

October

2019

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Team Pride – Integrity – Dedication – Leadership



FIRST 2019-2020 SATURDAY AM



JR GROUP LEADERSHIP ACTIVITY



2019 KEN DUNN OPEN WATER RACE

***“ CULTURE DEFEATS STRATEGY
EVERY TIME ”***

How to Sign Up for a Swim Meet

Sign into your SWAT Team Unify Account in the upper right of our home page.

Click on the Swim Meet (Under “Upcoming Events” on the home page) that you wish to sign up for.

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!*

Click on the grey “Edit Commitment” button at the top of the window.

Click on your swimmer you wish to commit.

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.*

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”.

Final Step for Swimmer Registration

Submitted by Glenda Sharples

Please look out for an email from Swimming Canada in the upcoming week. This is the final step in registering your swimmer. When you receive this email, please follow the instructions to verify your swimmer's information on the Swimming Canada website.

Note: Your swimmer will not be registered until the primary contact information has been validated and confirmed on the site.

The 5 Foundational Blocks of Swimming Part 2.

Be Humble

After learning about Mental Toughness in September, we look at the second foundational building block: humility. Humility in sport can mean a few different things. I am not talking about being a humble athlete who doesn't acknowledge their hard work and success – you worked for that and need to own it! However, as a foundational building block, humility means having an attitude that you are never too big to do the little things.

As a coach, we try to build strong characteristics and traits that will help our swimmers be successful both in AND out of the pool – essentially create transferable skills so that our swimmers are well prepared for whatever their next challenge in life is. It is so important for swimmers to recognize that no matter what sort of success they have in the pool, it is vital for them to continue to do the day to day things that got them there. Be a good teammate, be on time for workout, do your physio exercises, make eye contact when talking to people, help set up or take down the flags, pull the lane ropes if needed, be engaged in dryland, clean up your equipment, listen to the coaches, the list can go on forever! It is a far better environment to be in when your team is full of people who have strong characteristics and traits.

To link humility back to success in the pool, think about the following: CHARACTER triumphs over TALENT. CHARACTER begins with HUMILITY. Swimmers who learn to do the small things each day, consistently, and without ever believing they are “too big” to do these things will undoubtedly find themselves creating daily training habits and attitudes (their character), that lend itself to sustained success. In contrast, those who have a natural talent, but think they don't need to do any of the extra's to become a well-rounded athlete might find themselves on top at first, but then struggling to keep up to the others who have embraced humility and all the great daily tools that come from it.

So... who's going to volunteer to do the flags at their next workout??!!

Upcoming Events

October 1st – Sign Up
Deadline, AGD #1

October 2nd – Hockey
Pool Sign Up Deadline

October 7th – Senior
Scavenger Hunt

October 14th –
Thanksgiving Monday:
OFF

October 14th – Sign Up
Deadline, Nova Tech #1

October 18th – November
Sobeys Gift Card
Deadline

October 21st – Sign Up
Deadline, AGD #2

October 27th / 28th – Age
Group Dev #1 Meet

November 2nd – Nova
Tech #1 Meet

November 9th /10th – Age
Group Dev #2 Meet

COST RECOVERY: Sobeys Gift Cards

Submitted by Lisa Jardine

As mentioned in the last newsletter, SWAT is participating in the Sobeys gift card fundraising program again this year, which is an easy way to earn cost recovery funds to use towards monthly swim fees and other costs.

Orders are placed monthly for Sobeys gift cards in \$100 increments. The gift cards can be used at any Sobeys location (also at Fast Fuel, Needs, Lawtons, Foodland) and can also be used to buy any gift cards available at Sobeys for restaurants, gas stations, retail, NSLC, etc. Air Miles are earned when using the cards for purchases when applicable.

To participate, families write a monthly cheque made out to SWAT for the total gift cards they would like to purchase for the following month. For every \$100 purchased, a percentage (last year it was 5%, depends on order size), less \$0.25 cost recovery fee, goes to your cost recovery account.

If you are interested in ordering cards for November, please let Lisa Jardine (lisajardine@swatswim.ca) know and provide her with your cheque for November's order by Friday, October 18th. Please email her to arrange for pick-up of your cheque.

The program will run until June 2020. There is no requirement to participate every month, you can opt in or out any month. For anyone planning to participate regularly, it's easiest to provide Lisa with post-dated cheques for future months, dated for the 20th of each month.

