



JANUARY 2024



THIS ISSUE

[Welcome back](#)

[Swimming 101](#)

[Provincials 101](#)

[Provincial series](#)

[University admission](#)

WELCOME BACK!

As we dive into the new year, we extend our warmest wishes to all members of the Nose Creek Swim Association. We hope everyone had a delightful December holiday season filled with joy, laughter, and rejuvenation.

As we embark on this fresh chapter, we want to express our excitement and anticipation for the fantastic experiences that lie ahead in the swimming community. It's a pleasure to welcome everyone back, ready to make a splash in the pool once again.

We understand the importance of the holiday break, a time to unwind and recharge. Now, as we reunite, let's carry that positive energy and enthusiasm into our practices and competitions. The bonds we share as part of the NCSA family make every stroke in the water special.

In the spirit of togetherness, we look forward to the challenges, triumphs, and shared moments that await us. May this year be a testament to our collective dedication and passion for swimming. Here's to a successful and fulfilling return to the pool, where every lap brings us closer as a community.

Thank you for your commitment, and let's make 2024 a year of growth, achievement, and, above all, joy in our shared love for swimming. Welcome back, NCSA family!



SWIMMING 101 - TECHNIQUE IS IMPORTANT

Devoting attention to swimming technique emerges as a critical factor for individuals striving to amplify their stroke proficiency and overall aquatic performance. The emphasis on refining technique transcends mere aesthetic considerations; it plays a pivotal role in determining speed, efficiency, and injury prevention, ultimately shaping a swimmer's success.

A sound swimming technique ensures that each stroke efficiently propels the swimmer forward, minimizing energy wastage and maximizing forward propulsion. By addressing elements such as streamlined movements, optimal body positioning, and coordinated limb actions, swimmers can significantly reduce drag, leading to heightened speed and increased endurance. This becomes particularly crucial in competitive swimming.

Beyond performance enhancement, an essential aspect of prioritizing technique lies in injury prevention. Incorrect swimming form can subject muscles and joints to undue strain, potentially resulting in injuries over time. Meticulously honing proper technique not only optimizes performance but also serves as a safeguard for physical well-being.

Furthermore, the pursuit of a refined swimming technique contributes to a more gratifying and sustainable experience in the water. With improved skills, swimmers can cover longer distances with diminished effort, rendering the activity more rewarding and less fatiguing. This aspect is particularly beneficial for fitness swimmers or individuals undergoing rehabilitation.

*Performance = Technique × (Speed+Endurance) - Injury Risk**
**this is a simplified representation and not a precise mathematical model*

Crucially, the focus on technique triumphs over a mere desire to swim fast in practice. While the latter may yield immediate results, a sustained commitment to refining technique ensures enduring progress. Coaches, supported by video analysis and constructive feedback, often advocate for drills and targeted practice sessions as effective means to fine-tune technique. In this way, swimmers come to realize that, in the long run, a meticulous approach to technique not only enhances performance but also fortifies the foundations of a truly proficient and sustainable swimming journey.

OUTLINE

- **Critical Role of Technique:** Swimming technique is essential for enhancing stroke proficiency and overall aquatic performance.
- **Efficiency and Speed:** A sound technique minimizes energy wastage, maximizes forward propulsion, and reduces drag, leading to increased speed and endurance.
- **Injury Prevention:** Proper technique is crucial for preventing injuries, protecting muscles and joints from undue strain over time.
- **Gratifying Experience:** Refined swimming technique contributes to a more enjoyable and sustainable experience in the water, enabling swimmers to cover longer distances with less effort.
- **Enduring Progress:** Prioritizing technique over immediate speed in practice ensures lasting improvement, supported by coaching strategies such as drills and targeted sessions.



PROVINCIALS 101 - HOW TO QUALIFY

Dive into the excitement of the Provincials series! There are three thrilling levels: first up, the **Winter Festival** welcomes the U10 girls and U11 boys, promising a fantastic platform for emerging talents. Next, aspiring swimmers who achieve the **Swim AB Trials** time standards will advance to the Provincial Trials, a prestigious stage where competition intensifies. Finally, the crème de la crème will make waves at the **Swim AB Provincial Championships**, reserved for those surpassing the Swim AB Champs time standard. Secure your spot, embrace the challenge, and let the swimming journey begin! All provincial time standards can be found [here](#). Here are key points for each meet of the series:



Winter Festival - South

- must be attached to a team south of Innisfail
- needs to qualify in only one (1) event to enter any number of individual events
- there will be prelims and finals for the 50 FR and the 50 BK
- there will be A-Finals in each age category in the 50 FR and the 50 BK immediately following the time final events

Provincial Trials

- a gold medal in an individual event awards you eligibility to enter the Provincial Championships
- swimmers whom achieved two (2) Provincial Championships standard (short course or long course) are de-qualified
- para swimmers classified at Level 2 who have not yet achieved a Provincial Para Swimming time standard may attend
- swimmers who have qualified in one (1) event may enter up to a maximum of seven (7) individual events
- swimmers with birthdays between Trials and Championships, entry in higher age category at Trials is allowed with achieved standards

Provincial Championships

- must achieve two (2) Provincial Championships standards (short course or long course) to enter the meet
- para swimmers must achieve one of the Provincial Para Swimming time standards
- para swimmers with an exception code of 'J' may qualify by achieving one of the Junior Para Swimming Provincial standards, all other para swimmers must achieve a Senior Para Swimming Prov. Standard
- swimmers may enter a maximum of seven (7) events

OUTLINE

Winter Festival:

- U10 girls and U11 boys categories.

Provincial Trials:

- advancement for swimmers meeting Swim AB Trials time standards.

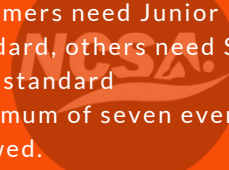
Provincial Championships:

- reserved for swimmers surpassing Swim AB Champs time standard.
- crème de la crème compete at this pinnacle stage

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- Team attachment: South of Innisfail
 - Qualify in one event for unlimited individual entries
 - Prelims and finals for 50 FR, 50 BK
 - A-Finals in each age category for 50 FR, 50 BK after time final events

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- Gold medal grants entry to Provincial Championships
 - Disqualification for swimmers with 2 Championships standards
 - Level 2 Para swimmers without Para standard allowed
 - 1-event qualifiers can enter up to 7 individual events
 - Age exceptions for swimmers with birthdays between Trials and Championships, meeting standards.

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- Two Championships standards required for entry
 - Para swimmers need one Provincial Para standard
 - 'J' exception code para swimmers need Junior Para standard, others need Senior Para standard
 - Maximum of seven events allowed.



WINTER FESTIVAL - SOUTH

NCSA is host to the 2024 Winter Festival - South, this weekend in Seton. All is in place for a fun and memorable meet for all the swimmers in attendance.

Twelve NCSA swimmers will be on deck to showcase their skills, team spirit and will do their best to represent the club well. Congratulations to the following swimmers, we wish you a fun and fast meet!

1. Patrick Antal
2. Eric Chen
3. Alessia Cucharek
4. Kaitlyn Cull
5. Makayla Dreger
6. Hannah Giesbrecht
7. Leroy Kriwokon
8. Kaylie Mann
9. Naalah Paquet
10. Clark Schultz
11. Megan Vinuya
12. Rhett Widdifield

Participants wishing to order the Winter Festival merchandise can scan the QR code below or use this [link](#).



PROVINCIAL TRIALS & CHAMPIONSHIPS

Swim AB Provincial Trials, March 1-3 at Edmonton's Kinsmen Sports Centre, marks a thrilling return for our swimmers to that pool. Traditionally, NCSA would bring 30-40 swimmers to this event.

Conversely, our swimmers hold home field advantage at the MNP Community and Sports Centre in Calgary for the Provincial Championships, scheduled from March 7-10. Join us in cheering them on!

NATIONAL CHAMPIONSHIPS

A select few swimmers have proudly achieved national-level time standards, demonstrating their dedication and skill. They are gearing up for the Provincial Championships and a subsequent journey to Winnipeg for the Canadian Western Championships, facing off against the nation's top junior swimmers. This pivotal year holds aspirations of qualifying for the Canadian Open in Toronto in April. Yet, their greatest excitement lies in the potential to secure a coveted spot at the Olympic Trials in Montreal come May. These athletes embody a pursuit of excellence, with eyes set on a national recognition on the national stage.



OUTLINE

- NCSA hosts the 2024 Winter Festival - South in Seton this weekend
- Everything is set for a fun and memorable meet for all attendees
- Twelve NCSA swimmers will showcase their skills and team spirit
- Swimmers aim to represent the club well
- Congratulations to the participating swimmers, and best wishes for a fun and fast meet!

