



THIS ISSUE

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WELCOME TO THE RECOVERY PHASE OF THE SEASON

As NCSA wraps up a fantastic short course season, get ready to dive back into the long course action with a splash of excitement!

In case you're new to the swim lingo, short course season splashes from September to March in a cozy 25-meter pool.

Come April, we stretch out to a 50-meter pool to make waves till August.

Short course pool times are faster thanks to those nifty turns, proving that walls are indeed a swimmer's best friend!

REST & RECOVERY 101

Just like how a good night's sleep is vital for our well-being, time away from the pool serves as a crucial opportunity for our athletes to rejuvenate, develop, and engage in activities they may not have the chance to do amidst their busy schedules.

When our coaches plan these breaks within our Yearly Training Program (YTP), they carefully consider the different training phases—be it general conditioning, specific skill refinement, or competitive preparations—as well as upcoming meets. These breaks aren't just random pauses; they're strategically placed to ensure our athletes can sustain their performance levels and avoid burnout.

Incorporating regular breaks throughout the season isn't just about immediate relief; it's about safeguarding our athletes' long-term physical health. By preventing overuse and overtraining issues, we're not only nurturing their bodies but also fostering a healthier relationship with their sport.

It's essential to instill in our swimmers the understanding that recovery isn't a negative or fearful thing but rather a fundamental aspect of optimal performance. Just like how we recharge our bodies with sleep, scheduled breaks provide both physical and mental benefits, allowing our athletes to return stronger and more focused.

While physical activity is undoubtedly beneficial, pushing oneself excessively without adequate recovery can impede growth, particularly during crucial developmental stages.

We encourage all out athletes to enjoy the next two weeks, give their bodies and minds this needed break and we look forward to returning excited and ready for last half of NCSA's 29th season.



REST & RECOVERY



GOLF TOURNAMENT UPDATE

The first annual NCSA Swing & Splash tournament is starting to take form and we are definitely heading in the right direction for a successful event.

However we are still short the following:

A main sponsor - \$10,000 sponsorship - 1 available
Hole sponsors \$1,000 - 20 available
HIO sponsors \$500 - 4 available
Putting contest prize sponsor \$1000- 1 available
Individual prize sponsors - 6 available
Golf Cart sponsorship - 2 available
lunch sponsorship - 1 at \$1000 or split 2 @\$500 each
Team prizes - 27 sets of 4 still required

If you do secure sponsorship, here is a list of payment options:

Cheque payable to Nose Creek Swim Association

E-Transfers to: ncsa.payments@ncsaswim.ca

VOID cheque is attached above for EFT's

We also need more players to sign up for the actual tournament, please find attached the required form.

As a final reminder, the Sponsorship package and all other relevant information can be found here.

Thank you again and looking forward to making this event a huge success together.

Ken Schneider
Golf Tournament Chair



HOSPITALITY HIGHLIGHTS

RECRUITMENT AND RETENTION

When we think of the word 'hospitality', we might instantly think of the food industry like restaurants, hotels, and coffee shops when in fact the word 'hospitality' applies to a sense of belonging in any situation where people gather to share food.

Thanksgiving dinner at grandma's house, a potluck for a baby shower, school bake sale and yes, even a swim meet.

Essentially, hospitality is defined as 'friendly, welcoming behaviour towards guests and friends or people that you have just met.'

The NCSA Hospitality Committee aims to tick all of these boxes each and every time there is a hosted swim meet. We want you to know that our committee truly strives to provide our volunteers, coaches and referees with more than just something to eat during your breaks. We enjoy planning, preparing and providing a variety of yummy food for all of you but more importantly, we look forward to connecting with you in the hospitality room to offer a snack with a smile.

