

2023 – 2024 SWAT Parent Handbook



Team Pride – Integrity – Dedication – Leadership



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SWAT Team Goal: 2023 – 2024 Season:

DEDICATION

“Can you do 1 thing each day a little bit better, for a little bit longer???” Small victories, and small commitments (dedication) will add up to HUGE results.

Welcome to SWAT!

It is a New Season and a new opportunity for improvement and success. I hope those families returning to SWAT are looking forward to and working towards bigger things. New families, I welcome you to the club. This will not only be a place of learning how to swim (fast), but also a place to learn about other skills and aspects of ourselves. SWAT wants this to be a safe space to explore this sport and grow as people.

Last season was one of exploration and learning as I stepped into a new role, with a new club, in a new province and city. I could not have been happier with how the season went. Everyone in the club found some form of success: from that first splash with the club and humble best times, to Nova Tech graduation and AAA qualification, to East Coast Champs finals and medals and Junior Nationals qualification. I applaud everyone that tried something new regardless of the results. We don't learn what we are capable of without trying to get outside our circle.

We welcome back the Tidal Waves for their first full season as a group in the club. This group has added a new landing place for new swimmers and those that have cut their teeth in the Mini Waves program. The groups addition to the club also highlights the greater training and competition goals for each group in the club. There are some subtle changes to group titles to reflect the level of competition, and the inclusion of a second Junior group to reflect the successes of last year.

I encourage everyone to look at the next step, the next level. Look at the standards for the next level of competition. Get excited about the idea of where you could be and who you could be swimming and racing with or against. Break them down into achievable targets; find a way to say, "that doesn't sound too hard," and share those goals with your coaches and friends to get everyone excited about taking that next step together.

The Parent Handbook is a tool for families to check on club expectations, standards, and policies for swimmers, families, and staff. It will give a preliminary look at meet procedures and structures, volunteering and officiating information, communication procedures. It also provides Nova Tech graduation criteria, and qualification standards for East Coast Championships (AAA) and National level competitions. I would encourage each family to read and keep a copy of the handbook.

I am excited for this new year. I am excited to be back at the pool. I am excited to see the successes of the swimmers and staff for this season. Tell you families, tell your friends, SWAT is back and we are only getting better!

Matt Pedersen
SWAT Head Coach

Meet our Coaches

Head Coach - Matt Pedersen

matt@swatswim.ca

Matt is the second year Head Coach of the Sackville Waves Aquatic Team. Hailing from Waterloo, Ontario he enjoyed a humble swimming career with the Region of Waterloo (ROW) swim club and Wilfrid Laurier University (WLU) Golden Hawks Varsity Swim Team. While at WLU he began his coaching career with ROW at the grassroots level. This began a 15 plus year coaching career working with Fundamentals, Age Group, and University swimmers with ROW and WLU. After completing his undergrad he taught ESL in Republic of Korea then returned to Southwestern Ontario to complete his B.Ed from Western University in London, Ontario. He will be Completing the NCCP Level 3 Coaching Certification this year.

Matt had the opportunity to take Kitchener-Waterloo based swimmers to the International Children's Games in 2009 (San Fransisco, USA) and 2015 (Alkmaar, Ned), as well as the staff for the COVID cancelled 2020 team to Kaunas, Lithuania.

Matt believes that coaches give the athletes the tools to be better than yesterday. Everyone's success is in their own hands and there is pride and responsibility in improvement and performance, for each individual and their teammates. The athletes are the artists of their own success. He is looking forward to mentoring a young coaching staff and building the passion for coaching and swimming within the staff and club. Matt is looking forward to what everyone is looking to build and achieve in this new SWAT swimming season!

Alexa El Hawary

I'm coach Alexa! This is my first year as a coach with Sackville Waves and I couldn't be more excited! I am a recent graduate of Acadia University, finishing with a Bachelor of Business Administration. I have been a part of the swimming community my whole life. From swimming, to lifeguarding, to teaching swimming lessons, and of course coaching! I have previously coached for the Wolfville Tritons as well as the Waeg Waves swim teams. I love sharing my knowledge of swimming and getting to see my swimmers improve throughout the season!

Emma Wintermeyer

My name is Emma, and I will be Coaching Mini Waves this season. I am currently in grade 12 at CPA in the IB program. I have been swimming competitively for over 12 years. Last year I was a volunteer Mini Waves Coach. I also coached the Winter Maintenance program for the Bedford Beavers. In the summer I continued coaching the Beavers, winning Nova Scotia Summer Provincials. I was born in South Africa and moved to Nova Scotia in May 2022. At my school in South Africa, I won several awards for swimming, including Half Colours and many medals at championship meets. I am excited to coach this year and help the Mini Waves swimmers improve while having fun!

Owen Newsome

I've been swimming as of this year for 11 years. Starting at age six in Summer Swimming, eventually transitioning to Full-season later on. Last year I earned most dedicated swimmer and also earned my level ones for officiating. Outside of swimming I am a Cadet and this is my sixth and final year in the program. Through the Cadet program I have earned my four year and five years service medals for sticking with the program. I have also earned the Cadet of the week in cadets for showing my dedication and working as a team with the people around me.

Aline Potvin

My name is Aline Potvin. I am coaching the Mini Waves this year. I have been a swimmer for nearly ten years. I am a distance swimmer and I am starting to love the fly events. I am enrolled at CPA in my 12th-grade year. I have been in French immersion all throughout my education. I received high honors in grade 10 and was on the principal's list for grade 11 for my academic success and plan to continue at university for nursing. I also have a part-time job at Sobeys this year. I am very excited to be coaching again this year with the Minis and I look forward to watching them grow as swimmers and people.

Taite Marques

I started swimming in 2016 at the age of 9 for North York Aquatic Club. I swam with NYAC for 4 years, until COVID hit. I graduated middle school/junior high with a music award. I moved to Nova Scotia 2 years ago where I joined SWAT. During this time I joined cadets. Last year I was awarded top level 4. I am now a grade 11 student for Millwood High School with a principal's list award. I have taken on Co-op looking at having a career in the medical field.

Ella Brocklehurst

President's Message

On behalf of Sackville Waves Aquatic Team, it gives me great pleasure to welcome you to our club; whether you are a returning member or new to the team.

Our club has always prided itself on being a family-oriented club with high expectations of performance and conduct, both in and out of the pool. We are committed to the further development of the sport of swimming as well as the development of our swimmers, coaches, and administrators. This past 2022-2023 season was a rebuilding year at our top levels. I ask each of you to get behind our senior and junior groups and support them. In addition, I'm very excited to see the novice group build on the fundamentals of swimming in order to achieve their desired goals. With the introduction of the successful Tidal Waves program last year, the team has built an excellent group of enthusiastic young swimmers that are eager to get to the pool for every session. This new group helps fill a gap that was between our Mini Waves and Novice groups by providing a space for older swimmers new to the sport.

New Board

We have new and returning board members this year with an even representation of the club on the executive.

New and recently new from this past season to the Board this year are:

- Kristy Legge: President
- Jen Kershaw: Vice President
- Martin Gaudet: VP – Finance (interim)
- Sandra Winters: Secretary
- Julie Cormier: Treasurer
- Amanda Connors & Carolyn Brown: Equipment Manager
- Gabriel Mercier: Recruitment Chair
- Patricia & Tom Strapps: Registrar
- Vacant: Fundraising Chair
- Vacant: Cost Recovery Chair
- Jen Kershaw: Officials Chair
- Sarah Mullins: Member at Large

I would like to thank the outgoing Board members for their dedication, time, and effort that was put in through this past year.

It is important to remember that clubs like ours are run by volunteers. Therefore, if you can help in any way, please do not hesitate – your help will make a huge difference!!!

I look forward to another successful year for SWAT and ask all you to get involved in your club.

