placement
headcoach@miltonmarlins.ca (SR A/Youth Flex) richard@miltonmarlins.ca (SR B/ & Sr Dev) caleb@miltonmarlins.ca (SR C, Junior A/B) laura@miltonmarlins.ca (Jr. Dev & Novice)	headcoach@miltonmarlins.ca

WHO TO CONTACT – ADMINISTRATION

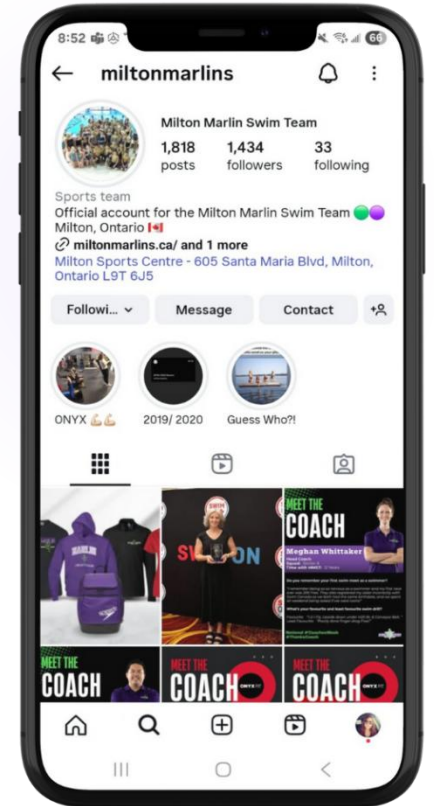
Admin – Current Vacancy	Treasurer – Jennifer Sibbitt	President – Rebecca Johnson
• Registration • General inquiries about account (e.g., website, swim fees)	• Account concerns if escalation required	• Volunteer Commitment • Club policy and procedures - if escalation required
<u>admin@miltonmarlins.ca</u>	<u>treasurer@miltonmarlins.ca</u>	<u>president@miltonmarlins.ca</u>

WHERE TO FIND INFORMATION?

- ▶ MMST Handbook
- ▶ MMST Website
 - ▶ Calendar
 - ▶ Resources
 - ▶ Parent Info
 - ▶ Team Contacts
 - ▶ Officials / Volunteers Info
 - ▶ Parent Information Presentation
 - ▶ Team Aquatics Discount Card
- ▶ Swim Ontario Website
- ▶ Swimming Canada



FOLLOW US



INCOMPLETE REGISTRATIONS

- ▶ If **ALL** five steps not completed within 2 weeks of MMST online registration, swimmers are **NOT** allowed to participate in MMST programming
 - 1. Obtain Respect in Sport Certificate
 - 2. Select Payment Method
 - 3. Complete MMST Online Registration
 - 4. Complete Swimming Canada Online Registration
 - 5. Submit Required Documents to MMST

INCOMPLETE REGISTRATIONS



noreply+MiltonMarlinSwimTeam@sportlomo.com

To: You

← Reply ← Reply all ↗

sportlomo

Hello **Lauren**,

You have been registered with **Milton Marlin Swim Team** for the 2025-2026 Season in the **Competitive** category.

Please log in to <https://swimming.canada.sportsmanager.ie/sportlomo/users/login> to complete your registration.

To complete your registration please click the "Update Information" button on your member card. **Do not click Register/Renew** as this will begin a new registration. Clubs are responsible for the registration of swimmers and coaches.

Coaches and Officials will be able to log into the LMS once logged in at the above link.

For more information about our new Registration and Event Management System (REMS) please visit the [Swimming Canada REMS Knowledge Base](#).

Have a great season!

Thank you,
Milton Marlin Swim Team



CHANGES TO THE SWIM ONTARIO "SAFE SPORT/COMPLAINTS PROCEDURE"

Athletes, coaches, officials and volunteers have the right to participate in a safe and inclusive training and competitive environment that is free of abuse, harassment or discrimination

As of September 1, 2024, the following now applies to the Complaint and Discipline procedure:

- ▶ ***One Complaint and Discipline procedure and a single Code of Conduct (S.O. Code) now applies for the entire Swim Ontario community, and all Code of Conduct complaint will be sent to and administered by the independent Dispute Resolution Officer (DRO).***

VOLUNTEER COMMITMENT



VOLUNTEER COMMITMENT

Volunteer Points Component

12 POINTS needed for:

- Junior Development, Junior, Senior Development, Senior

6 POINTS needed for:

- for Novice, Youth Flex

Officials Clinic Component

- Complete **one (1)** NEW clinic per family
- Once a family has completed ALL Level II clinics, no longer required

**Must
complete by
June 30,
2026**

Note: See MMST Handbook for detailed explanation of requirements



VOLUNTEER POINTS REQUIREMENT

How do you earn?