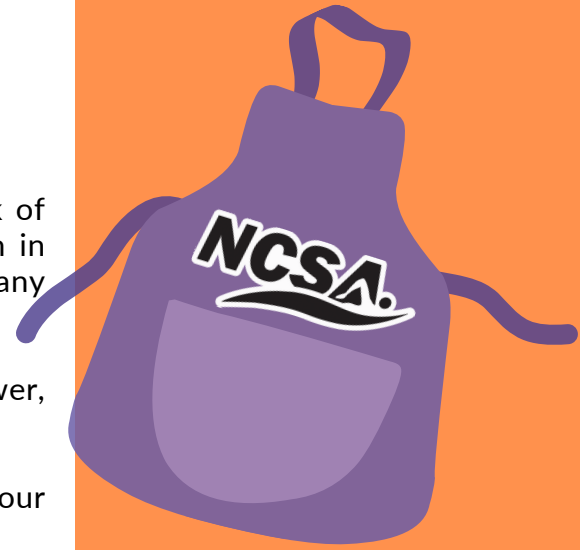
You are always encouraged to reach out to anyone of us (in purple), if there is anything that we can do to make those short breaks count (e.g., heating up your breakfast wrap that you didn't have time to eat during the morning session, putting food aside if you know that you won't even get a break, searching for the packets of salt / pepper or hot sauce in one of the many bins for your boiled eggs, etc.,).

If you are detail oriented, comfortable cooking simple meals, like being a part of a team, have a job that is somewhat flexible, want to try something new, are willing to give just that little bit extra and the sentiments expressed above seem to strongly resonate with you, we would love to hear from you to discuss next session.

We will be opening up 1 volunteer spot per session for a total of 6 spots during the 7th Annual Steve Brown Memorial Classic at MNP in June. These spots are intended for people that have a genuine interest in providing a sense of community and continuing our renowned legacy of hospitality.

Please send all questions, concerns, suggestions and expressions of interest directly to hospitality@ncsaswim.ca and office@ncsaswim.ca anytime from now until registration opens for the 2024-25 swim season.

Karrie McFarlane
NCSA Hospitality Chair



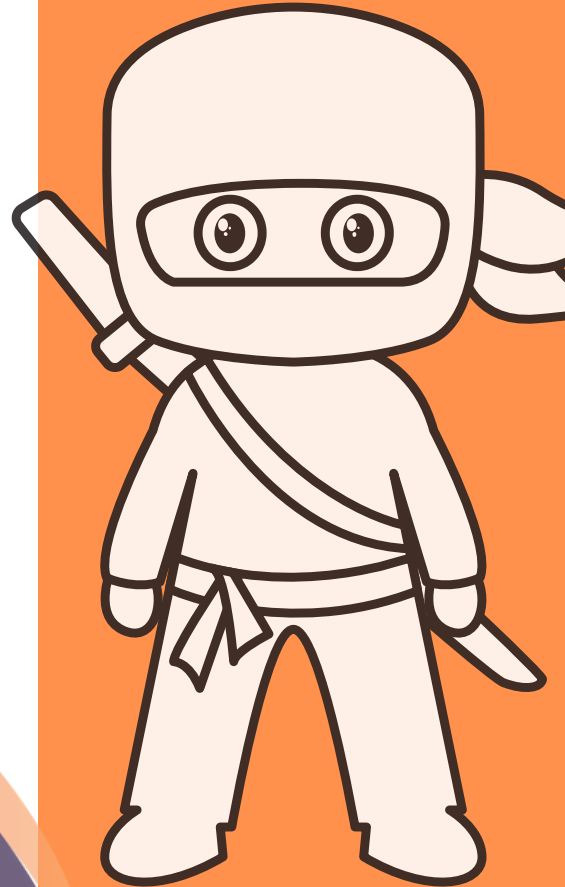
FITSET NINJA

On May the 4th, from 5:45 to 8:00 pm, all water warriors are summoned to join the FITSET NINJA bash!

For just \$25, your little athlete gets 2 hours of VIP access, munch on pizza, and snag a bag of chips.

More details on how to sign up will be provided as the event draws near.

Don't forget, NCSS siblings are more than welcome to jump in on the action. Let's dive into the excitement!



Fitset
NINJA

UPCOMING DATES

- March 25 - NCSA spring break begins
- April 8 - Regular workouts resume
- April 17 - NCSA Board Meeting
- April 19 - 21 - Fernie
- May 4 - Fitset Ninja Swimmer Social Event