Yours in swimming,
Kristy Legge
President, Sackville Waves Aquatic Team

Meet our Board of Directors

SWAT is run by a Volunteer Board of Directors. Each position is a 1 year term, and is nominated & voted in during our Annual General Meeting each year. We have many positions on our board that highlight different skill sets each of our members have to offer. If swimming is something your children love to do, this is a great way to give back to your club.

2023-24 Board of Directors

President

Kristy Legge

kristylegge@swatswim.ca

Kristy returns to the board as President for her second full year. Her son Eugene swims in the Senior National group and daughter Maria swims in Junior Atlantic. Previously a competitive swimmer with the Halifax Trojans and Dal Tigers, Kristy is excited to continue to help SWAT with a great upcoming season.

Vice President/Officials Chair

Jennifer Kershaw

officials@swatswim.ca

Jen returns to the board as Vice President and Meet Manager for her second year. Additionally, she will take on the role of officials chair. Her son Ethan is in the Senior National group. Jen's background as a competitive swimmer with the Wolfville Tritons and University of New Brunswick has greatly influenced her involvement in swimming. It has given her a deep understanding and passion for the sport, motivating her to give back and contribute to its growth of the sport. Jen is looking forward to seeing SWAT have a fantastic 2023-2024 swim season!

VP Finance

Martin Gaudet

martingaudet@swatswim.ca

Martin is seasoned veteran member of the Board, and having been a bean counter for a while he has taken over the position of VP Finance. Martin enjoys playing hockey when he can and loves to spend time with his family - and being a morning person really helps him deal with the early morning swims.

Treasurer

Julie Cormier

treasurer@swatswim.ca

Julie returns to the board as Treasurer for her second year. Her son Gabriel started with SWAT the first year MiniWaves was created and he currently swims with the Senior Provincial group. When not at the pool Julie can be found running the roads (literally and figuratively!). Two busy teenagers (her daughter dances competitively) and a love for running keep her on her toes. She's looking forward to another successful year for all SWAT swimmers!

Team Manager/Registrar

Patricia Laws & Tom Strapps

patricialaws@swatswim.ca

Patricia and Tom are new to the board this year, and taking on the role as the team registrar. Patricia and Tom have two swimmers, Matt (Tidal Waves) and Sam (Junior Provincial). When not at the pool Patricia and Tom enjoy time at the cottage.

Recruitment Chair - Gabriel Mercier

recruitment@swatswim.ca

Gabriel returns for his 5th year in over 8 years as the recruitment chair. He has one daughter in senior and his other daughter spent 7 years with SWAT and swims with Memorial University. Gabriel enjoys the fact that he can contribute to the growth of SWAT but competitive swimming in NS overall.

Equipment Manager - Amanda Connors & Carolyn Brown

equipment@swatswim.ca

Amanda and Carolyn started their role as Equipment Manager towards the end of the 2022/23 swim season. Carolyn has one swimmer, Erica, who is currently in Novice. Carolyn has extensive experience working with not-for-profit organizations and enjoys reading and walking her golden retriever, Faith, in her spare time. Amanda has one swimmer, Addison, who is currently in Junior Provincial. Amanda's love for swimming started as a competitive swimmer in Newfoundland and Labrador. Amanda brings previous experience working with not-for-profit organizations and boards.

Member at Large – Sarah Mullins

sarah@uptreehr.ca

This is Sarah's first season as a board member but she has volunteered with Sackville Minor Hockey, the Canadian Progress Club and on her kid's School Advisory Council. She owns an HR consulting company and lives in Middle Sackville with her 2 son's - Ethan (11) and Lucas (9). This is Ethan's 4th season with the club and his first season of Juniors.

SWAT Mission

The Sackville Waves Aquatic Team commits to develop each swimmer to achieve their highest personal level of excellence. We will do this through Leadership, Integrity, Dedication, and Team Pride.

SWAT Vision

Our vision is to create a supportive and unparalleled environment that will fully encourage all swimmers to recognize their highest potential. We commit to be a provincial leader who continually produces champions; athletically, academically and in our community.

SWAT Values

We aim to have our Core Values irrefutably modeled at every level of our club by our coaches, swimmers, board of directors and parents.

LEADERSHIP: provide the leadership and means that will ensure sustained excellence across all levels of our program.

- Innovation & Skill Development: We commit to be proactive in the growth and design of quality programming to promote and ensure the highest level of skill teaching and development.
- Coach Education: We commit to continually invest in coach education to ensure our coaches are equipped to provide the highest quality of coaching to allow our athletes to improve at all levels.

INTEGRITY: promote respect, honesty, transparency and growth across all levels of our program.

- Respect: We commit to show respect for our coaches, facilities, ourselves, teammates and our sport on a daily basis. Honest and sincere behaviors and intentions characterize all respectful relationships in our program.
- Accountability: We commit to be accountable for all things we have control over to create an atmosphere with the desire to work consistently to achieve all individual and club goals and objectives.

DEDICATION: instill traits of commitment and discipline to strive to achieve excellence across all aspects of the swimmers life.

- Commitment: Model commitment to your training, to your team, to time management and to maintain a balance between sport and life to be able to fully succeed both in and out of the pool.
- Discipline: We commit to encourage a strong work ethic daily through the philosophy of “train and prepare how you want to compete”, which is the simplest form of discipline.

TEAM PRIDE: promote an inherent sense of community through athlete-centric actions to build a strong base of team culture and team support across all levels of our program.

- Athlete-Centered: We commit to support the different needs of all athletes to become competitive, intrinsically motivated and confident individuals; and teach the tools to believe in their ability to set goals and commit to these goals even in the face of obstacles.
- Community: We commit to create and develop a community environment that allows our program to achieve sustained success. Individual achievements reach greater heights when shared together with a group of people who care and share a similar vision. We strive to maintain a parent volunteer support base with participation in team events, and an active on deck presence in officiating roles at meets for the betterment of our sport.

SWAT 101

"Come with a dream, train like an athlete, leave like a role model" ~ Dhruvi Joshi

- Every action made reflects upon SWAT as a whole, so approach everything you do as a respectful and responsible athlete – be a role model.
- Arrive on time to all scheduled workouts (prior to activation). If this is un-achievable email the lead coach of your specific program.
- Arrive prepared to all workouts; this includes having the required gear, water bottle, towel, bathing suit, and appropriate land training attire (when applicable).
- If maltreatment of any kind (verbal or physical) occurs during training hours report the incident to a coach immediately.
- When a coach is talking, all athletes must listen and remain quiet. If a question presents itself, wait until the coach has finished speaking and raise your hand to ask the question.
- Strive to always do better; there are always areas for improvement!!!! (in regard to pool training, land training and mental training. We can do this through goal setting, positivity etc.)
- Concentrate on the focus of the set and aim to maintain technique throughout the entire practice. Bring your best self each day!
- Be flexible with the leader of the lane and the athletes whom you are sharing a lane with.
- Acquire ability to read pace clock (this skill should be 'mastered' by the Junior level with minimal to no help from a coach).
- Always ask before leaving the pool during training times (bathroom, water, appointments, adjustments to set). Swimmers must not leave during the main set for the bathroom.
- Stay hydrated and remember to properly fuel your body! **FUEL FOR RECOVERY & PERFORMANCE.**
- Come prepared to swim meets with ALL equipment, water bottle, healthy snacks, SWAT clothing, towels etc. Arrive prior to (~5 minutes) pre-determined check-in time.
- Exhibit team spirit both on and off of the pool deck! If there is an athlete competing in the pool it is expected that teammates are at the end of their lane cheering if they are not preparing for their own race.
- *(Junior and Senior athletes)* If you have obtained rehabilitation exercises, the athlete must take accountability to ensure the exercises are being completed. This is not the responsibility of the coach.
- Have FUN, work HARD, be SUPPORTIVE and learn to embody SWAT's 4 Team values on a daily basis: Team Pride, Integrity, Dedication & Leadership.

