

# SACKVILLE WAVES AQUATIC TEAM

Welcome / Info Session: New Swimmer Families

September 16<sup>th</sup> – 7:30PM

# WELCOME TO OUR TEAM!!



# Meet Your Coaches - Senior



Zoe Miles  
Senior Coach  
Head Coach



*"This season I cannot wait to watch our team come together - in person - stronger than ever. Our returning athletes have shown so much resilience and strength over the past 18 months, and the energy from each of our new swimmers on deck is contagious. We can expect big things from SWAT at all levels for the 2021-22 season!!!"*



Emma Ryan  
Senior Assistant Coach



*"A technician on pool deck, Emma loves to break down the components of swimming so athletes can understand technique and how the smallest change can impact the rest of their stroke"*

Contact: [zcmiles1@gmail.com](mailto:zcmiles1@gmail.com)

# Meet Your Coaches – Junior / Novice

	<p>Madison Slack Junior &amp; Novice Coach</p>
<p><i>"I am a strong believer that swimming should be the best part of your day, and when hard work is done any goal can be accomplished"</i></p>	

	<p>Jayne Belliveau Mini-Waves Lead Coach</p>
<p><i>"I am really looking forward to seeing new faces on pool deck and sharing my knowledge of the sport to all of the Mini-Waves Swimmers"</i></p>	

Contact: [madi@swatswim.ca](mailto:madi@swatswim.ca)

# Meet Your Coaches – Mini Waves

	<p>Jayne Belliveau Mini-Waves Lead Coach</p>
<p><i>"I am really looking forward to seeing new faces on pool deck and sharing my knowledge of the sport to all of the Mini-Waves Swimmers"</i></p>	

	<p>Natasha Sexton-Quillan Mini-Waves Assistant Coach</p>
<p><i>"My goal is always to help foster a life long love of sport, and my coaching experience has helped me fall deeper in love with swimming"</i></p>	

	<p>Ash Tomlik Assistant Mini-Waves Coach</p>
<p><i>"I'm excited to see the progress and enthusiasm of everyone who's swimming this year"</i></p>	

Contact: [jayne@swatswim.ca](mailto:jayne@swatswim.ca)

# SWAT 2021 – 22 Board Members

- Dan Dobson: President [dandobson@swatswim.ca](mailto:dandobson@swatswim.ca)
- Kristy Legge: Vice President [kristylegge@swatswim.ca](mailto:kristylegge@swatswim.ca)
- VP Finance: Martin Gaudet [martingaudet@swatswim.ca](mailto:martingaudet@swatswim.ca)
- Treasurer: Tara Mercier [treasurer@swatswim.ca](mailto:treasurer@swatswim.ca)
- Past President: Jason Jardine [jasonjardine@swatswim.ca](mailto:jasonjardine@swatswim.ca)
  
- Registrar: Christine Potvin [christinepotvin7@Hotmail.com](mailto:christinepotvin7@Hotmail.com)
- Secretary: Tammy Burton [burtontammy70@gmail.com](mailto:burtontammy70@gmail.com)
- Recruitment Chair: Angie L'Abbe [recruitment@swatswim.ca](mailto:recruitment@swatswim.ca)
- Officials Chair: Steven Taylor [officials@swatwim.ca](mailto:officials@swatwim.ca)
- Member at Large: Renee Dawson [reneedawson@gmail.com](mailto:reneedawson@gmail.com)

