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Being a swim parent is not for the faint of heart. There is a lot to know and there is a lot expected of you. Here are a few tips to help calm the waters as you navigate through the swim world.

BEING A GREAT SWIM PARENT

By Olivier Poirier Leroy

Don't Do Everything For the Kids

Confidence is the essential ingredient in all great swimming success stories. Confidence comes from knowing: i.e. knowing you can do it. Swimming parents think they're helping by doing all the little things for their kids but the parents who pack their child's swimming bag, empty it for them, make their breakfast, carry their swim gear, fill their water bottles etc. are doing the exact opposite. They are creating *dependent* swimmers – instead of *independent* young people and that's not going to result in developing teenagers who possess a strong sense of confidence, self-belief, resilience and self-reliance.

Do Not Coach Their Kids in Technical Areas.

Coaches coach. Parents parent. That's it. It's that simple. Coaches help swimmers develop things like physical skills, technical skills, turns, dives, starts, finishes, kicking, pulling – all that stuff. Swimming parents help their children learn values and virtues and help their children to develop the positive character traits that will sustain them throughout their lives. If everyone stays focused on doing their job well – everyone wins – *particularly* the swimmer.





Don't Listen To Other Parents

Swimming parents listening to other swimming parents about technical issues really annoys coaches. For example: *"My friend, Susie, whose child swims at another program told me that they do a lot more breaststroke than we do. Can we start doing a lot more breaststroke?"* Coaches spend years learning how to write programs, how to enhance swimming skills, how to improve stroke technique and how to build an effective training environment. Unless "Susie" has the same skills, experience, knowledge and commitment to coaching, it is unlikely her opinions on technical matters are as valid as the coach's. Sitting on the side of another pool, watching training from a distance (and let's face it – parents only really watch their own child anyway), then making assumptions to apply to all swimmers at all pools is so ludicrous it is incredible that it happens at all. Yet – for some reason – some swimming parents find it necessary to listen to the views of people who have no idea what they're talking about rather than have faith and trust in their child's highly trained and experienced professional coach.

Avoid Gossip

Want to know why swimming parents are banned from so many pools around the world – Gossip. Coaches hate those little groups of swimming parents who sit together comparing *"John's freestyle technique"* to *"Mary's freestyle technique"* and then criticize the coach because neither child swims as fast as Michael Phelps, even though they're only six years old and train once a month. Got a problem with the coach – go to the source and talk to the coach – not to other swimming parents.

Be Realistic With Times

No one swims PRs every time they swim. No one. Re-read this line 10 times. No one. Coaches cringe when swimming parents approach them saying *"Steve didn't do a PR in his butterfly today – what's wrong? What's the problem?"* The child might have done a PR in seven other events, have done five football practices through the week and sat for four school exams but because they didn't do a PR in one event, there's a problem?! Trust in the coach to do his or her job.

Gradual Development Is Fine

Coaches design and develop their program structures with a lot of thought, research and experience behind it. This long-term development pathway concept has its roots in mainstream education. For example, children aged 5 are introduced to basic mathematics at school. When they turn 8 years of age, they are exposed to long division. When they're 15 they can do trigonometry, calculus and advanced geometry. Similarly, there's a logical, purposeful process of developing athletes from learning to swim their first stroke to being able to win a national swimming title. Swimming parents who try to force coaches to push their kids ahead to the next level of development before they're ready, are not helping the child (or the coach).

No Race Instructions

Just don't do it. No need to comment further on this – just don't.

Don't Disturb Coach On the Deck.

There's a really good reason why coaches don't like this. Safety. If a coach turns their head to talk to a swimming parent about *"Billy's backstroke turns"* or *"Jenny's butterfly splits"* and there's a safety issue in the pool, the coach is legally responsible and liable. Put it another way, if another swimming parent was talking with the coach on deck during a workout and that meant your own child's safety was compromised, how would you feel?

When coaches, swimmers and swimming parents work together as partners in performance – 100% committed and focused on helping the swimmer to realize their full potential, amazing – incredible things are not only possible – but inevitable.

A positive, constructive, successful swimming program is very possible when swimmers, coaches and swimming parents work together honestly, respectfully and with integrity.

FERNIE 2024

NCSA's 2024 annual trip to Fernie was definitely one for the books.

To The Dream Team serving over 450 meals, we can't thank Kirk & Brenda Thomson, Dwayne & Jen Nagy, Daniel Antal, and Kyle Mercer enough.

A big thank you to Cher Bongiovanni for setting up a TV for the live feed stream and pitching in whenever needed.

