

# 2019 – 2020 Parent Handbook



*Dare to be Awesome*

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## Welcome to SWAT!

Welcome to the 2019-2020 Swim Season. I hope that everyone has been enjoying their summer and has had the opportunity to hang out with friends, try new activities and enjoy the sunshine. We had a great season last year, and one step to continue to build on that success is to grow our team. I want to say a huge welcome to all of the new families who have chosen to be part of SWAT this season. 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!

SWAT's coaches and Board of Directors strive 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.

This season we have added a few new groups, and revamped the flow of our club structure to make sure that we are able to address the needs of all our athletes in a developmentally appropriate way. 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](mailto:zcmiles1@gmail.com)

Zoe is in her second 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.

This past season, Zoe was selected by Swimming Canada to attend a National Women in Sport Leadership Conference through the Coaching Enhancement Program run by Own the Podium. From that experience, Zoe was selected for a professional development grant, funded by Swimming Canada to use in any way she thought would best help her grow as a coach. Zoe used this bursary to travel to Nashville Aquatic Club to work with their team. It was an incredible learning experience and Zoe has brought many new initiatives into our club because of these experiences.

Zoe's philosophy with Age Group Coaching is "Work Hard, Have Fun". She 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.

### Junior & Novice Coach

**Grace Myers**

[grace@swatswim.ca](mailto:grace@swatswim.ca)

Grace Myers is returning this season 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. 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 at Dalhousie University, working towards a double major in sport and child psychology with a minor in neuroscience.

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!

### Mini Waves Coach

**Dina Rogers**

[dina@swatswim.ca](mailto:dina@swatswim.ca)

Dina Rogers is the lead coach for SWAT's Mini Waves, the team's newest program in the discovery stream. Going into her fourth year coaching with SWAT, Dina is certified as an NCCP level one fundamentals coach and will be looking to achieve her level two age group coach certification in the coming year.

Dina swam with SWAT competitively for five years and after winning the team spirit and dedication award twice she began to invest her energy into spreading her passion for swimming through coaching. Working tirelessly to acquire more coaching knowledge and skills, Dina was chosen to participate in the Canadian Sport Centre Atlantic's Mentorship program for the 2019-2020 year and spent time shadowing the A.O Okeanos swim team in Greece this past summer. Both of these experiences provided valuable lessons on how to tailor coaching approaches to each individual athlete.

Dina is studying at Dalhousie University and has the intent to achieve a Bachelor of Science with a major in biochemistry. She believes that with hard work, determination and a positive attitude every athlete will experience their own success!

## 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.

### 2019-2020 Board of Directors

**President**                      **Jason Jardine**                      [jasonjardine@swatswim.ca](mailto:jasonjardine@swatswim.ca)

Jason is entering his second year as president for our club. He has two swimmers, Lucy & Ryan who both train in our Senior Performance Group. 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.

**Vice President**                      **Amy Wilkins**                      [amywilkins@swatswim.ca](mailto:amywilkins@swatswim.ca)

Amy is entering her first season as Vice President, following her time as our Cost Recovery Chair. Amy has one daughter, Adrianna, who swims in the Senior 2 Group.

**Past President**                      **Tom Groves**                      [tomgroves@swatswim.ca](mailto:tomgroves@swatswim.ca)

Tom has been a member of the Board since 2014. He has one child training with the team in our Senior Performance Group, and another child lifeguarding at the Sackville Sports Stadium. Tom grew up swimming and playing water polo for his high school. He continues to be active in the sport as a masters swimmer.

**VP Finance**                      **Lisa Jardine**                      [lisajardine@swatswim.ca](mailto:lisajardine@swatswim.ca)

Lisa is entering her first year as VP Finance, after serving in the Treasurer Role last season. Lisa has been on the board for 5 years. Lisa has two children, Lucy and Ryan who are both qualified for 2020 Olympic Trials this spring and was a swimmer herself for HTAC and then at DAL in university. Lisa currently works in Finance at Heritage Gas.

**Treasurer**                      **Angie L'Abbe**                      [treasurer@swatswim.ca](mailto:treasurer@swatswim.ca)

Angie is returning to our board this year after a year off. In the past she has held the Fundraising Chair as well. Since Angie has had one child on the team since 2011 and was at the pool so much, she decided to get in and start swimming herself! She now has a greater appreciation of the sport.

**Team Manager/Registrar**      **Glenda Sharples**                      [glendasharples@swatswim.ca](mailto:glendasharples@swatswim.ca)

Glenda is returning to her role as Team Manager/Registrar this season. Glenda has two daughters on our team, Audrey in the Junior Group and Ella S in the Senior 2 Group.