Funding Opportunities for SWAT Athletes

Kid Sport – Sport Nova Scotia

Eligibility Requirements:

Total household income cannot exceed the following:

2-person family - \$32,899

3-person family - \$40,455

4-person family - \$49,106

5-person family - \$55,695

6-person family - \$62,814

7-person family or more - \$69,953

How to apply:

1. Find a sport program your kid would like to join and sign up. Let the program's administrators know you will be applying for KidSport funding.
2. Find your local KidSport Nova Scotia Chapter, or if you are unsure you may apply through the provincial fund
3. Apply online or use the paper application form - be sure to complete all sections of the application, as incomplete applications take much longer to process, and can cause delays in receiving your grant.
4. Your completed application will be processed within 30 days of the deadline you're applying for.
5. Our application deadline dates are the first working day in the month of January, March, May, July, September, October and November.
6. If you qualify for KidSport funding, the grant will be sent directly to the sport program your kid has signed up for.

You may submit a paper application by mail, fax or email:

Kidsport Nova Scotia

5516 Spring Garden Rd, 4th floor

Halifax, NS B3J 1G6 Fax (902) 425 5606

Kidsport@sportnovascotia.ca

Apply here! https://kidsport.smartsimple.ca/s_Login.jsp

Canadian Tire – Jump Start

Eligibility Requirements:

Only available for households with one or more children whose total income does not exceed the following amount:

- 1 Person: \$26,426
- 2 persons: \$32,899
- 3 Persons: \$40,445
- 4 Persons: \$49,106
- 5 Persons: \$55,696
- 6 Persons: \$62,814
- 7 Persons or More: \$69,935

- Children must fall between ages of 4-18 years old
- Funding is allocated to sustained programs that involve a sport or physical activity
- Programs should be a minimum of five weeks in duration and include at least one session per week. In the case of sports camps, the program must last at least five consecutive days for consideration

Funding Details

- Applications must be submitted prior to the program's start date
- Applications must include proof of financial need. A clear, legible and current copy of anyone of the following will suffice as proof of need:
 - Income assessment
 - Canada Revenue Agency Notice of Assessment showing Line 150 – Total Gross Income
 - Most recent, three consecutive pay stubs
 - Canadian Child Benefit (CCB) Statement
 - Canada Emergency Response Benefit (CERB)
- Funding is up to \$300 per activity, subject to Chapter discretion and/or local demands.
- Children can be funded for successive seasons in an activity, up to a maximum of \$300 per activity
- The annual maximum amount a child is eligible to receive is up to \$600, subject to Chapter discretion and/or local demands.
- Cheques are made payable to the service organization, identified as the “payee” in the application. A payee can be a local hockey association, gymnastics club, etc. that coordinates the sports or physical activity on behalf of the qualifying youth/child.
- All approvals will be determined by the local Jumpstart Chapter and designated Canadian Tire Jumpstart Regional Manager, and are subject to local demands and Chapter budgets.

Funding Timelines

The Individual Child grant application opens in January and closes when the funds have been depleted for the year.

Apply Here! <https://jumpstart.canadiantire.ca/pages/apply>

About Competitive Swimming

Swimming is a fantastic sport to get your kids involved in. The provincial programming is designed to make sure that all athletes have developmentally and age-appropriate events each season. It is built so that as your swimmers progressively become stronger swimmers, your commitment level and opportunities available to you also grow. Swimming is the only sport that teaches lifesaving skills, and in a province like NS, where there is likely to be a large body of water within 30mins of wherever you are, I believe it is vital for children to have strong swim skills.

Below is a description of the progressive nature of competitive swimming, with a detailed account of each level from Nova Tech Meets all the way up to National Level Competitions. At SWAT, we have athletes aged 6 – 18, who compete yearly at every level below!

Swimmers who reach the AA & AAA Level of our sport, begin to have the opportunity to participate in Provincial Team Trips and Initiatives as part of Team Nova Scotia. It is an honor to represent your province, and something that many swimmers on SWAT are able to do each season.

Participation

Every new swimmer starts in the Participation Level. In this level, swimmers compete in the 100 IM, 25m races of each stroke, and the 25m dolphin kick. To graduate swimmers must complete the 100 IM under 2:15 as well as the 25m dolphin kick in under 0:45. In Participation there are no Disqualifications, meaning swimmers are able to compete and LEARN without the pressure of having all their new skills learned to 100%. These are completed in the comfort of our own pool during practice times when the coach feels the swimmers are ready to attempt the events.

Nova Tech (Regional Competitions – All HRM)

The Swim NS Nova Tech Aqua Kids Program (NT) is our Provincial Sport Organization's introduction program for competitive swimming. The aim of NT is to focus on technique, support a learning curve for the rules of swimming, and create a progressive introduction to the various events offered throughout our sport. At this level, all of the Swim Meets take place usually on Saturday afternoons (usually 3-4h in length) in a regional setting, which means during the majority of the season, you never have to travel outside of HRM. All NT athletes will compete in their Championship Meet in the middle of May, which usually takes place in Truro. This is a 1.5 day Swim Meet and is our NT athlete's first exposure to a Championship Swim Meet.

All NT athletes receive Best Time Ribbons from their home club after the completion of each swim meet, a results card, and receive Graduation Medals at the completion of the season based upon their movement through the NT Program.

There are two progressive levels through NT. In each level, events are added, and expectation to know the competitive swimming rules and complete legal strokes / skills is increased and further enforced.

Level 1

Once a swimmer graduates from participation, they will participate in Level 1 Events. In this level, swimmers compete in 100 IM and 50m races of each stroke. To graduate swimmers must complete the 100 IM under 2:00. In Level 1 there are no disqualifications. Swimmers continue their development of skills and legal stroke/skills, but now are given the knowledge of which aspects of their race could result in a DQ if not perfected!

Level 2

Once a swimmer graduates from Level 1, they will participate in Level 2 Events. In this level, swimmers compete in 200IM, 200Free, 50m and 100m races of each stroke. To graduate swimmers must complete the 200 IM under 4:00 and the 200 Free under 3:30. In level 2 Disqualifications are introduced, meaning if a swimmer has not perfected their legal strokes and skills, they will be disqualified by an official in their race. It is very important that swimmers work hard and learn to swim with excellent skills to avoid the possibility of disqualifications.

For new and very young swimmers, it is common to spend at least 1-2 swim seasons in the NT program. Once a swimmer has achieved the Level 2 Graduation Standards, they move into the “Age Group” stream of competitions.

Age Group (Provincial Competitions – Across NS)

The Swim NS Age Group (AG) Program is our Provincial Sport Organization’s main competition structure. This stream of competition encompasses ALL athletes who have graduated from the NT program. Within the AG Program, there are two levels of competitions. Each of these competitions have minimum standards associated with them to compete in Provincial Championships.

AA Stream

All swimmers who have graduated from NT will compete in the AA competitions throughout the season. Sometimes there are combined AA and AAA meets, or they are separated into stand-alone competitions. Swimmers are NOT required to be fully “AA” Qualified in every event to compete in regular season AA Competitions. However, to compete in events 400m and above at AA Junior Provincial Championships in February and June, swimmers MUST have the AA standard in those events. Swimmers will compete in several development meets each season.

To be AA Qualified and compete in AA Age Group Meets, swimmers must graduate out of the Swim NS Nova Tech Level 2 Program.

AAA Stream

Swimmers must achieve their respective age requirements to be AAA qualified and attend that level of Swim NS Meets. This is the highest level of provincial competition offered in Nova Scotia. Swimmers at this level will compete in up to 8 dev meets per season, as well as the David Fry Provincial Championships in March and the Ken Dunn Provincial Championships in July. Swimmers typically compete against other swimmers in the Atlantic Region who travel to NS to attend these Championships.

14&U Swimmers

Option 1: 200IM or 400IM AND any 200m or longer event.

Option 2: Any Combination of THREE 200m or longer events.

15&O Swimmers

Must achieve any 1 “AAA” Time Standards to compete.