The remaining planned schedule for 2019-20 is as follows:

Order Month	Payment & Order Details Deadline	Cheque date	Card Distribution (estimated)
November	October 18	October 20	First week of November
December	November 15	November 20	First week of December
January	December 13	December 20	First week of January
February	January 17	January 20	First week of February

OCTOBER SWIMMER OF THE MONTH CRITERIA

This season, we will be doing swimmer of the month for each group! SWAT coaches have created special criteria for each month, that highlights certain things we think are important in our sport.

October Criteria: Coachability

This swimmer is always ready to learn. They take feedback and turn it into results. This swimmer is always up for a challenge, and enjoys the process of “improving technique” and “learning how to be better”. This swimmer takes all suggestions and corrections in stride, and then is self-motivated to continue to work and improve them every single day. Each day this swimmer comes to the pool with the attitude of “what can I do today to become better?”.

March	February 14	February 20	First week of March
April	March 13	March 20	First week of April
May	April 17	April 20	First week of May
June	May 29	June 5	Mid-June

Funding Opportunities

For many families swimming is an expensive sport. There are a couple grants available through community partners that families are able to apply for each season.

KidSport – Support4Sport

Families can apply for up to \$300 per child, per calendar year (January 1 - December 31st) to help offset the cost of organized sport registration and equipment. If you are requesting funds only for equipment the grant cannot exceed \$200 per child. Applicants can only be approved once per calendar year for one sport. To be eligible to receive funding, the child must be 18 years or younger by the application deadline date they are applying for. Application deadline dates for 2019: *October 1st & November 1st*.

For more information: <http://www.kidsportcanada.ca/nova-scotia/apply-for-assistance/>

JumpStart – Canadian Tire

To be eligible for funding for one or more children, families must first meet specific financial criteria as per Revenue Canada’s Low-Income Cut-Offs (LICO) chart. Children must fall between the 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. Funding is up to \$300 per activity, subject to Chapter discretion and/or local demands. Applications must be submitted between January 15 and November 30. Funds will be distributed evenly over all spring/summer and fall/winter activities.

For more information:

<https://jumpstart.canadiantire.ca/pages/individual-child-grants>

We need Official Volunteers. Want to Learn More?

If you want any more information regarding officiating please either send me an email (officials@swatswim.ca) or talk to me (or my wife Siobhan) at the pool. Additionally, you can check the SWAT website under Member Info→Officiating to learn more about getting involved (you will need to be signed into your account to access this page).



Officiating in the 2019-2020 Season

Submitted by Steven Taylor

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

We have a full program of swim meets to attend as well as the Wednesday Night @ the Races at SWAT that all require volunteer officials. The minimum number of officials required for a meet to run is 34! Some meets use both ends of a 50m pool so the number of officials for those meets doubles to 68!! Traditionally, volunteer SWAT parents, and swimmers, support the meets in numbers. This is especially important for the swim meets that SWAT organize - the first of these meets is scheduled for **Saturday December the 7th** at Centennial Pool in Halifax for the NovaTech #2 Meet. Please keep this date free and volunteer if you can.

In order to officiate at a SWIM NS meet you need to have started on the Officials Certification Pathway as defined by Swim Canada (please see the links for more information). All the training you need is provided free and locally in the form of clinics. To achieve your level 1 certification, all you need to do is to attend 1 clinic for 1h where you will see the Introduction to Swimming clinic as well as the Safety Marshal clinic. The SWAT Chair of Officials will then register you in the Swim Canada database and you are good to volunteer as a timer where you will be poolside in 'the best seat in the house'.

SWAT strongly encourages at least 1 member of all SWAT families to take the Level 1 Clinic. I hope to run a Level 1 Officiating Clinic shortly so that you can start timing on deck in the SWIM NS sanctioned meets. In addition, Swim NS will host another of the Mass Officials Clinics on **Sunday the 20th October** in Halifax. The idea is to run a whole series of clinics throughout the day so that everyone can simply pick and choose which clinics they want to attend. It is a great opportunity for people new to officiating to take their level 1 clinic as well as for officials to fast track their progress through the certification pathway. There are 4 more levels that can be achieved once you have taken the first level. As you progress through the levels there are more and more roles that you can take on at poolside.

Swim Canada Officials Resources

- Officials Certification Pathway
- Clinics and Quizzes

<https://www.swimming.ca/en/resources/officiating/certification/>

For a list of Swim NS Swim Meets where you can volunteer, please check SWAT's 2019 – 2020 Meet Schedule on your group page!

