



DECEMBER 2023



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NCSA IS EVOLVING

We would like to inform you of an internal organizational change within the Nose Creek Swim Association (NCSA). The Thornhill Thunderbolts Swim Club (TTSC) and Airdrie Swim Club (ASC) entities will be dissolved, and NCSA will be the sole remaining club.

Please be assured that this transition will not impact your swimmer or fees for the current swim year. The decision to dissolve TTSC and ASC stems from changes in regulations with the AGLC.

The TTSC & ASC clubs were initially established to facilitate fundraising through AGLC casino events. With recent changes in AGLC rules, ASC and TTSC are no longer eligible for a casino, as they are not recognized by our governing body, Swim Alberta.

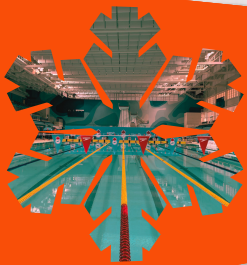
We express our sincere gratitude to the past board directors of both TTSC and ASC for their dedicated effort, time, and leadership. Their contributions have been invaluable to the success of our fundraising initiatives.

Moving forward, casino fundraisers will continue through the NCSA but will occur every 18-24 months, as opposed to the previous yearly frequency. This strategic adjustment aligns with the revised AGLC guidelines.

Thank you for your understanding and continued support during this transition. We are committed to ensuring a seamless process and appreciate your ongoing dedication to the Nose Creek Swim Association.



December is intense



December is fun

FAST SWIMMING IN DECEMBER

In December, NCSA swimmers excelled with remarkable performance improvements, achieving personal bests (PBs) in meets like PWI, Sandy Ferris AG Challenge, Comets Holiday Inv, JP Fiset, and CASC Winter Qualy. Many swimmers reached personal milestones, secured aggregate awards, and broke club records, showcasing dedication and competitive spirit. As the Holiday Break (Dec 22 to Jan 7) approaches, swimmers can rest, proud of their accomplishments, before setting new goals. We look forward to supporting them in maintaining momentum, breaking records, and reaching new heights in 2024. With passion, talent, and commitment, the future of NCSA swimming shines brightly.

We are thrilled to announce and extend hearty congratulations to Gabriella Fedorko and Jaxon Wolff for their remarkable achievements in recent competitions.

Gabriella Fedorko has set a new standard by beating the club record in the 800 freestyle for 12&under girls, erasing a 21-year-old mark. Her incredible time of 10:20.38 minutes showcases her dedication and talent. Additionally, Gabriella was honored at the Prairie Winter International meet as the 12&under Top Female swimmer for scoring the highest points, a testament to her outstanding performances.

Jaxon Wolff has also demonstrated his prowess by surpassing his own club record in the 50 freestyle, clocking an impressive 23.04 sec (15&over). He also rewrote the records book in the 50 fly with a fast time of 25.34 sec. His performance in the 50 free earns him a U-Sport eligibility (varsity standard). These achievements reflect the hard work and commitment of both athletes.

Join us in celebrating Gabriella and Jaxon's extraordinary accomplishments, and we look forward to witnessing their continued success.



OUTLINE

December achievements:

- swimmers achieved personal bests (PBs) in meets: PWI, Sandy Ferris AG Challenge, Comets Holiday Inv, JP Fiset, and CASC Winter Qualy
- swimmers reached personal milestones, showcasing dedication and competitive spirit
- two swimmers secured aggregate awards and broke club records
- Holiday Break (Dec 22 to Jan 7): swimmers can rest, proud of their accomplishments
- Gabriella Fedorko breaks club record in 800 freestyle for 12&under girls
 - erases a 21-year-old mark
 - new record: 10:20.38 min
- Jaxon Wolff sets club records in the 50 FR & 50 FY (15&over boys) and makes U-Sport time in the 50 FR
- Gabriella Fedorko honored at Prairie Winter International meet as the top female swimmer



SWIMMING 101 - FINA POINTS

Have you ever wondered how Swim AB and SNC (Swimming/Natation Canada) pick their teams for training camps or provincial/national teams? They use a system called FINA points, which helps them choose athletes and coaches.

Here's how it works: Swim AB collects the times swimmers achieve in specific meets during a performance window (March/April). Swimmers and coaches who want to be considered must apply with these governing bodies (link coming soon). Only those who apply will be tracked at the meets. Over the years, NCSA swimmers and coaches have been chosen for Team AB ([list of Swim AB camps](#)), the Canada Games (Alex Sharpe and Coach Alexx) and even Team Canada for events like World Juniors (Jonathan Brown and Coach Dave).



WORLD AQUATICS

But what are FINA points? It's a scoring system used worldwide in competitive swimming. Developed by the International Swimming Federation (FINA), now rebranded to World Aquatics, it gives a number to a swimmer's time in a race, considering the race's distance and the current world record. The main aim is to make fair comparisons between races of different lengths and stroke, and provide a fair measure of a swimmer's overall performance.

Swim AB and SNC regularly use FINA points to decide who gets to represent them nationally and internationally. This system helps them evaluate swimmers' abilities across various events and distances. It's a fair and objective way to make sure they choose the best teams and coaches for the job.