# SWAT Mission - Vision - Values

**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.

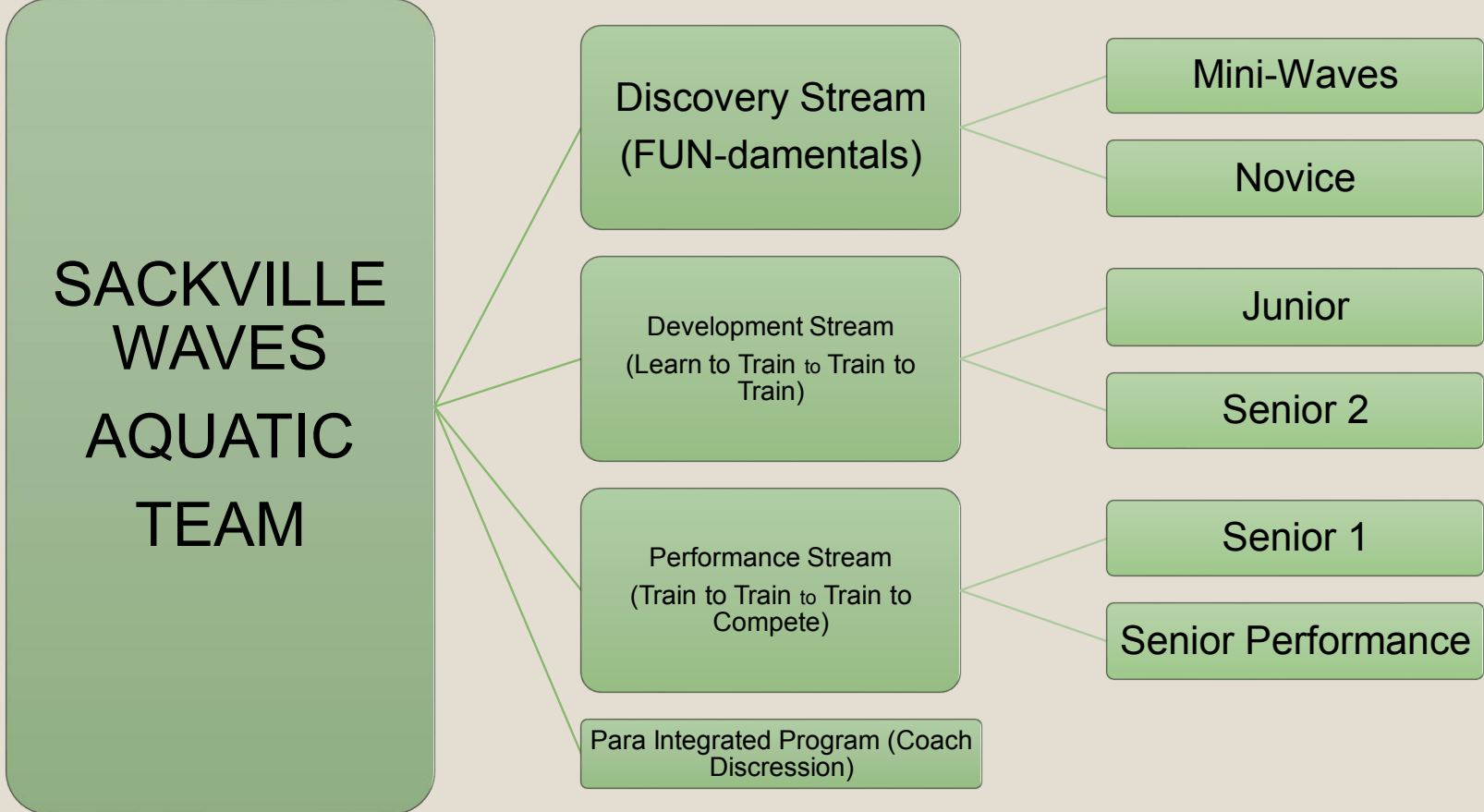
- **LEADERSHIP:** provide the leadership and means that will ensure sustained excellence across all levels of our program. (Innovation & Skill Development / Coach & Athlete Education)
  
- **INTEGRITY:** promote respect, honesty, transparency and growth across all levels of our program. (Respect & Accountability)
  
- **DEDICATION:** instil traits of commitment and discipline to strive to achieve excellence across all aspects of the swimmers life. (Commitment & Discipline)
  
- **TEAM PRIDE:** promote an inherent sense of community through athlete-centric actions to build a strong base of team culture and team. (Athlete Centred & Community)

# Team Structure



**2021 - 22  
Athlete Development**

**2021 - 22  
Training Groups**





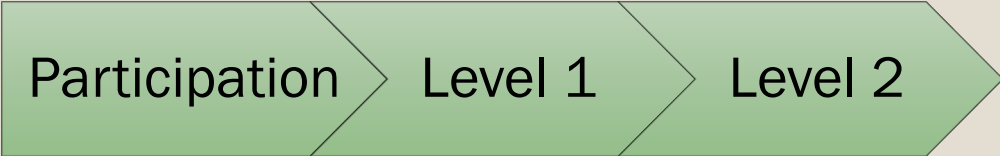
# Swim Meets

## What is Nova Tech?

Participation: all new mini-waves

Level 1: graduated from participation

Level 2: graduated from level 1



## What is Age Group?

AA: all athletes graduated out of the Nova Tech Program

AAA: all athletes who have qualified for NS Provincials

## Swim NS Age Group

AA  
(graduate out of Nova Tech)

AAA (achieve Swim NS AAA  
Qualifying Standards)

Combined Sept → Dec  
Meets AA / AAA

Combined Sept → Dec  
Meets AA / AAA

AA swims SCM Jan – Jun. AA  
Champs Feb / Jun

AAA swims LCM Jan – Jul.  
Dave Fry in March, Ken Dunn  
in Jul.