September Swimmer of the Month

Theme: Power of Positive

Senior 1 / Senior Performance – Katharine Dawson



Katharine embodies the power of positive on a daily basis. She is the first one to speak out to encourage teammates during a tough dryland session, and is always handing out high-5's at the end of a training set. Katharine's energy in practice is contagious as she's always seen with a smile on her face, an encouraging word to a friend, and willing to lend a helping hand. Thanks for spreading your awesomeness with the group daily!

Senior 2 – Zoe Millward

Zoe shows up each day as a bundle of energy. She makes sure that everyone feels welcomed to the team and has proven herself this season as a positive role model for the younger swimmers. Zoe encourages her teammates both in and out of the pool and makes sure everyone around her is having fun. Keep it up Zoe.



Junior – Alana Mercier



Alana is our Junior Swimmer of the Month. She is always happy to be at the pool, and makes it seem effortless in her ability to support her teammates and lift them up each day. Alana shows her love of the sport and her teammates each day through incredible leadership skills and her cheery attitude. We are lucky to have you on our team Alana.

Novice/Winter Maintenance – Emily Gaudet

Emily is a first year SWAT Member and has been a phenomenal addition to our Novice Training Group. Emily shows up each day eager to learn new skills and genuinely happy to be at the pool. She is becoming more social in the group, and has figured out that when armed with a positive attitude, you can do almost anything in the pool. SWAT Coaches are so excited to continue to see you spread your positivity through our team.



Mini-Waves – Olivia Young



The inaugural Swimmer of the Month for Mini-Waves is Olivia Young! Olivia was chosen because she has been seen always encouraging her teammates, continually has a smile on her face and always asks when she could go next. Great work Olivia, you are super positive and sweet teammate.

Do YOU make WAVES? Or Want to Nominate Someone?

Many of our SWAT Swimmers are also doing BIG things in our community. Whether that be volunteer, academic achievements, or other athletic endeavors, it is great to celebrate our swimmers achieving big things both in and out of the pool. Each month we will highlight one athlete in our community. If you know someone who should be nominated, please contact Zoe at zcmiles1@gmail.com

Parents AND swimmers are welcome and encouraged to nominate their teammates so that we are able to recognize all of the great people we have within our club.

Waves in the Community – September

Name: Jayne Belliveau

Age: 14

Event: Jayne was selected to be a Guest Speaker for the One Girl Empowered Conference in Halifax a few weeks ago. One Girl Empowered is a platform for our next generation of female leaders to share their passion and purpose to make their schools, communities and world a better place! Girls come together to hear the inspiring, encouraging and empowering stories and messages of girls 18 years of age and younger that are making a difference! It's a pretty cool event and a huge honor that one of our own members was selected to stand in front of many girls in our community and share her story. Way to go Jayne!!!

We asked Jayne B a few questions to learn more about this experience:

What was your favorite part of the experience ?



If I were to pick one favourite moment during my one girl presentation, it would have to be the end when everyone stood and applauded. At that point it made me realize that I have something important to say and I am able to move others with my words. It was super empowering!

How do you think sharing your story helped other girls?

One of the reasons I chose to participate in the One Girl conference would be to feel surrounded by other girls my age with thoughts on how to participate in our new world with confidence. When I wrote my speech I wanted girls to know it is normal to have self-doubts and let them know it's ok to fail if we learn from it, failure can be the key to success.

What are you most excited for in the next year?

I am most excited this year to meet new people, learning new things and all the new experiences a first year in high school brings.

Mini Waves Assistant Coach Announcement

Hello SWAT family. My name is Natasha Sexton and I am delighted to be a part of the team for another exciting year.

I got my start with competitive swimming in New Brunswick through a program offered in elementary school. The day I beat my older brother in a race was the day swimming officially became my first love, and you never forget your first love!

I moved to Nova Scotia in 1997 and joined SWAT for two seasons before taking a "leave of absence". I rejoined SWAT officially almost two years ago as a PARA swimmer and currently swim with the Sr. 1 group. Under Zoe's guidance I have experienced much success and she has reignited my love of this sport as a whole.

This year I am super excited to be joining the Mini-Waves program as an Assistant Coach to Dina. I hope to be able to inspire and encourage the next generation of SWAT swimmers. This age group is so much fun to work with and they remind me why this sport is so great. I look forward to seeing this group develop and achieve their goals. I hope they come home every day excited about what they did and looking forward to whatever is next.

