

2020 - 2021 SWAT Parent Handbook



Team Pride - Integrity - Dedication - Leadership



Table of Contents

Page 4	Head Coach Message
Page 5	Meet Our Coaches
Page 7	President's Message
Page 8	Meet Our Board of Directors
Page 10	SWAT Mission, Vision & Values
Page 11	SWAT 101
Page 12	Covid-19 Procedures, Considerations and Requirements
Page 17	Funding Opportunities for SWAT Athletes
Page 19	Competitive Swimming Information
Page 22	Info About Attending Swim Meets
	<ul style="list-style-type: none">• I'm in Mini-Waves should I go to the Nova Tech Meets??• How to Sign-Up For a Swim Meet• Swim Meet Entries• SWAT's Green & Black Events
Page 23	SWAT Group Structure 2020/21
Page 25	SWAT Group Placements & Group Moves
Page 26	SWAT Fundraising / Volunteer / Officiating Info
Page 27	SWAT Team Policies
	<ul style="list-style-type: none">• Code of Conduct• Travel Policy• Chaperone Policy• Winter Weather Policy• SWAT Coach Policy• Covid-19 Declaration• Swim NS / SNC Assumption of Risk
Page 28	SWAT Communication
	<ul style="list-style-type: none">• Communication Pathways• Communication Platforms• Newsletters

Page 29	SWAT Team Gear and Equipment
Page 30	Nova Tech Graduation Standards & Summary
Page 31	Swim NS Time Standards
Page 32	Swimming Canada Time Standards

SWAT Team Goal: 2020 – 2021 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!

We are so excited to be back in our home pool again, and to provide incredible programming to all our members. To all of our new SWAT members: Thank you for choosing our team, and I am confident you will learn so much this season and have a ton of fun through this process. Swimming is an amazing sport, and I am excited to share this experience with you. Whether your child is brand new to competitive swimming, joining our Mini-Waves Program, or joining our team after previous Swim Club experience, my coaching staff and I are happy to be a part of this next step in your child's athletic journey!

Last year our season was cut short, however, we did have some amazing performances before that happened. SWAT ended last season with the most athletes Qualified for the 2020 Olympic Trials. We also finished the season with 8 Eastern Canadian Championships Qualifiers and 5 Canadian Junior Championships Qualifiers. This is an outstanding performance for a small team – congratulations athletes.

We also introduced our first Mini Waves Season and it was hugely successful. This initiative brought in younger athletes to teach them about our sport, and what it means to be a SWAT Swimmer. We had 5 Mini's graduate out of Participation and into Level 1, with many others achieving their 25m kick graduation standard! This season we look to build this group even further by adding an extra cohort each week to allow even more swimmers to experience how awesome SWAT is.

Looking forward into 2020-21, there may be some uncertainty or changes from previous years, but I encourage everyone to look ahead, and bring your best self to the pool every day. This year, our overall team goal is "Dedication", which is also one of SWAT's 4 Team Values. We challenge each swimmer to show up ready to do one thing a little bit better, for a little bit longer each day! These small commitments to improvement show your dedication and will add up to big results.

Our group structure follows closely with Sport Canada's Long Term Athlete Development Model so that each athlete is challenged to learn and grow, while still having fun! As athletes move through SWAT's training program, they will learn in pool skills that will help them to continue to succeed and reach their swimming goals. They will also continue to learn our Team Values (*Team Pride, Integrity, Dedication, & Leadership*), which are transferrable outside the pool to make sure that we are helping our athletes learn the tools to reach any goal they have.

My hope with our Parent Handbook is to have a resource available for all of the information you might need as a new parent. It is by no means an exhaustive resource – I understand there are likely things that will pop up during the year not addressed in here – but I hope to make sure that by creating this handbook, you and your swimmer are able to have a smooth and successful transition into this wonderful sport.

Welcome to the team, and here's to another record breaking season!

Zoe Miles,
Head Coach
Sackville Waves Aquatic Team

Meet our Coaches

Head Coach

Zoe Miles

zcmiles1@gmail.com

Zoe is in her 3rd season as the Head Coach of Sackville Waves Aquatic Team. Originally from Nova Scotia, Zoe swam at the national level for 9 years representing Team NS at two Canada Summer Games as well as swimming in Finals at Canadian World Championship, Olympic and Pan Pac Trials Meets. Zoe moved to Calgary, AB for University where she helped the UofC Dino's to two CIS National titles. Zoe has a BA Psychology from UC, and is a NCCP Level 3 Certified Coach. Zoe is currently the President of the Nova Scotia Swim Coaches Association.

For the last two seasons, Zoe has been selected by Swimming Canada for their National Women in Sport Leadership Initiative, which is partnered with the Coaching Enhancement Program of Canada and Own the Podium. Zoe was also selected by Swimming Canada for a professional development grant, which she used to travel to Nashville Aquatic Club to work with their team for a week. This past season, Zoe was Selected by the Canadian Swim Coaches Association as a grant recipient to visit the High Performance Centre in Vancouver to work with the National Open Water & Distance Coach and National Team Members. This trip was put on hold due to Covid-19, and Zoe is excited for when she is able to fulfil this experience and bring new knowledge back into our team.

Last season Zoe was selected as the Swim Nova Scotia Para Coach of the year, for her work with SWAT Swimmer Natasha Sexton Quillan, who is reigning 2x Swim NS Para Swimmer of the year. Under Zoe's guidance, SWAT ended the 2020 season with the most Canadian Olympic Trials Qualifiers out of any club in the province, and also coached 8 athletes to Eastern Canadian Standards - the most ever in the history of SWAT.

Zoe's philosophy with Age Group Coaching is "Work Hard, Have Fun". She also believes that the ability to be adaptable in sport is something that will carry you far - especially after coming off of the 2019-20 season. Zoe believes in being a positive influence on her athletes and believes that strong technique and tough work ethic will undoubtedly allow her athletes to reach any goal they have set for themselves. Zoe cannot wait to spend another season watching SWAT continue to grow.

