



## THIS ISSUE

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## WELCOME TO THE COMPETITIVE PHASE OF THE SEASON

Welcome, athletes, to the exhilarating competitive phase of our season! As you step onto the pool deck, know that you carry the collective spirit and dedication of your team and supporters. This is your arena, where sweat and determination converge into moments of greatness. Each stroke, every turn, and all your efforts culminate in this electrifying phase of competition. Embrace the challenge with unwavering resolve, for it is within these moments that champions are forged. Let the thrill of competition fuel your passion and ignite your drive to push beyond limits. Remember, it's not just about winning, but about the journey, the growth, and the bonds formed along the way. So, with hearts pounding and spirits soaring, let the games begin, and may your endeavors be met with triumph and fulfillment. Best of luck to each and every one of you as you embark on this thrilling adventure!

# GOLF TOURNAMENT

I hope this message finds you well. It has come to my attention that there have been numerous inquiries regarding the specifics of sponsorship for the upcoming golf tournament.

Here is an outline of the necessary information and some suggestions for potential items for sponsorship consideration.

**Gift Cards and Certificates** - We greatly value contributions in the form of gift cards or certificates, accompanied by receipts and access codes. These versatile options are in high demand: gas, groceries, Costco memberships, Sports Check, Bass Pro, and Cabela's just to name a few.

Experiences such as spa treatments, hotel packages, restaurants, and passes to local recreation facilities or shopping centres such as West Edmonton Mall or Cross Iron Mills.

**Monetary Contributions** - Cash donations are invaluable as they offer the flexibility for tournament organizer to address any unforeseen needs or supplement resources.

Please make cheques payable to NOSE CREEK SWIM ASSOCIATION, or alternatively, e-transfer can be directed to [ncsa.payments@ncsaswim.ca](mailto:ncsa.payments@ncsaswim.ca).

For proper documentation, kindly email me via [kenschneider1973@gmail.com](mailto:kenschneider1973@gmail.com) with the details of the donation as well as all relevant donor information.

**Prize Items** - Four (4) of the following items which will be for golf tournament prizes: hoodies, water bottles, gift cards, golf passes, golf shirts, etc. which can also be incorporated into our silent auction.

Your generosity in providing these items is sincerely appreciated and we are grateful for any contributions made. We will be facilitating drop-off arrangements in both Calgary and Airdrie in the near future.

Please do not hesitate to reach out should you require further clarification.

**Ken Schneider**  
Golf Tournament Chair



# NCSA WEBSITE 101

The NCSA website strives to contain all the necessary information. If you haven't verified your email address, you will not receive any website email communications. Each family can only have one account however we can add up to three email-addresses to each account.

When you first sign in, you will be taken to the BACK OFFICE where you will be able to change your credit card information (*My account >account info>payment setup*) or view your billing (*My account >account info>billing summary*) or change your login email address.

This part of the website is where all your personal information is stored.

At the bottom on the left side is VIEW TEAM WEBSITE and the NEED HELP tabs. The need help feature is very easy to use and a fantastic resource for manoeuvring your way through the website.

Clicking on VIEW TEAM WEBSITE will take you to the "HOME" page where all NCSA information is stored. If you would like to return to the BACK OFFICE - simply click on your name at the top left corner and click on MY ACCOUNT.

Across the top of our website you will find 8 tabs each with sub tabs of information below. Please note that you do need to be signed in to view all of this information.

**NCSA INFO** - club logistical information, payments, coach bios, and registration information

**SQUADS** - each squad has their own page with squad specific relevant information

**CALENDAR** - all team events, fundraising, and swim meets can be found in a calendar format

**SWIM MEETS** - confirm or decline your swimmer for swim meets, sign up to officiate, or view the club meet schedule

**NCSA TEAM GEAR** - pictures and price list of all team gear as well as required squad equipment & this season's shark card for 20% off at team aquatics



# NCSA WEBSITE 101

**SWIMMER'S INFO** - Training schedule for all squads, squad movement criteria/process, time standards - both provincial and national, NCSA records, Dare to Care info & our wall of fame - list of all swimmers qualified for provincial and national level meets.

**PARENT'S INFO** - this area should contain the answers to 90% of your questions - fundraising requirements, officiating has step by step instructions on how to sign up for courses as well as the path for moving up, committee info, member document - this area has our handbook, graduating swimmer policy, medical forms, chaperone procedures and more.

The FAQ is a fantastic 101 to the swim world and answers many new to competitive swimming questions.

