



The Official Handbook

**North York Aquatic Club
2275 Bayview Ave.
Proctor Field House
Toronto, Ontario
M4N 3M6**

(Offices are located at the Glendon Campus of York University)

Office Hours: Monday to Thursday 12:00 noon to 3:00 p.m.

PH: (416)785-0430

FX: (416)785-9697

General Inquiries: nyacinfo@gmail.com

Office Manager Olga Macel: nyacswim@yahoo.ca

Waves and Swimtec Linda Liberta: nyacwaves@gmail.com

NYAC Equipment Inquiries Sandy Jin: nyacwear@rogers.com

Updated September 29, 2011 by Bev Deeth

Please refer to www.nyac.on.ca for the most up to date version of the team events calendar as this is a working document and will be revised throughout the year.

THE TEAM - NYAC HISTORY

The North York Aquatic Club (NYAC) is proud of its long swimming history. Founded in 1958 by the Lions Club, the North York Lions Swim Club was incorporated and renamed the North York Aquatic Club in 1965. Since then, the North York Aquatic Club has been offering a program of competitive swimming for youth of all ages and abilities. Recently, we have added a Waves program for pre-competitive swimmers who are interested in stroke improvement and a Triathlon Swim Program for triathletes. Our newest program addition complements our members swimming in the summer. TriKids is a summer triathlon program for kids run by volunteers from within our swimming membership and for members only. Currently, NYAC has over 300 swimmers from the ages of 6 to over 60, training under several coaches.

Our first pool, the old Memorial Swimming Pool on Yonge Street, is now gone and has been replaced by the 50 meter [Douglas Snow Aquatic Centre](#) at the same location. This complex is made available to NYAC swimmers through the [City of Toronto Parks and Recreation Department](#). As well, NYAC trains at the Toronto Board of Education and university pools throughout the city.

In its continuing efforts to provide the highest level of training and opportunities for young swimmers, NYAC delivers a valuable community service in the form of a competitive swim club to the residents of the GTA. Ultimately, this provides these swimmers with the opportunity to develop into young athletes all Canadians can be proud of.

COACHING PHILOSOPHY

Staff will coach their groups in addition to establishing a relationship with each athlete that will foster trust, respect and communication. The design and structure of group programs are based on a NYAC program outline for each level in the club. This outline establishes the framework for a season plan of training objectives, meet selection and group goals. Motivational tools are used to simply get the very best out of our swimmers in an environment that is both rewarding and challenging. Our goal is to develop healthy and happy people who gain both mentally and physically from their swimming experience.

TRAINING PHILOSOPHY

Our Head Coach and his team of Assistant Coaches put the training program at NYAC together. Each level in the Club sticks to the club-wide basics of skill development and the training parameters for developing swimmers. Age Group swimmers do not stroke specialize early and receive a well-rounded program that includes technique, speed, power and the conditioning necessary to advance through the years. The degree of

proficiency is based on the acquisition of skills and the willingness of the athlete to learn and improve at their own rate. Today's competitive environment puts enormous pressures to succeed on the athletes and coaches. The ability to cope with these pressures is tied directly to the coach-athlete relationship and how the athlete's level of self-esteem is groomed through the years. This being understood, it is critical to leave the coaching with the coach and away from the home. Remember, the Age Group swimming career is a roller-coaster ride of success and failure, both of which are necessary. Those who can reach a level of satisfaction with each will have the passion and motivation to excel and strive for maximum potential.

BULLYING AND NYAC'S CODE OF CONDUCT

Bullying is a learned behaviour. It is when a person or group tries to hurt or control another person in a harmful way.

At NYAC, we want all of our members to feel safe and welcome on our pool deck, on our team and in our community. We are committed to do our best as a club to foster a healthy environment. We would also like to encourage you to be good leaders and good sports within our region, province and country.

Simple behaviors such as the following are expected from all NYAC members and athletes:

When you win, do so graciously. Shake your opponent's hands and congratulate everyone on a good race. When you lose, you should do the same. Do not show anger, slap the water, or verbalize your disappointment. Reflection and review will happen with your coach. They will help you learn from every racing opportunity that you have.

Cheer for all of your teammates as much as you can. Never leave anyone out. Support each other on all occasions with all results. At one point or another, everyone needs the support of teammates and coaches. Treat others like you would want to be treated. We may wear red, black and white, but we need to follow this golden rule.

Respect your teammates at a meet and at practice. We expect you to have good lane etiquette and be conscientious of everyone's right to a safe practice environment. If you do not know the "rules of the lane" ask your coach. They will help you.

Our code of conduct clearly gives NYAC the right to discipline an athlete for actions taken on or off-the pool deck (change rooms, team social events, texting, Facebook etc.) if they are intended to have an effect on another athlete within the club or they adversely affect the safety and well-being of the team. This is an agreement between the member and the club with a signature of agreement at the point of registration.

NORTH YORK CODE OF CONDUCT

NYAC's goal is to provide our swimmers with an environment that will enable them to achieve their competitive swimming potential. To achieve this goal, parents, swimmers, and coaches are expected to follow general rules and principles while at practice, while at meets, and while traveling. This code of conduct outlines, first, the general principles of conduct for anyone associated with NYAC. It then breaks down the individual responsibilities of swimmers, parents and coaches, and, finally, provides a more specific code of conduct associated with travel to meets away from home.

General Principles

1. All people working for and with NYAC are expected to:
 - behave in a manner that is respectful and courteous;
 - refrain from the use of demeaning or belittling language;
 - refrain from the use of abusive or confrontational approaches to swimmers, coaches, swim officials, or parents;
 - bring any concerns to the attention of your pool rep, coach, office/team manager, or if needed, a member of the Board in order to facilitate resolution.
2. Access to practices by anyone other than the swimmer is at the discretion of the coach.
3. The pool deck at swim meets is for swimmers and their coaches. Parents are reminded that they are not permitted on deck without proper authorization.
4. The Head Coach and his staff are responsible for group placement. Movement throughout the year may occur.
5. The best interest of the club and swimmers must come first. Swimmers will be suspended if the swimmer's/parent's conduct is deemed by the coaches and Board to be contrary to the well-being of the club and other swimmers. Working together will provide our swimmers with the team environment necessary for each swimmer to reach his or her potential.

Swimmer's Responsibilities

1. Swimmers are expected to arrive at practices and meets at the times designated by their respective coaches. For a practice, this means s/he is on deck and ready to go at least 15 minutes before practice is to start.
2. Swimmers are expected to know their training schedules.

3. Swimmers are expected to arrive with all equipment present and in good working order.
4. Swimmers are expected to know their best times for their events.
5. Swimmers are expected to be attentive to their coaches and to follow coaching directives and suggestions.
6. Swimmers are expected to display a positive and consistent work ethic.
7. Swimmers are expected to display a positive and respectful attitude, as well as respectful behaviour, toward other swimmers, parents, coaches and officials.
8. Swimmers are expected to participate in fundraising activities.

Parent's Responsibilities

1. Parents are expected to assist children to get to practice regularly and on time. The level of assistance varies by age of the child, from an expectation of ensuring a younger child arrives on time, to an expectation of assisting older children to organize so that they may arrive on time.
2. Parents are expected to support the coach by allowing the coach to direct the swimming technique and strategy of the child, and by supporting the coach in his or her instruction.
3. Parents are expected to support and encourage their child(ren), especially during a performance plateau or downturn.
4. Parents are expected to encourage and support healthy living through ensuring and/or encouraging appropriate nutrition, rest, and dryland activities appropriate to the age and level of the child.
5. Parents are expected to work at NYAC-sponsored swim meets, as per the level of involvement dictated in the NYAC Member Commitments and Assessments document.
6. Parents are expected to participate in fundraising activities, as per the level of involvement dictated in the NYAC Member Commitments and Assessments document.
7. Parents are expected to ensure that at least one member per family is certified to act as timekeeper and at least one member per family is certified to act as strokes and turns judge.

8. Parents are expected to meet financial and minimum work commitments on a timely basis.
9. Parents are required to provide e-mail or written notice if their swimmer is unable to attend a scheduled meet within two weeks of the first day of the meet. Otherwise their swim fee account will be billed for the meet entries. Prior to each meet an information sheet outlining the events your swimmer has been entered in will be provided by your group coach and/or posted on the NYAC website. Your meet fee account will be debited at that time unless you advise the coach and NYAC office two weeks prior to the meet date if your child is not able to participate.
10. Parents are required to fulfill the meet session requirements or agree to pay the non-participation fee of \$100 per session missed. (i.e., If you are required to work 6 sessions, and you choose not to fulfill this requirement then your swim membership account would be charged the following: $6 \times \$100 = \600 in total). Members will have two weeks to ensure that their hours have been properly logged. Our club relies on hosting swim meets to raise funds in an effort to offset swim fees. We need volunteers to run these meets, therefore it is in your best interest to participate to help keep your fees low and to show interest in your swimmer's activities.