## Time Trials VS In House Meets VS Invitationals/Provincials

# Volunteering

- 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 2022. ([stacibrockerhurst@yahoo.com](mailto:stacibrockerhurst@yahoo.com))

Group	Volunteer Fees
Mini-Waves	50.00 \$
Novice	100.00 \$
Junior	200.00 \$
Senior 2	200.00 \$
Senior 1	200.00 \$
Senior Performance	200.00 \$

# Officiating

- Steven Taylor is our Officials Chair ([officials@swatswim.ca](mailto:officials@swatswim.ca))
- **Upcoming Clinics**  
Any clinics hosted by our club or Swim Nova Scotia will be posted on our website and communicated to our membership.
- **Rules and Guidelines**  
All swim meets follow the Swim Canada Rules. Consult the [www.swimming.ca](http://www.swimming.ca) for the most up to date rules.
- **Becoming an Official**  
Officials at swim meets are all volunteers. All meets are sanctioned by Swim Nova Scotia and are expected to follow the rules and guidelines as set out by Swim Canada. The expectations of the officials is to ensure that no swimmer gains an unfair advantage over another and that actions of one swimmer does not interfere with the performance of another.

# Fundraising

- We are currently in need of a Fundraising Chair on our Board.
- Team Fundraisers include things like Swim-A-Thon.
- Individual Team Fundraisers need to be brought forward by membership to the board for approval and planning.

Group	Fundraising Fees
Mini-Waves	100.00 \$
Novice	200.00 \$
Junior	250.00 \$
Senior 2	250.00 \$
Senior 1	300.00 \$
Senior Performance	300.00 \$

# Equipment

For the equipment this year, it will be the responsibility of the swimmer (parents) to purchase the required equipment. The list of equipment that is required is posted on our website under the group info tab ([www.swatswim.ca](http://www.swatswim.ca))

Some websites to order from are [Alltides.com](http://Alltides.com), [team-aquatic.com](http://team-aquatic.com). There are more websites out there; it's your own personal preference where you order from. Use the discount code SWAT25 at [alltides.com](http://alltides.com) to receive a discount off your order. If you have questions about the equipment, please reach out to your swimmers respective coach. Please note, the email [equipment@swatswim](mailto:equipment@swatswim) is not being monitored at this time and there will be no response from it.

SWAT CAPS & T-Shirts will be handed out to athletes within the next 2 weeks – these are free with registration. Additional SWAT Team Gear will be available to order (long sleeve, sweaters, shorts, etc later in the season).

# Suggested / Preferred Equipment

Fins: Arena Powerfin Pro Training Fin

Snorkel: Arena Swim Snorkel / Finis Glide Snorkel

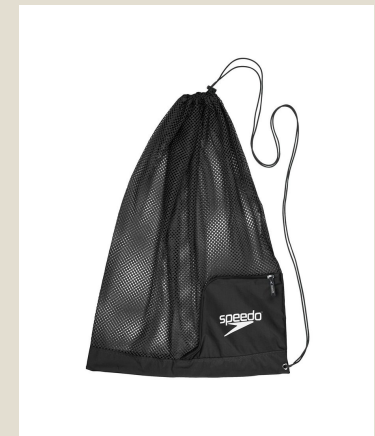
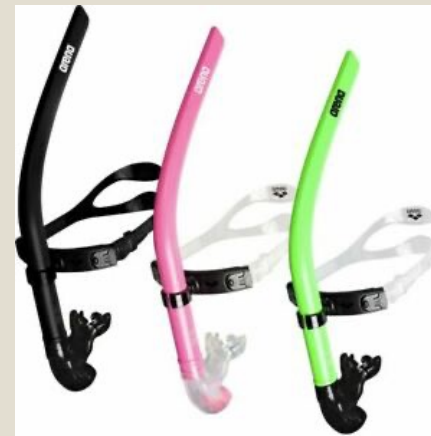
Kick Board: Speedo Jr Kick Board

Pull Buoy: Speedo Jr Pull Buoy

Swim Bag: Speedo Teamster 35L Backpack

Equipment Bag: Speedo Mesh Bag

Goggles: Speedo Vanquisher (clear / mirrored / etc)



# Equipment

- Swimmers are required to wear SWAT Caps at all workouts.
- Swimmers are required to wear SWAT T-Shirt at all competitions (in house and other)
- Helpful Hints:
  - *Order extra SWAT Caps for in swim bag*
  - *Have extra goggles for in swim bag*
  - *Wear long sleeve under your SWAT T-shirt to keep it dry on competition days*

# Website

- Your first stop for SWAT info. Continually being updated with new info.
- [www.swatswim.ca](http://www.swatswim.ca)
- Log-In for extra Member Info.