Swimmers must qualify in ALL of their events that they want to swim at AAA Provincial Championships if they would like to swim a full event schedule. Swimmers are eligible to race up to 8 events at those meets, if qualified.

Bonus Swims work as follows:

1 QT = 4 bonus swims = 5 Total Swims

2 QT = 4 bonus swims = 6 Total Swims

3 QT = 3 bonus swims = 6 Total Swims

4 QT = 2 bonus swims = 6 Total Swims

5 QT = 1 bonus swim = 6 Total Swims

6, 7 or 8 QT = 6, 7 or 8 Total Swims

National (National Competitions – Across Canada)

Swimming Canada hosts all Junior National and Senior National level competitions for our sport. This is the next step of competition above Provincial Level Meets. Swimmers must be 13&O (Females) and 14&O (Males) to compete at this level. Swimmers can only qualify for SNC National Standards in the Long Course pool, and then are eligible to race those events only at each level of competition qualified.

Eastern Canadian Championships

Easterns is the introduction to National Level Competition. Swimmers from across the country are split into two competitions on the same weekend, one in Eastern Canada and the second in Western Canada. Swimmers qualify in single age categories, but compete in 15&U / 16&O (Females) and 16&U / 17&O (Males) age categories at the meet. This meet takes place in mid-April every season.

Canadian Junior Championships

Canadian Junior's is the first time that all Junior aged swimmers from across the country compete together. This meet takes place in various locations around the country, usually alternating from west to east. Swimmers qualify in single age categories, and then race in either "Youth" or "Junior" Category. Youth is 13-14 year old for females, and 14-15 for males. Junior is 15-17 year old for females and 16-18 year old for males. This meet takes place at the end of July every season.

Canadian Swimming Championships (Canadian Trials & Summer Nationals)

Canadian Swimming Championships take place two times per season, once in the spring (usually as an International Trials Meet) and once in August. These meets are the highest level of competition in our country. Swimmers must qualify for the August Canadian Swimming Championships by achieving the CSC Standard, regardless of your age. For the Trials meet in April, swimmers may qualify by either achieving the "Youth Standards" (Swimmers born 2002 – 2006), or the open Trials Standards. The purpose for the Trials Meets is to qualify for the Canadian Senior and Junior National Teams each Summer.

Canada Summer Games

Every 4 years, there is the Canada Summer Games. This is a multi-sport event, that each province sends a team to. The age group for this season's Canada Games is:

Many of Canada's top Junior and Senior National Swimmers have made their start through Canada Games. This is something that all athletes should aspire to participate in.

Long Course VS. Short Course.

Throughout the season you may hear different terms about racing and swim meets thrown around by the swimmers. Our sport is split into two different pools; the short course pool (SCM) is 25m in length, and the long course pool (LCM) is 50m in length. Our pool in Sackville is SCM, and that is where all our swimmers start racing. Mini-Waves & Novice Swimmers swim exclusively in the SCM Pool. All of their swim meets over the season are raced in 25m pools. Once they graduate out of Nova Tech, there is the possibility that they may qualify to swim in a LCM pool. LCM season starts in January, and goes through to July or August, depending on the meet you are qualified for. All of the world's biggest swim meets (Olympics, World Championships, Junior Worlds, etc.) are held in the LCM pool. Once swimmers in Nova Scotia are AAA qualified, they then begin to race in LCM competitions each season. As a general rule, this is how competitions work:

Nova Tech Level Meets – all SCM

AA Level Meets – all SCM, with the potential for a LCM in the spring

AAA Level Meets – SCM from Sept – Dec, LCM from Jan – July

National Level Meets – all LCM

Once your swimmers qualify for a LCM competition, it is important to remember that these are two very different pools, and thus, swimmers have 2 sets of best times. It's like comparing apples to oranges, their SCM and LCM times! This means that a time swum might be a little bit slower in the LCM pool than SCM pool, but is still celebrated as their LCM best time!

Info About Attending Swim Meets

Attending swim meets is one of the fun experiences associated with being on a swim team. We encourage all swimmers to attend as many swim meets as possible throughout the season! It is a great way to showcase what you are learning in the pool, and a very rewarding experience for the swimmers to realize how their hard work in training directly translates into their results at the meets.

How to Sign-Up on Team Unify

On our website (www.swatswim.ca), there is a list of all the swim meets that are coming up for our entire team. Each of these swim meets have been created into an event online which is your first stop for all the important information you might need for the meet. It is important to read through the meet information very carefully to see if this event is for your swimmer. Every swim meet has an "Entry Deadline" which is the date where the coaches need to submit the races your athlete will swim to the Host Club. Before the "Entry Deadline" is the "Meet Sign-Up Deadline". This date is VERY IMPORTANT for you! If your swimmer is not signed up on or before the "Meet Sign-Up Deadline", they may not be able to be entered in the swim meet. The "Meet Sign-Up Deadline" is generally a few weeks before the actual competition to give the coaches time to properly do the swimmers Meet Entries. You will receive an automated email from our website reminding you to sign-up 1 week before the set sign up deadline to help make sure that your swimmer does not miss any competition opportunities!

In order to sign up for an event, follow these easy steps:

1. Sign into your SWAT Team Unify Account in the upper right of our home page (www.swatswim.ca).
2. Click on the Swim Meet (Under "Upcoming Events" on the home page) that you wish to sign up for.
3. Read all of the meet information carefully under "Description" in the pop-up window for your event. ***Note: Make sure this is a swim meet your swimmer is qualified for! If you aren't sure, contact your group coach!*
4. Click on the grey "Edit Commitment" button at the top of the window.
5. Click on your swimmer you wish to commit.
6. Under "Declaration" click "Yes, Please sign [swimmer name] up for this event" or "No, thanks, [swimmer name] will NOT attend this event" ***Note: it is important to declare "YES" or "NO" for every meet your swimmer is eligible for, so that coaches know how many athletes to expect and enter.*
7. Under the "Notes" section, you may have a note for the coach, EX: "please note that "swimmer" has Hockey on Saturday AM and cannot attend that session".

Swim Meet Entries

All Swim Meets have different entry rules. Sometimes there is a maximum number of events you're allowed to enter, and sometimes there are restrictions on events you're allowed to enter due to qualifying times. Throughout the season, coaches try to make sure that each swimmer is able to grow as an athlete. We take this into consideration as we pick meet entries. We want to make sure that we spread out the events in a way that promotes success at every competition. One of our SWAT coaching philosophies is that we want our swimmers to race every event they are eligible for throughout the season. We want to make sure that we promote well rounded athletes, and avoid any early specialization. It is inevitable that some athletes will develop favorite events, or events which that feel most successful. This is awesome! But we still need to make sure that we are racing every event, stroke, and distance that we can. For these reasons, all meet entries will be left up to the discretion of group coaches. If your swimmers feel VERY strongly about an event they want to race at a certain meet, we encourage our athletes to talk to their group coaches. It is not a guarantee that they will get to be entered in that event, or choose an event every meet, but it is great to start that dialogue between coach and swimmer.

SWAT Group Structure: 2023 – 2024

SWAT Group Descriptions

Mini Waves Program – Discovery Stream This program falls into our Discovery Stream, which is the intro to competitive swimming on our team. Geared toward beginner swimmers they will experience the FUN and enjoyment competitive swimming has to offer. Practice groups are structured so swimmers will learn all four competitive strokes and have an introduction to all competitive skills and race rules. Swimmers are introduced to our first team value “Team Pride”, where the focus is on creating a community of support for achievements at all levels of our sport both individually and as a team.

Quick Facts

Target Age: 11&U Swimmers

Commitment: 2x per week (2h pool time, 2x15min land & learn time)

SWAT Value: Team Pride

SWAT Theme: Fun, Fundamentals.

Pre-Assessment: Must swim 25m on front or back unassisted.

Swim Meets: This group does not attend swim meets and will have coaches assess their abilities in practice.

