

Summer Swimming Committee
Meeting Minutes
Wednesday January 27th, 2016- 7:00pm
Conference Call

Attendance: Sue Jackson (Chair), Bette El-Hawary (ED, Swim NS), York Friesen (BL), Jane Lordley (LM), Barbara MacDougall (WW), Dawn Miller (WW), Keri Warwick (CS), Joe Yurchesyn (CHH), Graham Muise (MD)

Regrets: Blair Lipsett (BWB)

1. Call to Order & Welcome- Sue welcomed everyone to the call; the meeting was called to order at 7:05pm. Bette took attendance.
2. Additions & Approval of the Agenda- ***Motion to approve the agenda: Keri Warwick/Joe Yurchesyn Motion carried***
3. Minutes of the September 13th, 2015 Meeting- No errors or omissions.
4. Business Arising from September 13th, 2015 Meeting-
 - *Swim Nova Scotia to send 2015 financials once they are available- DONE*
 - *Waeg to forward Swim Nova Scotia final report from 2015 Provincials- TO DO once the final payment from Swim Nova Scotia is received.*
 - *Bridgewater to try to secure accommodations for 2016 Provincials- DONE (Bridgewater has sent updates on the status of rooms in the area) Bette will double check to see if the email had been sent (Barb noted that they did not receive the email).*
 - *Graham Muise to forward recommendations related to Provincials from Coaches to Swim Nova Scotia- NOT RECEIVED. Graham apologized for not sending anything in advance; he sent a document to Bette within the last two hours. Bette stated that the LTAD Committee met and discussed the feedback received from others and made adjustments. These will be highlighted under item #8. If Graham has further concerns he should submit them to Swim NS in a timely manner and outline timelines, LTAD rationale and requested revisions.*
 - *Clubs to poll families on season length for 2017 and beyond and forward to Swim Nova Scotia- NOTHING RECEIVED*

5. 2015 Summer Financial Statements- Draft statements were distributed, there is one outstanding expense to be paid to the Waeg for hosting Summer Provincials in 2015. This will be paid to them in the coming weeks. Apologies to the Waeg for the delay, however we are finalizing some expenses related to awards.
6. 2016 Registration Fees & Affidavits- There is no change to membership fees for Clubs and Swimmers this summer. Swimmer fees are set at \$25 each, small clubs \$75.00 (50 or less swimmers) and large clubs \$100.00 (51+ swimmers). Fees will be due the first week of July. Club affidavits are due with the fees and family ones should stay on file with the team. Clubs should anticipate a membership fee increase in 2017; the Swim Nova Scotia Board of Director's will be finalizing 2017 fees in the fall/winter of 2016/2017.
7. 2016 Competition Schedule- Presented, the season begins a little later based on the later date for Provincials.
8. 2016 Competition Structure- Bette circulated the Competition Structure. Revisions were made specifically to Provincials, based on feedback from 2015 Provincials.
 - i. Age Group swimmers can swim in relays (no Participation).
 - ii. 10 minute marshalling breaks added to Friday's Participation events after each event. This will ensure swimmers are getting a break in between events and give the coaches an opportunity to provide feedback. Keeping the Participation events on Friday is in line with the National LTAD philosophy of one-day two-three hour competitions for grassroots athletes (in their first two years of sport). This also enables Coaches of the Participation swimmers that are also swimmers to focus on their own events throughout the weekend. Participation swimmers have the opportunity to swim the 50m Free on Saturday if they would like to be part of the parade and their team environment.
 - iii. The LTAD committee reviewed the timelines throughout the weekend and found that on Saturday the only potential conflict for swimmers not getting enough rest is before the 400m Freestyle. Coaches will be asked to communicate any concerns with this in advance of Provincials and if needed a 10-minute break would be added before the start of the 400m Freestyle. On Sunday morning, there is a 30-minute turnaround between the 100m Back and 50m Fly. This is actually ideal for racing,

however some swimmers do not have enough time to do their race debrief with their Coach. We have moved the 100m IM for Participation to take place in between the 100m Back and 50m Fly. This will allow enough time for swimmers to get ready for their 50m Fly, it also gives enough time for the Coaches to get their names to Swim Nova Scotia for additional grads.

It was noted by Graham that his concerns have been addressed with these changes, if he has further concerns he will communicate them to Swim Nova Scotia in a timely manner in preparation for the 2017 Provincials. He did note that he would like to see the 100m IM moved to Saturday; Bette noted that feedback received was to spread out the Participation events over three-days, having the 50m Free on Saturday and the 100m IM on Sunday was a compromise and that swimmers that were at the level of achieving their 100m IM time were in their third+ year of swimming. Bette will discuss this with the LTAD Committee for 2017.

9. Swim Nova Scotia Update-

- NCCP Courses – June 11th Community Sport Course, end of June early July for the SW101 Course. Coaches taking the 101 course can submit their pre-course workbook at anytime. The link is available on the Swim Nova Scotia webpage under the Coaching section.
- Coach Membership-
 - All Coaches (18 and older) must submit a Criminal Records Check and a Vulnerable Sectors Search to Swim Nova Scotia by July 1st if there is not one on file. *
 - Must be fully registered with Swim Nova Scotia, Swimming Canada and the Canadian Swim Coaches and Teachers Association no later than July 1st annually. If a Coach joins a team after July 1st, they will have one week to complete their Coach registration.
 - Head Coaches must be NCCP Swimming 101 Trained (for up to one year) or Certified.
 - Assistant Coaches must be Community Coach Certified, Swimming Teacher Certified or Swimming 101 Trained/Certified.
- Summer Swimming Coordinators- Tony Liew will be returning again this summer, however Sean Berrigan and Paige Robillard will be pursuing jobs that are relevant to their fields of study. Swim Nova Scotia would like to thank both Sean and Paige for

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their dedication to the Summer program and to Swim Nova Scotia. We will be hiring two new students in May.

10. 2017 Provincials Host- No clubs have come forward yet; please follow up with Swim Nova Scotia if your club is interested.
11. New Business-
 - All Star Team- information will be shared via email in April (as soon as information from NB is received).
12. Next Meeting- TBD June or July depending on the need for one
13. Adjournment- 7:45pm