# Viewing Area / Pool Deck

The Viewing Area located upstairs in the Sackville Sports Stadium will be open to all parents during **ALL** SWAT Workouts as of October 4<sup>th</sup>, 2021.

The Viewing Area located upstairs in the Sackville Sports Stadium will be open to all parents during **TUESDAY, THURSDAY & SATURDAY MORNINGS**: You will need to check in with our SWAT volunteer for contact tracing.

SWAT does NOT allow any parents on pool deck at any time during workout. Please respect this policy and watch your child's training session from upstairs.

Parents are welcome to bring their swimmers into the changeroom to help them get changed or meet them in the changeroom after workout.

# New Covid-19 Rules:

Starting October 4th, people who are 12 and older will need to provide proof of full vaccination to participate in most events and activities that bring groups of people together. While the policy is not yet final, it will apply to participants and spectators for indoor and outdoor sports practices, games, competitions, and tournaments as well as indoor and outdoor extracurricular school-based activities, including sports. **Proof of full vaccination will be required for Nova Scotians who are 12 or older to participate in Swim Nova Scotia activities.**

This includes any team function, including, but not limited to pool/dryland training and competitions. Those that require a **vaccine include swimmers, coaches, officials, volunteers, and attendees.**

The proof of vaccination requirement does not apply to children 11 years of age and under because they are not eligible to receive a COVID-19 vaccine.

**People are considered to be fully vaccinated 14 days after their second dose** of a World Health Organization (WHO) approved vaccine or the one-dose Janssen vaccine, which is also WHO-approved.

**Proof of vaccination will be required and administered** as follows:

Coaches (ALL)

Swimmers & Volunteers – send proof of full vaccination record to Club Registrar/Administrator

Officials (will be included in registration package) –

Senior Officials (Levels 4 & 5) – send proof of full vaccination record to Swim Nova Scotia:

All other Officials (Levels 1, 2 & 3) – send proof of full vaccination record to Club Registrar/Administrator

# New Covid-19 Rules:

## Provincial Vaccine Policy (not yet finalized):

- Please note that an exemption policy for people who cannot get vaccinated because of a valid medical or behavioural reason is being developed.
- Children who turned 12 years of age between January 1 and October 4 this year will have until December 31 to attend events and activities while they get vaccinated; children who turn 12 years old after October 4 will have three months from their birthday to get vaccinated.
- **People are considered to be fully vaccinated 14 days after their second dose** of a World Health Organization (WHO) approved vaccine or the one-dose Janssen vaccine, which is also WHO-approved.
- Swim Nova Scotia will be required to follow the Vaccine Policy as outlined by Public Health once it becomes official. This is NOT Swim Nova Scotia's policy – this is the Province of Nova Scotia's Policy. A plan to administer the vaccine policy will be established by Swim Nova Scotia, further details will be shared once we receive more information from the Province.
- Any member participating in Swim Nova Scotia activities, such as, any team function, including, but not limited to pool/dryland training and competitions will be required to meet the Provinces vaccine policy requirements.

# October 16<sup>th</sup> – Team TIME TRIAL!!

- Volunteer to be a timer / official. (if not certified, reach out to Steven Taylor!)
- Viewing area upstairs will be open.
- Sign-Up on Website.
- FUN team event!!



# SWAT on Social Media



Instagram: @swat.swim

Facebook: Sackville Waves Aquatic Team

Twitter: @swat.swim

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

On-deck App: use your Team Unify Log In!

# Questions?

Ask now, Email your coach or ask at your group parent meeting!

- Mini-Waves: Saturday, September 18<sup>th</sup> @ 7:40AM @ *Rec – Zone.*
- Novice: Thursday, September 23<sup>rd</sup> @ 5:15PM
- Junior: Friday, September 24<sup>th</sup> @ 5:45PM
- Senior: Friday, September 24<sup>th</sup> @ 7PM
  
- **MEETING LOCATION:**  
Saturday: Rec-Zone  
Thursday /Friday: Multi-purpose Room