Coach's Responsibilities

Coaches are expected to serve as role models to swimmers, both in terms of swimming technique and strategy, and in terms of behavioural expectations in and out of the water.

Coaches are expected to ensure that the health, well-being and development of the swimmer takes precedence over wins and losses.

Coaches are expected to provide a physically and emotionally safe environment for practices and competition.

Coaches are expected to maintain a professional demeanour in their relationships with swimmers, officials, colleagues, and parents.

Coaches are expected to follow safe training and conditioning techniques.

Coaches are expected to demonstrate an understanding of growth and developmental stages of their swimmers.

Coaches are expected to encourage success for the swimmer in and out of the pool, including encouraging continued commitment to academic achievement.

Coaches are expected to remember that competition should be healthy and enjoyable for all.

- ❖ National Association for Sport and Physical Education, July 2001, an association of the American Alliance for Health, Physical Education, Recreation and Dance.

TRAVEL CODE OF CONDUCT

Athletes, coaches, chaperones, and parents traveling with the North York Aquatic Club represent themselves, NYAC, the sport of swimming and triathlon, and their community when traveling to swim meets/events. The North York Aquatic Club wants to project an image that makes all of us proud of our sport and/or our athletes. Therefore, all individuals representing or traveling on behalf of NYAC will abide by the following Code of Conduct.

This Code is in effect from the point of departure until returning home. All members have agreed to abide by the Code of Conduct at the point of registration with NYAC.

Infractions of the Code of Conduct may result in that athlete's family having to assume the full cost of the trip, plus return fare, if the athlete is sent home early in consultation with the parent.

Athletes may not drink or carry alcoholic beverages or use drugs other than those prescribed to them by a physician. Such drugs must be reported to the coaching and/or chaperoning staff before departure and/or on trip permission forms. However, proper administration of medications will be the athlete's responsibility.

No athlete is permitted to smoke or chew tobacco at any time.

Appropriate behavior is mandatory on team trips. When the coaches and chaperones, or accompanying staff, deem behavior unacceptable, the athlete will be scratched from the competition and sent home at his/her own expense in consultation with the parent. In extreme cases, outright dismissal from the Club will result. Examples of inappropriate behavior include: promiscuity, failure to comply with the stated rules and/or curfews as set out by the coaches and chaperones, and any behavior in violation of the Criminal Code of Canada.

Responsible, orderly, and reasonably quiet behavior is expected of athletes at all times including while traveling on rented or public transportation, when on the pool deck or at their event, and when in restaurants and all other public areas.

As a matter of team pride and courtesy to the event host, athletes are expected to leave the NYAC team area in a neat and clean condition at the conclusion of each session of the event as well as during their stay and upon leaving a hotel.

Hotel etiquette of the highest calibre is mandatory. Because hotels are resting places for all guests, the following behavior is not acceptable:

- running up and down hallways
- constant room to room telephoning
- playing loud music or television

- fist fights and any kind of roughhousing behavior
- prank phone calls to anyone in the hotel
- pranks of any nature that may result in damage to property or injury to self or any others, including other team members.

Athletes are expected to remain with the team at all times during the trip.

Athletes are not to leave the pool, the hotel, or any other place at which the team has gathered without the permission of a coach or chaperone.

To protect the propriety of the athletes and to protect our staff, there will be no male athletes in female athletes rooms alone, and no female athletes in male athletes rooms alone. Athletes from other teams are not allowed in our athletes' hotel rooms. There will be a team room provided or a common area supervised by a chaperone for relaxation and recreation whenever possible. Exceptions to this may be granted upon approval by supervisory staff (coach and/or chaperone). Athlete's doors must remain open until curfew, with exceptions granted by the coach and/or chaperone. Athletes are not permitted to go to a coach's room, nor a coach to an athlete's room.

All team members are expected to respect each individual's needs for rest/study times, which will vary from trip to trip. Athletes aged 16 and older may be left alone in their hotel room at the discretion of the manager and coaches. Curfews, as determined by the staff, are set to ensure proper rest for the athletes. These must be adhered to at all times. Failure to comply may result in that swimmer being scratched from competition or, in more severe cases, sent home at his/her expense in consultation with the parent.

When being billeted, athletes must be on their best behavior at all times. Conditions will not always be ideal, but unreasonable behavior will not be tolerated. Athletes should consider that it is their responsibility to report other athlete's behavior that does not adhere to the Code of Conduct to coaches or chaperones.

All of the above conditions also apply to the last night of the trip. There may be occasions when the entire team will enjoy an outing, a movie or dinner on the last night. Return to the hotel must be orderly and quiet. All rules/curfews set out by the coaches and chaperones will be followed. NYAC recognizes that a curfew could be changed, but suggests that it be no later than midnight on the last night of a trip or 10pm throughout the competition.

For athletes of legal drinking age, NYAC recognizes that the conditions described above may infringe on some of your legal rights and may limit the freedom you usually enjoy. However, for the sake of unity within the team, your cooperation is required and expected.

On occasion, members of NYAC will travel to competitions outside of the GTA using private bus transportation. As well, when the number of athletes is limited and doesn't warrant a bus, NYAC may choose alternate means of transport. This may include a multi-passenger van driven by one of the coaches or chaperones, or a personal vehicle driven by designated parents. The Code of Conduct applies to all forms of transportation. NYAC reserves the right to designate who travels on the bus when a bus is used. Also, if a parent does not want their athlete to be in a designated parent's car at any point throughout the trip, it is their responsibility to communicate this to the club ahead of the trip.

When traveling by a van, athletes must wear seat belts and remain seated at all times.

Athletes are expected to travel and stay with the team on TEAM TRAVEL designated trips from the age of 11 and over or otherwise noted on the TEAM TRAVEL notification. Any exceptions to this policy must be approved by the Head Coach or his designee prior to the trip.

Infractions will be dealt with on an individual basis, and action may be taken immediately or after return to Toronto. The penalties may include immediate return home at the athlete's expense, in consultation with the parent, or, for NYAC-supported travel, a reimbursement to NYAC by the athlete or for any damages or penalties incurred while traveling.

It is also the athlete and parent or guardian's responsibility to ensure that the participant of the trip is aware of the entire Code of Conduct. NYAC assumes that each participant in its program is aware of all rules and guidelines when the member has signed their registration forms at the beginning of the year and/or any permission form for the trip.

NYAC's Coach or Chaperone will review the Code of Conduct with the athletes at the beginning of the trip to ensure that it is fully understood by all the participants of the trip.

NYAC'S CHAPERONE POLICY

A chaperone is required for NYAC team travel when:

- NYAC team members are under 18 yrs of age.
- The group collectively adds up to more than 5 athletes
- Travel away from home is more than one day.
- A second chaperone is required when the number of athletes traveling is greater than 10.
- Coaches are welcome to assist in chaperoning but are not to be included in the chaperone count.
- It is recommended that when our Team Manager / Head Chaperone (who is an employee of the club) is not able to attend a team travel designated meet, that 2 chaperones (volunteers) attend the trip.

What is a chaperone?

