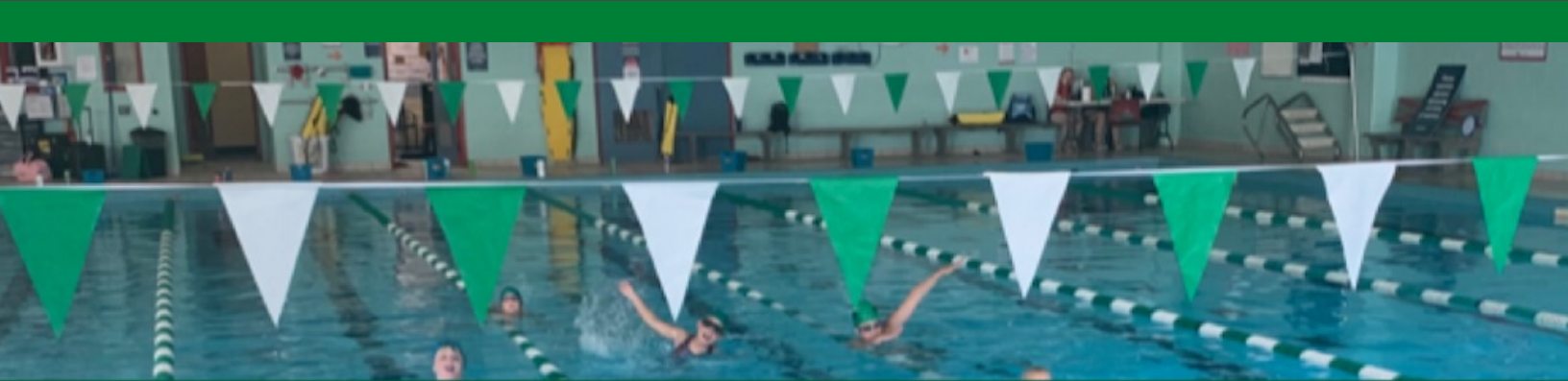


OCT. 2021 | VOL. 1

SWAT NEWS

TEAM PRIDE - INTEGRITY - DEDICATION -
LEADERSHIP



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WELCOME TO THE
2021 - 2022
SWIM SEASON

Message from Our President

DAN DOBSON

On behalf of Sackville Waves Aquatic Team, it gives me great pleasure to welcome you to our club; whether you are a returning member or new to the team.

Our club has always prided itself on being a family-oriented club with high expectations of performance and conduct, both in and out of the pool. We are committed to the further development of the sport of swimming as well as the development of our swimmers, coaches and administrators. Our goals in 2021/22 season for our senior and junior groups, is to build on the great results achieved last year. I ask each of you to get behind our senior and junior groups and support them. In addition, I'm very excited to see the novice group build on the fundamentals of swimming in order to achieve their desired goals. The Miniwaves program, the grass roots of our team, is full enthusiastic young swimmers that are eager to get to the pool for every session and build their confidence and dream of reaching the podiums of some major swim meets.

New Board

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

- | | |
|------------------|--|
| · Kristy Legge | Moves from Member at Large to Vice President |
| · Tara Mercier | Moves from Recruitment to Treasurer |
| · Jillian Mercer | Equipment Manager |
| · Angela L'Abbe | Recruitment Chair |
| · Renee Dawson | Member at Large |

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

It is important to remember that clubs like ours are run by volunteers. Therefore, if you can help in any way, please do not hesitate - your helping out will make a huge difference!!!

I look forward to another successful year for SWAT and ask all you to get involved in your club.

