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WELCOME TO THE  
2023-24 SEASON



# NEWSLETTER

OCTOBER 2023



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## SWIM AB DISCOVER CAMP



Spencer Bratton



Adrien Chen



Zach Vinuya

## WELCOME TO THE 2023-24 SEASON

Welcome back to the world of swimming! After an enjoyable summer break, we hope you're excited for the 2022-23 season, filled with adventures and progress. Our dedicated coaching team is thrilled to be back, having spent six weeks preparing dynamic training at the pool.

To our esteemed parents, your steadfast support is deeply appreciated. Your dedication is the lifeblood of our club, and we hope you take immense pleasure in this journey. You're more than just transport and providers to your swimmers; you're integral to our community.

The season is off to a fantastic start for three swimmers who received terrific news. Swim AB selected Spencer Bratton, Adrien Chen, and Zachary Vinuya for the Swim AB Discover Camp. Congratulations, boys, and a warm welcome to the new season!

This camp offers intensive training sessions and classroom learning for both athletes and coaches, with a focus on enjoyment and competitiveness. It sets a high standard for aerobic training during physical development and seasonal readiness.

The objective is to provide a transformative experience that goes beyond daily routines, offering an extraordinary boost to participants' journeys.



# NEW SEASON, NEW TIME STANDARDS



Provincial competition updates & time standards for 2023-2024. In alignment with these updates, time standards are available on the [Swim AB Time Standards](#) page.

## Festivals

There is no longer a minimum age requirement for Festivals; all swimmers meeting the time standards may attend. Time standards have been revised for various age groups.

- female 8&under, 9, 10
- male 9&under, 10, 11
- see the [Swim AB Time Standards Process](#) for more info

Finals are revised to be 'A' finals only and will match the time standard age groups, meaning an 'A' final for female 8&under, 9, 10 and male 9&under, 10, 11.



## Provincial Trials

A time standard has been added that is one year younger than the 2022-2023 standards, reducing the transition between Festivals and Provincial Trials. Age groups and format remain unchanged.

- female 11&under, 12, 13-14, 15&over
- male 12&under, 13, 14-15, 16&over
- see the [Swim AB Time Standards Process](#) for more info

The 400 free and 400 IM are time final events

## Provincial Championships

The youngest relays will start off finals on Friday and Saturday, including 12&under females and 13&under males. The 400 Free and 400 IM events will be the first individual events during finals.

## OUTLINE

Updates and time standards for provincial competitions have been outlined:

- No minimum age for Festivals; time standards revised for various age groups
- female: 8&u, 9, 10
- male: 9&u, 10, 11

Changes in Provincial Trials, Championships, distance eligibility, and Kootenay Region participation.

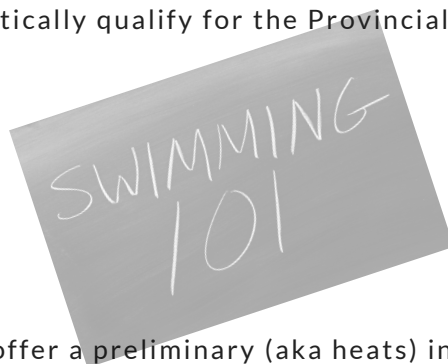
- female: 11&under, 12, 13-14, 15&over
- male: 12&under, 13, 14-15, 16&over
- swimmers with a qualifying time in the 200 FR or 200 IM are eligible to swim the respective 400m event
- clubs from the Kootenays can enter the Swim AB provincial meets. The highest AB swimmer at Provincial Trials automatically qualify for Provincial Championships

## NEW SEASON, NEW TIME STANDARDS (CONTINUED)

**Distance Eligibility** - swimmers with a qualifying time in the 200 Free or 200 IM will be permitted to swim the respective 400m event at Provincial Trials, Provincial Championships, and Summer Provincials.

**Kootenay Region Participation** - Kootenay Region clubs from BC will be allowed to attend Alberta Provincial Competitions, including the Winter Festival South, Summer Festival South, and Provincial Trials. At Provincial Trials, the highest ranked Alberta swimmer will automatically qualify for the Provincial Championships.

## SWIMMING 101



**Heats & finals** - some meets offer a preliminary (aka heats) in the morning, then the top 8 swimmers return in the evening to dispute the same event in the finals. It is the ranking following the finals that will determine your final placing in the meet.

**A-final and B-final** - some meets offer two heats of finals where the fastest 8 swimmers are part of the A-final, while the next 8 fastest swimmers are part of the B-final.

**Relay line-up** - coaches decide the relay team lineups. Often, coaches will select the swimmers who are already returning for finals to form the teams. Occasionally, you may be asked to come to finals only for the relays even if you did not qualify for finals in an individual event.

**Converted time** - this is the equivalent time performed in a 25m-pool against a converted time in a 50m-pool. The typical formula to convert a time is as follows:

- 25m-pool time + 2% = 50m-pool time
- 50m-pool time - 2% = 25m-pool time
- example: 30.0 sec in the 50 free event recorded in a 25m-pool is  $30.0 \text{ sec} + 2\% = 30.0 \text{ sec} + 0.6 \text{ sec} = 30.6 \text{ sec}$

Converted times are not permissible to gain eligibility into a provincial or national meet.

**Deck entry** - this is a bonus event you request to enter once the meet has started. Your time will be official but will not be ranked for placing and awards (medals).

## OUTLINE

Top 8 are qualified for finals.

A-finals for top 8 swimmers

B-finals for the 9th-16th ranked swimmers

Coaches decide the relay based on the finalists.

Time conversion formula:

- $SC + 2\% = LC$
- $LC - 2\% = SC$

Deck entries are done on deck at the meet. Time are official but not ranked for awards.



# NEW SEASON, NEW GOALS

Now, let's talk about goal-setting for the upcoming year. As we reflect on past performances and look ahead, it's crucial to set specific, measurable, attainable, realistic, and time-bound goals. These goals should drive motivation and progress. Specificity is key to inspiring hard work and improvement in various aspects of swimming.

Measuring your goals is equally vital, as it allows you to track your progress and see how far you've come. Your goals should be attainable and realistic, challenging you without overwhelming you.

Setting a time limit and breaking big goals into smaller milestones can provide extra motivation during your training. It's essential to write down your goals and believe in yourself, visualizing your success and staying motivated throughout the process.

By following the SMART strategies for goal-setting, you're on the right path to achieving your goals. Staying honest with yourself, embracing setbacks as part of the journey, and adjusting your goals as needed are all important.



## OUTLINE

### SMART goals

- Specific
- Measurable
- Achievable
- Realistic
- Timely