The position of chaperone is a very important, challenging and rewarding function. **If you are considering volunteering to be a chaperone on NYAC away trips please read the following carefully:**

Points Allocation: see the Points Document

The NYAC office will provide the chaperone with the following information/materials when attending away meets:

- Names and ages of athletes
- Who is sharing a room (names)
- Name and address and phone number of the pool
- Name and address of the hotel – check/in- check/out time
- Medical information of athletes including allergies, dietary restrictions for catering or food orders
- Food budget
- What chaperones should order or prepare- set meal plan
- First aid kit (including Advil and Tylenol, feminine hygiene products). Please note: parents must provide permission to chaperone to administer any medication
- Who is paying for the hotel, the bus, the food; this should be pre-arranged with the chaperone in the form of a cheque or credit card pre payment
- Emergency number for parents to contact a coach/chaperone or athlete
- Bus driver contract- requirement of 8 hours rest before driving and adhering to bus company schedule for picking up and dropping off

The NYAC club is responsible for communicating the following information:

- How much supervision is required? What are curfew times/lights out? Coach will determine with chaperone.
- Hotel room doors to remain open all the time until lights out - Coach will determine the time for curfew along with chaperone.
- Communication to athlete regarding acceptable food choices from the pool or event cafeteria (i.e. French fries /hamburgers, candy are not acceptable)
- Communication on the understanding between coach and chaperone regarding supervision at the pool or event- when an athlete finishes do they ask permission to leave set location (i.e. washroom/cafeteria or must they remain on pool deck/ or tented athlete area)?
- Do chaperones feed coaches and bus driver(s)? Coaches will be fed but use common sense when it comes to bus drivers and the situation.
- Communication to the parents regarding removing the athlete from the chaperone's care- this must be done with the knowledge of the chaperone.
- Communication regarding policy on extended stays for Final events in swimming: How many rooms are kept? Is there a NYAC policy? Most of the questions depend on many factors and should be discussed with coaches/parents as you review the situation.
- Communication regarding illness of an athlete- if an athlete gets sick during the away meet what procedures are in place? The parent should be contacted immediately to determine the course of action as well as what medication is needed (if any).
- The chaperone must have taped on the inside of their hotel door the following information: name of each athlete and room numbers.

The NYAC coaches are responsible for the following on away meets:

- Swim meet or event schedule- warm up times, age groups, finals start and end times
- To consult with chaperone regarding individual athletes who may not swim one day of meet whether they should go to the pool or stay at the hotel
- To consult with chaperone regarding supervision of young children at the meet and at the hotel- where does the chaperone and coach overlap in supervision?
- To read the NYAC Code of Conduct at the beginning of the trip at an appropriate time and location so that all the athletes are aware of the club's expectations.

Chaperone Duties and Responsibilities:

- Confirm hotel details- as required- i.e. refrigerators, telephone and television restrictions, extra cots and pillow and blankets.
- Organize and pack team supplies- i.e. first aid kit, food preparation and serving platters (NYAC office).
- Plan meals and finalize arrangements with cafeteria/restaurants/hotel/caterers

- Complete shopping and prepare meals, and clean up.
- Set up and prepare team room- if team room is not available then your room is the team room.
- Prepare, post, update and communicate athlete schedules as determined by the coaching staff- these should be available on the outside of the chaperone's hotel room door.
- Ensure schedules are adhered to i.e. lights out, wake up calls, quiet time and travel time to the pool or event.
- Supervise athletes- for the under 10's this may include keeping track of their money and receipts and tucking them in at night; for the older swimmers this may involve allowing them to be independent and responsible.
- Liaise between athletes/coaches and parents.

Requirements:

- Enjoy spending time with athletes
- Good sense of humour
- Good communication skills
- Good organizational skills
- Patience and understanding
- Kindness and sensitivity
- Calm demeanor
- Team player

Rules of Thumb:

1. If you are planning to watch your athlete swim or compete there is a good chance you will not.
2. If you are planning to look after your child only - you won't have time.
3. If you are going to chaperone for rest and relaxation- this will not happen.
4. If you like to have fun and getting to know the athletes - you will and they make it worth the effort.
5. Coaches make the final decision regarding chaperones.

** Any changes to the NYAC Chaperone Policy must have NYAC Board approval.*

NYAC MEMBER COMMITMENTS AND ASSESSMENTS

NYAC runs meets in order to give our swimmers and others the opportunity to compete and show the results for all their long hours of training. Membership fees cover a small portion of NYAC's operating budget. Running meets, and other fundraisers such as cookie dough sales and Swim-a-thon, raises the remainder. We depend heavily on these items to balance our budget and for this reason we set member commitments, and assessments such as the Swim-a-Thon.

COMMITMENTS

There is one commitment activity – meet officiating. Not fulfilling the requirements in this area will result in an immediate non-participation penalty of \$100 per missed session charged to the member meet fee account.

Meets

Volunteers from the host club are necessary to help officiate, make and serve food, and to perform administrative tasks in order to run an effective swim meet. A session refers to a section of the meet that is approximately four or five hours long. The following is the schedule of NYAC hosted meets and required **commitments for all families of swimmers** for the 2011-2012 season for an estimated total of **12** sessions:

NYAC Youth Cup/Mega City	Dec. 1-4, 2011
NYAC May Performance Meet	May 2012
NYAC Mayor's Cup	June 2012
4th Meet TBD	Feb 2012

We have currently planned for an estimated total of 12 sessions to be worked by each NYAC family. There are mandatory sessions for Youth Cup and Mega City as well as a 4th meet in 2012. Any remaining sessions per family can be worked at any of our meets. (The meet management team reserves the opportunity to ask for additional sessions if required. Pending permission members may have points awarded for sessions worked outside of NYAC hosted meets for your Official certification) **A NON-PARTICIPATION PENALTY of \$100 per session missed** will be charged to the swimmer's membership account.

Please check the NYAC website for up to date meet information throughout the season.

Time Trials

A swimmer participating in a time trial must have one timer ready to officiate. If the timer does not present themselves on deck to the Time Trial Officials manager, the swimmer may not be permitted to swim.

“NEW” OFFICIATING

Every member family must complete courses needed to certify 1 Strokes and Turns Judge by the end of their first year with the club as well as demonstrate an effort to achieve the necessary sign-offs toward certification.

Note: Every member family must take 1 new course (online or at a clinic) every year until all courses up to Level 3 have been completed.

Members are encouraged to work at other host club meets to achieve the sign-offs required to attain their Level 3. Please check the NYAC website for points available when a sign off at another Club’s meet is attained.

ASSESSMENTS

Our Points Program and Fundraising Program remain the same.

Our Points Program is published on our website. Points earned will be applied towards next year's fees. Our Fundraising Program also can be used to help reduce your swim fees. Please see the website for plans for the upcoming swim season.

Swim-a-thon - \$100 per family

Each family is required to raise a minimum of \$100.00 for our annual Swimathon. Most clubs in Ontario participate in a Swimathon as a way of support for the sport of swimming and as a method of financial support for the club. Tax receipts are available for those who are eligible. Please refer to the Swim Ontario and NYAC websites for more information.

Fundraising

NYAC membership fees have been simplified this year removing the fundraising assessment fee. Opportunities still exist to lower fees for your swimmer for the 2012-13 season, provided your swimmer returns to NYAC and your account is in good standing.

There are many fundraising opportunities available to families throughout the year. Any monies raised will be split with the club on a 50/50 basis and credited towards the following year’s fees. The current opportunities for the 2011-12 season are outlined on our website.

Returning members will not be permitted to register in 2011-2012 season until the above commitments and assessments have been fulfilled from the previous year.

For further information about member commitments and assessments, please refer to the NYAC website www.nyac.on.ca

COACHES' PROFILES 2011/12

Murray Drudge – NYAC Head Coach

Murray began coaching with the Scarborough Swim Club in 1978 with their 12-under program. For four years he developed a passion for the sport and decided to make coaching his profession of choice. In 1982 Murray was hired by NYAC for an Age Group position by Head Coach Mark Temple. In 1985 Murray was offered the opportunity to coach under the world renowned Head Coach Paul Bergen with Etobicoke Swim Club. During the 1980's, Eswim Club was considered to be the best club program in the world at the time.

After ten years of apprenticeship, Murray moved to the Regina Optimist Dolphins in 1988 as their new Head Coach. The Rods were a fledgling program and provided the perfect opportunity for someone intent on making a name for themselves to excel. After three years under Murray's leadership, the club won the National Age Group title and held this honour for three years as the strongest 17-under Canadian program. With Murray's guidance, Regina broke 36 National Age group records and also produced two outstanding coaches for Canada in Kevin Thorburn (Etobicoke) and Sean Baker (OAK).

Murray is in his 16th season with NYAC and continues to produce National and International swimmers. He is considered to be one of the best club coaches in the country. In 2006 he was awarded the High Performance Coach of the Year for Julia Wilkinson's amazing performance that year.

John McLeod – National Development 1

John prides himself on a lifetime commitment to fitness. He swam competitively for 10 seasons in eastern Ontario and competed in several triathlons and a marathon. Continuing his lifelong passion for swimming John started his coaching career in 2000 with his local club.

John brought his expertise and enthusiasm for coaching to the North York Aquatic Club in 2008 and since that time has worked with a wide range of athletes up to an AGN qualified level. Having worked alongside Murray Drudge in the past has helped him align his philosophy and training principals with those of NYAC. John believes that training for an IM/Aerobic based event schedule is best suited to developing the best age group talent in the country. A well rounded athlete consists of an eagerness to train, great attitude in practice/competitions and the ability to perform to their best at all times.