Yours in swimming,

Dan Dobson
President
Sackville Waves Aquatic Team



Contact Your Coaches

Head Coach:

Zoe Miles

zcmiles1@gmail.com

Junior / Novice Coach:

Madi Slack

madi@swatswim.ca

Mini-Waves Coach:

Jayne Belliveau

jayne@swatswim.ca



Upcoming Events

Saturday, October 2nd: Senior Amazing Race @2:30PM
(@ Centennial)

Thanksgiving Weekend: Workouts as USUAL, Sat & Mon
(Sr P @ SSS)

Saturday, October 16th: SWAT Season Opener Time
Trial 6 - 9AM @ SSS

Saturday, October 23rd - Sunday, October 24th: DAL
Relay / Sprint Meet (@ Dalplex - Junior & Senior
Swimmers only)

Saturday, October 30th: Junior & Senior Team Builder @
10:30AM, OnTree - Windsor.

November 1 - 7th: NovaTech RACE WEEK (Mini-Waves &
Novice Group Only)

Thursday, November 11th: Remembrance Day - OFF

Saturday, November 20th - Sunday, November 21st:
ACADIA Swim Meet (Junior & Senior Swimmers only)

Message from Our Head Coach

ZOE MILES

Welcome to the 2021 - 2022 swim season. Whether you are a long time SWAT member, or new to our team this year, I am thrilled that you have chosen to be part of our team. SWAT is a small team, filled with incredible coaches, athletes, parents and volunteers. I hope that our love of swimming is contagious to all new members.

The last two seasons have been filled with never before imagined adversity, but I commend every swimmer and swim family for their continued support of our team. Without each of you, SWAT would not be headed into our first "post-pandemic" season in as good of a position as we are today. SWAT has our highest membership in the last 8 years, and still room to grow. We also head into this season with over 30 Mini-Waves Athletes. This program is the backbone to our team, where we are able to teach new swimmers about our sport, improve their skills, and have FUN! Over the last two seasons, I have watched as our inaugural Mini-Waves Cohort began to move through our program, into the Novice and Junior Groups. It is a true testament to my coaching staff's hard work and your swimmer's determination to continually improve.

This season we will reintroduce in person, multi-team competitions. I cannot wait for our athletes to get into a racing situation with athletes outside of our team. Over the past two years SWAT has worked hard to provide in-house competitive opportunities for our athletes, which were well received. These will continue through the 2021-22 season and be the focus for our Mini-Waves Program as their introduction to competitive Swim Meets. We will also use these in-house racing opportunities as team building activities so that all of our members can cheer and support each other. In terms of multi-team competitions, there are many Age Group Athletes on our team who are ready to blow their best times out of the water the first chance they get. It is sure to be an exciting year of racing.

This year, our overall team goal is "BELIEVE". I want each athlete to understand how powerful it is when you believe in yourself, your team, your training, and your coaches. We can do hard things, and we can dream big dreams. Each of SWAT's coaches has immense belief in our athletes, and we want to ensure that belief becomes intrinsic to each member of our team as well.

I know this season will be filled with best times, fast swims and happy swimmers! GO SWAT!!

Zoe Miles
Head Coach
Sackville Waves Aquatic Team

Group Updates

Mini-Waves Report

JAYNE BELLIVEAU

In this first week of the mini wave's season we have been focusing on body position, dolphin kick, and streamline, each and every one of them have made amazing progress since the first practice. Everyone has done so well with making sure they are respecting their coaches and paying attention to everything we have to say. I am very pleased with how this first week went and I cannot wait to see their progress in the future. Just a quick reminder - we want to make sure we are always bringing our water bottles to the pool with us and remembering to hydrate throughout practice, hydration is very important when doing physical activity.

Novice Report

MADI SLACK

Throughout the month of September the Novice group has been training smart! The group has been working heavily on pace times, lane etiquette and lane communication at every practice. While swimming is an individual sport, it is important to train together and help out your teammates! Being responsible for your own swimming is stressed in this group through things such as reading the whiteboard to know what to do next, bringing the needed gear, etc. This is a reminder to all athletes to bring their own water bottle and skipping rope to practice. Starting of the season with a technical focus on streamline push offs, backcounts and walls have been stressed at practice. With only a month of swimming under their belt Novice has greatly improved their breaststroke and butterfly timing- while this skill is improving, having a positive attitude towards learning is still important!