Tidal Waves Program – Discovery Stream This program falls into our Discovery Stream, which is the intro to competitive swimming on our team. Geared toward beginner swimmers they will experience the FUN and enjoyment competitive swimming has to offer. Practice groups are structured so swimmers will learn all four competitive strokes and have an introduction to all competitive skills and race rules. Swimmers are introduced to our first team value “Team Pride”, where the focus is on creating a community of support for achievements at all levels of our sport both individually and as a team.

Quick Facts

Target Age: 11&U Swimmers

Commitment: 3x per week (3h pool time, 3x15min land & learn time)

SWAT Value: Team Pride

SWAT Theme: Fun, Fundamentals.

Swim Meets: This group attends Nova Tech swim meets.

Novice Group – Discovery Stream

The SWAT Novice Group is the third stage of our Discovery Stream, which is the intro to competitive swimming on our team. Geared toward beginner to intermediate swimmers they will continue to experience the FUN and enjoyment competitive swimming offers while also being introduced to more of a “training atmosphere”. This practice group is structured to increase swimmer competency across all four competitive strokes and solidify competitive skills and race rules. Swimmers continue to build on our first team value “Team Pride”, where the focus is on creating a community of support for achievements at all levels of our sport both individually and as a team.

Quick Facts

Target Age: 12&U Swimmers

Commitment: 4x per week (4h pool time, 1h dryland, 4x15min land activations)

SWAT Value: Team Pride

SWAT Theme: Strengthen Skills, Fundamentals. Pre-Assessment: Basic knowledge of 3 out of 4 competitive strokes (Freestyle, Backstroke, Breaststroke, Butterfly), or completion of Swim Kids Level 8.

Swim Meets: This group attends Nova Tech &/or Age Group Meets.

Junior Groups – Development Stream

The SWAT Junior Groups are the first stage of our Development Stream, which is the “Learn to Train” stage of our team. Geared toward young intermediate swimmers, they will build on the fundamentals learned from the Discovery Stream. Swimmers should have a new level of commitment to the sport, which will help take their swimming to the next level. This practice group is structured to teach swimmers the basic skills of how competitive swimmers need to learn to train to achieve their goals. Swimmers build “Team Pride” and are introduced to the second team value “Integrity”, where the focus is to promote accountability, respect, and honest and transparent behaviors on a daily basis.

Quick Facts

Target Age: 11 – 13 years old

Commitment: 5x per week (both pool and land training)

SWAT Values: Integrity, Team Pride

SWAT Theme: Learn Training Skills, Identify as a Competitive Swimmer

Pre-Assessment: Graduation from Swim NS Nova Tech Aqua Kids Program.

Swim Meets: This group attends Age Group Meets

Senior Provincial Group – Development Stream

The SWAT Senior 2 Group is the second stage of our Development Stream, which is the “Learn to Train” stage of our team. Geared toward older intermediate swimmers, they will build on the training principles taught in the Junior Group. Swimmers should have a good grasp on training skills and focus to learn how to become tough and dedicated athletes. This practice group is structured to increase pool time and dryland time to continue athlete development as swimmers age. Swimmers model our first two team values “Team Pride” and “Integrity” daily, while being taught the third team value “Dedication” - instilling traits of commitment and discipline to achieve greatness in all aspects of life.

Quick Facts Target Age: 13&O

Commitment 6x per week (both pool and land training)

SWAT Values: Dedication, Integrity, Team Pride SWAT Theme: Solidify Training Skills, Continue Athlete Development

Pre-Assessment: Swim NS AA Qualified or above.

Swim Meets: This group attends Age Group Meets

Senior Atlantic Group – Performance Stream

The SWAT Senior 1 Group is the first stage of our Performance Stream, which is the “Train to Train” stage of our team. Geared toward advanced athletes who have shown the desire and commitment to have swimming be their focus sport. Swimmers will be pushed to reach their highest level of swimming potential through intensive training programs. This practice group is structured to allow all swimmers the opportunity to strive to be junior nationally qualified. Swimmers model our first three team values “Team Pride”, “Integrity” and “Dedication” in all they do, both in and out of the pool.

Quick Facts

Target Age: 14&O Swimmers

Commitment: 7x per week (both pool and land training)

SWAT Values: Dedication, Integrity, Team Pride SWAT Theme: Strive to Reach Individual Potential, Train how you want to race.

Pre-Assessment: Swim NS AAA Qualified or above.

Swim Meets: This group attends Age Group &/or National Level Meets.

Senior Performance Group – Performance Stream

The SWAT Senior Performance Group is the final stage of our Performance Stream. Swimmers at this level have 100% committed to the sport of swimming and are performing on the National Stage. Swimmers will be exposed to elite level training and coaches and be provided with the skills and tools to be contenders on the national scene. This practice group is structured with increased water and land

training to create top level athletes. Athletes in the Senior Performance Group are expected to intrinsically model our four team values “Team Pride”, “Integrity”, “Dedication” and “Leadership” as they are the foremost leaders of our team.

Quick Facts

Target Age: 14&O Swimmers

Commitment: 8x per week (both pool and land training)

SWAT Values: Leadership, Dedication, Integrity, Team Pride

SWAT Theme: Commit to Whatever It Takes, Be Your Best Everyday

Pre-Assessment: SNC Eastern Canadian qualified or above.

Swim Meets: This group attends Age Group &/or National Level Meets.

***Coach Discretion or Nationally Qualified Athletes*

SWAT Group Placements and Group Moves

Start of Season Placements & Early Season Group Movements

A swimmer's initial group placement is determined by our coaching staff based on many factors, such as training ability, best times, skill development, coachability, dedication, etc. As coaches we try to place each swimmer in a group that will give them the best possible chance to reach their goals, have fun, and learn throughout the season. Factors such as age, peer group, worth ethic, attendance and qualification standards are all other considerations used to determine the initial group placement.

The first month of the season is a very fluid time as we start to see each new group come together as a whole. As training begins, it may be apparent that a swimmer is not in the most appropriate group for their development. As coaches, we do our best with the initial placements, but it is sometimes difficult to predict exactly what the right fit is for each swimmer after the summer off.

If the coaching staff determine that there is a more appropriate training group for a specific swimmer they may suggest to the athlete and the parents that a move be made early, while swimmers are still adapting to a new season and potentially a new coach. If you feel your child was placed in the wrong group, it is important to respectfully voice your concern to the correct people early in the season. Your first step should be to consult with your current group coach. If the group coach agrees a more suitable group placement should be considered, the next step would be a meeting with the Head Coach, Group Coach and Family to discuss where to place the swimmer.

Mid-Season Group Movements

Sometimes in the middle of the season athletes have achieved new standards, and there could be the possibility of a group move. Many factors need to be considered in this: the new group schedule, available space in the next training group, ability to successfully train at the higher level, achievement of new standards, coach recommendation, etc. There are two times that group movements may be done: January & April.

All mid-season group movements will be carefully considered by both the current and new group coach to make sure that we are providing a seamless transition, and allowing our athletes the best possible environment to achieve their personal goals. Any mid-season movements would also result in the swimmer family taking on the new group fee scale for the remainder of the season.

Fundraising / Volunteer / Officiating Info

Additional information on all 3 of these topics can be found online on our website under the "Member Info". Please ensure you are signed into your account to access this info.

Fundraising Information

As a board, we will work hard to ensure that there are Team Fundraisers throughout the 2023-2024 season.

These team fundraisers are critical to keep our sport as affordable as possible to our membership.

Volunteer Information

Our club would not run without the help of volunteers. We have many different ways you can earn volunteer points and get involved with the club. Each Season SWAT Families have certain levels of Volunteer Points they need to achieve for the team. These points correspond to dollar amounts, should your family choose not to participate in volunteer activities. However, as we all know, it takes a lot of hands to make our team successful, so we encourage everyone to get involved and volunteer. There are tons of jobs that highlight all of the different skill sets people can bring to our team.