John is currently qualified as a CSCA "Skills Coach" and ASCA "Level 2: Age Group International" and looks forward to furthering his professional development in the future.

Danica Milosevic- National Development 2 & Age Group North

Danica began coaching with NYAC in 2010. Before NYAC, she coached with the Markham Aquatic Club for four years, gaining experience with swimmers from the precompetitive level to the international level. She also helped other coaches with stroke corrections, skill and technique camps, and creating and implementing dry-land and year round swim programs.

Danica is particularly interested in techniques, training methods and the human body. She is interested in coaching for the process, the path to success vs. the end result and loves it when a swimmer realizes that they are doing well because they are working hard. Her reward comes in seeing an athlete challenge themselves: mentally, physically, emotionally, and witnessing them grow as an athlete and as a person.

Danica has a degree in Kinesiology (BSc) from York University, and is planning to become a certified personal trainer and apply to Masters programs in physiotherapy in 2012.

Rebecca Suen – Provincial 1

Rebecca started coaching with NYAC in 2006 immediately after she stopped swimming competitively with NYAC. She joined her first swim team in Scarborough when she was 11, but soon transferred to NYAC and improved rapidly under the eye of NYAC coaches. After a few months in the Youth group, Rebecca qualified for multiple provincials and then moved to the Junior National Group and continued to progress, qualifying for Eastern Championships (Nationals).

Throughout her years as a swimmer, Rebecca racked up the medals and ribbons, receiving multiple high point awards while travelling to meets from Toronto to Sudbury to the US.

Rebecca is currently finishing her B.Sc degree at York University for Kinesiology and will be taking an acupuncture diploma this year.

Brent Aquino – Provincial 2 & Tri-Swim

Born and raised in Toronto, Brent started his swimming career in North York. He eventually moved to the Etobicoke Swim Club, where he finished his club career and received a scholarship to the University of Arkansas. Brent is also the former Canadian Record Holder in the 3km and 5km swim.

After his swimming career finished in Arkansas, Brent became the head medley and distance coach at the University of Arkansas for one year. After returning to Canada, he spent 9 years with the Mississauga Aquatic Club before moving over to the Etobicoke Swim Club. Brent coached 13 years at Etobicoke, where he has produced 28 National Age Group and 47 Provincial records, and has helped graduate 71 athletes to Universities in North America.

Brent was honoured in 1992-1993, 1994-1995 and 1996-1997 as the Age Group Coach of the Year. Brent is currently certified NCCP (National Coach Certificate Program) level 3, and has been coaching for over 23 years. Brent is currently the Head Coach of North York Aquatic Club's Triathlon Program.

Suzy Simonetti – Youth & Senior 1

Suzy has been coaching at NYAC since 2004. Before NYAC she volunteered with the high school team and coached with the Parks and Recreation programs. However, it was Suzy's desire to teach children to swim well that brought Suzy to NYAC.

Suzy's first exposure to competitive swimming was in grade 7 & 8. She went on to swim in high school at Oakwood Collegiate where she competed at OFSAA. Suzy joined a masters club while in University and continues to train with the North Toronto Masters Swim Club.

In addition to coaching, Suzy works as a supply teacher with the Toronto District School Board. Her favourite pet is a ferret (up until last winter she had two of them). She loves camping, canoeing and swimming long distances deep in the wilderness. Her goal is to save the planet!

Julia Drozdowsky - Age South & Intro 1

Julia is thrilled to be part of the amazing coaching staff at the North York Aquatic Club.

As a competitive swimmer Julia began her career with the Etobicoke Swim Club. In her last years of high school, she moved to the Cobra Swim Club and discovered her love and talent for sprinting. In 2004 Julia began her studies at the University of Toronto and became drop-dead sprinter with the Varsity Blues Swim Team. Before earning her Honours degree in Political Science, she won 11 Provincial medals, helped set 5 Ontario relay records, was named a 5-Time Ontario University All-Star and earned a Provincial Award of Distinction.

Currently, Julia is studying and performing under the Comedy Writing and Performing program at Humber College. Although she loves any kind of race, drop dead sprinting is Julia's passion.

Dani Samah – Intro 2

Dani began coaching with NYAC in 2010. Prior to that, he was assistant coach for the Penguins at Scadding Court Community Centre.

Born in Canada, Dani moved to Malaysia when he was 4 and started swimming competitively for a team there when he was 10. During high school at Oakwood Collegiate, Dani helped lead his swim team to 3 city championships and an OFSAA championship. He was twice named "athlete of the year" for Oakwood and during his senior year was named MVP for the swim team. While at Oakwood, Dani swam in the same lane as fellow NYAC coach Suzy Simonetti.

Dani loves to be with enthusiastic kids who want to swim and learn. He believes it's important not only to coach kids in swimming but also in self-esteem, self image, team work and confidence.

Kwesi Kwarko-Fosu – Intro 3

Kwesi has been a swimmer with NYAC since 2007, and has brought a positive attitude and high spirits to NYAC during the time he has been involved. After Kwesi stopped competing with NYAC in 2010, he stayed involved with the club by volunteering as an assistant with Youth Coach, Suzy Simonetti.

Kwesi coached a Waves group during the Spring of 2011 and also worked as one of the coaches for the NYAC Swimtec camp for the summer of 2011. He found this to be a beneficial experience, learning many things from coaches Guillermo (Billy Toro) and Suzy Simonetti.

This season, Kwesi's focus will be on emphasizing proper body position and swimming technique, while keeping the element of fun central to the practice sessions.

Guillermo Toro "Billy" – Intro 4 and WAVES

Billy started coaching with NYAC in 2010 after an illustrious swimming career with the club. He joined NYAC in 2003, moving up through the various group levels before joining head coach Murray Drudge's group in 2008.

Born in Paraguay, Billy has chosen to be a NYAC coach because he loves the challenge of a new season and the challenge of each practice. He particularly enjoys working as a team with the swimmers and helping each person discover how to be the best they can be.

Sabrina Ng – Mentor Coach

Sabrina started coaching back in 2002. This is her 10th season with NYAC and she is looking forward to working with all development coaches within the club. Sabrina has trained many swimmers from pre-competitive to high-performance levels during her tenure in NYAC. She focuses on training not just the body, but the mind of a true competitor. Her knowledge and expertise in stroke efficiency has helped many of our swimmers in winning regional, provincial and national competitions.

As a swimmer, Sabrina has competed since she was 6. Her most recent accomplishment was finishing first in both the 50m and 100m Breaststroke at the World Master Games in Edmonton. She has a vast background in different training tactics and race strategies that can benefit swimmers at any level. Currently, Sabrina works full time at RBC Financial Group and is training with the North York Gators.

Claudia Bolognesi of Studio C

NYAC is delighted to have Claudia as part of our delivery team.

Claudia has been certified through the American Council on Exercise as a personal trainer for over 10 years. In addition, she is a certified spinning instructor and a Sport Conditioning Coach. Over the years Claudia has taken many courses making her proficient in training and instructing on the following mediums and techniques: TRX suspension training, Bosu certification, Swiss ball training certification, Equalizer Instructor. Claudia completed her undergraduate degree in Brazil in Nutritional Sciences and she also completed a Master Degree in Sciences from University of Toronto. Claudia's clientele include: swimmers, cyclists, triathletes, rowers, runners, UFC fighters, hockey and lacrosse players. She loves her profession and takes it very seriously. She feels accomplished by her clients' success and in turn she expects a lot from them.

Please refer to www.nyac.on.ca for updates on our coaching staff.

THE IMPORTANCE OF SPORTS & CONDITIONING:

General fitness is vital for the entire population. Once this level of conditioning is achieved a more specific program can be developed to increase performance in various sports.

Basically the idea is to train movement and be functional. There are progression and regression principles that have to be followed in order to take each athlete to the next level.

As the athlete progresses, body mechanics and solid patterns will settle in, physiological and mechanical adaptations occur and performance is enhanced.

The sport conditioning style training has not been well utilized within the fitness industry. The tendency is to use machines to get people active in the first place. These machine based exercises work only at sub-maximal effort. One must understand that the body needs to respond to a given task. The body should be able to twist, bend, hold, reach, sustain and perform movement as a unit not as biceps, triceps, back and chest.

