

Hello Parents!

December 02, Airdrie Santa Claus Parade

We hope everyone will be able to join and participate in the Santa Claus Parade taking place this Saturday, December 02, 2023 in Airdrie.

Please fill out **this form** so we can prepare for numbers and hot chocolate 😊

Please read the attached information if you are planning on attending as it contains detailed information and a map for where to park.

When: December 02, 2023

Where to meet: [Fletcher Park Parking Lot](#) in Airdrie

Time: between 4:00 and 4:20 pm - the parking lot will be closed at 4:30 pm - parade is set to start at 5:00 pm.

Where to park: baseball diamond next to Fletcher park - access via 1st Avenue - short walk from here to the staging area.

Important to Note:

You are required to stay with your swimmer for the entire event.

Dress to be outside for at least 2 hours, with an NCSA purple shirt overtop your swimmer's winter jacket unless they have the NCSA parka.

Santa hats or NCSA toques preferred.

Hope to have a great turnout and see you all there!

Equipment - LAST NAME CAP ORDER

We are putting an order in December 1st for extra caps with your swimmer's last name on them.

Each swimmer should have received 2 caps with their equipment last week. These caps are extra and optional.

If you would like to order extra, please fill out [THIS FORM](#) by Friday December 1st.

The caps are \$15 each.

We need at least 50 to fill the order.

Tracksuits and missed gear/exchanges of sizes will be delivered this week.

Please return exchanges in the bag you were originally given with your swimmer's name and please add RETURN to the bag before handing it to your coach.

I would like to thank everyone again for your understanding with regards to the equipment process. I have a new system in place however it is still far from perfect.

Fundraising

The sign up for the casino will be available in February. A reminder the casino dates are May 10th and 11th.

Parent Appreciation Event

Save the Date for January 20th for NCSA's 1st annual Parent Appreciation Event.

Our amazing committee has organized a fantastic afternoon of curling from 2:00 - 4:00 pm.

Please watch for a future sign up email with more details.

Pictures of Swimmers

We always welcome candid pictures of our swimmers, please send any pictures of your swimmers off and on the pool deck, in NCSA gear, to office@ncsaswim.ca for us to share.

Please find attached updated NCSA Dates to Remember for the rest of the season.

Swimming Parents: 10 Ways They Can Help Out Coaches

1. 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.

2. 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.

3. 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.

4. 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.

5. Talk Non-Swimming With Their Kids

We all love this sport. But it's just a sport. There are movies, art, music, politics, literature, theater, other sports, leisure time, going to the beach, hiking, learning another language.....the world is full of millions of wonderful experiences and children need the opportunity to be exposed to as many of them as possible. There is no need to talk about swimming all the time. All it will do is increase the likelihood that the child will walk away from the sport in their mid teens and frankly – this “teenage retirement” syndrome is a worldwide swimming epidemic that we all have to work together and try to stop.

6. Be Realistic With Times.

No one swims PBs (personal best) 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 PB in his butterfly today – what's wrong? What's the problem?”* The child might have done a PB 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 PB in one event, there's a problem?! Trust in the coach to do his or her job.

7. 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).

8. No Race Instructions.

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

9. Quality Performances Should Not Equate to Better Treatment.

This happens everywhere in the world and for some reason some swimming parents just don't get it. Child **wins** – love them with all your heart. Child **loses** – love them with all your heart. Child does ten PBs – **love and support them unconditionally**. Child doesn't do a PB for six months – **love and support them unconditionally**. How fast a child swims should have no bearing on how they are treated, spoken to or loved. When it comes to loving and supporting your child – *particularly in public* – winning and losing make no difference.

10. 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.

Dream It, Train it, Live it!

Robin Loyola
NCSA Team Manager
office@ncsaswim.ca