**Secretary**                      **Staci Brocklehurst**                      [secretary@swatswim.ca](mailto:secretary@swatswim.ca)

Staci is returning to the board for the 5<sup>th</sup> season. Staci has one swimmer, Ella B who trains with our Senior 1 group. When she is not at the pool, Staci can be found at the rink watching her son Max play Hockey.

**Director at Large**                      **Kristy Childs**                      [kristinalegge@hotmail.com](mailto:kristinalegge@hotmail.com)

Kristy is in her first season as a board member for SWAT. She also holds the title of Meet Manager, so she will be your first point of contact for both of our SWAT hosted meets this season. Kristy was a competitive swimmer for 15 years, competing in NS at the age group level and then for the Dalhousie Tigers through University. Kristy has two children swimming in our club, Eugene in the Junior Group and Maria in our Mini-Waves Program.

**Director at Large**                      **Heather Astroff**                      [heatheranddavid2@me.com](mailto:heatheranddavid2@me.com)

Heather joins our board this season also as a new member. Heather likes to enjoy her spare time outside cycling, swimming and in nature. Heather has 2 children swimming with us, Sylvie and Gabe, both in our Junior Group.

**Officials Chair**                      **Steven Taylor**                      [officials@swatswim.ca](mailto:officials@swatswim.ca)

Steven Taylor returns for the second 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 in Senior 1, and Thomas in Senior 2.

**Recruitment Chair**                      **Tara Mercier**                      [gabrielmercier@swatswim.ca](mailto:gabrielmercier@swatswim.ca)

Tara takes over the Recruitment Chair position from her husband Gabriel who held the position last year. Two of their 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**                      **Shannon Millward**                      [mealtimemom@hotmail.com](mailto:mealtimemom@hotmail.com)

Shannon takes over our Fundraising position for the first time this season. Shannon has vast experience fundraising as she is heavily involved in her daughter's elementary school fundraisers. Shannon's experience will certainly help our team and our members have amazing opportunities to fundraise this season. Shannon has two daughters who swim, Zoe in Senior 2 and Ginny in Novice.

**Equipment Manager**                      **Dan Dobson**                      [equipment@swatswim.ca](mailto:equipment@swatswim.ca)

Dan returns for the fourth year as our Equipment Manager, so he's the man to talk to when you need new team or training gear. 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.

## 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.

## 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 a Regional setting, which means during the majority of the season, you never have to travel outside of HRM. All NT athletes will compete in their Championship Meet in the middle of May, which usually takes place in Truro. This is a 1.5 day Swim Meet and is our NT athlete's first exposure to a Championship Swim Meet.

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

There are 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.

### 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 3 “AAA” Time Standards to compete.

New this season, swimmers must qualify in ALL of their events that they want to swim at AAA Provincial Championships. Swimmers are eligible to race up to 8 events at those meets, if qualified.

### **National (National Competitions – Across Canada)**

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

#### Eastern Canadian Championships

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

#### Canadian Junior Championships

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

#### Canadian Swimming Championships (Canadian Trials & Summer Nationals)

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

### **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](http://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](http://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.

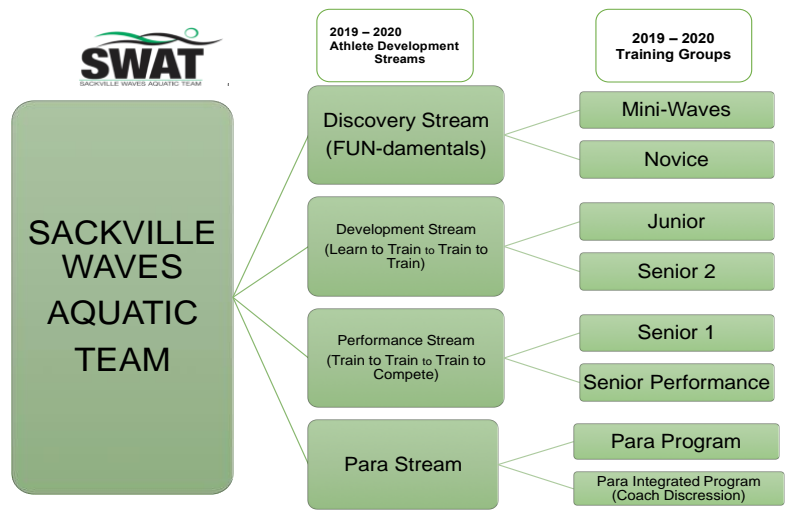
### **SWAT's Wednesday Night @ the Races**