Gabriel Mercier, tracks the Volunteer Points throughout the season. It is your responsibility as a family to submit your volunteer points to Gabriel, by the 7th of each month so he can track them. Once you have met your quota of points, then your family will not be charged for the Volunteer Fee in July. Please email recruitment@swatswim.ca to have your volunteer points logged .

For an extensive list of how to earn Volunteer Points, please see www.swatswim.ca →Member Info → SWAT Volunteering. Note you need to be signed into your account to access this information.

Officiating Information

All of our swim meets throughout the season are run by Volunteer Officials. Getting involved with officiating is a great way to give back to the sport your children love, and a great way to earn you volunteer points! Most of the time you're going to be at the swim meets anyways, so being engaged and on deck helps you to learn the sport and gives you a front row seat to all the action.

Our Officials Chair, Jennifer Kershaw (officials@swatswim.ca), is your first stop when you're ready to learn about officiating. I would strongly encourage at least 1 member of all SWAT families to take your Level 1 Clinic (We host it in club), so that you can start with Timing on pool deck.

Once you've passed your Level 1 Certification, there are 4 more Levels you can work your way through. As you increase your Officials Certification, you can take on more roles on the pool deck. Check our Website under Member Info → Officiating to learn more about getting involved. Note you need to be signed into your account to access this page.

SWAT Team Policies

All of our SWAT Team Policies are available on our team website throughout the season for reference. Click on “Swimmer Parent Resources” on the home page drop down menu, and then “Policies” to access hard copies of each document.

Swimmer Code of Conduct

All swimmers and parents/guardians need to sign the Swimmer Code of Conduct at the beginning of the season, and a copy must be kept on file with SWAT. Swimmers will be held to the Code of Conduct Agreement at all SWAT Events, such as workouts, swim meets, team events and team travel events.

Team Travel Policy

The Team Travel Policy is an additional commitment swimmers and parents/guardians sign before an athlete is allowed to participate in a SWAT designated Team Travel Event. By signing this, swimmers and parents understand the behavioral expectation of the swimmers on this trip, and accept the disciplinary actions outlined in the Swimmer Code of Conduct if swimmers are in breach of the agreement.

Chaperone Policy

This policy outlines how chaperones are picked, as well as their responsibilities at the meet. It also outlines coach responsibility, and has various procedures that all swimmers / parents should be familiar with before a swimmer attends a team travel event.

Winter Weather Policy

This policy outlines the course of action taken if poor weather conditions should impact a scheduled workout time.

SWAT Coaching Policy

By registering with SWAT, swimmers agree that SWAT coaches will be the primary providers of coaching direction to the athletes. Any other coaches providing swim coaching to athletes must be discussed with and approved by the head coach.

Swim NS / Swimming Canada Assumption of Risk

This form is filled out online when you confirm your registration for your swimmer. It must be filled out by all Swimmers and Volunteers and is an annual form required. Parents will receive a link in their email (whatever email you provided on registration), to follow the steps to confirm your swimmers registration. This takes place in September each season.

SWAT Communication

There are many different lines of communication through the swim club. Our goal is to make sure that parents are well informed about everything that is going on throughout the season. As a parent (or swimmer), your number one stop for information is our club's website www.swatswim.ca. You will find almost everything you need to know on here: Swim Meet Info, Training Schedules, Meet Results, Club Policies, Volunteer Info, Fundraising Initiatives, Team Updates, etc.

It is important that the club follow the correct communication pathways when looking for an answer, or trying to solve a problem. Please note that all swimmer communication (meet entry questions, meet attendance questions, practice absences, behavioural inquiries, etc.) first go through the group coach. If a problem arises, and either the group coach or parent need further explanation, it then would go to the Head Coach. If you reach out to the Head Coach first, you will be asked to speak with your group coach first. If you have any questions about things pertaining to the club, outside of the pool (officiating, volunteer, fundraising, monthly fees, etc.), please contact the correct board member in charge. By following this pathway, you will get the most complete answer, from the person most knowledgeable of your question!

Communication Pathways

Parent → Coach: If you have questions pertaining to your swimmer, please reach out to your group coach. For any missed workouts or extended absences, please contact your group coach. This helps with daily practice planning and allows the coaches to keep better attendance records through the season.

Swimmer → Coach: As the swimmers get older, they are encouraged to take their sport on as their own. Coach communication is a great first step for this. Swimmers are encouraged to take over the responsibility of informing coaches about absences, asking questions about meet entries, swim meets or anything else about swimming.

Coach → Club: Each group coach is able to send emails to their individual groups. These often have important last minute changes, group calendars, or information important to just that group. You can also follow all of our SWAT Communication Platforms to make sure that you're always up to date.

Fundraising / Cost Recovery Communication

Each time there is a new fundraising or cost recovery initiative, we will ensure our membership are aware. Cost recovery is run by different volunteers within our club, and fundraising will be communicated through our volunteers.

SWAT Communication Platforms

SWAT Website: www.swatswim.ca

SWAT Facebook: Sackville Waves Aquatic Team

SWAT Parents Facebook → you'll have to be added to this group by a current member!

SWAT Instagram: @swat.swim

SWAT Team Gear & Equipment

Mini Waves

- Swim Suit

(one piece suit for girls is encouraged; a brief or jammer [knee length] training suit for boys is encouraged)

- Goggles (it is expected that all club members have functional goggles)

- Water bottle - Kickboard optional

Tidal Waves

- Training Suit (one piece for girls; brief or jammer for boys)

- Goggles

- Water Bottle

- Kickboard

- Training Fins

Novice

- Training Suit

- Goggles; Two Pairs minimum

- Water Bottle

- Kickboard

- Training Fins

- Training Snorkel

Junior Groups

Wet

- Training Suit (brief or drag suit preferred for boys)

- Goggles; Two Pairs Minimum

- SWAT Cap; 2 Minimum

- Water Bottle

- Kickboard small

- Training Fins

- Training Snorkel

- Paddles (lean towards smaller size)

- Racing suit*

Dry

- Yoga Mat

*Racing suits are optional. Swim NS and Swimming Canada discourage their use for anyone not at National level competition. A slimmer cut of suit or a suit a size smaller than training will offer many of the same benefits at a fraction of the cost

Senior Groups

Wet

- Training Suit (brief or drag suit preferred for boys)
- Goggles; Two Pairs Minimum
- SWAT Cap; 2 Minimum
- Water Bottle
- Kickboard small
- Training Fins
- Training Snorkel
- Paddles (lean towards smaller size)
- Pull Bouy –
Racing suit*

Dry

- Water bottle
- Light Looped resistance band**
- Yoga Mat For the gym:
- Appropriate Gym attire
- Sneakers, trainers, running shoes
 - o Not slides, crocs, boots, etc.

*Racing suits are optional. Swim NS and Swimming Canada discourage their use for anyone not at National level competition. A slimmer cut of suit or a suit a size smaller than training will offer many of the same benefits at a fraction of the cost

**Like this. Red or Yellow resistance categories. <https://www.walmart.ca/en/ip/Latex-Resistance-BandsSet-Workout-Bands-Yoga-Pullup-Belt-Muscle-Strength-Training-Exercise-Fitness-Home-Gym-82-x02/1RESRPHW1PXQ>

SWIM NOVA SCOTIA GRASSROOTS PROGRAM NOVA TECH AQUA KIDS FUNDAMENTALS STAGE OF SWIMMING CANADA ATHLETE DEVELOPMENT MATRIX

Swim Nova Scotia's grassroots program is the entry point into the sport of competitive swimming and follows [Swimming Canada's Athlete Development Matrix](#). Swimmers progress through the Nova Tech Aqua Kids Program, which is designed to introduce competitions to new swimmers.

Nova Tech Aqua Kids starts with in-house club activities that are Coach lead (Participation level). Once swimmers demonstrate a proficiency in skills, they may graduate to Nova Tech Aqua Kids Level 1 followed by Level 2.