- ▶ Participating on committees &/or other team roles
- ▶ Officiating or volunteering at swim meets (MMST Hosted, Non-MMST)
- ▶ No points awarded for Officials Clinics

Points earned?

- ▶ Detailed on page 16 of MMST Handbook
 - ▶ located on Competitive Registration link of website

Points worth?

- ▶ \$50 per point outstanding at June 30, 2026
- ▶ Pay by cheque or credit at June 30, 2026



COMMITTEES & OTHER VOLUNTEER ROLES

- ▶ Marketing & Sponsorship Committee – 2 positions available
- ▶ Fundraising Committee – 2 positions available
- ▶ Social & Events Committee – 2 positions available
- ▶ Community Involvement Committee – 2 positions available

Applications due by Tuesday, September 30

Check your email for application details



OFFICIALS CLINIC REQUIREMENT

Why is it necessary?

- ▶ Swim Ontario regulations require us to implement an Officials Development Plan & require a certain number of officials at each level



Clinic Options

- ▶ Offered by MMST
 - ▶ will be adding to MMST website calendar
- ▶ Offered by other Clubs
- ▶ Online through Swim Ontario

MMST HOSTED OFFICIALS CLINICS – FALL

CLINIC	Dates & Times	Level	Prerequisites
Introduction to Swimming Officiating & Safety Marshal	September 30, 7 - 9 PM Meeting Room #2	I	None
Inspector of Turns	October 2, 7 - 9 PM Meeting Room #2	II	Must have Intro to Officiating and two Timekeeping signatures.
Inspector of Turns	October 7, 7 – 9:30 PM Meeting Room #2	II	Must have Intro to Officiating and two Timekeeping signatures.
Judge of Strokes	October 9, 7 – 9 PM Meeting Room #2	II	Must have Intro to Officiating, Inspector of Turns and two Timekeeping signatures.
Administration Desk	October 14, 7 – 9 PM Meeting Room #2	II	
Chief Timekeeper	October 16, 7 – 9PM Meeting Room #2	II	
Electronics	October 19, during meet On Deck	II	TBC

<https://www.swimming.ca/en/clinics/>



OFFICIALS LADDER

- ▶ MMST needs additional Level III-V Officials to continue to be able to host swim meets
- ▶ Encourage moving up the ladder by
 - ▶ More points allocated to Level II, III, IV, V officials
 - ▶ **Incentive program for Level III, IV, V officials**
 - ▶ One-time attainment credit & annual credit (page 7 of MMST Handbook)
- ▶ To move up the ladder, you need
 - ▶ Clinics
 - ▶ Signed deck evaluation(s)
 - ▶ Contact coc@miltonmarlins.ca for more information

OFFICIALS CERTIFICATION CARD

SWIMMING / NATATION CANADA OFFICIALS CERTIFICATION CARD		
Name of Official		Region/Province
Level / Position	Attended Clinic & Passed Exam (Initials of Clinic Conductor & Date)	Satisfactory Deck Evaluations (Initials of Senior/Master Official & Date)
I Timekeeper/ Safety Marshal	<u>J. L. Th. D.</u> <u>Jan. 7, 2017</u>	1 <u>Jan 14/17/18</u> 2 <u>04/05/18</u>
II Stroke & Turn Judge/ Head Lane Timer	<u>Oct 21/17</u> <u>K. Wong</u>	1 <u>FEB 17/18 K. Wong</u> 2 <u>MAR 18 K. Wong</u>
Clerk of Course	<u>Oct 23/18</u> <u>Richard</u>	1 <u>R</u> 2 _____
Chief Timer	<u>Oct 16/18</u> <u>Richard</u>	1 _____ 2 _____
Chief Finish Judge	<u>Oct 30/18</u> <u>Richard</u>	1 _____ 2 _____
Chief Judge Electronics	<u>Oct 30/18</u> <u>Richard</u>	1 _____ 2 _____
Meet Manager	<u>Nov 26/19</u> <u>K. Wong</u>	1 <u>FEB 14/20</u> 2 _____
Recorder Scorer	<u>Oct 30/18</u> <u>Richard</u>	1 _____ 2 _____
Starter	<u>Nov 13/18</u> <u>B. Richard</u>	1 _____ 2 _____
Clinic Conducted _____	Observer _____	
Location _____	Date _____	
Date Received Level II Badge _____		
Date Received Level III Badge _____		

11/07

- ▶ Parents need to update their experience log for each parent performing officiating duties for Swim Ontario
- ▶ Please send a copy of your Officials Certification Card to our Club Officials Administrators (COA), Cindy Osbourne at coammst2025@gmail.com by **October 1, 2025**

OFFICIALS REGISTRATION

MMST Registration

- Official submits Swim Ontario PIPEDA ONLINE (NEW)
- COA will register you with Swim Ontario
- Send copy of Officials Certification Card to COA

