

September

2019

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# SWAT NEWS

*Team Pride – Integrity – Dedication – Leadership*



REGISTRATION NIGHT 2019



SACKVILLE SPORTS STADIUM



4x200 PROVINCIAL GOLD!!!

**“ IF YOU DO NOT CONSCIOUSLY FORM  
GOOD HABITS, YOU WILL  
UNCONSCIOUSLY FORM BAD ONES”**

## Contact Us

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### COACH CONTACTS

#### Head Coach

Zoe Miles

[Zcmiles1@gmail.com](mailto:Zcmiles1@gmail.com)

#### Junior & Novice Coach

Grace Myers

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

#### Mini Waves Coach

Dina Rogers

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

#### Lines Of Communication

1. Email your group coach first with any questions!

2. Email Head Coach second if you need more clarification.

3. Email the Board Member in Charge for many Team Initiatives OUT of the Water.

## Message From the President

Submitted by: Jason Jardine

Hello SWAT Parents and Swimmers,

Welcome to the 2019/2020 swimming season! It will be hard to build upon the great success we had last season, but we are off to a terrific start! Registration went well, and we have 10+ more swimmers starting this year than we had at the end of last year.

### NEW BOARD

We have added a number of new board members this year, in general with more broad representation from all practice groups for 2019/2020:

- New VP Amy Wilkins
- New VP Finance Lisa Jardine
- New Treasurer Angie L'Abbe
- New Recruiting Chair Tara Mercier
- New Fundraising/  
Cost Recovery Chair Shannon Millward
- New Member at Large Kristy Childs-Legge & Heather Astroff

### THANKS TO OUTGOING BOARD MEMBERS:

Thanks to Shawn Lewis, Gabe Mercier, Cyndi Sweeney, and Peter and Nicole Belliveau for everything they have done this past year and in other years to support and run the club.

### Board Focus areas 2019/2020

- Continue to support the strong performance in the pool for all practice groups
- Increase parental engagement and involvement in all area to match our kid's commitment to the sport, including adoption of Safesport Initiative from Swimming Canada
- Refine our whole team communication strategy and build our entire team spirit through some more Team centered events
- Better definition of board and volunteer roles and responsibilities
- Support Zoe and her staff with professional development opportunities as they run their swimming program

It was great to see everyone back at the pool on registration night—looking very forward to the upcoming year!

Congratulations to **Ella D, Lucy J, Ryan J, Juliette M & Michael S** who all were named to the Fall/Winter 2019 Nova Scotia Next Gen Performance Team. Way to go swimmers, great job representing SWAT!

## Upcoming Events

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September 21<sup>st</sup> –  
September 28<sup>th</sup> – Group  
Parent Meetings \* Check  
your Calendar!!

October 1<sup>st</sup> – Sign Up  
Deadline, AGD #1

October 14<sup>th</sup> –  
Thanksgiving Monday:  
OFF

October 14<sup>th</sup> – Sign Up  
Deadline, Nova Tech #1

October 21<sup>st</sup> – Sign Up  
Deadline, AGD #2

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

November 2<sup>nd</sup> – Nova  
Tech #1 Meet

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

## Fundraising Information

Submitted by: Shannon Millward

Welcome parents to another fantastic SWAT season! My name is Shannon Millward and I will be your chair for both Fundraising and Cost Recovery. As a parent of 2 swimmers I understand the need to help reduce fees both overall and personally, and I'll be putting together a plan in the next couple of weeks to help us achieve both. I know there is some confusion around the differences in cost recovery and fundraising so I will personally be at the parent meetings over the next week to address them and get some feedback from families. Our first fundraiser will be tickets through Sport NS and they have some amazing prizes! I'll have details for those at our meetings as well. I strongly encourage feedback and any ideas you may have for our team in regards to fundraising so don't hesitate to reach out! My primary e-mail is [shannonmillward@outlook.com](mailto:shannonmillward@outlook.com) and I look forward to meeting and working with all of our fantastic swim families this year!

### Sobeys Gift Card Orders – Due Sept 20<sup>th</sup>

Submitted by: Lisa Jardine

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 October, please let Lisa Jardine ([lisajardine@swatswim.ca](mailto:lisajardine@swatswim.ca)) know and provide her with your cheque for October's order by Friday, September 20<sup>th</sup>. 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 20<sup>th</sup> of each month.

The planned schedule for 2019-20 is as follows:

<b>Order Month</b>	<b>Payment &amp; Order Details Deadline</b>	<b>Cheque date</b>	<b>Card Distribution (estimated)</b>
October	September 20	September 20	First week of October
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
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



Thank you to Karen & Richie Smith, Cyndi Sweeney, Scott Bateman & all of our Board Members who volunteered their time to make our 2019 – 2020 Registration and Welcome BBQ Night such a success !!

## Do YOU make WAVES? Or Want to Nominate Someone?

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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](mailto:zcmiles1@gmail.com)



## Waves in the Community – August

**Name:** Abby Lewis

**Age:** 12

**Event:** 2019 Legion National Youth Track and Field Championships: For over 50 years, this event has supported young Canadians through training and competition in track and field. The Legion Nationals are the country's premier and only nationwide competition for U16 and U18 athletes. This season, Abby was selected to race as part of Team Nova Scotia & Nunavut, based off of her amazing performances in July. This Competition has been held all across the country in places like Calgary, AB, Sherbrooke, QC & Langley, BC. This year the competition was held close to home, in Cape Breton from August 9<sup>th</sup> – 11<sup>th</sup>. Abby competed in the 1200m & 2000m distances. Way to go Abby!