Junior Report

MADI SLACK

The Juniors are happy to get back into the water and get back into training! This month the juniors have been focusing on technical aspects of the strokes while building up their endurance. Learning how to use all equipment is a skill every athlete will continue to learn, especially using snorkels. As junior athletes, being responsible for your own swimming includes also doing physio exercises before practice if needed. A reminder to athletes to be quick when going to the bathroom or when getting gear out of their bag, as we want to maximize the time we have in the pool by going to the bathroom before practice and getting gear out of our bags as practice begins. Respecting all coaches is an expectation of all athletes. After the first month the junior athletes are getting their endurance back and are ready to begin training for races!

Senior Report

ZOE MILES

Our Senior Group came ready to play this season. I have been so impressed with how our group has come together as a team. This is the first season that the Senior group has seen 6+ new athletes move into our training group, and I can say without a doubt the level of commitment, determination and desire to improve has never been higher. We have had a big focus on skills this month, but also on learning what it means to swim fast in workout. As the athletes get faster, it is important that their training levels also improve. We have had every member in this group surprise themselves with how fast they can swim during certain sets already this season. It makes me so proud to be working with this group of athletes and I cannot wait to see what this year has in store for our Senior Group. The sky is the limit, and these swimmers are ready to fly!

Skill of the Month

Mini-Waves September Skill of the Month

Water bottle attendance: Bringing (and drinking from) your water bottle to every practice to keep hydrated.

For the month of September the mini waves group had the skill of bringing their water bottle to every practice. We have quite a few winners of this skill - Marco Primelles Ramos, Gabby Bailey, Lemma Johnston, Claire Holman, Carla Gonzalez de la Fuente, and Sidney Wright have all demonstrated their commitment to always bringing their water bottles to practice and making sure that they are drinking their water during workout. Staying hydrated during physical activity is very important and should be learned at a young age. These 6 swimmers have shown that they understand the importance of this, and are acting as great leaders to the rest of the group. Awesome job swimmers!!

Novice September Skill of the Month

Streamline: Activated streamlines off every wall.

Maggie Donnelly consistently makes sure to squeeze her arms against her ears, squeeze her legs together and have her head down in all of her streamlines. Not only did she do proper streamlines off of the walls, but also does 3-4 dolphin kicks off of each wall as well. Streamlines are very important in swimming, as they are the fastest position. If an athlete is looking to drop time in an event, your first go to is always underwaters. Congrats Maggie, and keep up this great habit of streamlines!

Senior September Skill of the Month

Underwater Quality: Tight Streamline, powerful kicks, up & down. Initiated from core. Maintain throughout workout.

For the month of September Skill of the Month, Senior Swimmers have been working on Underwater Quality. Dolphin kick is a secret weapon in swimming, if you are able to competently use it to your advantage. All athletes have worked hard to become more proficient kickers, but there are a few athletes who have worked to try to maintain or improve their underwater kicks throughout a workout, even when tired.

Congratulations to Ella Brocklehurst, Juliette Mercier and Ron Levit. I have noticed a huge improvement in your underwater skills so far this season - keep it up!

Junior September Skill of the Month

Streamline: Activated streamlines off every wall.

Landon Arbeau and Taite Marques are the winners of the skill of the month! Both athletes stress the importance of streamlines while they swim, and maintain their walls even during harder sets where it can be easy to forget about technique. Remember, you can only be as fast as your technique! Both boys recognize that stressing technique in the beginning of the season is more important than speed. Landon and Taite are acting as great role models for the rest of the Junior group, keep up the great work!

Upcoming Skill of the Month - October

Mini-Waves: Pace Clock & Backstroke: Knows all the colors of the SWAT pace clock. Knows the terms "on the top/bottom". Can go 5 seconds apart independently. Chin up in backstroke (no sinking hips). Knows backstroke count going into walls. Touches on back for backstroke.