Junior & Novice Coach

Grace Myers

grace@swatswim.ca

Grace Myers is returning for her third year with SWAT as the lead coach for our Junior & Novice programs. She is a NCCP Level 2 Trained Swim Coach and has worked with the Cole Harbor Hurricanes Swim Team for 9 years (this will be her tenth-year coaching). She is passionate about coaching and is currently working towards finishing her NCCP Level Two Swim "Age Group Coach" Certification. In addition, she is also a Level One Ski Instructor and a Level Two Ski Coach. She coached with Wentworth Ski Race Club for 3-years, and during her final year (2017/18 – winter) she was nominated coach of the year.

Grace began on the Cole Harbor hurricanes as an athlete at the age of six and moved to the Dartmouth Crusaders when she was 15. She also trained with the Wentworth Ski Race Club from the age of 8 and competed in the 2015 Canada Games as part of the Nova Scotia team. Grace is currently enrolled in her fourth year at Dalhousie University and is working towards a Law degree.

Grace's goal this year is to make the Junior and Novice swimmers want to come to practice and look forward to working hard, whether it be physically or mentally challenging! This is significant for the year of 2020/2021 due to the current pandemic. Grace wants to ensure that the athletes are receiving the most out of the program both in the pool and on land. In order for this to be successful athletes must take on the role of a mature athlete (while still having fun of course!)

Mini Waves Coach

Madi Slack

madi@swatswim.ca

Madison (Madi) Slack is returning for her second year coaching with SWAT and will be the lead coach for our Mini Waves program this season. The Mini Waves is the discovery stream program that introduces beginner swimmers to the sport of competitive swimming. Madi is a NCCP level 1 Fundamentals Certified

Swim Coach. Madi has coached for several swim teams, along with coaching with SWAT she has coached with the Cole Harbour Hurricanes Swim Team for 4 years and began coaching with the Bedford Beavers Swim Team this past summer. Madi is starting her first year of university at Dalhousie, where she is enrolled in the Bachelor of Science program. She has the intent to study at Dalhousie's College of Pharmacy.

Madi began her swim career in the summer swim program at the age of 10. It was in the summer swim program where she set 3 provincial records and won the title of the 2017 Provincial High Point Female. After being involved with summer swimming for 6 years she transitioned to year round swimming in the spring of her grade 11 year of high school, joining the Halifax Wavecutters Aquatic Club. Madi is a strong believer that with the right work ethic and a positive attitude it is never too late to chase after what you want to achieve! She is currently training with the Dartmouth Crusaders Swim Team with the hopes to swim on Dalhousie's Varsity Swim Team next year.

Madi's goal this year for the Mini Wave swimmers is to experience the fun and enjoyment of being on a competitive swim team. She is eager to share her love and passion for swimming with the swimmers while they learn the basics of competitive swimming. While fostering a positive team atmosphere at the pool and making sure swimming is as fun as possible, she is excited to see growth in the Mini Waves ability and confidence in swimming this year. Madi believes that swimming should be the best part of your day, and that every athlete will experience success through passion, commitment and hard work!

Mini Waves Assistant Coach

Natasha Sexton Quillan

Natasha is joining SWAT for her second season as a Mini-Waves Assistant Coach. Natasha is an NCCP Certified Community Coach, and looks to continue to build her coaching experience this season. Natasha swims with the Senior Group, and is a Nationally Ranked Para-Swimmer. Natasha also has twin boys, Hayden and Reilly; Hayden swims with our Mini-Waves Group. Natasha's favorite thing about being a coach is "seeing the same things I've seen and been taught but through fresh eyes! Kids raise the best questions and notice amazing details in what one might think is an otherwise mundane situation."

Mini Waves Assistant Coach

Jayne Belliveau

Jayne joins our SWAT coaching staff for the first year. Transitioning from a multiple provincial medalist, Jayne is excited to now pass on her love of swimming to our Mini-Waves. Jayne will serve as a mini-waves assistant coach for the season. This year Jayne will also serve on her School's Student Council in the position of Charity Representative. Jayne's favorite thing about swimming is: "I have always loved being able to come to the pool after a long day at school and spend time and make amazing memories with my best friends. I also love the rush of competing and achieving even just small goals."

Mini Waves Assistant Coach

Jack Briand

Jack Briand will begin his 7th season with our team, but his 1st on the coaching staff. Jack joins our other Mini-Waves Assistant coaches for the 2020-21 season. Jack also paddles and has decided to take this season off of swim training to focus on his paddling goals! We are very lucky that Jack has decided to coach with us this season, so that he can pass on his dedication and love to sport to our newest swimmers. This season, Jack is most excited to "see the progression of my friends and the mini waves this year at meets and in practice"

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. One of our goals in 2020/21 season for our senior and junior groups is to build on the great results achieved last year. 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 Miniwaves 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.

New Board

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

- Jen Power Vice President
- Marty Gaudet VP of Finance
- Robin King Treasurer
- Christine Potvin Team Manager / Registrar
- Fiona Gibbs Communication Chair
- Lindsey Briand Equipment Manager

I would like to thank the outgoing board members for their dedication and time and effort that was put in through the 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 helping 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,

Dan Dobson
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 June. 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.

2020-21 Board of Directors

President **Dan Dobson** dandobson@swatswim.ca

Dan returns to our board for the 5th year, and his 1st season as our President. Dan is a Firefighter and enjoys hunting and fishing when he's not at the pool. Dan has one daughter Ella D, who swims in our Senior Performance group.

Vice President **Jen Power** jenfletcherpower@gmail.com

Jen joins our board for the first time this season. Jen has extensive background on not-for-profit boards and brings incredible insight to our team. Two of Jen's son's Ben & Matt swim with our team. Ben joins our Senior 2 groups this season, and Matt is back for the second season in Junior.