Developing strength and muscle mass is generally sport specific. Check out a swimmer's upper back or a cyclist's thighs and there will be no question whether hypertrophy (increase in muscle mass) is possible from sport participation alone. You can also bet that these athletes did not achieve it by doing side raises, Pec flyes and leg presses.

The difference between a functional hypertrophy training program and a traditional style is the resulting performance. Excess muscle size without strength will add excess body mass and potentially make the athlete slower and less mobile. Therefore, the development of "functional strength" program is the most important element in increasing force production in order for the athlete to produce more power.

Therefore, my goals for NYAC swimmers are to select exercises that require several muscle groups activation in order to stimulate movement and by doing that, their strength and power will be increased which also prevent injuries.

If these routines of exercises are performed on a weekly basis (consistency is the key) our swimmers will get faster.

Claudia Bolognesi

TRAINING GROUPS

Intro

Our Intro level program consists mostly of swimmers moving up from our Waves program. Coaches scout the talented swimmers who are willing to learn skills and compete. Coaches focus on body position, kicking and pulling patterns of all four strokes.

Age

The emphasis shifts from the basics of Intro skills to learning the finer elements of technique. Swimmers focus on swimming with a full range of motion that will prepare them for training at increased levels. These athletes have 1-2 years of development behind them.

Youth

These athletes are selected based on their level of talent and willingness to swim five times per week. Typically, we want the young swimmer who is exceptionally keen on swimming. Emphasis is on skill development and learning to operate within a team environment.

Provincial Groups

This program is split into two groups. These groups are graduated programs from the Youth & Age skill level. Swimmers now learn how to train their skills towards rhythm and flow of superior stroke technique.

Senior Group

This group is designed for those swimmers who are older and choose to stay in competitive swimming with less time commitment than our other groups.

National Development 1 and 2

Commitment to the training schedule of these programs is very important. The groups are split into two groups due to the difference in physiological needs of the swimmers. Learning how to race with emphasis on stroke length & the relationship to speed is critical for advancements into higher performance levels.

National Group

Selection is based on the perceived ability of the athlete to perform at the National & International level. Commitment to the training program, including training camps and meet schedule is expected of all swimmers.

Triathlon Swim Program

For the past five years adults have enjoyed swimming with experienced NYAC coaches. The program is geared towards enhancing technique and endurance for triathletes.

TriKids

This program complements the swim season providing a fun, non-competitive sport environment in the summer. It is currently offered to members only.

GROUP PLACEMENT

Performance – swimmers are grouped by ability and consideration of the athlete's age (see club model).

Ability to Train - the swimmers must demonstrate that he or she will be able to handle the training load of the new group. Ability to meet the group standard is important for the self-image and confidence of the swimmer. If there is any doubt, the swimmer will be placed in a lower group with the opportunity to move up.

Attendance - swimming requires commitment to practice schedules and meet participation. As a swimmer moves up the competitive ladder, there are more practices of longer duration. If a swimmer does not attend practice on a regular basis, he or she is less able to improve performance.

Attitude - while swimming performance is expected to improve over the long run, in the short run, there will be ups and downs. As the swimmer moves up the competitive ladder, he or she must be able to handle the stresses of intense training and competition and also balance swimming with other aspects of life (school and extracurricular activities).

Techniques - as the swimmer progresses, it is expected that he or she will be prepared to work on and master the finer points of stroke techniques, starts, turns and race strategy.

Movement - movement from one group to another is at the discretion of the Coach and is based on meeting the criteria listed above for the next group. In other words, it is a combination of age, performance, ability to train, attendance, attitude and technique: not age or performance alone. Most changes are made at the end of the season (July), but there may be changes made at Christmas and after the short course season (March).

Note:

Please be conscious that the coaching staff carefully considers all of the above before placing a swimmer in to a specific training group. A swimmer will not be permitted to divide their practices between two or more groups for convenience or location of time. Any exceptions must be made in writing to the office and approved by the Head Coach.

SWIM MEET INFORMATION

General

Meets are run by individual swim clubs, either on their own or in collaboration with other clubs in the area. All meets are run by volunteers, and are entirely dependent on parents, families, and friends to fill all positions in the meet. NYAC, and all other clubs who run meets, set mandatory swim meet participation requirements for swim families. Failure to fill all positions will result in removal of the approval from Swim Ontario and/or Swim Canada, to run the meet and, hence, mean that the swimmers will not be able to swim. This is true of all meets at all levels of competition. NYAC requirements are noted in your registration package. Continued training in how to run the many positions at a swim meet, beyond the required positions set by NYAC, are encouraged and supported by ongoing training provided by NYAC and Swim Ontario. Please note that parents are welcomed to volunteer at any meet run by any club. Though other clubs cannot require your participation the way that NYAC does, they often could use your help, and in turn help improve skills essential for running NYAC meets. Making yourself available on the day of the meet, or before if there is a contact name, is always appreciated.

Meet Schedule

The latest meet schedule is posted on the NYAC website or ask your coach. It lists all of the meets that NYAC will attend, including qualifying times. Swimmers who meet the qualifying standards for the meet and have the coach's approval, will compete in the meet. Swimmers who cannot attend a particular meet must inform the coach as soon as possible. There is a fee for each entry. Late cancellation or no-show for an event or meet will result in the club, and therefore the swimmer, still having to pay the charge for all events that were not withdrawn before the meet-designated withdrawal deadline.

Meet Entries

The coach will determine the events that a swimmer will swim. This includes strokes, distances, and number of events (up to the maximum allowable for the individual meet).

Classification of Meets

Age group meets are open to swimmers aged 17 and under. Some are classified as open, meaning there are no time pre-requisites for entry. Others have pre-requisite times, generally based on time standards set by Swim Ontario and/or Swim Canada. Time standards are listed as **E, D, C, B, A, PROVINCIAL, SENIOR PROVINCIAL, AGE GROUP NATIONAL, EASTERN/WESTERN NATIONAL and SENIOR NATIONAL**. The meet can require pre-requisite times be met for particular events, or for the whole meet. Only swimmers who meet, or are faster than, the pre-requisite time may swim in the event and/or meet. Some meets have de-qualifying times, as well, wherein swimmers faster than a particular time cannot enter the event and/or meet.

Central Region Championships: This is determined the year of the meet and can be found in the meet package sent to our club by our region. The club receives a list of swimmers who are eligible according the meet's standards and will enter the swimmers accordingly.

Provincial Championships: Age group swimmers who swim a provincial time or better may swim in the Provincial championships.

Senior Provincial Championships: Age group swimmers who swim a senior provincial time or better may swim in the Senior Provincial championships.

Age Group National Championships: Age group swimmers who swim a single age group national time or better may swim in the Age Group National championships.

Eastern/Western Championships: Age group swimmers who swim an Eastern/Western qualifying time or better may swim in the Eastern/Western championships.

Senior National Championships: Any swimmer, who swims a senior national time or better may swim in the Senior National championships.

Suggestions of what to bring to a meet:

- ✓ Competition suit
- ✓ Competition cap
- ✓ NYAC T-shirt
- ✓ Sweatshirt
- ✓ Towel
- ✓ Water
- ✓ Nutritious snacks
- ✓ Sunscreen, sun hat, and sunglasses if the meet is outdoors

Mandatory equipment for all members is a black bathing suit, NYAC swim cap, and a black "NYAC swimming" t-shirt. These should be worn on deck at swim meets and can be purchased from our Team Equipment Manager, Sandy Jin nyacwear@rogers.com.

The National Group, National Development, Provincial and Youth Group must also have a black Speedo NYAC Team Track Jacket.

Meet Protocol – when to arrive, where to sit

Arrive 15 minutes ahead of the meet warm-up time. The coach will inform you as to when that is. Please note that different age groups may have different warm-up times.

Swimmers will sit with coaches and team members at a designated area by the pool. Parents may not sit with the team, but may sit in designated viewing areas at the individual venues. Though touching base with a swimmer during the meet may occur, parents are encouraged to support their swimmer(s) and the other swimmers on the team from the viewing area, and are to refrain from coaching or otherwise instructing the swimmer on swim technique or strategy. Please see the section on parent involvement in this handbook.

