

Hello Parents!

Equipment Update

Thank you so much for your patience and understanding, despite ordering the caps mid September, they are finally arriving this Wednesday. I will have everything (caps, suits, team shirts, team shorts) to your swimmer's coach either Wednesday, Thursday, or Friday for pick up.

If you want to pick up the equipment directly from your swimmer's coach before or after practice, please contact your swimmer's coach directly to make arrangements.

If your swimmer is missing any of the above items, it is because they are marked down as having received them either at the welcome back bbq or at some point during the season. Please contact me at ncsa.equipment@ncsaswim.ca for any questions.

Tracksuits have arrived and are just in the process of having our logo put on them. I will have them to your swimmer in the near future.

November Board Meeting

Our next monthly board meeting will take place Wednesday November 22nd from 7:00 - 9:00 pm via zoom.

Please email ncsa.sec@ncsaswim.ca if you would like to attend for the link.

Airdrie Santa Claus Parade

Our NCSA Santa Claus Parade committee is currently working on an amazing float and would like to invite all NCSA & NCSS swimmers and families to participate.

When: **December 2nd, 2023**

Time: The parade is set to start at 5:00 pm, however we will meet prior to then.

Please save the date and watch for more detailed information to come.

[Airdrie Santa Claus Parade Information](#)

Fundraising Update

Due to a minor complication, we will be holding our big FREE groceries for a year's raffle (The winner will receive \$1,400 per month) in the new year. Please watch for updates.

Each family is required to sell 35 tickets valued at \$10 each.

There is a bond attached to this event for \$350.00

Our casino will be held **May 10th and 11th, 2024** at Cowboys Casino.

Each family is required to fill 1 shift. The shifts fall into the following three time slots:

Opening shift - 11:00 am - 7:30 pm

Evening shift - 7:00 pm - 3:30 am

Countroom shift - 11:00 pm - 3:30 am

There is a bond attached to this event for \$250.00

We have a tentative date of **June 7th, 2024** for our golf tournament.

Each family is required to do ONE of the following:

Register a team of 4 players

Or

Donate items for our silent auction - minimum \$500 retail value

Or

Secure sponsorship of a minimum of \$500 value

There is a bond attached to this event for \$750.00

The Performance Partnership by Wayne Goldsmith

In the old days we used to talk about the athlete, the coach, and the parent as three completely separate entities and even though they were all intent on helping the child achieve their full potential in sport, they worked very separately.

What we talk about now is the performance partnership where each of the “partners” has got a job to do.

The coach’s job is to prepare the athlete physically: to help them with the development of sporting skills, to help them with their technique, their tactics and their strategies, to teach them about recovery, to help them develop as athletes – all that is the coach’s responsibility.

The athlete has two or three very clear, very simple and very obvious responsibilities within the performance partnership: to perform everything they’re asked to perform with the full extent of their potential, to out-prepare their competition in every aspect on and off the field and to give all they can physically, mentally and emotionally to being all they can be.

The sporting parent has some incredibly important responsibilities within that performance partnership of coach, athlete, parent.

A sporting parent, for example, is responsible for helping their child to develop values like honesty, integrity, humility, courage, discipline. A sporting parent can help a child develop time management skills. A sporting parent can teach an athlete to be more responsible for their own behaviour.

Teaching Personal Responsibility – A Real Life Example.

Think about your own child for a moment.

How many times a day does your child press the buttons on a computer, on a smartphone or an iPad?

It's very, very simple to teach them to press one button on a dishwasher or one button on a washing machine and teach them to take some responsibility for their own behaviour.

A sporting parent can teach kids things like getting enough sleep, about adequate nutrition and a sporting parent can help them with schoolwork. And most importantly, a sporting parent can provide the one thing that no one else can provide in their child's life: unconditional love and support.

And where I see sporting parents break down in their relationship with athletes and coaches is where they cross the boundary, e.g. where sporting parents start to tell an athlete how to prepare or tell a coach how to do their job – once those boundaries get crossed and where the parent is living vicariously through the athlete or trying to coach the athlete, everything breaks down.

Parents....Help Your Child to Realise their full Sporting Potential.

This is again a plea to sporting parents all over the world: Be a great sporting parent, love your child unconditionally, give them all the love, care and support that you can and do your job as a sporting parent really well.

Teach them honesty, teach them integrity, teach them humility, teach them sincerity, help them with their work ethic, teach them time management – teach them all the things that only you can teach.

And if you do your job really well as a sporting parent, and the athlete does their job (i.e. that they try to do their best everyday and in everything they do) as an athlete, and the coach does their job, the three of you together are capable of doing amazing things.

Dream It, Train it, Live it!

Robin Loyola

NCSA Team Manager
office@ncsaswim.ca