Past President **Jason Jardine** jasonjardine@swatswim.ca

Jason completed two seasons as president for SWAT, and now moved into the Past President Role. He has two swimmers, Lucy who trains in our Senior Performance Group, and Ryan who is a first year member of the Dalhousie Tigers. Jason loves swimming and is always ready to talk with anyone about our team and the sport. He is a great resource for newer swim parents.

VP Finance **Martin Gaudet** martingaudet@swatswim.ca

Martin is a new member of the Board, and having been a bean counter for a while he has taken over the position of VP Finance. This is his daughter Emily's second year in competitive swimming, and both father and daughter fell in love with all of it. 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 **Robin King** treasurer@swatswim.ca

This is Robin's first time being on the board. She has a Bachelor of Commerce from SMU and is a Certified Professional Accountant. Her daughter was part of the Mini Waves program last season and she has moved up to Novice! Robin is looking forward to learning more about the sport by being on the board.

Team Manager/Registrar **Christine Potvin** christinepotvin7@hotmail.com

Christine is new to the board this year, and taking on the role as the team registrar. Christine has one swimmer, Aline who trains with the senior 1 group. When not at the pool Christine is watching her son play hockey and enjoys running in her spare time.

Officials Chair **Steven Taylor** officials@swatswim.ca

Steven Taylor returns for the third year as our Officials Chair. Steven and his family are heavily involved in officiating at all levels of our sport, and he has a wealth of information to help you all feel confident in getting started with officiating. Steven has 2 children swimming with our club, Caitlin and Thomas who are both in Senior 1.

Recruitment Chair **Tara Mercier** recruitment@swatswim.ca

Tara returns to the Recruitment Chair position for the second season. Two of her daughters swim with our club, Alana in the Junior Group and Juliette in Senior Performance. Tara's awesome recruiting skills are fueled by strong, dark coffee and biscotti and Tara herself also enjoys swimming & running, having competed in many half marathons and triathlons.

Fundraising Chair **Fiona Gibb** communications@swatswim.ca

Fiona and her daughter are new to the club this season. Isabelle swims with the Senior Performance group. Fiona is a communications professional, currently working for the provincial government. Previous to joining government, Fiona worked in the private and non-profit sectors in marketing, communications and fund development.

Equipment Manager **Lindsey Briand.** equipment@swatswim.ca

Lindsay is the new equipment manager for the team replacing Dan Dobson. He has one son swimming on the team and one helping as a volunteer coach. He was never a competitive swimmer growing up but is impressed by the dedication and commitment that the swimmers on SWAT display in the pool day in and day out!

Member at Large **Kristy Legge** kristinalegge@hotmail.com

Kristy returns to the board as Member at Large for her second year. Her son Eugene swims in the Junior group and daughter Maria swims with the Mini Waves. Last season, Kristy was also our Meet Manager, successfully leading our team's two SWAT Hosted Swim Meets. Previously a competitive swimmer with the Halifax Trojans and Dal Tigers, Kristy is excited to continue to learn and assist the team wherever possible.

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: instil 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.

Covid-19 Procedures, Considerations & Requirements

Update #1: July 31st, 2020: As per NS Health guidelines, it is now required for each athlete / parent volunteer / coach to wear a protective face mask to and from training. “Effective 12:01am July 31, all persons must wear a mask that covers their nose and mouth while present in a public place.”

What does this mean for our members?

A mask must be worn at all times in an indoor facility (i.e. arrival/departure to the pool deck) as per Provincial regulations. Swim Nova Scotia members may remove their masks for the duration of the training session (while in the field of play). Physical distancing must remain in place.

Update #2: August 6th, 2020: “In a defined sport setting where participants are physically distancing in one group of 50 or less, incidental contact, (where a participant comes into close contact, less than two metres, with another participant), that is infrequent, brief, and cannot be avoided may occur.”

What does this mean for our members?

In a pool training environment, if Coaches are utilizing ‘Option 2 Bubble Training’, all lanes of the pool can now be utilized. Each bubble can be separated using different ends of the pool (start end or turn end). Incidental, brief, unavoidable contact is acceptable between the training bubbles.

General Info

The New Way Forward – Re-imagining Swimming

Swimming as we knew it last year has changed! Many of these changes are for the good, however, it does mean that there are some new protocols and regulations that our team will need to follow. So far, testing these protocols throughout the summer has gone very well. All of our athletes are up for the challenge and willing to do their part to ensure that we create a safe, and fun environment for all. This season, all training groups will stick together, and we will adhere to our Provincial Governing Body’s Group Size Limit, as well as all other NS Health Regulations. Right now, we are allowed to have 10 swimmers in a bubble, that are exempt from social distancing. We can also have more than 1 “training bubble” in each training group! Training Bubbles are expected to grow in size in the month of October, and all families will be updated when that happens. Outside of training bubbles, we are allowed to have up to have 10+ athletes training together if they are social distanced. Swim Nova Scotia has provided us with great visual documents as to how we can ensure a safe return to sport, and those documents are available on our Covid-19 Resource Page. In our return to sport, there will be 4 Phases. Right now, most of our returning Age Group Athletes are in Phase 2. All of our new and returning Mini-Waves will begin their season in Phase 1.

Phase 1: Open Water Training & Pool Training To provide a safe return to open water training and the first phase of safe return to pool training. Focus is on SKILL DEVELOPMENT. Swimmers must complete Phase 1 in the pool or open water (minimum 3 weeks) BEFORE they can move to Phase 2.

Phase 2: Open Water Training & Pool Training = To build upon phase 1, with a consistent focus on SKILL DEVELOPMENT, while adding in aerobic base training, and building towards full schedule.