**We asked Abby L a few questions to learn more about this experience:**

**What was your favorite part of the experience ?**

It's really hard to choose just one favorite part of legions. I got to be part of a provincial team with some of the best athletes in Nova Scotia, and I got to meet so many new people from across the country. The track meet was amazing, it was different than any other track meet I've ever been to. It was really cool to see and experience competition at such a high level. I also really enjoyed the experience outside of the track. There were some super fun events and activities for the athletes after competition.

**What is one thing you learned from this experience?**

I learned a lot, but I think one really important thing I took away from legions is how to race in a bigger, more competitive group of athletes. Any track meets I go to in Nova Scotia usually have around 6 racers, not a lot. There were 15 girls in my 1200m heat at legions and I immediately got pushed to the back. I ran towards the back and on the outside for most of the race, probably running much more than I needed to, and finished in 18th place overall. I wasn't too thrilled about my race but in the 2000 the next morning I did a better job at getting out front and getting my space. I raced in second the entire time, but completely died in the last 300 meters and finished 8th overall. I would've loved to place higher but I learned so much from my races and I think it will help me a lot in the future.

**What is one thing you are most looking forward to over the next year?**

I'm really excited for the fall, so I can get back in the water and also start cross country training. XC Provincials will be in November.

## SEPTEMBER SWIMMER OF THE MONTH CRITERIA

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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.

### September Criteria: Power of Positive

This swimmer is always able to brighten up their teammates and coaches' day. This swimmer understands the power of a positive attitude and is never seen without a smile on their face. They are willing to lend a helping hand – usually before even being asked, and they are always armed with positive words of encouragement for their team.

## The 5 Foundational Blocks of Swimming Part 1.

### Mental Toughness

The first foundational building block is Mental Toughness (MT). MT is a pretty common “buzz word” in competitive sport over recent years. To a lot of people, this means motivation: never giving up when the going gets tough, always showing up, and training insane hours/workouts each week – even on days when you're not feeling your best.

In actuality, MT is all about building awesome DAILY habits, that you are able to stick to on good days and bad ones. These habits allow you to stick to a schedule and overcome challenges and distractions. Since these small daily habits (showing up on time, bringing all your gear, listening to your coach, always looking for ways to improve your skills, etc.), become part of your routine, you will always do it no matter what else is going on that day.

Anyone who swam with SWAT last year, has heard me say this plenty of times, “Train the way you want to Race”. Essentially this means that each day, the swimmers practice the skills, stroke technique, or split times that they want to be able to do at their swim meets. The point behind this is to build muscle memory, and build consistency in their swimming (in other words – build a HABIT!). Mentally tough swimmers don't have to be “tougher” or more “talented”, or more “intelligent”, they just have to be more consistent! They decide to do the right things, all of the time.

Swimmers who have developed great daily habits find it helps them to focus on the important things, even with distractions around them. This is because these actions become automatic, and they don't need to think about it – they just do it. One of the biggest distractions in our sport is NERVES!! I'm sure every swimmer can relate to being nervous before your first practice, or before a big race. When we develop these great daily habits in practice, we can stop thinking so much when we are nervous, and let our body do the work!

Swimmers should remember that MT is tied to actions. Small daily actions that will build into big results. MT is a foundational building block because it helps the athletes feel like they are in control of their sport and their results. They've consistently put in the small daily work, they've built the great habits, and they are now READY to stand confidently behind the block, and reach their swimming goals.

It might seem daunting to start building new habits – the hardest part is to start! I encourage all swimmers to reflect and think about 2 small daily actions they can start to work on to create these winning habits!

Don't forget to check Team Unify ([www.swatswim.ca](http://www.swatswim.ca)) regularly for team updates, and swim meet sign ups!

## Coach Update

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This season we are lucky to have Madison Slack working with our team on Monday PM and Saturday AM! Join me in Welcoming Madi to our Team!

Madison (Madi) Slack is joining the SWAT coaching staff this year as a volunteer coach.

Starting her fourth year of coaching, Madi is a NCCP level 1 fundamentals certified coach. She is entering her fourth year of coaching for the Cole Harbour Hurricanes swim team and is eager to join the SWAT family!

Madi starting swimming competitively at the age of 11. She is currently swimming with the Halifax Wavecutters Aquatic Club, but swam for the Cole Harbour Hurricanes for 4 years and the Bedford Beavers for 2 years.

Madi is currently in grade 12, enrolled in the French Immersion International Baccalaureate program at Charles P. Allen High School. After graduation she plans to attend university for a Bachelor of Science with a major in biology and hopes to swim on a varsity swim team.

Madi is thrilled to be a part of SWAT this year and is eager to learn from the coaches and swimmers, wants to foster a positive atmosphere at the pool and make swimming as fun as possible while working hard and achieving team goals.

## Great Links for Swim Parents

Here are some awesome links to keep up to date with everything you'll ever want to know about swimming (and some stuff you didn't even know you wanted to know!).

[www.swimming.ca](http://www.swimming.ca) Swimming Canada Website

[www.swimnovascotia.com](http://www.swimnovascotia.com) Swim NS Website

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

[www.swimswam.com](http://www.swimswam.com) Swimming News from around the world

## 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>