The Integration of Mental Skills Training into the SWAT Program

By Grace Myers

As the stigmatization surrounding mental health continues to grow, so does the knowledge within our society. Studies have been conducted on the importance of physical health for competitive athletes, however, the mental health aspect has been neglected up until the early 2000s. Recent studies conducted by health care practitioners, Sharma, Madaan and Petty, suggest that cardiovascular exercise has the ability to positively contribute to a person's mental health. Activities such as swimming, biking and running increase blood flow to the brain and reduce cortisol levels, thus resulting in a heightened mood. (Sharma, Madaan & Petty, 2006)

The importance of integrating basic mental skills in the SWAT Junior and Senior program is to provide the tools for athletes to manage sports stress with the use of positive self-talk, goal setting, visualization, self-awareness, self-confidence, centring, and relaxation (Sleivert & Mackenzie, 1996). "Sports that involve teams of individuals will require different mental skills for each individual due to the different demands of their specific roles within the team." (Roberts, 1992) (Smoll & Smith, 2002)

Hodge, Sleivert and McKenzie (1996) discuss the three primary forms of mental preparation for athletes: pre-performance, during performance and their specific coping plan. The pre-performance stage consists of positive self-talk, visualization and centering one's self. (Lubbers, 2001) During the performance stage athletes are supplied with the tools to pin-point the foci during the event. Our goal with SWAT is to get all athletes into the mind state of "if you have a lane, you have a chance" (Miles, 2018) and to remember to focus on the controllable variables, not the uncontrollable. In regard to the coping plan, mental strategies are used to assist the athletes during distractive situations, or uncontrollable variables that may occur before, during or post performance. (Hodge, Sleivert & McKenzie 1996)

Self-talk is used to increase the confidence of an athlete and maximize concentration during both training and racing environments. This is a beneficial tool not only in sport, but in all aspects of life. The mental practice of centering one's self is used to ground the athlete in the moment. It will supply the tools to allow an athlete to stay in the present versus thinking about the past or the future, also-known-as the "what ifs?" High performing athletes do not consume their thoughts with the 'what ifs,' they focus on the present moment which results in heightened performance. Visualization is used by athletes around the globe, as it "engages all of the senses operating in that the specific situation through images that can be seen, felt, smelt, tasted and heard." (Smoll & Smith, 2002) Visualization allows athletes to swim a race 1000 times before getting in the water. Studies have been done that support the positive correlation between visualization and muscle memory. (Johnstone, 2017)

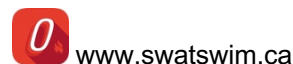
Goal setting is the most popular mental tool practiced in sport as it is proven to be the best way to improve and perfect a skill. The two types of goals that will be primarily used with the SWAT athletes are long-term goals (the final destination) and short-term goals (pit stops along the way).” (Roberts, 1992) Hodge, Sleivert and McKenzie (1996) warns people to take caution when setting goals, and to avoid the following: “setting goals that are not specific, realistic, or measurable. Setting too many goals at once, and not monitoring your progress.”

In Robert’s (1992) essay, *Psychological Considerations for Youth*, he states the following, “research suggests that childhood and early adolescence is a critical period for the psychological development of the athletes. Specifically, experiences during this developmental age can play a large part in shaping the individual’s self-esteem and social development. Just being involved in sport does not guarantee psychological benefits.” It is important to be aware that mental skills will not be beneficial unless they are practiced. This can easily be correlated to the physical aspects of sport. An athlete can attend every practice, however, if they do not participate and put in the effort, they will not receive the full benefit, this is the same with mental skills training.

Our goal with SWAT is to design well-rounded people within society, not only in sport. The mental tools that we have integrated into our program have the power to benefit athletes both in and outside of the pool if they are practiced and respected. The coaches of SWAT appreciate your support with our project of implementing mental skills training into the Junior and Senior programs.

Follow SWAT on Social Media

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SWAT Fundraising Reminder

If you have not picked up your Sun Sweep Tickets for our first fundraiser, please contact Shannon Millward. If you sell all of your tickets and want more – we can hook you up! Also our Annual Hockey Pool deadline is tomorrow, October 2nd @ 7PM. Click this link to register: <http://www.officepools.com/invite/classic/m/HAHR6TE6>
Thank you for supporting our Team.