Swimmers in Level 1 & 2 of the Nova Tech Aqua Kids program are introduced to multi-team competition where the Province is divided into three regions based on geographic location (North, South, Central). Short competitions take place within each region throughout the season (November – April), with one final Province-wide event (Nova Tech Explosion) in late May or early June. Nova Tech meets are limited to one session while the Nova Tech Explosion takes place over two days.

NOVA TECH AQUA KIDS – PARTICIPATION

IN-HOUSE CLUB ACTIVITIES

PROGRAM GOALS

- Keep kids moving, enjoy swimming and develop a love for the sport
- Focus on basic skills, technique, short duration speed
- Multi-stroke development to facilitate well versed swimmers
- Support a learning curve for the rules of swimming in a safe environment
- Learn to race (without disqualification)
- Graduation from this level is done in-house, all season, swimmers progress at their own rate

IN-HOUSE

NOVA TECH ACTIVE KIDS	EVENTS	AWARDS	GRADUATION
PARTICIPATION Level	- 25's all strokes - 25 Kick (Dolphin) - 100 IM - Fun relays - No DQ (learning)	- Prepared/Distributed In-House - Graduate to Level One also receive a Nova Tech Bronze medal	100 IM under 2:15 25 Kick under 0:45 (Dolphin kick)

- Swim NS can provide graduation medals (bronze)
- Progressive involvement of parent support

NOVA TECH AQUA KIDS – LEVEL 1 & 2

MULTI- CLUB REGIONAL SANCTIONED COMPETITIONS

PROGRAM GOALS

- Keep kids moving, enjoy swimming and develop a love for the sport
- In-house training skills are transferred to a competitive racing environment
- Multi-stroke development to facilitate well versed swimmers with the introduction of greater distances
- Continue to support a learning curve for the rules of swimming in a safe environment
- Learn to race (with a progressive approach to disqualifications)

REGIONAL ACTIVITIES

NOVA TECH ACTIVE KIDS	EVENTS	AWARDS	GRADUATION
LEVEL ONE	- 50's all strokes - 100 IM - No DQ's (verbal feedback from Officials to swimmers)	- Prepared/Distributed In-House (best time ribbons) - Graduates to level TWO also receive a Nova Tech Silver medal	100 IM under 2:00
LEVEL TWO	- 50/100's all strokes - 200 IM, 200 free - DQ's	- Prepared/Distributed In-House (best time ribbons) - Graduation by ability not age - Graduates from level TWO - Age group and invitational meets also receive a Nova Tech Gold medal and letter of recognition from PSO & Province	200 IM under 4:00 200 Free under 3:30

Nova Tech Aqua Kids Levels 1 & 2 - Competition

- Swimmers race mixed gender
- Meet format established by Swim NS

2023-2024 David Fry & Ken Dunn East Coast Championships - Female Qualifying Standards												
Long Course						Event	Short Course					
12U	13	14	15	16	17+		17+	16	15	14	13	12U
			0:31.16	0:30.02	0:29.70	50 Free	0:29.11	0:29.42	0:30.54			
			1:07.39	1:04.62	1:03.92	100 Free	1:02.64	1:03.33	1:06.04			
2:48.80	2:37.91	2:29.93	2:25.86	2:19.63	2:18.12	200 Free	2:15.56	2:16.84	2:22.94	2:26.93	2:33.95	2:45.42
5:57.23	5:35.28	5:18.06	5:09.33	4:57.03	4:53.82	400 Free	4:47.94	4:51.09	5:01.67	5:11.19	5:27.79	5:50.09
12:23.61	11:36.63	11:00.02	10:41.94	10:14.24	10:07.60	800 Free	9:55.45	10:01.96	10:28.11	10:43.73	11:19.30	12:08.74
24:20.13	22:47.44	21:34.75	20:58.83	20:06.90	19:53.85	1500 Free	19:29.97	19:42.76	20:32.33	21:03.73	22:13.26	23:50.84
			0:36.67	0:35.17	0:34.77	50 Back	0:34.07	0:34.47	0:35.94			
			1:15.83	1:12.71	1:11.92	100 Back	1:10.48	1:11.26	1:14.31			
3:10.18	2:57.98	2:49.67	2:43.86	2:37.20	2:35.50	200 Back	2:32.39	2:34.06	2:40.58	2:46.28	2:54.42	3:06.38
			0:40.63	0:38.92	0:38.49	50 Breast	0:37.72	0:38.14	0:39.82			
			1:27.36	1:23.06	1:22.16	100 Breast	1:20.52	1:21.40	1:25.61			
3:36.33	3:22.45	3:13.10	3:07.69	2:59.06	2:57.12	200 Breast	2:53.58	2:55.49	3:03.94	3:09.24	3:18.40	3:32.00
			0:34.36	0:32.27	0:31.92	50 Fly	0:31.28	0:31.62	0:33.67			
			1:14.11	1:10.95	1:10.18	100 Fly	1:08.78	1:09.53	1:12.33			
3:15.24	3:02.71	2:53.21	2:45.44	2:38.36	2:36.65	200 Fly	2:33.52	2:35.19	2:41.33	2:49.75	2:59.06	3:11.34
3:13.01	2:59.48	2:50.36	2:46.03	2:38.87	2:37.16	200 IM	2:34.02	2:35.69	2:42.71	2:46.95	2:55.89	3:08.19
6:50.24	6:21.44	6:03.91	5:52.62	5:38.91	5:35.24	400 IM	5:28.54	5:32.13	5:45.57	5:56.63	6:13.81	6:40.00

2023-2024 David Fry & Ken Dunn East Coast Championships - Male Qualifying Standards												
Long Course						Event	Short Course					
12U	13	14	15	16	17+		17+	16	15	14	13	12U
			0:28.84	0:28.09	0:27.19	50 Free	0:26.64	0:27.53	0:28.25			
			1:02.51	1:00.95	0:58.89	100 Free	0:57.72	0:59.73	1:01.25			
2:53.34	2:38.98	2:25.21	2:16.71	2:13.13	2:08.43	200 Free	2:05.86	2:10.47	2:13.98	2:22.30	2:35.79	2:49.87
6:07.74	5:37.28	5:10.88	4:53.22	4:44.58	4:35.87	400 Free	4:30.35	4:38.89	4:47.35	5:04.52	5:28.88	5:58.58
12:51.50	11:47.58	10:40.51	10:02.45	9:51.60	9:42.52	800 Free	9:30.87	9:39.77	9:50.41	10:27.70	11:33.02	12:35.61
24:33.41	22:31.35	20:46.86	19:35.08	19:10.70	18:35.48	1500 Free	18:13.17	18:47.69	19:11.58	20:21.92	22:04.32	24:03.61
			0:33.82	0:32.80	0:32.43	50 Back	0:31.45	0:32.15	0:33.15			
			1:11.25	1:09.41	1:06.92	100 Back	1:05.59	1:08.02	1:09.89			
3:15.95	2:59.72	2:45.76	2:34.93	2:30.43	2:25.83	200 Back	2:22.91	2:27.42	2:31.12	2:42.44	2:56.13	3:12.03
			0:37.09	0:36.45	0:36.05	50 Breast	0:35.32	0:35.73	0:36.34			
			1:20.84	1:18.54	1:16.00	100 Breast	1:14.48	1:16.97	1:19.22			
3:42.76	3:24.31	3:08.44	2:56.04	2:51.48	2:45.86	200 Breast	2:42.55	2:48.06	2:52.52	3:04.67	3:20.22	3:38.30
			0:31.12	0:30.44	0:29.64	50 Fly	0:29.05	0:29.82	0:30.50			
			1:08.49	1:06.53	1:04.20	100 Fly	1:02.91	1:05.21	1:07.13			
3:21.27	3:01.60	2:47.50	2:35.75	2:30.45	2:24.34	200 Fly	2:21.45	2:27.44	2:32.64	2:44.15	2:57.97	3:17.24
3:17.02	3:00.70	2:44.28	2:35.76	2:31.34	2:25.74	200 IM	2:22.82	2:28.31	2:32.65	2:41.00	2:57.09	3:13.09
7:00.11	6:25.31	5:54.06	5:33.09	5:24.47	5:14.43	400 IM	5:08.13	5:17.99	5:26.42	5:46.67	6:17.60	6:51.70

Swimmers may qualify using either short OR long course times.