Regular Swim Meet Locations

Etobicoke Olympium
590 Rathburn Road
Etobicoke, Ontario

University of Toronto
55 Harbord Street
Toronto, Ontario

Wayne Gretzky Sports Centre (Brantford Aquatic Club)
254 North Park Street
Brantford, Ontario

Douglas Snow Aquatic Centre
5100 Yonge Street
North York, Ontario

COBRA
247 McMurchy South,
Brampton, Ontario

Nepean Sportsplex
1701 Woodroffe Avenue
Nepean, Ontario

London
1045 Wonderland Rd. N.
London, Ontario

Pickering
1867 Valley Farm Road
Pickering, Ontario

MEET TERMINOLOGY

For those new to the sport, swimming, like tennis, gymnastics and hockey, has its own jargon. We will try to provide definitions and explanations for the most commonly used terms.

Short Course: This refers to competitions that take place in 25-metre pools. The short course season runs from September until the Short Course provincial Championships in early March. You will notice that during short course season, swim meets are held at a number of small pools (Oakville, Richmond Hill, Whitby, Uxbridge), as well as some large pools (Etobicoke). The reason we do not use the high school practice pools for swim meets is because they are not 25 metres in length.

Long Course: This refers to competitions that take place in 50-meter pools. This season runs from March to September. During long course season, meets are limited to 50-meter pools (Etobicoke, U. of T., and Douglas Snow). The times standards during long course season are slower than for the same stroke during short course season, because there are fewer turns in the long course season.

Double-ended: This refers to competitions that start at both ends of the pool. During short course season, at larger pools like the Olympium, the pool is divided in two tanks by a bulkhead. The boys and girls swim concurrently at opposite ends of the pool. Each has their own set of officials running their portion of the meet. During long course season, the same system is used with each end having its own set of officials. However, the boys and girls take turns swimming. When the girls are about halfway down the pool on their last length, the starter in the boys end will start the next heat. This type of system requires incredible coordination and communication, but ensures that there are very few wasted seconds during the meet. To run an effective, double-ended meet requires a minimum of 100 officials for each four-hour session.

Heats: Since all the swimmers entered in a race cannot swim at the same time, they are put into heats of 6 or 8 swimmers, depending on the number of lanes in the pool. The heats are arranged so that swimmers of comparable ability are swimming together.

Timed Finals: Many meets are run as timed finals, which means that the heat time is the final time. Order of finish is determined by ranking the times for all the heats from fastest to slowest.

Finals: In other meets, the heats are used as qualifiers to make the finals. The 8 (or 6) swimmers with the fastest times make the A finals; the next 8 (or 6) make the consolations (B finals), and two are named as alternates in case one or more swimmers are scratched from the finals or consoles.

Seeding: Each heat in a meet is seeded. This means that swimmers are assigned to their lanes according to their entry time. When there are eight lanes, the fastest swimmer in each heat is in Lane 4, the next fastest in Lane 5, next in Lane 3, Lane 6, Lane 2, Lane 7, Lane 1 and Lane 8. Using the seeding technique, no swimmer is further away than half a pool width from the most competitive swimmer.

EX: This notation is used for a swimmer who is swimming exhibition only. They're not qualified for the meet because their times are too fast. They will be placed in the fastest heat, but are not eligible to win an award.

DNF: This notation is used to indicate Did Not Finish, meaning that the swimmer did not complete his event.

DQ: This notation is used for a swimmer who has been disqualified for some infraction of the rules. They are not eligible to win an award and their time is not official because of disqualification.

JD: This notation is used for a judge's decision. This happens when the place judge's list of finishing order does not match the times. This usually happens when the times are within hundreds of seconds of each other. The Chief Place Judge follows a standard procedure for determining time and place.

MT: This notation is used for manual time. In some of the larger pools, there are electronic time pads at the end of each lane, in addition to three timers. The Chief Place Judge compares the electronic time to the manual time. If the time is obviously incorrect because of a light touch on the time pad (i.e. the clock doesn't stop when the swimmer finishes) or malfunctioning electronics, the manual time replaces the electronic time.

NS: This notation is used to indicate No Show, meaning that the swimmer did not show up to swim a race in which he was entered.

PB: This notation is used to indicate the swimmer's personal best time.

Qualifying Times: Some swim meets have qualifying times that have to be met in order to participate. For example, to compete at the Provincial Championships, swimmers have to have provincial times. Other meets have maximum qualifying times. For example, those with provincial times in a stroke cannot swim that stroke at "B" meets.

TAG Rankings: The best 50 swims for each age group for each Olympic event are ranked from all swims in Canada. These rankings appear monthly in Swim Magazine and online.

Official's Shirts (refer to official team merchandise)

In an effort to maintain a high level of professionalism at NYAC-hosted swim meets, all officials are requested to wear a white, collared t-shirt (golf shirt) with the NYAC logo embroidered on it.

The golf shirts are available from Swim and Sports at a cost of approximately \$30 (which includes embroidery). They are available in female sizes x-small to x-large and male sizes small to 2XXL. Alternatively, parents may bring their preferred brand of shirt to Swim & Sports for embroidery of the NYAC logo at a cost of \$5.00 keeping in mind that the shirt must be a white, collared t-shirt (golf shirt) and that the parent would be responsible for delivery and pick-up of their shirt to/from Swim & Sports.

Note: *Swimmer's orders are a priority. Orders for official's shirts will not be filled until later in the fall once all swimmers' orders have been filled.*

Thank you for your patience!

OFFICIATING AT A SWIM MEET

Here's a list of jobs and brief descriptions, originally and graciously provided by the Ernestown Barracudas Swim Club.

Timers: Probably the best job - you get a great seat at the end of the pool so you never miss a race and all you have to do is start and stop a watch.

Chief Timer & Assistant: Well, someone has to watch all those timers. You stand behind the timers and make sure they are all paying attention to the start of the race, and help them if they run into any problems

Stroke & Turn Judges: Your job is to make sure that the races are fair - no swimmer should gain an advantage from an illegal stroke. Yeah, that means you might have to be the bad guy and DQ a swimmer, but it is all for the best.

Clerk of Course & Assistant: You know those cards that are handed out to swimmers that tell them what lane to swim in (you'll usually see your swimmer eating it, bending it, folding it!) Well, this is the person who coordinates all those cards before handing them out and is probably the last person to see them in pristine condition.

Marshals: Your job is to control the flow of swimmers as they are waiting to swim. You need a good voice to call out the swimmers' names and give them their cards. Then send them on to the blocks for their race.

Safety Marshals: Your job is to control the warm-up - this is when almost every swimmer is in the pool and it can get quite chaotic. Note, there are lifeguards watching the pool activity - your job is to watch the deck activity, and make sure the lanes are being used correctly. However, you need to be punctual for this job because the warm up cannot start until you are on deck with the orange vests on! Coaches and swimmers are anxious to start the warm up. You don't want them to be waiting!!

Chief Finish Judge & Assistant: After the race, the cards are brought to you to calculate the final time (which requires you read that water soaked time card.)

Recorder/Scorers: A fancy name for the computer operator. You put the data into the meet manager program, and print out the results and awards.

Electronics: An overseer for the recorder/scorer. He inputs all the electronic meet entries and ensures that all the touch pads and plungers function properly during a swim meet.

Runners: Usually we get brothers and sisters to help out. Someone has to bring those cards to the officials in the back room, or hand out the heat winner awards, etc.

Starter: If you like people to listen to you, this is the job for you. When you say "go", people jump!! (Well, actually, you say 'Take your marks' and then activate the "beep", and only the swimmers on the blocks should jump!)

Referee: Have you mastered all the above jobs and looking for more of a challenge? Then this is the job for you. You also have control over the pace of the meet.

Meet Manager: This is the one in charge of it all. Not only on the day of the meet, but you do all the planning and coordinating leading up to the meet. We all love the meet manager as they do a tremendous amount of work so our kids can swim.

There are many other jobs during the day of the meet including: set-up and tear down, volunteer/officials food and cafeteria. The list goes on!

For more information on officiating at a meet, please contact your Pool Rep or the NYAC Officials Chairperson.

CODE OF ETHICS FOR VOLUNTEERS AT SWIM MEETS

(Approved by National Officials Committee, January 2002)

The following suggestions address the problems that arise most often at swim meets. It is hoped that by observing them you will become a better official and swim meets will run more efficiently.

Have a positive attitude when you go to a swim meet to work. If you don't, it is the swimmer who will suffer.

Be at the pool and ready to work at least 1 hour before the session is to begin.

Report promptly to the officials' area and sign in (this lets the referee know that you have arrived). Stay in that area. It is very frustrating to have a list of people checked off and to find they have disappeared when the meet is ready to begin.