Good luck to all NCSA swimmers competing at various Provincial and National meets in March and April seeking for a selection.



OUTLINE

- Swim AB and SNC use FINA points to select athletes and coaches for training camps and national teams.
- Swimmers and coaches must apply to be considered for selection by these governing bodies.
- FINA points are a global scoring system that assigns a numerical value to a swimmer's race time, accounting for the race's distance and the world record.
- The goal of FINA points is to make fair comparisons between different race lengths and assess a swimmer's overall performance.
- This process ensures that the best teams and coaches are chosen for national and international representation.
- NCSA swimmers and coaches have been selected for provincial camps, Team AB at the Canada Games, and Team Canada for events like World Juniors in the past.
- Good luck to all NCSA swimmers competing in Provincial and National meets in March and April as they seek selection.



OFFICIATING

Swim AB Winter Festival - South

NCSA has been selected to host the Winter Festival - South at the Seton YMCA in Calgary on January 27&28, 2024.

- Total number of sessions: 2 (Sat PM and Sun AM)
- Job sign-up opens: Monday, Jan 20 @ 8:00 PM

NCSA John Timmermans Memorial Meet

The meet will be held at MNP in Calgary on Feb 9-11, 2024.

- Total number of sessions: 5 (Fri PM, Sat&Sun AM and PM)

****Please note that we will be running two pools for preliminary sessions on Saturday and Sunday mornings, therefore we will require twice as many Officials for those sessions.*

- Job sign-up opens: Thursday, Jan 25@ 8:00 PM

You will receive an email this week from the Officials Coordinators with more details. In the meantime, please ensure that:

1. you have an active Swim Canada Officials Account (contact Robin at office@ncsaswim.ca with any questions)
2. if you are a first year parent, you have taken the Introduction to Swimming Officiating Clinic and the Safety Marshal Clinic ([link](#))
3. if you are a second year+ parent, you have taken the Inspector of Turns Clinic and Judge of Stroke Clinic ([link](#)).



CROSS TRAINING

As the holiday season approaches, we encourage you to stay active and maintain your fitness levels. Engaging in regular physical activity not only ensures you stay in good shape but also helps you return to training with renewed energy and focus. Consider trying a new sport for cross-training during the holidays - it's a great way to challenge your body in different ways and enhance overall fitness. Whether it's skiing, hiking, or skating, diversifying your activities can contribute to improved endurance, strength, and flexibility. This break is an excellent opportunity to recharge both physically and mentally, ensuring you return to the pool with enthusiasm and a fresh perspective. Enjoy the holidays, stay active, and we look forward to seeing you back in training, ready to achieve new milestones in the upcoming year!

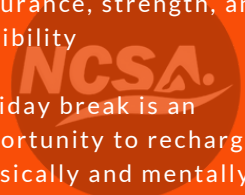
OUTLINE

General Instructions:

- Officials Coordinators will send an email with more details.
- Ensure an active Swim Canada Officials Account (contact Robin at office@ncsaswim.ca for questions).
- First-year parents: complete Introduction to Swimming Officiating Clinic and Safety Marshal Clinic.
- Second-year+ parents: complete Inspector of Turns Clinic and Judge of Stroke Clinic.



- Stay active and maintain fitness levels
- Regular physical activity ensures good shape and aids in returning to training with renewed energy
- Try a new sport for cross-training during the holidays
- Diversifying activities contributes to improved endurance, strength, and flexibility
- Holiday break is an opportunity to recharge both physically and mentally



COMING UP - KEY DATES

- Dec 30 -
 - registration deadline for Winter Festival - South
 - registration deadline for UCSC Grand Prix
 - registration deadline for Timmermans
- Jan 4-7 - Holidays Training Camp for T5, T7 and PERF only
- Jan 5 - deadline to RSVP to parent appreciation event
- Jan 8 - regular training schedule resumes
- Jan 20 - parents appreciation night
- Jan 20 - job sign-up for Swim AB Winter Festival-South
- Jan 25 - job sign-up for Timmermans
- Jan 27&28 - Swim AB Festivals - NCSA 1st hosted meet
 - parents need to activate their Swim Canada officiating account and may need to take a course before they to officiate
 - fantastic step by step instructions are on the website under PARENTS INFO > OFFICIATING

WARM WISHES

The coaching staff is sending the warmest wishes for a magical holiday season! As we pause to cherish the beautiful moments of the first part of the season, our hearts overflows with gratitude for each of you. Your positive energy and heartfelt contributions have woven a tapestry of joy and connection. Thank you for making this season extraordinary. May these holidays envelop you in love, laughter, and the company of cherished ones. Take this time to replenish your spirits, finding peace and joy in the simple pleasures. We eagerly await the new year, hopeful that it brings you renewed energy and endless possibilities. Looking forward to reuniting in January, refreshed and ready for the fun journey ahead. Wishing you and your loved ones a holiday season filled with warmth, happiness, and the magic of shared moments.

**HAPPY
HOLIDAYS**

OUTLINE



*Warm
Wishes*