Swimmers must complete Phase 2 in the pool (minimum 3 weeks) BEFORE they can move to Phase 3. Phase 3 is still in development with SNS, our Provincial Chief Medical Officer and other professionals.

All Mini-Waves athletes will begin in phase 1. All Age Group athletes have

Health Monitoring: will be the new normal moving forward. Swimmers **MUST** answer the Health Monitoring Checklist questions before they leave home for workout each day. If you answer “NO” to all questions, you may continue to get ready for workout. Swimmers **WILL BE** re-screened and their answers recorded once they arrive at the workout; this will be done by the coaches and recorded electronically for

tracing purposes. Athletes **MUST** stand at designated spots while waiting to be checked in. There will be no “groups” of athletes allowed to congregate together. Appropriate physical distancing will be marked on the ground for athletes throughout check in, and activation. Athletes **MUST** adhere to physical distancing or will be asked to leave. This is the **NEW NORMAL** and for the safety of yourself, your teammates, your coaches and the public.

*** Any athlete that is required to leave a training session due to experiencing signs or symptoms consistent with Covid-19 is required to contact 811 or their physician to consider the appropriateness of further investigations. The athlete may not return until receiving clearance from the physician or health professional.*

Physical Distancing: will be enforced through ALL stages of return to sport (Phase 1 – 4). Only in Phase 5 “Post Pandemic” will the physical distancing be removed. Appropriate Physical Distancing is **CRITICAL** as Covid-19 can be spread prior to symptom onset. If swimmers do not adhere to this public safety measure, they will be asked to leave workout. Athletes will be excited to see each other, however, they **MUST** avoid greetings such as handshakes, hugging, high fives, etc. **Athletes in Phase 1 & 2 of return to sport MUST be mature enough to adhere to this guideline.** There will be physical markers on the ground for athletes to stand on. They must remain on their marker, with all of their belongings. The one exception to physical distancing is the use of “Bubble Training”, while in the pool. This will be directed by the coach to the athletes. Bubble training while in the pool means that up to 10 athletes can be not-socially distanced, while in the pool setting. This is because of research shown that chlorine is able to kill the Covid-19 Virus, and because we have shown that through our return to sport, groups of 10 athletes can responsibly train together. Some days your athletes will be in socially distanced patterns, and other days they will be in bubble training to accommodate groups in the pool.

Athletes should arrive to EACH training session with their bathing suit on. Swimmers should be dressed in PROPER dryland gear (Athletic Shirt / Athletic Shorts or Pants / Running Shoes). Swimmers **MUST** remain in the same training group for ALL workouts – there will be NO “make up’s” or “substitute” workouts. Athletes will also adhere to physical distancing or bubble training guidelines while swimming – if they are not, they will be asked to leave the workout.

Please do not arrive any earlier than necessary for workout. Keep in mind the new social distancing and the new check in procedures. Parents are not permitted at the training area, as they would then count into our group total and may push our group above the allowed threshold from NS Government. Parents are asked to drop off and pick up swimmers, or wait in their cars. This additionally applies to siblings or kids. Please leave them at home or in the car.

Health Monitoring Checklist

Coaches, Swimmers & Staff		
Must answer no before attending any training session (before arrival)		
Do I have any of these symptoms?		
Cough	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Shortness of breath	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Chest pain	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Difficulty Breathing	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Fever	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Chills	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Repeated shaking with chills	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Abnormal muscle pain	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Headache	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Sore throat	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Painful swallowing	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Runny nose	<input type="checkbox"/> No	<input type="checkbox"/> Yes
New loss of taste or smell	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Gastrointestinal illness	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Have I been in contact with or cared for someone with COVID-19 in the last 14 days?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Have I returned from a trip outside of the Atlantic Bubble or Canada in the last 14 days?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Am I sick?	<input type="checkbox"/> No	<input type="checkbox"/> Yes

***This checklist must be done daily before you head to the pool. The safety volunteer will then re- screen upon arrival. Please be patient during the first few weeks as everyone adjusts to these new measures.*

Equipment: It is the athletes RESEPNOSIBILITY to follow all of the equipment / hygiene regulations for each workout. Athletes must also disinfect their equipment BEFORE and AFTER each workout. All equipment not needed for that workout will be kept at their social distanced cone on deck. **All personal belongings should be kept to a minimum.** Equipment and personal belongings will be stored on your physical distancing marker at all times when not in use. Athletes must be mature and responsible enough to keep track of their own gear. **There will be no “lost and found”**, no one will pick up your gear after you, and you cannot share or borrow from anyone else. There is a HUGE importance of “keeping track of your OWN belongings”. No equipment will be available to borrow from Sackville Sports Stadium. If you need to order equipment for start-up, please reach out to Zoe or our equipment manager, Lindsey Briand.

At each workout: swimmers will need: Hand sanitizer, yoga mat, skipping rope, theraband (junior & up), water bottle(s), SWAT swim cap, goggles, appropriate dryland clothes (including runners), and all training gear.

Communication: communication will be crucial. If your swimmer will be late, or not attending a workout, please let your coach know ASAP so that we can pass this info onto the safety volunteer and plan accordingly for group size / management through the training session.

Swimmer Requirements (The “non-negotiables”)

- Swimmers must be capable of independently adhering to strict guidelines.
- Swimmers must bring and utilize their own hand sanitizer, and practice proper hand hygiene.
- Swimmers are required to bring and leave with their own equipment (no sharing).
- Swimmers are required to bring and leave with their own water bottle (no sharing).
- Swimmers must wear their bathing suit to training workout.
- Swimmers should get dropped off and picked up outside the facility / training site, no parents will be allowed to stay during workout at this time.
- Swimmers must be 11 years of age or older and be experienced/comfortable with open water swimming if participating in open water training (at ease in an open water environment).
- Swimmers must adhere to all facility guidelines such as directions to enter / exit the facility, or training site.
- Swimmers will have a 1-Strike rule with the coaches. If they are not listening and abiding by public safety measures, they will be asked to sit out, or call home.