Wednesday Night @ the Races is a new SWAT initiative this season. It was created for a variety of reasons to help address areas of improvement in our club. These events (held 4x per season) are used as a way to get all of our swimmers (Mini-Waves → Senior Performance) at the pool together for team building. It is so important that we build those 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 Wednesday Night @ the Races will look a little bit different, but the idea remains the same: Engage the whole team together in a fun, fast, racing atmosphere! Our first two Wednesday Night @ the Races have already been booked, and two more planned for March and June in the New Year.

- Wednesday, September 11<sup>th</sup>, 2019 (For all New & Returning Novice and Above Swimmers).
- Wednesday, December 4<sup>th</sup>, 2019 (For ALL SWAT Members Mini-Waves and Above).

Our Officials Chair, Steven Taylor will be on deck for the second Wednesday Night @ the Races to help mentor any new parent timers or officials!

## 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, 2x15min land & learn time)  
 SWAT Value: Team Pride  
 SWAT Theme: Fun, Fundamentals.  
 Pre-Assessment: Must swim 25m on front or back unassisted.  
 Swim Meets: This group 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 (5h pool time, 4x15min land activations)  
 SWAT Value: Team Pride  
 SWAT Theme: Strengthen Skills, Fundamentals.  
 Pre-Assessment: Basic knowledge of 3 out of 4 competitive strokes (Freestyle,



Backstroke, Breaststroke, Butterfly), or completion of Swim Kids Level 8.  
Swim Meets: This group attends Nova Tech &/or Age Group Meets.

### **Junior 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 7x 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.

#### Quick Facts

Target Age: 14&O Swimmers

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

SWAT Values: Leadership, Dedication, Integrity, Team Pride

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

Pre-Assessment: SNC Eastern Canadian qualified or above.

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

*\*\*Coach Discretion or Nationally Qualified Athletes*

## **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 Information**

Fundraising is an important part of our club. We have Team Fundraisers, and we also have Individual Fundraisers such as Cost Recovery Initiatives that help families apply funds to their accounts to help with monthly fees. This season, we have a new Fundraising Structure set up so that families can easily hit their fundraising goals. We have 3 big fundraisers throughout the season:

1. Sun Sweep Ticket Sales (25% of Fundraising Commitment)
2. Team Event – TBD by Fundraising Committee (37.5% of Fundraising Commitment)
3. Swim-A-Thon (37.5% of Fundraising Commitment)

Each Family is responsible to fundraise a certain amount for each of these initiatives to ensure you meet your Fundraising Commitment. If you choose not to do so, then your account will be debited at certain points throughout the season: September 2019, March 2020 & May 2020.

For Individual Fundraisers (or Cost Recovery), our team participates in things like Sobeys Gift Cards, Chocolate Bar Sales, Flip-Give & More. Contact Shannon Millward (mealtimemom@hotmail.com) for more info about these programs. As available, information will also be posted on our website under “Member Info” → “SWAT Fundraising”. Note you need to be signed into your account to access this information.

### **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. Great ways to get involved is through officiating, being on the board, helping to organize team fundraisers, organizing the team banquet or helping with many other tasks throughout the season. Each family is responsible to either meet their volunteer commitment, or pay the volunteer points to the club at the end of the season instead.

Our Team Manager/Registrar, Glenda Sharples ([glendasharples@swatswim.ca](mailto:glendasharples@swatswim.ca)), tracks the Volunteer Points throughout the season. It is your responsibility as a family to submit your volunteer points to Glenda 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 2020.

For an extensive list of how to earn Volunteer Points, please see [www.swatswim.ca](http://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](mailto: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.

We will host a Level 1 Officiating Clinic in the Fall so that parents are able to help out at our Nova Tech Team Hosted Meet on December 7<sup>th</sup>! If you are nervous, we also have our 2<sup>nd</sup> Wednesday Night @ the Races on December 4<sup>th</sup> where you can practice in a no stress and fun environment.



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.