And finally a huge shout out to our amazing Fernie committee that supplied pizza for 200 and ran the minute to win it games that will provide years of memories. (Head coach Dave with a nylon sock and tennis ball on his head will be hard if not impossible to forget)

We started attending Fernie with the start of NCSA in 1994. Back when the program had fewer members, the coaches and swimmers would take a bus (there was a grant that we could use for this purpose which is no longer available) and parents would follow behind.

The smell and the memories from that bus ride stayed with the swimmers for years to come.

Past seasons we would do a photo scavenger hunt, play a huge team game of capture the flag, and one year all the coaches taught line dances followed by a dance. That ended due to the swimmers preferring to swim at the hotel pools over dancing with their parents but we can always bring it back.

This was our 29th year at this meet as NCSA and one of the best thanks to all of you.



FERNIE 2024



GOLF TOURNAMENT UPDATE

So far, we have 56 golfers entered, need 16 more at a minimum to make this a go. If we do not get another 16 golfers at a minimum we will have to cancel the tournament, refund money to sponsors and severely up the costs to parents' month to month to cover the loss for the tournament.

We have had 37 families out of 125, 30% reach their minimum mandatory requirements. This is either enter 4 players for the tournament, secure \$500 worth of sponsorship, or donate \$500 worth of items for the silent auction.

Currently we have had 29 families donate silent auction items. I feel this is a decent number to now run the auction. Keep them coming in though! I will give details below on what is needed in case people are lost on what way to go for donations or sponsorships.

What we still need and are looking for:

1. Main Tournament Sponsor- \$10,000 – see package for details and what the company gets.
2. We need only 1 more HIO (Hole In One) sponsor
3. Lunch sponsor 1 or split at \$500 each.
4. Team prizes set of 4.
5. Golf cart sponsors, see package for details and ideas.
6. Hole sponsors- \$1000 each, see package for details and what the company gets.
7. Individual prizes, long drive, longest putt, closest to the pin for men's and ladies, \$125-\$150 value each. Try and make these golf related.
8. If anyone has a contact with the Pomeroy Kananaskis Mountain Lodge, please contact me as we would like to get a 1-night stay and 2 hydrotherapy passes for the raffle.

NOW THE EXCITING PART!

1. Tickets for the raffle will go on sale 2 weeks before the tournament starts. Buying these tickets, you will have a chance to win 2 tickets anywhere WestJet flies, (see restrictions), wheelbarrow of booze, includes the wheelbarrow, and a 1-night stay at the Pomeroy Kananaskis Mountain Lodge with 2 hydrotherapy passes. This will only be a two-week window for tickets so watch for details when we launch!
2. The Hole In One Sponsors have donated the chance to win \$10,000 on 3...hopefully 4 of the Par 3's at Wingfield. Who wouldn't want 10k in cash right now!
3. Putting contest is a GO! Putt to win \$500 in cash! Each golfer entered will have a chance to win this prize!
4. The Silent Auction has a vast number of items to bid on. There are some great items to choose from so have a look once we launch this 1 week before tourney start.

Having trouble getting sponsorship? Print off the sponsorship package with the letter and each business you go into or know either email it to them or drop it off with a manager. You never know who will support you.

Also, we need to reach outside the club at this point to get golfers. Please attach and spam out the golf registration at you work and social media. Ask when people enter the tournament to let you know with their names. This will count as a "entering 4 players for the tournament" and count for your mandatory requirement!

We are down to the last 5 weeks before the tournament so I ask everyone if they can please make this a priority. A lot of hard work has been put in by members or the club to make this function happen.

If anyone has questions, please feel free to email me at kenschneider1973@gmail.com or call me on my cell at 403-681-0663.

Regards,
Ken Schneider

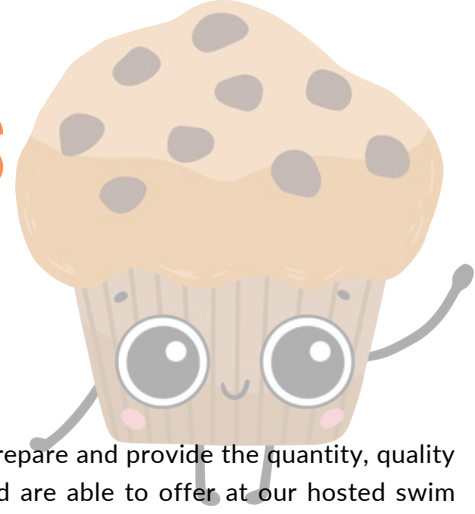
Tournament Chair & Director at Large
NCSA





HOSPITALITY HIGHLIGHTS

FOOD DONATION LIST



The NCSA Hospitality Committee could not plan, prepare and provide the quantity, quality and variety of the food that we are known for and are able to offer at our hosted swim meets without the collective efforts of the entire club.. Every donation counts especially at our larger meets.