Above all else, this is a FUN & EXCITING TIME. These rules are in place for everyone’s safety, but it is still important that the pool is one of the best parts of your day. Have fun and enjoy your time back with the team.

Before the pool

Before any athlete is able to participate in organized training with SWAT, they must submit their Covid-19 paperwork. This includes:

- Covid-19 Declaration (1x form)
- Covid-19 Assumption of Risk (Must be filled out in August, as well as in September through the Swimming Canada (SNS) online registration system. These forms are available online on our SWAT Covid-19 Resource Page (under Swimmer Parent Resources)

Before your athlete arrives at the pool, there are new steps that must be taken. These are depicted below in the Athlete Check-List. Please stress the importance of “planning ahead”, and completing the entire check-list daily. Swimmers who do not abide by these public health regulations may be asked to leave workout. We all need to work together to create a safe and sustainable training environment for our team.

Arrival at the pool

When you arrive at the pool (or lake) for workout, please remain **IN YOUR CAR** until the check in time, and the social distance cones have been placed (if applicable). If there are not cones, there will be markers on the ground to show appropriate places to stand. Please do not leave your car until check in begins. If you are carpooling, your car pool effectively **ENDS** as soon as you step out of your vehicle. At this point you must walk socially distanced to check in.

When you arrive, please go through the “Arrival at Training Sessions” section of the Athlete Check- List. If you have selected “YES” to everything then you may head to the check in point.

Swimmers will be required to hand sanitize upon arrival, entering into the building, and entering onto the pool deck. There will be no swimmers allowed through the check point without proper hand sanitization.

There will be a zero tolerance policy for any swimmers to congregate in the “cafeteria/viewing” area before practice. Please plan drives accordingly.

At the Pool

As long as it is not thunder & lightening, all activation will take place outside until November. This means once you have checked in, you will head to the basketball court (across from the doors), or to a green space as directed by coach / safety volunteer. There will be cones or socially distanced markings on the ground.

After activation, swimmers will enter the Sackville Sports Stadium, hand sanitize again, and head directly through the changerooms and onto the deck. There will be no loitering in the changeroom.

When you arrive on deck, you will find your socially distanced cone. This is where you keep all of your belongings, and hang out until we are in the pool. Please use this time to get all equipment needed for the day ready (as instructed by coach). There will be NO equipment available to borrow, please remember your equipment daily.

Swimmers will be instructed to their lane to swim in. They must remain in the lane for the entirety of workout. There will be no trading lanes, and swimmers must be respectful of ALL teammates. The lane configuration (Social Distanced or Bubble Training) will be discussed with the swimmers each day. It is VERY important that swimmers remain attentive and engaged at all times while at workout. Swimmers will be instructed by the coach when it is safe to go to their lanes. Swimmers must remain on their cone until instructed to bring their equipment to the pool side.

After the pool

After the pool, swimmers will have access to the changerooms to change out of their bathing suit. This should be done quickly. Swimmers who are transitioning to dryland **MUST** ensure they are able to get changed in the appropriate time line available. If they are not able to do so, they will be asked to sit out from dryland.

There will be a zero tolerance for swimmers loitering after workout is over. Swimmers must head straight to their drives as soon as workout is finished.

Swimmers will be required to complete the Athlete Check-List each day after they return home from work-out. (The athlete checklist is available for download on our website).



Athlete Checklist

<i>Swimmers can only participate in training if they have completed and returned the Assumption of Risk and COVID-19 Declaration of Compliance Forms</i>		
Complete Health Monitoring Checklist - notify Coach asap if any symptoms	Yes	No
Check online for equipment needed	Yes	No
Thoroughly wash water bottles with soap and warm water	Yes	No
Disinfect ALL training equipment (Yoga Mat, Water bottle, Swim Gear, Etc)	Yes	No
Eat before you leave - no food on site	Yes	No
Wash your hands with soap and water for at least 20 seconds before leaving	Yes	No
Ensure hand sanitizer (>60% alcohol) is packed	Yes	No
Ensure full water bottle is packed	Yes	No
Use the washroom at home & wash your hands with soap and water for at least 20 seconds	Yes	No
Put on your training suit, and appropriate dryland clothes / running shoes	Yes	No
Consider wearing a mask	Yes	No
Only bring what you need for training - personal items should be kept to a minimum	Yes	No
Swimmers MUST be prepared to be capable of independently adhering to all guidelines and take direction from their Coach	Yes	No
Protective Face Mask is safely and properly worn for arrival at pool.	Yes	No
Arrival at Training Session		
Face mask is on and worn at all time while entering / exiting the pool	Yes	No
Swimmers should be dropped off at a designated location BEFORE training is scheduled to begin	Yes	No
Respect physical distancing guidelines at all times including during your training session - stay on your marked space	Yes	No
Wash your hands with your hand sanitizer - YOUR OWN HAND SANITIZER	Yes	No
Adhere to all facility/site guidelines such as traffic flow directions, etc	Yes	No
Consider wearing a mask	Yes	No
Check-in (maintaining 2 meters distance) with your Coach and review the Health Monitoring Checklist with them	Yes	No
Any personal items should be kept to a minimum; they should be stored separately, with adequate space between each members	Yes	No
All equipment will be deliberately kept at your social distanced area when not in use	Yes	No
DO NOT SHARE any equipment or water bottles	Yes	No
All athletes will stay 2m/6ft away from other athletes through entire training session - There are no bubbles	Yes	No
Listen and take instructions from your Coach at all times	Yes	No
Athletes will show maturity and be cognizant of where their teammates are	Yes	No
Athletes will recognize that they are in a public space and will adhere to all regulations, be great ambassadors for SWAT, and for themselves.	Yes	No
After Training Session		
No loitering - face mask is worn when exiting the pool.	Yes	No
Responsibly leave with ALL of your equipment and personal items	Yes	No
Respect physical distancing guidelines - straight to your bag, when coach says it is safe to do so	Yes	No
Adhere to all facility/site guidelines such as traffic flow directions, etc	Yes	No
Get picked up at a designated location immediately following training	Yes	No
Wash your hands with your hand sanitizer	Yes	No
Leave location immediately	Yes	No
Wash your hands with soap and water for at least 20 seconds	Yes	No
Thoroughly wash all equipment with a disinfectant	Yes	No
Thoroughly wash water bottles with soap and warm water	Yes	No
Recommend washing clothes	Yes	No