Novice: Streamline: Activated streamlines off every wall.

Junior: Streamline: Activated streamlines off every wall.

Senior: Stroke Count: Always know stroke count, work to maintain Accountability, Reliability & Consistency through all strokes.






SWAT STANDARDS 2021 - 22

Freestyle Swim				
	Senior	Junior	Novice	Mini-Waves
	10x100	10x100	10x50	10x25
Gold	@ 1:10	@ 1:20	@ :40	5m UW DK, no br 1 st + br/3
Silver	@ 1:15	@ 1:25	@ :45	SL 3-4 DK, no br 1 st str + br /3
Bronze	@ 1:20	@ 1:30	@ :50	SL 2-3 DK no br 1 st str+ br/3
White	@ 1:25	@ 1:35	@ :55	SL 2 DK, no br 1 st
Green	@ 1:30	@ 1:40	@ :60	Tight SL, no breath 1 st
Black	@ 1:35	@ 1:45	@ :65	Push Off Tight Streamline

- Must keep head down 1st stroke
- Must DK in tight streamline past the flags

IM Swim				
	Senior	Junior	Novice	Mini-Waves
	5x200	5x200	5x100	12x25
Gold	@ 2:45	@ 3	@ 1:40	Full Stroke, Legal Push off/Touches, 5m walls
Silver	@ 2:55	@ 3:10	@ 1:50	Full Stroke, Legal Push off/Touches
Bronze	@ 3	@ 3:15	@ 2	Legal Push off/Touches. Drill OK on Fly
White	@ 3:05	@ 3:20	@ 2:10	Attempt full stroke. Bk & Free legal push off & touches.
Green	@ 3:15	@ 3:30	@ 2:20	Drills (coach discretion)
Black	@ 3:30	@ 3:40	@ 2:30	DK / Bk S / Br K / Fr S

- Must have 4 legal strokes / turns / touches
- Must DK / Pull-Out in streamline past the flags

Kick				
	Senior	Junior	Novice	Mini-Waves
	10x100	10x100	10x50	10x25
Gold	@ 1:30	@ 1:45	@ 60	@ 30
Silver	@ 1:40	@ 1:50	@ 70	@ 35
Bronze	@ 1:45	@ 2	@ 75	@ 40
White	@ 1:50	@ 2:10	@ 80	@ 45
Green	@ 1:55	@ 2:20	@ 85	@ 50
Black	@ 2	@ 2:30	@ 90	@ 55

- JR / NV / Mini's must complete with Free Kick or Dolphin Kick. All kick the same.
- SR must complete with Free Kick, Dolphin Kick or #1 stroke Kick. All kick the same.

NEW this season, we are introducing SWAT Standards! SWAT Standards are benchmarks in training for each group. We have put together some basic training sets that each group will complete at various times throughout the season. These training sets will provide data to the coaches about how each group is progressing across three important aspects of the sport: Aerobic Freestyle Swimming, Individual Medley Swimming and Kicking.

Each group has 6 standards to work their way through. The idea is that if you reach the GOLD standard, you have reached above and beyond training expectations for that group. The Black Standard was created as the bare minimum that each athlete should be able to achieve by the end of the season.

SWAT will use the on deck bulletin board to track and post our athletes successes! It will be incredible to see how many swimmers from each group can continually lift their training abilities and work their way towards the gold standards! GO SWAT!

Sobey's Gift Card Program

LISA JARDINE

SWAT is once again participating in the Sobey's gift card program partnering with the Dartmouth Crusaders Swim Club. Sobey's gift cards are an easy way to save money towards swim fees. Orders are placed monthly for Sobey's gift cards in \$100 increments. The gift cards can be used at any Sobey's location (also at Fast Fuel, Needs, Lawtons, Foodland) and can also be used to buy any gift cards available at Sobey's for restaurants, gas stations, retail, NSLC, etc. Air Miles are earned when using the cards for purchases when applicable.