- 14&U -- Option 1:** 200m IM OR 400m IM PLUS any 200m event or longer
Option 2: Any three 200m events or longer
 Maximum of 8 (eight) individual swims
- 15& Over** – require one qualifying times to compete, maximum of 8 (eight) individual swims
- All ages** - Must attain the QT in 800 or 1500 Freestyle to be eligible to swim the event at the meet. If they attain the QT in 800 or 1500 then can swim the alternate distance without proof of time.
- Open-** swimmers that are 15 & under may choose to swim in the Open Category; however, they must meet the qualifying times in their own age group.
- Qualifying period:** Times must be achieved on or after October 1st, 2022
- Bonus swims for all ages as follows:**
- o 1 qualifying time = 4 individual swims
 - o 2 qualifying times = 5 individual swims
 - o 3 qualifying times = 6 individual swims
 - o 4 qualifying times = 6 individual swims
 - o 5 qualifying times = 6 individual swims
 - o 6 qualifying times = 6 individual swims
 - o 7 qualifying times = 7 individual swims
 - o 8 or more qualifying times = 8 individual swims

Swimming Canada 2021-2024 Female Standards												
Event	Trials		CSC	CJC				CJC relay	Easterns/Westerns			
	Senior	Junior		Senior	16-17	15	14		13	13-17	16&Over	15
AG	Senior	Junior	Senior	16-17	15	14	13	13-17	16&Over	15	14	13
50 f	26.87	27.29	27.15	27.29	27.65	27.86	28.46		27.84	28.20	28.42	29.03
100 f	57.45	58.94	58.31	58.94	59.88	1:00.58	1:01.91		1:00.12	1:01.08	1:01.79	1:03.15
200 f	2:04.66	2:07.57	2:06.14	2:07.57	2:09.81	2:11.45	2:14.78		2:10.12	2:12.41	2:14.08	2:17.48
400 f	4:25.15	4:31.63	4:28.98	4:31.63	4:36.11	4:39.16	4:45.34		4:37.06	4:41.63	4:44.74	4:51.05
800 f	9:11.99	9:21.43	9:18.86	9:21.43	9:29.57	9:37.96	9:45.68		9:32.66	9:40.96	9:49.52	9:57.39
1500 f	18:01.82	18:11.55	18:07.87	18:11.55	18:30.23	18:32.59	18:49.51		18:33.38	18:52.43	18:54.84	19:12.10
50 bk	30.53	31:08	30.86						32.40	32.40	32.40	32.40
100 bk	1:04.51	1:05.97	1:05.55	1:05.97	1:07.40	1:08.26	1:10.20		1:07.29	1:08.75	1:09.63	1:11.60
200 bk	2:19.60	2:22.97	2:22.03	2:22.97	2:25.72	2:27.66	2:31.53		2:25.83	2:28.63	2:30.61	2:34.56
50 brst	33.82	34.56	34.26						35.97	35.97	35.97	35.97
100 brst	1:13.10	1:15.78	1:14.46	1:15.78	1:16.90	1:17.56	1:20.02		1:17.30	1:18.44	1:19.11	1:21.62
200 brst	2:38.35	2:42.80	2:42.05	2:42.80	2:46.84	2:48.13	2:53.12		2:46.06	2:50.18	2:51.49	2:56.58
50 fly	28.31	29.09	28.78						30.22	30.22	30.22	30.22
100 fly	1:02.63	1:04.35	1:03.81	1:04.35	1:05.45	1:06.47	1:08.12		1:05.64	1:06.76	1:07.80	1:09.48
200 fly	2:21.51	2:24.40	2:22.01	2:24.40	2:27.93	2:30.09	2:34.87		2:27.29	2:30.89	2:33.09	2:37.97
200 IM	2:22.40	2:24.90	2:24.40	2:24.90	2:27.43	2:29.58	2:32.71		2:27.80	2:30.38	2:32.57	2:35.76
400 IM	5:03.68	5:08.43	5:06.78	5:08.43	5:13.48	5:18.17	5:25.72		5:14.60	5:19.75	5:24.53	5:32.23
400 FR								4:05.00				
400 MR								4:35.00				
800 FR								9:00.00				

Swimming Canada 2021-2024 Male Standards												
Event	Trials		CSC	CJC				CJC relay	Easterns/Westerns			
	Senior	Junior		Senior	17-18	16	15		14	14-18	17&Over	16
AG	Senior	Junior	Senior	17-18	16	15	14	14-18	17&Over	16	15	14
50 f	23.95	24.56	24.12	24.56	25.06	25.43	26.04		25.05	25.56	25.94	26.56
100 f	51.79	53.25	52.60	53.25	54.47	55.39	56.72		54.32	55.56	56.50	57.85
200 f	1:53.63	1:56.47	1:54.97	1:56.47	1:59.31	2:01.40	2:04.67		1:58.80	2:01.70	2:03.83	2:07.16
400 f	4:03.10	4:10.18	4:06.18	4:10.18	4:15.78	4:19.43	4:26.40		4:15.18	4:20.90	4:24.62	4:31.73
800 f	8:40.28	8:44.55	8:43.17	8:44.55	8:53.02	9:00.65	9:11.94		8:55.04	9:03.68	9:11.46	9:22.98
1500 f	16:23.72	16:48.31	16:35.66	16:48.31	16:58.79	17:16.79	17:33.62		17:08.48	17:19.17	17:37.53	17:54.69
50 bk	27.80	28.23	27.90						29.29	29.29	29.29	29.29
100 bk	58.88	1:00.11	59.63	1:00.11	1:02.09	1:02.86	1:04.58		1:01.31	1:03.33	1:04.12	1:05.87
200 bk	2:08.48	2:11.69	2:09.91	2:11.69	2:14.61	2:16.45	2:19.99		2:14.32	2:17.30	2:19.18	2:22.79
50 brst	30.15	31.04	30.29						31.80	31.80	31.80	31.80
100 brst	1:05.49	1:08.10	1:06.29	1:08.10	1:09.16	1:10.60	1:12.69		1:09.46	1:10.54	1:12.01	1:14.14
200 brst	2:22.41	2:28.74	2:24.62	2:28.74	2:31.75	2:34.41	2:38.93		2:31.71	2:34.79	2:37.50	2:42.11
50 fly	25.75	26.35	25.89						27.24	27.24	27.24	27.24
100 fly	56.33	58.02	56.96	58.02	59.32	1:00.33	1:02.21		59.18	1:00.51	1:01.54	1:03.45
200 fly	2:06.55	2:10.89	2:08.07	2:10.89	2:14.32	2:17.09	2:21.49		2:13.51	2:17.01	2:19.83	2:24.32
200 IM	2:09.02	2:12.21	2:10.75	2:12.21	2:15.45	2:17.18	2:20.78		2:14.85	2:18.16	2:19.92	2:23.60
400 IM	4:37.96	4:44.63	4:41.82	4:44.63	4:50.46	4:54.26	5:04.71		4:50.32	4:56.27	5:00.15	5:10.80
400 FR								3:45.00				
400 MR								4:10.00				
800 FR								8:10.00				

Trials = Canadian Swimming Trials (age as of December 31st); Stroke 50 qualifying times are only applicable to years when the stroke 50s are offered
Trials Juniors = years of birth will be determined based on selection requirements in a given year, ie: 2021, 2022... and detailed in the Meet Information Package
CSC = Canadian Swimming Championships; CJC = Canadian Junior Championships
Combined Meet = Will use the CJC qualifying times and CSC qualifying times; the CSC times will be considered 18&over girls and 19&over boys for the combined meet
Standards will be reviewed annually in August to ensure size of meets are still appropriate and changes will only be made if required