Official

- E-mail will be sent to official by Swim Ontario with login info
- Official can update Swim Ontario info
- Check your Deck Evaluations
- Add Deck Experience

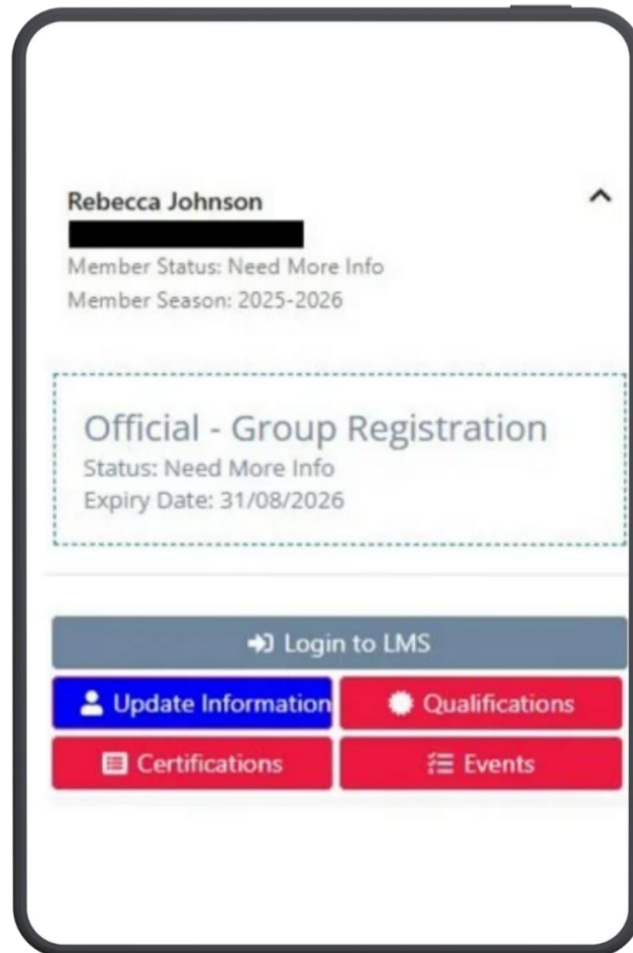
After Swim Meets

- Check your Deck Evaluation
- Add Deck Experience

► All Officials have to sign a Swim Ontario PIPEDA Form **every year** before they can be registered into the system

► ***Official cannot work swim meet until they are registered***

OFFICIALS REGISTRATION



Officials cannot work a swim meet
until they are registered

MMST Hosted Meets



Swim Meet	Date
MMST Intra Club Meet #1	October 11
MMST Fall Dash	October 18 - 19
MMST Fall Novice	November 15
MMST Winter Novice	January 10
MMST Intra Club Meet #2	January 24
MMST GTA Skins (Etobicoke)	February 13 - 15
MMST Intra Club Meet #3	April 11
MMST Masters Swim Meet (new)	April 25
MMST Spring Novice	May 30
MMST Club Championships!	June 6

Meet schedule
posted on
[MMST website](#)
and updates will be
communicated as
needed

WHAT TO WEAR



WHITE T-SHIRT

Timekeepers
Chief Timekeepers



RED COLLARED SHIRT

Timekeepers
Chief Timekeepers



BLACK BOTTOMS & SHOES

All Officials

Swim ON Regulation: “Field of Play”

- ▶ Due to Insurance risk, Swim Ontario has informed Clubs to ensure all non-registered participants refrain from entering the deck area / “Field of Play”
- ▶ Family members and guests must remain in Observer area & cooperate with Officials during meets (including Intra-Club)
- ▶ Please request meetings with Coaches in advance – ideally scheduled outside practice hours.

2024/2025 END OF YEAR SURVEY RESULTS



End of Year Survey

- ▶ At the end of the 2024-2025 season, the Board put out a survey to the membership
- ▶ There was great participation by both parents/families and swimmers across all squads
- ▶ Feedback was detailed and constructive, which offered an opportunity for improvements across many aspects of the Club

Thank you to our 125 respondents!

End of Year Survey – High Level Results

Overall **Satisfaction** for the season: 4.24



Overall **Communication** for the season: 4.30



FUNDRAISING / SOCIAL COMMITTEE

- We will continue to expand opportunities and space out events
- We will explore Social Events for our Swimmers and Parents

DRYLAND / ONYX

- Based on feedback we've arranged for a 2nd coach at sessions

COACHING

- Goal setting has been identified as a request



End of Year Survey

- ▶ The overall feedback from our swim club survey was overwhelmingly positive.
- ▶ We're excited to build on this momentum and will be implementing changes gradually to reflect the thoughtful suggestions we received.