## **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.

## 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](http://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.

### SWAT Communication Platforms

SWAT Website: [www.swatswim.ca](http://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

<b>SWAT Training Group</b>						
<b>Equipment</b>	<b>Sr. P</b>	<b>Sr. 1</b>	<b>Sr. 2</b>	<b>Jr</b>	<b>Nov.</b>	<b>MW</b>
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	Optional	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		
Dry-Land Appropriate Clothes (Runners, Shorts, T-Shirt)	X	X	X	X		
Paddles – Stroke Maker	X	X	Optional <i>*must have one set of paddles</i>			
Paddles – Finis Agility	X	X	Optional <i>*must have one set of paddles</i>			
Performance Race Suit	X	X	Recommended, but not mandatory			
Secondary Performance Race Suit	Recommended, but not mandatory	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 on September 11<sup>th</sup>. Other team gear such as sweater, parka's, extra shirts, etc. available to order as well. Please contact our equipment manager, Dan Dobson, for more information!  
[equipment@swatswim.ca](mailto:equipment@swatswim.ca)



## 2019 - 2020 SWAT Competition Calendar

Month	Date	Event	Location	Team Travel	Performance Stream		Development Stream		Discovery Stream		Para Stream
					Sr P	Sr 1	Sr 2	Jr	NV	Mini-Waves	Para Stream
September	11th	SWAT: Wednesday Night @ the races	SSS		X	X	X	X	X		x
October	26th - 27th	AGD #1 Relay & IM Meet	DAL		X	X	X	X			x
November	1st - 3rd	Para Atlantic Camp	Sussex, NB								x
	2nd	Nova Tech Central #1	Centennial						X	X	
	9th - 10th	AGD #2 - Acadia	Wolfville		X	X	X	X			x
	30th - 1st	AGD #3	Greenwood		X	X	X	X			x
December	4th	SWAT: Wednesday Night @ the Races	SSS		X	X	X	X	X	X	x
	7th	Nova Tech Central #2	Centennial						X	X	
	11th - 16th	Ontario Junior International	Toronto	w/ Team NS	X						
	13th - 15th	Candy Cane Meet	Truro		X	X	X	X			x
January	10th - 11th	AAA LCM Dev #1	DAL		X	X	X (AAA)	X (AAA)			x
	18th - 19th	AA #1	Dartmouth				X (AA)	X (AA)			
	24th	NS Young Guns Meet - Next Gen	DAL		X						
	25th	Nova Tech Central #3	Centennial						X	X	
February	2nd	AAA LCM Dev #2	DAL		X	X	X (AAA)	X (AAA)			x
	14 - 16th	AA Winter Champs	Antigonish				X (AA)	X (AA)	QT		
	22nd	Nova Tech #4	Shearwater						X	X	
March	5th - 8th	David Fry Prov Champs	DAL		X	X	X (AAA)	X (AAA)			x
	11 - 15th	Swim NS Maine Tour Trip (Target Age 11-13 "AA" Swimmers)	Bath, ME	w/ Team NS			X	X			
	TBC	SWAT: Wednesday Night @ the races	SSS		X	X	X	X	X	X	x
	28th	AAA LCM Dev #3	DAL		X	X	X (AAA)	X (AAA)			x
April	28th - 29th	AA Dev #2 - Sydney CB	CBD				X (AA)	X (AA)			
	31st - 5th	2020 Olympic Trials	Toronto, ON	TBD	QT						
	16th - 19th	Eastern Canadian Championships	Windsor, ON	YES	QT	QT					
	16th - 19th	MAC Invite - Windsor Ont (Target Age 13&O Qualified / Non Easterns Swimmers)	Windsor, ON	YES	X	X	X				
May	18th	Nova Tech Central #5	Centennial						X	X	
	1st - 2nd	AAA LCM Dev #4	DAL		X	X	X (AAA)	X (AAA)			x
	2nd - 3rd	AA Dev #3	Wolfville				X (AA)	X (AA)			
	9th - 10th	Nova Tech Explosion	Truro						X	X	
June	21st - 24th	SJL Ice Berg Meet (Target Ages 11 - 18 Year Old AA/AAA Needing LCM Race / Travel Experience)	St. Johns, NFLD	YES		X	X	X			
	6th - 7th	AAA LCM #5	DAL		X	X	X (AAA)	X (AAA)			x
July	5th - 7th	AA Spring Champs	DAL				X (AA)	X (AA)	QT		
	TBC	SWAT: Wednesday Night @ the races	SSS		X	X	X	X	X		x
	9th - 12th	Ken Dunn Provincial Champs	DAL		X	X	X (AAA)	X (AAA)			x
August	13th	Ken Dunn Open Water	Long Lake		X	X	X	X (12&O)			
	22nd - 25th	Canadian Junior Championships	Montreal, QC	YES	QT	QT					
	TBD	Maine State International Tour	Saint John, NB	w/ Team NS	X	X	X				
August	6th - 9th	Canadian Swimming Championships	Edmonton, AB	YES	QT						
		Open Water # 2	Long Lake		X	X	X	X			

**Notes:** MAC Invite & SJL IceBerg Meet Dependant on # Qualifiers and Interested Swimmers  
Both Meets will be done as Team Travel Events

QT = Qualified Swimmers

Other Meets may be added to our Calendar at Coach Discretion, given needs of athletes throughout the season.