1 Strike Rule

SWAT will have a 1 Strike rule in place with athletes at workout during these unprecedented times. Coaches will remind swimmers 1x to adhere to social distancing and public health and safety measures. If the athlete is not able to listen to these rules and reminders, they will be asked to sit out, or to call to go home depending on the severity. Please help our team do their part to remain active during Covid-19 and show that we have responsible young athletes who understand the importance of us all working together during this time. If the 1 Strike rule is enforced in workout, a follow up email will be sent to parents/guardians.

Please explore our Covid-19 Resource page for other important information.

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.

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 on Saturday afternoons (usually 3-4h in length) in 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 three 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.

This season, due to Covid-19, we will be starting our Nova Tech Swimmers (Mini-Waves & Novice) off with in-house swim meets. This will give them an opportunity to experience what swim meets are like, but in the comfort of our own pool! We hope in the new year to be able to run the Nova Tech Meets at Centennial as described above & below.

Participation

Every new swimmer starts in the Participation Level. In this level, swimmers compete in the 100IM, 25m races of each stroke, and the 25m kick. To graduate swimmers must complete the 100IM under 2:15 as well as the 25m kick in under :35. 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%.

Level 1

Once a swimmer graduates from participation, they will participate in Level 1 Events. In this level, swimmers compete in 200IM, 50m races of each stroke, and the 25m kick. To graduate swimmers must complete the 200IM under 4:15 as well as the 25m kick under :30. In Level 1 there are no Disqualifications, however swimmers are now warned by officials and coaches if they have done something illegal in their strokes or turns. 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 races of each stroke and the 25m kick. To graduate swimmers must complete the 200IM under 3:55, the 200Free under 3:40 and the 25m kick under :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

Like our Nova Tech Meets – our Age Group Meets will begin as in house time trials. We also have a very awesome virtual racing series that some of our Age Group Swimmers will get to take part in each month.

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.

**** Note: in the 2020-21 Season, Eastern Canadian Championships will be held VIRTUALLY in light of the Covid-19 Pandemic.*

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.

2021 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:

Males: born 2005 or later

Females: born 2006 or later

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

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.

I'm in Mini-Waves, should I attend the Nova Tech Meets?

ABSOLUTELY! All SWAT Mini-Waves members are eligible and encouraged to try the Nova Tech Swim Meets throughout the season. The Nova Tech Program is designed for introductory swimmers, and a great way for our athletes to get a taste of competitions in an atmosphere that promotes self-confidence and learning. Novice swimmers also attend the Nova-Tech swim meets, which makes it a great team building opportunity as well. Mini-Waves swimmers will all start in the Participation Level at these meets, which means their races will all start out at 25m in length, with the focus on trying your very best to focus on the process, not the outcome – in other words during the swim meets we encourage our Nova Tech Swimmers to show us all the skills they've been working hard to learn, before we worry about their finish times or placings!

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's Wednesday Night @ the Races / SWAT Green & Black

Each year, SWAT strives to have in house team events where all of our athletes can get to know each other and enjoy a fun "racing" experience. This year, we will hold several SWAT Black & Green Time Trials. SWAT Swimmers from all groups will be split into two teams, Green or Black, and then compete in a friendly competition. The events selected will depend on the swimmers group and development age. We have our first Black & Green Time Trial in October, and our second in December.

It is so important that we build connections between the current generation of SWAT athletes and the next wave that is joining our club. This is also an opportunity for parents to practice officiating and timing on pool deck, in a no stress, fun environment. This way everyone can be confident to volunteer on deck at our Team Hosted Swim Meets this season. Each SWAT Black & Green will look a little bit different, but the idea remains the same: Engage the whole team together in a fun, fast, racing atmosphere! Our Officials Chair, Steven Taylor will be on deck for the event and is also available to answer any questions that parents have about how to become an official with our team.

SWAT Group Structure: 2020 – 2021

SWAT Group Descriptions

Mini Waves Program – Discovery Stream

Sackville Waves Aquatic Team is pleased to present its newest program: Mini-Waves. 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, 2x20min 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 attends Nova Tech Swim Meets.

Novice Group – Discovery Stream

The SWAT Novice Group is the second 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, 4x20min 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 Group – Development Stream

The SWAT Junior Group is 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: 6x 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 2 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 1 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