Swim AB Provincial Trials on March 1-3 at Edmonton's Kinsmen Sports Centre

- Exciting return for NCSA swimmers
- Historically, NCSA entered 30-40 swimmers

-Provincial Championships at MNP Community and Sports Centre in Calgary

- Home field advantage
- Scheduled for March 7-10
- Support our swimmers!

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- Swimmers achieved national-level standards, gearing up for Provincial and Canadian Western Championships
 - Goal: Qualify for Canadian Open in Toronto in April, with excitement for potential Olympic Trials spot in May
 - Athletes embody excellence, aiming for national recognition on the Olympic stage.



UNIVERSITY ADMISSION

NCSA takes immense pride in the achievements of our dedicated swimmers and esteemed alumni. Many of our alumni have excelled in their respective fields, forging remarkable careers beyond the pool. Their success serves as a testament to the values instilled during their time with NCSA.

We are thrilled to announce that Spencer Simkin, the Academic Advisor & Program Coordinator for Health Services Management at the University of Lethbridge, will be returning to share his insights with our members. Spencer's wealth of knowledge will be particularly beneficial as he addresses the crucial topic of university admissions, shedding light on the intricate process and offering valuable guidance.

We extend a warm invitation to parents and swimmers from the T7 & PERF groups to join us for this informative session. The exact time and location will soon be disclosed, with tentative plans to schedule it between prelims and finals at the Timmermans meet on Saturday, February 10. This promises to be an invaluable opportunity for our community to gain valuable insights into university admissions and chart a successful course for the future.

COMING UP - KEY DATES

- Jan 25 - job sign-up for Timmermans
 - Jan 27&28 - Swim AB Festivals
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- Feb 1 - registration deadline for the NCSA Spring Inv.
 - Feb 2-4 - UCSC Grand Prix
 - Feb 9-11 - NCSA Hosted Timmermans Meet
 - Feb 10 - University admission seminar (see below)
 - Feb 12
 - no swimming for all following a NCSA hosted meet
 - registration deadline for Prov Trials and Prov Champs
 - Feb 23-24 - Western Transmountain Festival
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- Mar 1 - registration deadline for the Speedo Western Canadian Championships

OUTLINE

- NCSA celebrates dedicated swimmers and successful alumni, exemplifying values instilled during their time.
- Exciting news: Spencer Simkin, Academic Advisor & Program Coordinator at the University of Lethbridge, will share insights on university admissions.
- Invitation for T7 & PERF groups to join the informative session on February 10 during the Timmermans meet, gaining valuable insights for a successful future.



NCSA.

2024 ROSTER

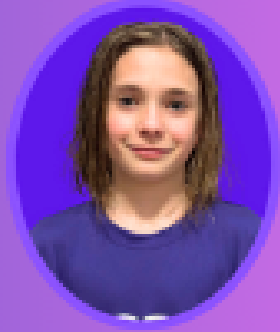
WINTER FESTIVAL



Patrick
ANTAL



Eric
CHEN



Alessia
CUCHAREK



Kaitlyn
CULL



Makayla
DREGER



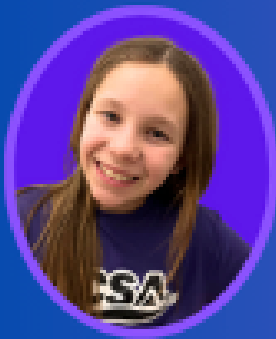
Hannah
GIESBRECHT



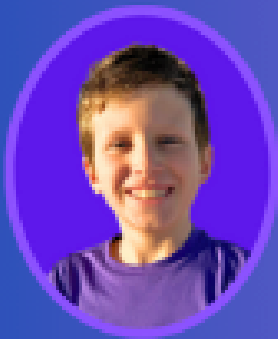
Leroy
KRIWOKON



Kaylie
MANN



Naalah
PAQUET



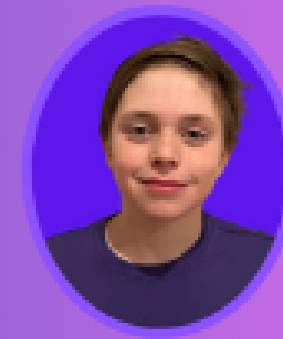
Clark
SCHULTZ



Hadley
SCHNEIDER



Megan
VINUYA



Rhett
WIDDIFIELD

Coach
LINDA



Coach
ADAM



DREAM IT,
TRAIN IT,
LIVE IT