Accept an assignment to officiate at the meet only if you intend to honor that commitment. If for any reason you are unable to attend, courtesy demands that you let the person in charge of officials know as soon as possible. Never simply be a "no show". The swimmers suffer from your negligence.

Accept the assignment you have been given at a meet. The meet officials chairperson or referee has placed you there for a reason (also keep in mind it never hurts a senior or master official to time a session or be a clerk-of-course. You would be surprised at how "rusty" you have become in the interim).

If you find yourself doing the same job for several sessions a word to the meet officials chairperson can usually alter that situation.

Ensure you know who is in charge of your area of assignment. Check with him regarding any rules you may be unsure of, or ask him/her any questions you have about your duties before the meet starts.

The Referee will take charge of his officials immediately before they go on deck. He will give you his instructions as to the way in which he intends to run the meet. At times a briefing of duties will be delegated to other Senior Officials (i.e. Chief Timekeeper). Listen to what he says, for he will be in charge until the session ends. Often new rules may be explained at these briefings.

When you arrive on deck at your assigned station for the session, don't leave your post unless you have informed the chief timekeeper. Also be in the right position to do your job properly.

In many cases you will be officiating at a meet where your child will be competing. It is a great temptation to leave the pool deck when your swimmer is done. If you have agreed to work a session, it is your responsibility to work the complete session unless you find yourself a replacement.

Be impartial. Be careful not to use your position to the advantage or detriment of any swimmer or team. As an official, coaching or cheering should not be done. Officials should be an unobtrusive and inconspicuous as possible.

Do not be overly “official” in your authority, particularly as it applies to stroke and turn judging and refereeing. Assume your responsibility in a manner, which earns the support of the swimmers, coaches, parents, and spectators. Keep in mind swim meets are held for swimmers and you as an official are there to assist them by providing adequate technical supervision for the meet. You must act in such a manner as to ensure that no swimmer gains an unfair advantage over another.

Also remember inattentive or inefficient officiating is unfair to the swimmer. You are there to serve in the best interests of each participant.

A commitment to this philosophy leads to a personal assessment of one’s capability to perform well on deck in the assigned role. A willingness to consult with others and to continually study the current working rules is essential.

Remember at any session the referee’s decision is final. Do not take offence if your decision is overturned.

Do not lecture a coach or debate disqualifications with a swimmer while working the deck.

Remain cool and professional at all times. Refer any problems that may come your way to the referee.

Be fair to all competitors, your own children and opponents alike. Being continually fair, you may time or place your own children if they are in your lane.

Keep seated as much as possible. When you move around you are interrupting the view of the other timekeepers, of the starter, referee, or chief timekeeper.

Be friendly to the swimmers but don’t distract them if they are preparing mentally for a race.

Know the rules thoroughly (as they apply to your assigned position). It is a good idea to glance over pertinent rules and sections in the rulebook prior to the session.

PARENTAL INVOLVEMENT

General

When you register your swimmer with NYAC, you are making a commitment of not only your finances, but also your time. There are many roles for parents to play in addition to swim meet commitments. These roles include: pool rep, video, photos, yearbook, social events, banquet, fundraising, swim-a-thon, cookie dough, Loblaws, meet food, meet management, website, meet office, golf tournament. Talk to your coach or pool rep for more information. The role of the Pool Rep is critical and is described in more detail below.

NYAC Pool Reps

Pool reps are parent representatives who perform an essential communication role within the club. They play a positive and supportive role model for parents.

Role of a Pool Rep:

- Pool reps can be approached with general questions about your particular group. However, if you have a specific concern about your child, you should contact your child's coach directly.
- Pool reps and/or coaches distribute important information to the parent or the swimmer. This may be information about the club such as upcoming meets, social events, changes to schedules when necessary, and updates from each group's coach.
- It is the pool rep's responsibility to help members with the volunteer commitment sessions for the families in their group. Each family is responsible for working sessions at NYAC hosted meets over the course of the year. The pool reps will ensure that parents are aware of where and when to sign up for each session. This will be tracked by the meet management team.
- Another important role that the pool reps serve is to help direct parents with questions and concerns to the appropriate people in the club.
- A welcome and information meeting will be held for all pool reps at the beginning of the swim season. It is critical that pool reps have immediate access to a computer and/or a hand held device to ensure effective and timely communication to our parents and swimmers.

Note: Becoming a pool rep provides a window of opportunity to get involved in the club. It is a wonderful way to learn about competitive swimming and the club. It provides an opportunity to interact with the coaching staff, board and families of NYAC. It is

important to always remember that we are all volunteers supporting our children, be patient and appreciative.

NYAC'S EXPECTATIONS OF PARENTS

Be prompt for practice and meets

Please arrive 15 minutes prior to the designated start time of the practice or warm-up for a meet. This allows your swimmer to get ready and to hear any announcements prior to the beginning of practice or warm-up.

Let swimming be your swimmer's activity; let parenting be yours

Parents should try to make every effort to allow their child's swimming to be the child's activity. Sometimes, parents try to live through their child's success and misplace it as their own. The parenting role should be to teach children humility in victory, dignity in defeat, and strength in character. As well, the parent should provide encouragement through disappointment.

Parents also provide transportation to practice and meets, ensure the swimmer gets plenty of rest, provide healthy and well-balanced meals, and provide the equipment needed to practice and compete.

Talking with your child after a poor performance

Sometimes it is hard to know what to say to your child after a disappointing performance. When children know they did not swim well, they don't want to hear, "You swam great!" And, when they have had a poor race they don't want to be told, "It's really not important." At the moment, it is important to them, and they should be permitted the dignity of their unhappiness. Although parents mean well, remarks like these sound superficial and lack sincerity. Children can detect phony comments, and they resent them. When parents are insincere or provide false praise, children learn to place less value on their words and later may be unable to get full satisfaction from deserved praise. Sometimes, it helps to simply state the fact, "That was a tough race." Or, you could let your swimmer know that you understand how they are feeling with, "I can see you're frustrated with how you raced." Often, you just need to give your child some space to deal with their unhappiness. Mostly, they will take their cues from you, especially if you help them refocus on the next race, and put the disappointing one behind. In short, praise generously and criticize sparingly, but do so with sincerity rather than through false words of praise.

Become an active parent volunteer

As was noted earlier when discussing swim meets, parents are critical to our ability to run meets. Parents should make every effort to get involved. This can also include involvement in committees, in practice if requested by the coach, or involvement on the Board through the electoral process.

Keys to a Successful Relationship with a Coach

- ✓ Keep in mind that you both have similar goals for your child
- ✓ Discuss your goals with your child's coach
- ✓ Talk to your coach first when a concern arises
- ✓ Don't spread your anger to other parents
- ✓ Try to remain objective
- ✓ Deflect other parents' concerns
- ✓ Develop a friendly relationship with the coach
- ✓ Let your child's coach know that you appreciate his or her efforts
- ✓ Remain positive

Having a Problem with a Coach

There may be times when you disagree with the coach, or feel that something else should be tried or recommended. It is important to approach the coach directly with your concerns. Never discuss this with the swimmer. Avoid discussing this with other parents. Any disagreements should be dealt with, first, by direct dialogue with the coach in question. This often will resolve whatever concerns may be present, or may answer what questions you have. As well, it provides the coach with an opportunity to respond to any concerns or allegations that refer directly to him or her. Discussing concerns with others without first giving an opportunity for the coach to respond, is unfair to the coach and sets up a dynamic of distrust between coaches, parents and swimmers. This same behaviour is expected of NYAC coaches; they are to approach you directly with any concerns or questions they have pertaining to you, rather than discuss them with swimmers or other parents. You, too, have the right to respond individually.

If you continue to have concerns after speaking with the coach, the course of action is to first approach the NYAC Office/Team Management, NYAC President or the Head Coach to discuss the issue further. You may also request a meeting with the President of NYAC or one of the two Vice Presidents if you have a concern that you feel is not being addressed by the Club as a whole.

PARENTING PITFALLS TO AVOID

The Pressure Parent

This type of parent constantly talks about swimming. They take their child running at 5 a.m. on the only day the child has off from practice. No matter what the child achieves, it is never enough. They are easy to find because they are usually the ones saying, “I never put pressure on my child!” Swimmers of pressure parents tend to have less fun, don’t want to go to practice at times, are afraid of both failure and success – if they fail, they get yelled at, but if they succeed, then more is expected out of them by the parent. While every parent at one time or another sends messages to their children that could be received as pressure, it is the parent who constantly causes undue stress to their child when it comes to swimming. These parents tend to make the atmosphere tense and uncomfortable for the people around them. Others want to say something, but usually don’t.