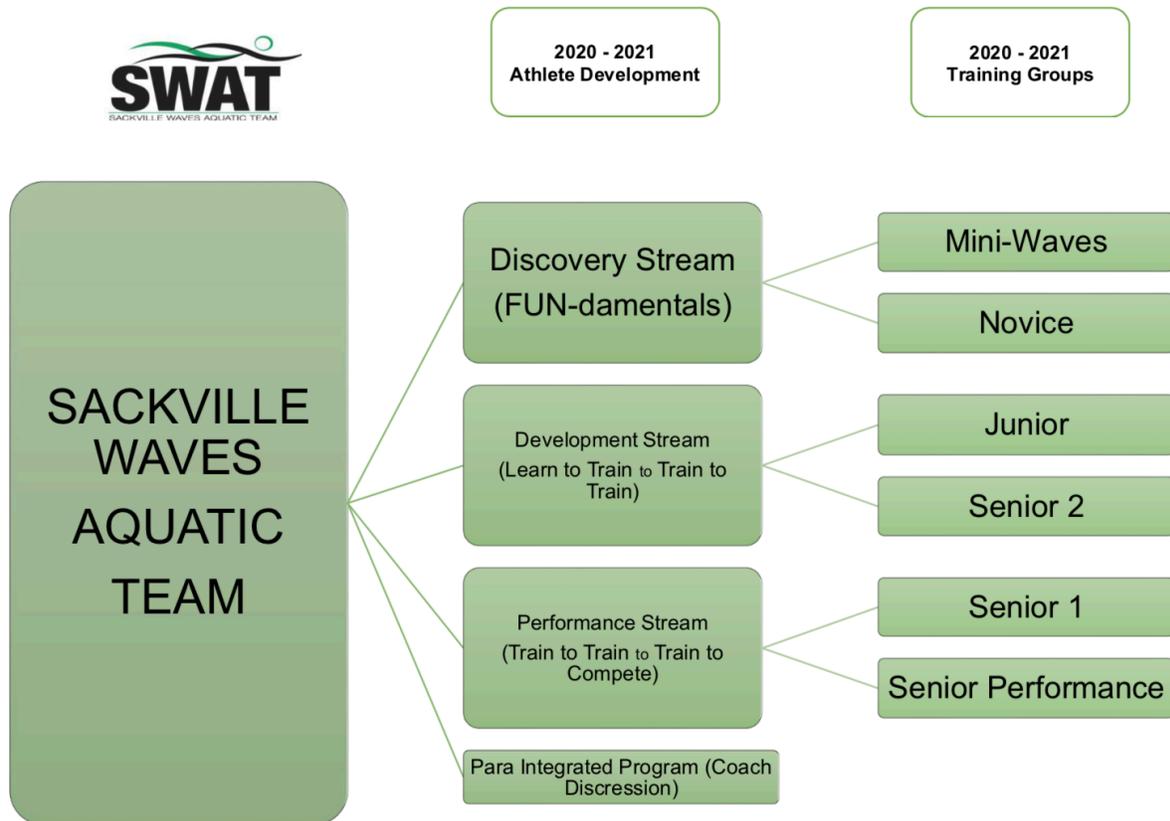
The SWAT Senior Performance Group is the final stage of our Performance Stream. Swimmers at

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.

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.

Quick Facts

***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

Due to Covid-19, our fundraising program will be drastically different from other season. Our Fundraising Chair: Fiona Gibb will be happy to answer any questions you have. As a board, we will work hard to ensure that there are Team Fundraisers throughout the 2020-2021 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.

Staci Brocklehurst, tracks the Volunteer Points throughout the season. It is your responsibility as a family to submit your volunteer points to Staci, by the 7th of each month so she can track them. Once you have met your quota of points, then your family will not be charged for the Volunteer Fee in July 2021. Please email stacibrocklehurst@yahoo.com .
Once you have met your quota of points, then your family will not be charged for the Volunteer Fee in July 2020.

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, Steven Taylor (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.

Covid-19 Declaration

This is one time form, that is required to be filled out by all Swimmers, Volunteers and Board Members. This is available on our Team website, and also was included in the registration package. For swimmers joining after September, this **MUST** be filled out before your athlete is allowed in the pool.

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, Waves in the Community, etc.

We will also publish a monthly Newsletter to our club, and then a bi-weekly smaller news report. This will be found on our website, sent out to membership, and also available on other social media platforms.

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 fundraising chair: Fiona Gibb communications@swatswim.ca.

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

	SWAT Training Group					
Equipment	Sr. P	Sr. 1	Sr. 2	Jr	Nov.	MW
Swat T-Shirt <i>*included in registration</i>	X	X	X	X	X	X
SWAT Swim Cap <i>*included in registration</i>	X	X	X	X	X	X
Goggles (x2)	X	X	X	X	X	X
Training Suit	X	X	X	X	X	X <i>*must be a 1 piece suit for girls</i>
Water Bottle	X	X	X	X	X	X
Small Kick Board	X	X	X	X	X	Optional
Pull Buoy	X	X	X	X		
Short Training Fins	X	X	X	X		
Training Snorkel	X	X	X	X		
Mesh Gear Bag	X	X	X	X	Optional	
Skipping Rope	X	X	X	X	X	
Physio Band / Thera Band	X	X	X	X		
Dry-Land Appropriate Clothes (Runners, Shorts, T-Shirt)	X	X	X	X		
Paddles – Stroke Maker	X	X	X			
Paddles – Finis Agility	X	X	X			
Performance Race Suit	X	X	Recommended, but not mandatory			
Secondary Performance Race Suit	X	Optional				
Secondary Development Race Suit <i>*suggest a plain black arena/speedo training suit, which has a tight fit</i>	X	X				

All equipment will be available for sizing and to order through our equipment manager. Other team gear such as sweaters, shorts, long sleeves, parka's, extra shirts, etc. available to order as well. Please contact our equipment manager, Lindsey Briand, for more information! equipment@swatswim.ca



Aims

- ✓ focus on technique, short duration speed
- ✓ support a learning curve for sport rules
- ✓ keep kids moving, just play the game
- ✓ progressive events
 - Entry to competition - focus on short speed bursts (25m) and rhythm (IM), just play the game, learn the rules but compliance not required
 - Once a level of performance is attained in 100 IM progress to 200 IM and add in 50m events to include all turn technique
 - Keep focus on short speed, add full range of turn tech, develop rhythm (IM) endurance (200m)
 - Once a level of performance is attained in 200 IM then add in 200 free
 - A swimmer graduates into Age Group and Invitational meets once he/she has attained a performance level in both the 200 IM and 200 free
- ✓ progressive incentive
 - graduation at each level is awarded
- ✓ progressive involvement of parents in time and resources
 - minimize travel and related cost commitment
 - minimize volunteer time commitment
 - keep focus on healthy, active kids