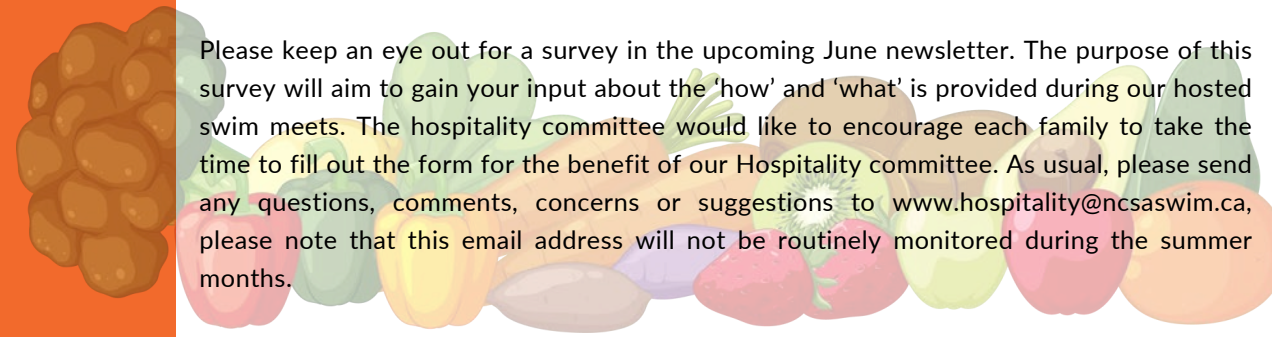
Donation requests are per family, not per swimmer. This number of families participating in the meet determines the number of donations. Our menu is drafted based on favorite recipes from 30 years of swim meets, from a buffet versus an a la carte service format, and from menus that feed large groups on a budget. This list is generally emailed to the club ~1 week prior to a hosted swim meet to allow families enough time to watch for sales and get their items during their weekly shopping trip.

In the donation list, terms related to size (mini, small, large), quantity, description (e.g., fresh, shredded, seedless), expiration date and best before date are used in order to make sure that donations are used wisely and that waste is limited. Please pay attention to terms that are in ALL CAPS, **bolded** and/ or a different font color. The intent is to highlight the level of importance of the most essential points and needs. For example, if the list says LARGE, then we all know that means we need more than a small. If the list says SHREDDDED, we know that blocks or slices of cheese don't suit the food-prep style that day. If the list says VARIETY pack, we know that multiple, single, identical items are not what we are planning for. If the list says FRESH, we're looking for the same quality that you would serve to your own families in terms of freshness and quality. And to manage portion sizes, we use the term MINI in reference to brownies and muffins but not to cookies. Here, smaller, bite-sized and not Costco-sized cookies are preferred as a standard. Similarly, we kindly ask that you do not bring in Chips Ahoy Mini Original chocolate chip cookies or Teddy Graham crackers unless they are the boxes of the individual, snack-sized packages.

When it comes to food preparation and service, we need to adhere to the restrictions of the venues. For example, at Brookfield Residential YMCA at Seton, without easy access to a sink, you will be asked to *"thoroughly yet gently wash"* items ahead of time and then cut your fresh donation items and put them into freezer bags. This applies to all food except strawberries. Because of their expense and extreme mushy factor, we will wash those onsite. .

The hospitality committee recognizes and appreciates the continued generosity of our families fulfilling their commitment to the food donation list and for the opportunity to deliver our service and yummy snacks with a smile!

Please keep an eye out for a survey in the upcoming June newsletter. The purpose of this survey will aim to gain your input about the 'how' and 'what' is provided during our hosted swim meets. The hospitality committee would like to encourage each family to take the time to fill out the form for the benefit of our Hospitality committee. As usual, please send any questions, comments, concerns or suggestions to www.hospitality@ncsaswim.ca, please note that this email address will not be routinely monitored during the summer months.



NCSA GIVE BACK EVENT

Save the Date - May 25th

NCSA Swimmers will be doing a
community clean up!

More details to follow!



UPCOMING DATES

- MAY 4 - Fitset Ninja Swimmer Social Event!
- MAY 15 - NCSA Board Meeting - Zoom
- MAY 17 - DEADLINE for Golf players/silent auction/sponsorships
- MAY 20 - NO Workout - Victoria Day
- MAY 25 - NCSA Give Back Event

IMPORTANT