Novice Swimmers Once Nova Tech Graduated Attend AA Dev Meets



**Mini-Waves 2019 – 2020 Swim Meet Schedule**

<b>Date</b>	<b>Meet Name</b>	<b>Location</b>	<b>Notes</b>
Saturday, November 2 <sup>nd</sup> , 2019	Nova Tech Central #1	Centennial Pool – Hosted by HTAC	
Saturday, December 7 <sup>th</sup> , 2019.	Nova Tech Central #2	Centennial Pool – Hosted by SWAT	This is a TEAM hosted event. All parents are encouraged to help officiate or in other volunteer capacities. More info to come!
Saturday, January 25 <sup>th</sup> , 2020	Nova Tech Central #3	Centennial Pool – Hosted by CGCSA	
Saturday, February 22 <sup>nd</sup> , 2020	Nova Tech Central #4	Shearwater Pool – Hosted by SBSC	
Saturday, April 18 <sup>th</sup> , 2020	Nova Tech Central #5	Centennial Pool – Hosted by DCSC	
Saturday, May 9 <sup>th</sup> – Sunday, May 10 <sup>th</sup> , 2020	Nova Tech Explosion	Truro Rath Eastlink Community Centre – Hosted by TCSC	This is the final swim meet of the season for our Nova Tech Athletes and an opportunity to experience a multi day meet! Sessions run Saturday Afternoon / Sunday Morning.

*Above are the 2019-2020 Meet Schedules for SWAT. Please note that throughout the season, some meets may be added or removed from schedule due to the developing needs of our athletes. At this time, this is the projected meet schedule, and any changes will be communicated with lots of advanced notice. Changes primarily happen at the National / AAA Provincial Level, so swimmers in training groups Sr 2, Sr 1 & Sr Performance are most effected.*



**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	2:35.89	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.

<p><b>14&amp;U – Option 1:</b> 200m IM OR 400m IM PLUS any 200m event or longer</p> <p><b>Option 2:</b> Any three 200m events or longer</p> <p>Maximum of 8 (eight) individual swims</p> <p><i>14 &amp; Under 100's/50's are to swim event standards</i></p>
<p><b>15&amp; Over</b> – require one qualifying times to compete, maximum of 8 (eight) individual swims</p>
<p><b>All ages</b> - 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.</p>
<p><b>Open-</b> swimmers that are 15 &amp; under may choose to swim in the Open Category; however, they must meet the qualifying times in their own age group.</p>
<p><b>Qualifying period:</b> Times must be achieved on or after March 1<sup>st</sup>, 2019</p>
<p><b>Bonus swims for all ages as follows:</b></p> <ul style="list-style-type: none"> <li>o 1 qualifying time = 4 individual swims</li> <li>o 2 qualifying times = 5 individual swims</li> <li>o 3 qualifying times = 6 individual swims</li> <li>o 4 qualifying times = 6 individual swims</li> <li>o 5 qualifying times = 6 individual swims</li> <li>o 6 qualifying times = 6 individual swims</li> <li>o 7 qualifying times = 7 individual swims</li> <li>o 8 or more qualifying times = 8 individual swims</li> </ul>



