

Parent Appreciation Event

For those of you who are joining us for curling this Saturday, please come in layered athletic attire, plastic water bottle, and with clean runners.

Please note, to attend this event, prior sign up was required.

There will be curling equipment for all who need it however you are welcome to bring your own.

Our committee has curling coaches, prizes, snacks, coffee, and water for all signed up members.

There will be other food/drink options available for purchase at the lobby.

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

January Board Meeting - 15 members required for IMPORTANT BYLAW vote

January 24th from 7:00 - 9:00 pm, is our first board meeting of 2024. Please email ncsa.sec@ncsaswim.ca for the zoom link if you would like to attend.

Please note that we need at least 15 members in attendance to vote in our new bylaws. If this vote has to be delayed due to lack of quorum, this will impact all our future fundraising events.

The vote will be held at the start of the meeting and members are welcome to stay for the remainder of the meeting or leave after the vote.

Officiating

All activated official accounts should have received an email (separate from your swimmer's registration) from Swim Canada.

I am not sure if the system glitched again however many accounts are currently pending. This morning I resent login information to all members whose accounts are currently pending. You are unable to take courses or officiate until you have completed this registration.

Please check your email and junk/spam folder, if you have received an email from Swim Canada this am, action on your part is required.

Any questions regarding your status, please contact Swim Canada directly at 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*.

The best swim parent advice I've ever heard

By Olivier Poirier-Leroy

Having been in and around the pool deck for almost my entire life I have seen all manner of swim parents.

You got the red-faced screamer.
The parent who thinks he is the coach.
The bubble-wrap optimist.
The scoreboard whisperer. And everything else in between.

What do they all have in common?

They are trying to do right by their kid.

They are trying to give their young swimmer the best chance possible at making the most of their talent and ability, while also developing them into someone of character and who is resilient.

I was strolling into the pool last week for a casual little swim workout when an SUV rolled up to the curb.

The door swung open, and inside were the familiar frantic movements of a young athlete—running late—and his parent trying to gather the yard sale in the back seat into his swim bag.

“Are you late?” asked the parent, handful of swim towels in one hand.

“Nope, I should be able to get on deck in time,” said the young swimmer, probably no older than 10. The swim bag was double checked—everything looks like it is there—and the swimmer leaned out.

“Be the hardest worker and the one having the most fun,” came the parting words of the parent.

“Sounds good!” The truck door closed, and the swimmer scurried indoors, swim bag bouncing wildly off his back.

The parent’s statement stopped me dead in my tracks, if not physically, then definitely mentally.

After all, this wonderful piece of advice was comprehensively powerful and gave exactly the right message:

You can work hard, and have fun at the same time.

And really, isn’t that all we want?

For our young swimmers to challenge themselves, to learn proactive strategies for improving and developing themselves, while also feeling the satisfaction and pride that comes along with it?

Recent research on elite athletes has shown a set of consistent traits among the highest performers. A proactive and positive approach to challenges. And parents who were not only supportive, but generally hands-off. This situation helped to foster a situation of accountability and ownership where the athlete looked inwards for motivation (the familiar intrinsic motivation).

The statement that the parent gave that day exemplified this perfectly.

Work the hardest. And have all the fun.

As coaches and parents that's all we could ask for or really want.

Dream it, Train it, Live it!

Robin Loyola

NCSA Team Manager

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