To participate, families e-transfer funds to SWAT's VP Finance, Martin Gaudet, at martingaudet@swatswim.ca for the total amount of gift cards they would like to purchase. For every \$100 purchased, a percentage (usually 5%, dependent on order size), less \$0.25 cost recovery fee, goes to your cost recovery account. The funds in this account can be used towards your monthly swim fees.

If you are interested in ordering cards for November, please let Lisa Jardine (lisajardine@swatswim.ca) know by Thursday, October 21st (e-transfers due to Martin by Friday, October 22nd). Cards are expected to be ready the first week of November.

The program will run until June 2022. There is no requirement to participate every month, you can choose to participate any month. Lisa will send out monthly reminders of order and payment deadlines.



Great Swim Links

Swim Nova Scotia:
www.swimnovascotia.com

Swimming Canada:
www.swimming.ca

SwimSwam News:
www.swimswam.com

Swim Rankings:
www.swimrankings.net

COVID-19 Vaccine Policy - October 4th

As we approach October 4th, and the roll out of our Provincial Government's Stage 5 Reopening Plan, it is important that all SWAT Members and Staff are fully aware of the requirements moving forward.

I have been told by our training facilities, The Sackville Sports Stadium and The East Hants Aquatic Centre, that they will be checking for Proof of Vaccine whenever you enter the building. This means that all SWAT members aged 12 and older (swimmers and parents) will need to have a valid photo ID / health card / Student Card / Passport, etc. and their proof of vaccine in either paper or electronic copy. If it is more convenient for a parent to show the proof of vaccine, you are welcome to bring your swimmer into The Stadium while this procedure is in place. Additionally, the upstairs viewing area will be open as of October 4th, and all spectators will also need to show their valid proof of identification and vaccination.

SWAT is also required to abide by the Sport NS and Provincial Policy of collecting the proof of vaccine status from all members. If you have not yet sent this information to Christine Potvin, please send it to her ASAP. Athletes who do not meet the provincial vaccine policy will NOT be allowed to participate in any organized SWAT programming.

I fully understand that this process will take a bit of adjustment. I ask that each member of SWAT continue to treat our facility and their staff with the utmost respect as we navigate these new check-in procedures. I also ask that we all continue to treat each other with empathy, kindness and support as the province moves into the 5th Stage of Reopening.

Extra Info is provided below. Full FAQ, and Covid-19 Policies can be found on the Government of NS Webpage.

Proof of Full Vaccination

- Proof of full vaccination is intended to provide a layer of protection as Nova Scotia enters the 4th wave of COVID-19, as gathering limits and other requirements are lifted.
- Full vaccination means 14 days AFTER the second/final dose.
- People 12 & Older must show Proof of Vaccine to enter the Sackville Sports Stadium, East Hants Aquatic Centre, or participate in any SWAT programming (ex: outside dryland, team builders, etc). You may need to show proof of identification as well: Driver's License, Passport, Gov ID, Health Card, Student ID, etc)

Medical Exemptions

- If you qualify for a medical exemption, please contact your health care provider, and then let our Registrar Christine Potvin know of your Medical Exemption Status.

Grace Periods for Youth

- Turned 12 between Jan 1 and October 4th, 2021: have until December 31, 2021 to get fully vaccinated; can participate in all activities/events until then.
- Turning 12 after October 4th, 2021: have 3 month from their birthday to get fully vaccinated; can continue to participate in all activities/events until then.
- Anyone who is 13 - 18 years old and has received 1 dose of vaccine has until October 26th, 2021 to receive their second dose and to be fully vaccinated by November 9th. This applies to sports and recreation activities.

SWAT Social Media

Facebook: Sackville Waves Aquatic Team

Instagram: @swat.swim

Twitter: @SWATswims

Website: www.swatswim.ca