To avoid becoming a pressure parent:

- ✓ Let your child enjoy his/her activity
- ✓ Remember that while you are paying for the sport, it is your child’s sport;
- ✓ Try to let your child experience failure so that he/she may learn better how to build success
- ✓ Communicate with your child and don’t let a swim determine if they are a good or bad kid
- ✓ Try not to compare your child to anyone else since swimmers all develop differently
- ✓ Enjoy your child’s efforts even if they aren’t what you expected
- ✓ Talk to your child about what he/she thought about his/her swim
- ✓ Try to never punish your child by using swimming for leverage
- ✓ Give your child some space so he/she gains ownership of his/her sport
- ✓ Separate swimming as an activity that is part of your child’s life – not his/her whole life

The “Living Vicariously Through My Child” Parent

Have you ever seen those parents at swim meets that proudly puff out their chests with gold medals pinned to their shirt? How about the parent who thinks that he/she is more important to the team just because his/her child is a faster swimmer? Every team has a few of these types of parents. It is easy to get caught up in your child’s successes. Also, the opposite happens. Sometimes parents walk around the pool at a meet with their heads hung low, like they just lost the biggest race of their lives! It is as if the success or failure of the child is a direct reflection of the parent’s worth.

To avoid becoming one of these parents:

- ✓ Separate yourself from the end result of your child's swim "Good for you!" "You did it!", or "We are proud of you no matter how fast you swim".
- ✓ Avoid boasting about your child. Focus on encouraging others on the team
- ✓ Actively cheer for others just as loud as you would for your own child
- ✓ Teach your children good sportsmanship by being their best example
- ✓ Let your child accept the rewards and the defeats. Teaching children responsibility is the only way to get them to truly be the best they are capable of being.
- ✓ Avoid thinking that just because your child is now one of the faster children, you are more important to the team than any other family with children who are not as fast
- ✓ Try to be excited for your child, not for yourself
- ✓ Let your child set his/her own goals, not your goals for your child. The only expectation you should have is that your child enjoys the experience of competitive swimming

The "I'm Not THAT Kind of Parent" Parent

Have you ever noticed that with some parents, no matter how hard you try to explain things to them, they give you a stock answer: "I'm not that kind of parent". These parents worry about their child never getting enough attention. They call coaches for lengthy conversations on subjects ranging from biomechanics of swimming to their child not being able to swim today because of a hangnail. They never take the blame for any problem on the team, but are usually up in the stands stirring the pot of dissention. They pressure their kids into being something they're not, always threaten to leave the team if things don't change, are usually never found when it is time to help out at swim meets, never fund raise, and will tell you what you want to hear and then tell someone else the complete opposite. While this may be a little exaggerated, a lot of these things actually do occur by parents who will be the first to tell you "they're not that kind of parent."

To avoid becoming one of these parents:

- ✓ Try to avoid hanging around and dwelling on concerns that just can't be fixed
- ✓ Try to support any and all decisions made by the directors of the team. You may not always agree with what is done, but once a final decision is made you have two choices: support it in a positive way, or deal with it.
- ✓ Reinforce to your friends who are parents on the team to become actively involved in a positive way and not focus unneeded energy on the trivial things in the program
- ✓ If you feel someone is complaining too much, talk to them about it and encourage open and free discussion with someone who can help him or her deal with whatever is bothering him or her

The Passive-Aggressive Parent

This is the parent that scares the coaches and parents the most. It is the parent who can really do harm to a positive program. The passive-aggressive parent is the parent who doesn't present his or her concerns directly to the coach, but rather lets problems fester. Usually, this person goes from person to person airing complaints that should be directed toward the coach.

To avoid becoming a passive-aggressive parent:

- ✓ Bring your concerns directly to the coach, or to whomever it is that you are feeling the need to complain about.

The Invisible Parent

This is the parent who takes no interest in the swimming of the child, contributes nothing to the club, and is generally unknown to swimmers, parents and coaches.

To avoid becoming an invisible parent:

- ✓ Do show an interest in your child's swimming, even if just to ask the child how things went and to discuss whatever he or she would like to discuss.
- ✓ Participate in the ongoing activities of the club

The Coach Parent

Have you seen this parent? Just scan the crowd at a swim meet. This is the parent huddled with his/her child and giving specific swimming or race instructions. This parent often carries a stopwatch and times races, both in competition and practice. He or she constantly offers criticism and advice to his or her child, often contrary to the direction of the coach. It is confusing to the child and detrimental to the development of the swimmer.

To avoid becoming a coach parent:

- ✓ Get into the habit of having your child talk to his or her coach before and after each swim
- ✓ Avoid commenting on technical things like stroke corrections, breathing patterns, race strategies, goal times, starts, turns, etc. If you have a specific concern, address it to the coach, not the swimmer
- ✓ Let your child be the one to educate you as he/she learns. It makes it a lot more fun. After all, they are doing it every day, while chances are you are not. So, who is the expert?
- ✓ Always ask your child, "What did your coach say?" Not, "You should have had a better turn."
- ✓ Never give race instructions to your child. That has already been done

- ✓ Let your child tell you about his or her goals. Don't tell them what you expect from a performance standpoint
- ✓ Let your child keep track of his/her best times. Ownership is vitally important
- ✓ Try to avoid "pump up" speeches. If they've already talked to the coach, then they've already gotten one
- ✓ Never disagree with a coaching decision or question why a coach has done something, in front of your child. Talk to the coach personally for any concerns or questions
- ✓ Provide support for your child
- ✓ Avoid critiquing your child's swim. The coach is the only figure that can accurately critique your child's races and workouts. After all, the coach is much more objective when it comes to your child.

The "Coach's Dream" Parent

Common qualities that good, supportive parents share in competitive swimming are:

- ✓ Finds out what needs the program has and then gets involved with assisting with those needs
- ✓ Allows the child to get the most out of the experience
- ✓ Speaks positively of the program to others outside of swimming
- ✓ Helps out at team hosted functions
- ✓ Allows the coach to coach and is supportive
- ✓ Steps away from negative conversations that are not addressed directly to the people about who the conversation centered
- ✓ Compliments other swimmers
- ✓ Has fun. The sport is a social opportunity as much for parents as it is for kids

What Type of Parent Are You?

Perhaps while reading about these different types of parents, you had particular parents in mind for particular types of parents. But to be honest, don't you agree that there is probably a little of these people in all of us? The key is to be aware of how involved or over-involved you may be, and adjust your approach accordingly in order to ensure that swimming is always a positive and rewarding experience for children.

IMPORTANT RESOURCES

Governing Organizations



[FINA](http://www.fina.org) (www.fina.org)

official site of the international governing body of swimming, diving, water polo, synchronized swimming and open water swimming



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

official site for the national governing body of swimming in Canada



[Swim Ontario](http://www.swimontario.com) (www.swimontario.com)

official site for the governing body of swimming in Ontario



[Triathlon Canada](http://www.triathloncanada.com) (www.triathloncanada.com)

official site of the national governing body for triathlon and duathlon in Canada, with race reports, athletes photos, and national team information packets

SWIM NEWS



[Swim Ontario News and Events](http://www.swimontario.com) (www.swimontario.com)

for local, national and international news items



[Swimming World](http://www.swimmingworldmagazine.com) (www.swimmingworldmagazine.com)

a global swim news site with up-to-date info, interviews and results



[SwimNews.com](http://www.swimnews.com) (www.swimnews.com)

for daily news, information and meet results to keep the swimming community informed

TRAINING RESOURCES



[Coaching Association of Canada](http://www.coach.ca) (www.coach.ca)

for information about the skills, knowledge, and attitudes needed to ensure effective coaching leadership for Canadian athletes



[The Canadian Sport Centre Ontario](http://www.csontario.ca)

(www.csontario.ca)

for information about programs and services to high performance athletes and coaches to enhance their ability to achieve international podium performances



[Swim Ontario Coaching Resources](http://www.swimontario.com/nav_coaches/articles/articles_psychgeneral_list.php)

(www.swimontario.com/nav_coaches/articles/articles_psychgeneral_list.php)
for articles on mental preparation



[NYAC Triathlon Swim Program](http://www.csa.org/nyac/nyactriathlonswimprogram.htm)

(www.csa.org/nyac/nyactriathlonswimprogram.htm)

for information about NYAC's competitive training program designed for the adult triathlon swimmer