NOVATECH ACTIVE KIDS	Events	Awards	Graduation
PARTICIPATION Level	- 25's all strokes - 25 kick: <i>will use a short board, with areas marked for hands (provided by Swim NS to host clubs)</i> - 100 IM - no DQ, learning	- All participants receive a result card after each meet - Graduates to level One also receive an Active Kids Bronze medal.	100 IM under 2:15 25 Kick under :35 (flutter or dolphin kick)
LEVEL ONE	- 50's all strokes - 25 kick: <i>will use a short board, with areas marked for hands (provided by Swim NS to host clubs)</i> - 200 IM - no DQ, learning	- All participants receive a result card after each meet - Graduates to level TWO also receive an Active Kids Silver medal	200 IM under 4:15 25 Kick under :30 (flutter or dolphin kick)
LEVEL TWO	- 50's all strokes - 25 kick: <i>no kickboard/streamline with both hands holding a 6"-8" x 1/2" PVC Pipe, or similar (no arms)</i> - 200 IM, 200 free - DQs begin	- All participants receive a result card after each meet - Graduation by ability not age - Graduates from level TWO to Age group and invitational meets also receive an Active Kids Gold medal and letter of recognition from PSO/MLA	200 IM under 3:55 200 Free under 3:40 25 Kick under :30 (flutter, dolphin (on front or back) or breaststroke kick)

Updated August 26, 2019

2019-2020 Nova Scotia Provincial David Fry & Ken Dunn (AAA) Championships - Female Qualifying Standards												
Long Course						Event	Short Course					
12U	13	14	15	16	17+		17+	16	15	14	13	12U
0:35.35	0:33.28	0:31.99	0:31.16	0:30.02	0:29.70	50 Free	0:29.11	0:29.42	0:30.54	0:31.49	0:32.65	0:34.87
1:17.30	1:12.80	1:09.17	1:07.39	1:04.62	1:03.92	100 Free	1:02.64	1:03.33	1:06.04	1:08.33	1:11.82	1:16.13
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	0:36.67	0:36.67	0:36.67	0:35.17	0:34.77	50 Back	0:34.07	0:34.47	0:35.94	0:35.94	0:35.94	0:35.94
1:29.04	1:23.43	1:18.97	1:15.83	1:12.71	1:11.92	100 Back	1:10.48	1:11.26	1:14.31	1:16.63	1:20.80	1:26.02
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	0:40.63	0:40.63	0:40.63	0:38.92	0:38.49	50 Breast	0:37.72	0:38.14	0:39.82	0:39.82	0:39.82	0:39.82
1:40.07	1:34.63	1:29.79	1:27.36	1:23.06	1:22.16	100 Breast	1:20.52	1:21.40	1:25.61	1:27.32	1:31.88	1:37.84
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	0:34.36	0:34.36	0:34.36	0:32.27	0:31.92	50 Fly	0:31.28	0:31.62	0:33.67	0:33.67	0:33.67	0:33.67
1:27.73	1:21.69	1:17.06	1:14.11	1:10.95	1:10.18	100 Fly	1:08.78	1:09.53	1:12.33	1:16.06	1:20.80	1:26.50
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

2019-2020 Nova Scotia Provincial David Fry & Ken Dunn (AAA) Championships - Male Qualifying Standards												
Long Course						Event	Short Course					
12U	13	14	15	16	17+		17+	16	15	14	13	12U
0:35.77	0:32.75	0:30.23	0:28.84	0:28.09	0:27.19	50 Free	0:26.64	0:27.53	0:28.25	0:29.75	0:32.44	0:35.43
1:18.23	1:11.62	1:06.19	1:02.51	1:00.95	0:58.89	100 Free	0:57.72	0:59.73	1:01.25	1:05.65	1:10.70	1:17.23
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	0:33.82	0:33.82	0:33.82	0:32.80	0:32.43	50 Back	0:31.45	0:32.15	0:33.15	0:33.15	0:33.15	0:33.15
1:30.68	1:23.02	1:16.15	1:11.25	1:09.41	1:06.92	100 Back	1:05.59	1:08.02	1:09.89	1:14.02	1:20.30	1:27.71
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	0:37.09	0:37.09	0:37.09	0:36.45	0:36.05	50 Breast	0:35.32	0:35.73	0:36.34	0:36.34	0:36.34	0:36.34
1:42.34	1:33.70	1:26.23	1:20.84	1:18.54	1:16.00	100 Breast	1:14.48	1:16.97	1:19.22	1:24.13	1:31.48	1:39.92
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	0:31.12	0:31.12	0:31.12	0:30.44	0:29.64	50 Fly	0:29.05	0:29.82	0:30.50	0:30.50	0:30.50	0:30.50
1:28.06	1:20.62	1:13.29	1:08.49	1:06.53	1:04.20	100 Fly	1:02.91	1:05.21	1:07.13	1:12.98	1:20.30	1:27.71
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 for Nova Scotia Provincial Championships 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
 14 & Under 100's/50's are to swim event standards

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 Nova Scotia Provincial Championships. 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 March 1st, 2019

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			
AG	Senior	Junior	Senior	16-17	15	14	13	13-17	16&Over	15	14	13
50 fr	26.87	27.29	27.15	27.29	27.65	27.86	28.46		27.84	28.20	28.42	29.03
100 fr	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 fr	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 fr	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 fr	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 fr	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			
AG	Senior	Junior	Senior	17-18	16	15	14	14-18	17&Over	16	15	14
50 fr	23.95	24.56	24.12	24.56	25.06	25.43	26.04		25.05	25.56	25.94	26.56
100 fr	51.79	53.25	52.60	53.25	54.47	55.39	56.72		54.32	55.56	56.50	57.85
200 fr	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 fr	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 fr	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 fr	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