Swimming Canada 2019 Female Standards - Trials/CSC/CJC/East/West												
Event	Trials		CSC	CJC			CJC relay	Easterns/Westerns				
	Senior	2002-2005 YOB		Senior	16-17	15		14	13	13-17	16&Over	15
AG												
50 fr	26.87	27.29	27.15	27.29	27.81	27.99	28.55		27.84	28.37	28.55	29.12
100 fr	57.45	58.94	58.31	58.94	1:00.17	1:00.69	1:02.27		1:00.12	1:01.37	1:01.90	1:03.52
200 fr	2:04.66	2:07.57	2:06.14	2:07.57	2:10.38	2:11.95	2:15.42		2:10.12	2:12.99	2:14.59	2:18.13
400 fr	4:25.15	4:31.63	4:28.98	4:31.63	4:37.36	4:40.43	4:46.78		4:37.06	4:42.91	4:46.04	4:52.52
800 fr	9:11.99	9:21.43	9:18.86	9:21.43	9:32.62	9:41.73	9:50.56		9:32.66	9:44.07	9:53.36	10:02.37
1500 fr	18:01.82	18:11.55	18:07.87	18:11.55	18:35.01	18:43.99	19:10.94		18:33.38	18:57.31	19:06.47	19:33.96
50 bk	30.53	31.04	30.86						32.40	32.40	32.40	32.40
100 bk	1:04.51	1:05.97	1:05.55	1:05.97	1:07.79	1:08.65	1:10.65		1:07.29	1:09.15	1:10.02	1:12.06
200 bk	2:19.60	2:22.97	2:22.03	2:22.97	2:26.64	2:28.46	2:32.37		2:25.83	2:29.57	2:31.43	2:35.42
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	1:17.56	1:18.11	1:20.36		1:17.30	1:19.11	1:19.67	1:21.97
200 brst	2:38.35	2:42.80	2:42.05	2:42.80	2:47.77	2:48.73	2:53.62		2:46.06	2:51.13	2:52.10	2:57.09
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	1:05.89	1:06.75	1:08.73		1:05.64	1:07.21	1:08.09	1:10.10
200 fly	2:21.51	2:24.40	2:22.01	2:24.40	2:29.46	2:30.70	2:36.66		2:27.29	2:32.45	2:33.71	2:39.79
200 IM	2:22.40	2:24.90	2:24.40	2:24.90	2:28.23	2:29.84	2:33.71		2:27.80	2:31.19	2:32.84	2:36.78
400 IM	5:03.68	5:08.43	5:06.78	5:08.43	5:15.05	5:19.28	5:27.24		5:14.60	5:21.35	5:25.67	5:33.78
400 FR								4:05.00				
400 MR								4:35.00				
800 FR								9:00.00				

Swimming Canada 2019 Male Standards - Trials/CSC/CJC/East/West												
Event	Trials		CSC	CJC			CJC relay	Easterns/Westerns				
	Senior	2001-2004 YOB		Senior	17-18	16		15	14	14-18	17&Over	16
AG												
50 fr	23.95	24.56	24.12	24.56	25.20	25.55	26.20		25.05	25.70	26.06	26.72
100 fr	51.79	53.25	52.60	53.25	54.79	55.52	57.12		54.32	55.89	56.63	58.26
200 fr	1:53.63	1:56.47	1:54.97	1:56.47	2:00.02	2:01.70	2:05.43		1:58.80	2:02.42	2:04.13	2:07.94
400 fr	4:03.10	4:10.18	4:06.18	4:10.18	4:16.68	4:20.66	4:28.31		4:15.18	4:21.81	4:25.87	4:33.68
800 fr	8:40.28	8:44.55	8:43.17	8:44.55	8:59.99	9:03.92	9:17.14		8:55.04	9:10.79	9:14.80	9:28.28
1500 fr	16:23.72	16:48.31	16:35.66	16:48.31	17:11.96	17:22.37	17:44.86		17:08.48	17:32.60	17:43.22	18:06.16
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	1:02.13	1:03.14	1:04.95		1:01.31	1:03.37	1:04.40	1:06.25
200 bk	2:08.48	2:11.69	2:09.91	2:11.69	2:15.53	2:17.59	2:21.29		2:14.32	2:18.24	2:20.34	2:24.12
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	1:09.81	1:11.11	1:13.40		1:09.46	1:11.21	1:12.53	1:14.87
200 brst	2:22.41	2:28.74	2:24.62	2:28.74	2:33.00	2:35.60	2:40.36		2:31.71	2:36.06	2:38.71	2:43.57
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	59.65	1:00.57	1:02.67		59.18	1:00.84	1:01.78	1:03.92
200 fly	2:06.55	2:10.89	2:08.07	2:10.89	2:15.20	2:18.09	2:23.40		2:13.51	2:17.90	2:20.85	2:26.27
200 IM	2:09.02	2:12.21	2:10.75	2:12.21	2:16.06	2:18.00	2:21.79		2:14.85	2:18.78	2:20.76	2:24.63
400 IM	4:37.96	4:44.63	4:41.82	4:44.63	4:52.66	4:56.04	5:04.71		4:50.32	4:58.51	5:01.96	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 31, 2019)  
 CSC = Canadian Swimming Championships  
 CJC = Canadian Junior Championships  
[For more information on the Competition Improvement Plan and rationale - please see here](#)