FINAL REMINDERS & UPDATES



Awards Ceremony & Heroic Minds

Wednesday, October 22 – Details to Follow

Join us for a **motivational speech** from Ben Fanelli, founder of Heroic Minds, followed by our 2024/2025 **Awards Ceremony** and a **sweet treat!**

Certificates for highest level of qualification

- Regional Div 2, Regional Div 1, OAG Provincial, OSC Provincial, Canadian National Trials

In addition to certificates, the number of Annual Awards handed out is going from 6 to 22!

Most Improved and Most Dedicated swimmer will now be from each and every squad!



Squad Photo Day Saturday November 29



Once again, we have partnered with GTA Sports Photography

FREE! No charge to the swimmer

- Each swimmer will receive an 8x10 Digital Memory Mate
- Photos will be used in Social Media – Swimmer of the Month, qualifying events, etc.

Please make every effort to attend!



MMST is Looking for Sponsors



Calling all small businesses to support the Milton Marlin Swim Team through sponsorship

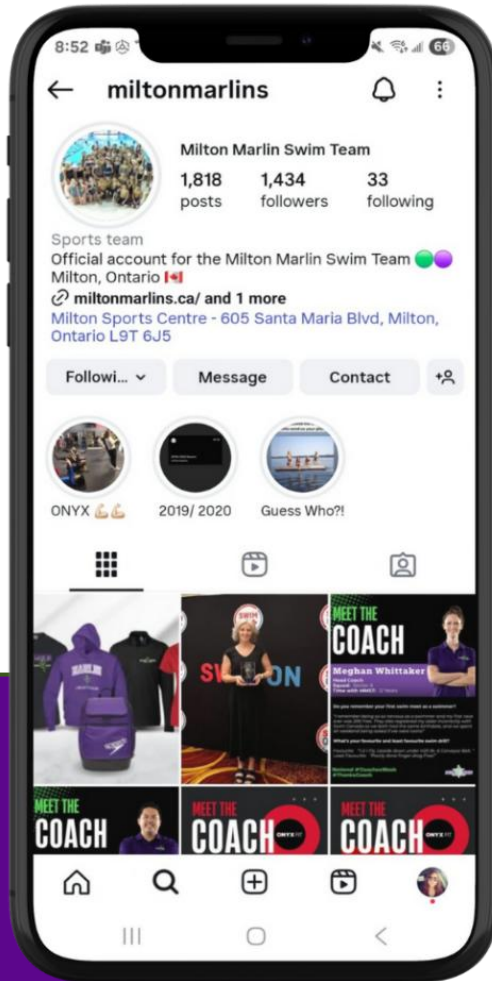
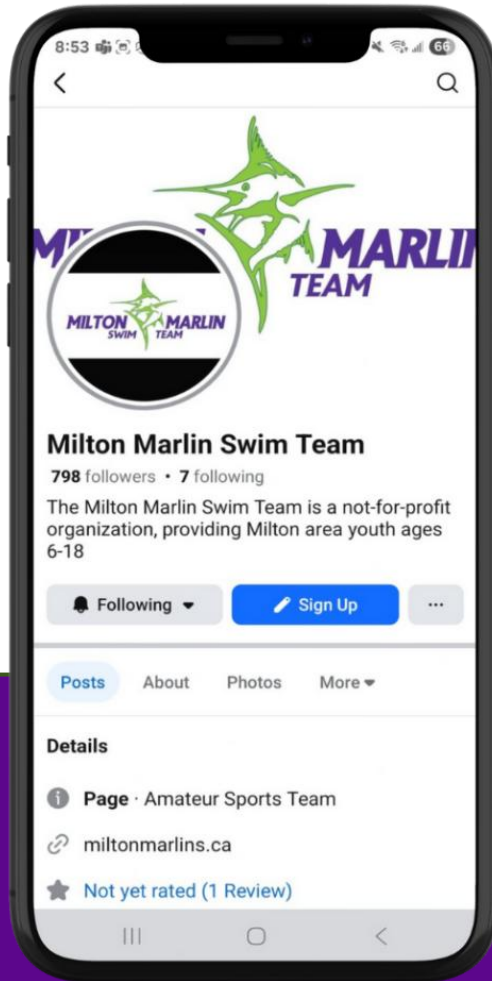
Support the team while gaining exposure for a business within the community

Different levels of sponsorship available

Email us today!
sponsorship@miltonmarlins.ca



Please join our Social Media!



Facebook

Milton Marlin Swim Team

► News, Announcements, closures

Milton Marlins Parent Network

► 2nd hand Equipment, Meet posts, etc



Instagram @MiltonMarlins

**THANK YOU
FOR HELPING TO MAKE THE
2025-2026 SWIM SEASON GREAT!**