Habits & nutrition has snack ideas for pre and post workouts, swim meets, as well as recipes and travel hacks for keeping costs down while feeding a family.

Finally all the weekly updates and monthly newsletters can be found here as well.

**ABOUT US** - NCSA history, mission statement and our expectations for our members.

Board of director contact information, monthly board meetings, and our policies and bylaws can all be found here.

The ON DECK APP is connected to our website. Use your login email and password to access all the above information, declare your swimmer for swim meets, or sign up for events.

Being well informed is a basic requirement to being a supportive parent. We strive to ensure that all information is readily available and easily accessible.

We recognize that there is a lot of information to be aware of, however it is imperative that all parents do their part to read the emails and stay informed.



# HOSPITALITY HIGHLIGHTS

## HOSPITALITY 101

Thanks to everyone for their continued appreciation and gratitude of the quality, quantity and variety of food that we aim to provide during our hosted meets. It means a lot that you recognize the amount of preparation, planning and cost that is involved in making sure that everyone has a yummy snack during their volunteer shift. On occasion, we've noticed that not all of our officials, coaches and referees have been able to share in the same great food experience, as some of our supplies have not been able to stretch far enough throughout the day. With that in mind and with two hosted meets remaining in the current swim season, the hospitality committee is reaching out to kindly ask that we all be more conscious of portion size as an additional way to ensure that everyone who supports the club feels welcomed, appreciated and an important part of the overall success of our club. Please send any questions or concerns directly to [hospitality@ncsaswim.ca](mailto:hospitality@ncsaswim.ca).

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**Karrie McFarlane**  
Committee Chair

## COMING UP

- March 1-3 - Provincial TRIALS in Edmonton
- March 4 - Job Sign up @ 8PM for NCSA Spring Invitational
- March 7-10 - Provincial CHAMPS at MNP
- March 16-17 - NCSA Spring Invitational at Seton
- March 21 - Canadian Western Championships (Winnipeg)
- March 25 - NCSA spring break begins
- April 8 - Regular workouts resume



# PROVINCIAL & NATIONALS

Amidst the rhythmic laps and the relentless pursuit of excellence, we celebrate the dedication and perseverance of our swimmers. Your unwavering commitment to the sport has propelled you to extraordinary heights, culminating in the remarkable achievement of qualifying for both provincial and national meets. This accomplishment is a testament to your countless hours of training, your unwavering resolve, and your unyielding passion for swimming.

As you prepare to represent our team on these prestigious stages, know that you carry not only your dreams but also the hopes and pride of our entire community. Your journey to this moment has been marked by sacrifice, discipline, and unwavering determination, and now, it is time to showcase your talent to the world.

On behalf of everyone associated with our team, we extend our heartfelt congratulations to each and every one of you. May your hard work be rewarded with success, your determination with triumph, and your spirit with fulfillment. Swim with all your heart, leave nothing behind, and may your performances inspire and uplift all who witness them. Go forth with confidence, resilience, and the knowledge that you are capable of achieving greatness. Best of luck at the provincial and national meets – we are all cheering for you!



## PROV CHAMPS

1. Spencer Bratton
2. Kate Maudie
3. Spencer McFarlane
4. Sydney McMillan
5. Kelly Plosz
6. Lauren Rawlyck
7. Connor Schaan
8. Zac Vinuya
9. Jaxon Wolff



## WESTERN CANADIAN CHAMPIONSHIPS

1. Kate Maudie
2. Spencer McFarlane
3. Kelly Plosz
4. Connor Schaan
5. Jaxon Wolff

## PROV FESTIVAL

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. Hadley Schneider
12. Megan Vinuya
13. Rhett Widdifield

## PROV TRIALS

1. Elsie Abbott
2. Jade Bardelas
3. Charlotte Bratton
4. Gabriel Chakowski
5. Sam Chakowski
6. Adrien Chen
7. Eddie Chen
8. Elyn Chrenek
9. Averi Durech
10. Molly Engler
11. Adam Fedorko
12. Gabriella Fedorko
13. Bronte Fielding
14. Elsie Fielding
15. Ava Fox
16. Owen Gaston
17. Sara Gomez
18. Will Grobowsky
19. Julian Ha
20. Kenzie Hughes
21. Taisuke Kimura
22. Abigail Lee
23. Lauren Matiakis
24. Cassie Najm
25. Kennedy Palmer
26. Makenna Palmer
27. Mekkah Paquet
28. Molly Pitt
29. Gavin Quiring
30. Willa Shortt
31. Kira Thomson
32. Robbie Trumper