

Norman Wells Sahtu Swim Meet

20-22 July, 2012

Cassey and Keelan Mooney



The Sahtu swim meet was held in Norman Wells over the weekend of 20-22 July 2012. 51 kids (14 boys and 27 girls) from the region, between the ages of 7 and 14 attended the fun filled weekend. Deline had the highest participation as they brought 27 kids, Tulita had 9, Colville Lake had 7 kids attend, and Norman Wells had 7 of their kids participate.



The activities started on Saturday morning with ice breakers and games. We played dryland games such as the reaction game, red rover, duck duck goose, and capture the ring. We then hit the pool and played penguin to get in, ship-to-shore, Simon says, lunchbox. Due to the high number of kids there and the size of the pool, we split the kids up into those who could swim in

the deep end and those who couldn't and then played two games on either side of the pool. It was noisy but seemed to work relatively smoothly. We ended the morning with a raft race. They were split into teams of five and given a noodle, 2 kick boards, a life jacket, and a pull buoy. They had to make a raft and carry someone across the pool on it. They all enjoyed this task and it was a good way to end the morning.



On Saturday afternoon we ran a swim clinic. We did Deline in a separate group to the rest as they had a big group. They all had 1.5 hours in the pool. We started with the basics for freestyle, floating, rotational floating and streamlining. We did freestyle, backstroke, and dolphin kick primarily. The kids who were comfortable in the deep end swam in the deep end and those who weren't swam in the shallow end. Breaststroke kick was touched on and we introduced butterfly arms to the stronger swimmers.

On Sunday morning we held the swim meet. 30m freestyle, 15m free, 30m backstroke, 15m back, 15m and 7.5m dolphin kick, and 15m and 7.5m freestyle kick were races that were swum. The kids all had fun and got very involved in cheering their team mates on. Awards were awarded to the top 3 in the freestyle and backstroke races, and they were separated in age groups. 7-8, 9-10, 11-12, and 13-14 years old.

Over all it was a good weekend. Some points that were noted are that kids need to be encouraged to swim in bathing suites and not clothing as the clothing makes them heavier and makes it harder for them to swim, especially when racing. The communities need to move away from the phrases "front crawl" and "back crawl" and start using the Swimming Canada terminology. Lastly, Deline is in serious need of a swimming pool. They had the most kids there and had the most who couldn't swim and they are all very keen to learn. Considering their community has a big lake, I think it would be in their best interest to invest in a pool in their community.

