

We sincerely hope everyone had a wonderful Christmas break with their families and everyone is rested and ready to return to the water for January 8th!

### **Parent Appreciation Event - deadline to sign up - TOMORROW JAN 5th**

A big part of sport is the community that you join. The more involved you are with your child's sports, the more involved your swimmer is. This afternoon is a fantastic opportunity to meet the NCSA parents you will officiate at the upcoming meets with, attend the year end banquet with, and spend hours in the stands with.

While this won't be an official bonspiel, we can guarantee a great afternoon filled with sliding, slipping and smiles.

So far we have a lot of great families signed up - it would be wonderful to see even more NCSA parents join us!

Saturday, January 20, 2024  
2-4pm  
Huntington Hills Community Association  
520-78 Ave NW

The cost of this activity will be approximately \$10 per person and will include equipment, coaches to provide some tips for new curlers, and light snacks. The exact price will be confirmed once our numbers are finalized.

Please note that while we're all enthusiastic fans of our club swimmers, this event is adults only.

Please sign up [here](#) by January 05, 2024.

### **January Board Meeting**

January 17th from 7:00 - 9:00 pm, is our first board meeting of 2024. Please email [ncsa.sec@ncsaswim.ca](mailto:ncsa.sec@ncsaswim.ca) for the zoom link if you would like to attend.

### **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](mailto:office@ncsaswim.ca) for us to share.

### **Please like our Facebook Page!**

Hopefully this doesn't come across too demanding or desperate however we have now amalgamated our many NCSA Facebook profiles to one page.

Please click [here](#) and like our page to celebrate and share our journey together.

We hit 89 followers and 48 likes - I still have that video of Alexx and Dave dancing if we hit over 100 likes.....

## **Officiating**

Please watch for job sign up email in the near future.

January 20th - job sign up for Swim AB Winter Festival South

January 25th - job sign up for Timmermans

All activated official accounts should have received an email (separate from your swimmer's registration) from Swim Canada. Check your junk/spam folder if you haven't received yours.

Any questions regarding your status, please contact Swim Canada directly at [support@swimming.ca](mailto:support@swimming.ca)

[Our website](#) has a ton of fantastic step by step information that will answer many questions you may have. Please note that officiating at swim meets is a mandatory requirement of all our parents. Failure to meet these requirements will result in a \$100 bond ***per missed session***.

## **6 Tips on How to be a Happy Swim Parent**

By Elizabeth Wickham

I've read some stories from softball and soccer parents about how happy they are when the season is finally over and they no longer have to drive their kids to practice and games. One mom blogged about how happy she was because life was finally back to "normal." As swim parents, we don't have that luxury. We don't have a "season" of swimming like other sports parents. We have short course and long course seasons and a couple-week break. We definitely don't have a "normal" schedule for our families. I wanted to tell the softball mom blogger that she'd never cut it as a swim mom.

One of the happiest moments as a swim parent is when our child drops time. We're happy when our swimmer reaches a goal of a coveted Festivals, Provincials, or Western cut. It's easy to smile when our kids are elated, right?

We also need to be encouraging when things aren't going so swimmingly. I truly believe that if we enjoy the process, our kids will, too.

Here are my tips on how to be happy as a year-round swim parent:

ONE

Don't treat each meet like it's life or death.

There will be good meets and bad meets, good swims and less than stellar ones. Don't get too caught up in the moment, but look towards the big picture.

TWO

Don't compare your swimmer with teammates.

It's easy to wonder why your kid isn't making the same progress as their friends. All kids are different and they learn and develop in their own time. I promise that comparing your swimmer's times with others will not make you happy.

### THREE

Cheer loudly for other swimmers.

Being enthusiastic for your child's teammates will help you focus less on your own kid. Spread positive energy on the pool deck and encourage other swimmers' success.

### FOUR

Invite the team over to your house.

Some of my favorite swim mom moments were having the entire team over for a potluck, cooking spaghetti for the senior group, or having the girls over to paint t-shirts for a big age-group meet. Make some happy memories.

### FIVE

Get your swimmer to practice consistently.

Your swimmer will not experience success and will be frustrated if their practice is hit and miss. The only way to get better in this sport is to be there and put in the hard work on a daily basis. There are no shortcuts.

### SIX

Volunteer.

Busy parents are happy parents. I believe that being involved will give you a sense of accomplishment and satisfaction that you're giving back to your team and this great sport.

Dream it, Train it, Live it!

Robin Loyola

NCSA Team Manager

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