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Summer Swimming Committee
Meeting Notes
Sunday September 11th, 2016- 1:00pm
Halifax

Attendance: Sue Jackson (Chair), Bette El-Hawary (Swim NS), Cathy Beaulieu (CGC), Krista Patriquin (CGC), Belinda MacGibbon (BB), Joe Yurchesyn (CHH), Susan James (EHS), Karen Hewkshort (EHS), Barbara MacDougall (WW), Dawn Miller (WW), Sandra McMillan (EHS)

Conference Call: Lisa Lebrasseur (WB), Keri Warwick (CS), Natalie McMaster (MD), Tricia MacEachern (SMBB), Jackie Dwyer (SMBB)

1. **Call to Order & Welcome**- Round table introductions took place. Sue welcomed everyone to the meeting.
2. **Additions & Approval of the Agenda**- No additions; Barb MacDougall/Krista Patriquin to Approve the Agenda as presented. Carried.
3. **Minutes of the January 27th, 2016 Meeting**- No errors or omissions; Dawn Miller/Susan James to Approve the Minutes as circulated. Carried.
4. **Business Arising from January 27th, 2016 Meeting**-
 - *Waeg to forward Swim Nova Scotia final report from 2015 Provincials- COMPLETE*
5. **Swim Nova Scotia Update**-
 - **Web-page**- The Swim Nova Scotia webpage has been re-vamped and launched today. Links/urls may have changed, so please double check your bookmarks.
 - **NCCP Courses & Coach Membership**- All Coaches must be in compliance with the Swim Nova Scotia Coach Membership policy and be fully registered with Swim NS annually. Membership not only includes submitting a membership fee, but it also requires Coaches 18+ to submit a Criminal Record Check (one must be on file; copies from other organizations are acceptable) and that they have a minimum NCCP Coach Certification. Bette reviewed the NCCP Coaching Education program and options for Coaches to obtain certification. These details are outlined on the Swim NS webpage under the



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'Coaches' tab and also in the Coach Membership Policy. Coaches that are not members or not in compliance are not covered under Swim NS insurance.

→ Roles & Responsibilities Coaches/Parents/Executive- Bette reviewed the roles of Coaches, Parents and Executive members of Clubs. Coaches are the technical experts; although some may be young and inexperienced in the Summer program; it is important that Club Executive support their Coaches and not allow parents or other Executive members to interfere with the technical side of the program. They are also responsible for ensuring swimmers are graduating through the Participation program to the Age Group program when they are ready. Graduates must also have the correct skills to graduate, not just the time standards. This will be updated in the 2017 Competition Structure document. Skills reports will be utilized this season with Year Round teams; recommendation that these be incorporated into the Summer program next summer. This will help Coaches educate swimmers and parents on their skills and graduation into Age Group. It is important that Coaches attend the Technical session run by Swim NS at the end of June/early July each year; the above will also be reiterated to them.

6. 2016-17 Year Round Training Policy- The only change to the current document was the addition of 'age as of June 30th'. This makes the swimmers ages clear for everyone. The Summer Committee endorsed the document with the revision; it will go to the Swim Nova Scotia Board of Directors for approval this week and then it will be circulated to all Year Round and Summer teams. Discussion took place on the policing of the Year Round Training Policy. Essentially the number of hours are on an honour system; all families must submit a signed affidavit at the start of each season. If a summer team feels that a family has exceeded their training limits they can reject the family affidavit. If swimmers are that competitive and wanting to train more than the limited hours they should switch to a Year Round team. The Summer program is a recreational based program and is not intended to be the primary competitive program of swimming in the Province- Year Round swimming is.



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7. 2017 Competition Structure-

The Summer LTAD Committee met last week and reviewed feedback received from this Summer. Throughout the summer, Bette received feedback from Coaches, Head Officials, Meet Managers and Club Presidents. This feedback was compiled and shared with the Summer LTAD to make improvements for the 2017 season.

The following changes for Invitational Meets were made:

- All 200m Freestyle & IM events are to be swum as open, multi-age group, by gender- this will assist with meets finishing earlier in the day.
- All 400m Freestyle are to be swum as open, multi-age group, by gender, 2 per lane (no change)
- No relays at Invitational meets- this will assist with meets finishing earlier in the day. This summer relays were cancelled at some of the meets and many teams end up scratching their relays because swimmers leave by the end of the day.
- Swimmers must be entered in all invitational meets with entry times (including the first meets). Times can be used from previous summer meets and time trials. Coaches can get times based on practice times (Bette to discuss at the Coaches education session)
- Meet finish times before 5:00pm

Other feedback/comments:

- 100 Fly last at invitational meets- someone expressed concerns with having the 100 Fly being the last event on template A because it is the hardest event. The Summer LTAD has reviewed the order of events several times and has put together order of events that best meets the needs of all swimmers; some swimmers may argue that other events are more difficult or equally difficult as the 100 Fly. No matter what, an event will be last at the end of the day and swimmers will be tired. We hope to have meets finish earlier in the day.
- 50 Kick- The perception is that the kick is not important and not valued at invitational meets by the parents. Kick is a vital skill for all swimmers; the Summer LTAD and LTAD Committees both feel very strongly that the 50m Kick stays in the grassroots programming. Swim NS will review the importance of this skill with the Coaches at the education session in June/July.



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- Handbook- suggestion for Swim NS to develop a general handbook. Swim NS does publish various documents that can be utilized for parent education and pulled out for Clubs to put together their own handbook.

The following changes for Provincials Meets were made:

- Addition of the 50m Kick as an open event on Saturday before the 400m Free; this will allow for a little break between the 100 Fly and 400 Free. The 50 Kick will be a bonus event, swimmers will swim mixed gender and open ages, two per lane. Scoring will be set at 5 points per splash for anyone that participates in the event. The only requirement is that swimmers must have an entry time and be included in the meet entries by the entry deadline.
8. 2017 Provincials Qualifying Times- No changes were recommended by the Summer LTAD. The number of swims has been reviewed by the Summer LTAD Committee and there are no changes. These were reviewed at length when they were first established, including the impact that additional swims have on the length of the meet.
 9. 2017 Provincials Host- TBD; Bette will send a note this week. If Clubs are interested in hosting 2018 or beyond, please email Bette as soon as possible.
 10. New Business-
 - Officials- Lynn Sitland and Sue Jackson extended a huge thanks to all of the officials for volunteering their time this summer. Clinics can take place at any time during the year; officials can also participate in year round club clinics. Swim NS will post Clinics on the webpage regularly (if clinics are open).
Officials can work at any meet, year round, masters or summer; check the Swim NS webpage for calls for officials or in the meet packages.
Having the Starter as Safety Marshal will be reviewed by the Chair of Officials for next summer. Many of the Starters couldn't arrive at the start of the meet because they were in later warm up times.



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This summer, many clubs found it difficult to fill the afternoon sessions with Officials. Suggestion to have the host team fill the afternoon sessions.

Officials Database- All Summer Officials will be added to the SNC database by next summer by Swim NS. The Year Round officials were added this summer.

Invitational Meet Warm-Up Schedule- This summer we did not use the schedule included in meet packages because they were not accurate. After receiving the entries Swim NS worked with the Meet Manager to develop an accurate warm-up schedule based on meet entries. Next summer we will do the same thing.

11. Next Meeting- January or February 2017
 - 2016 Summer Financial Statements
 - 2017 Registration Fees
 - 2017 Schedule of Events
 - 2017 Provincials Host Update
12. Adjournment- 3:00pm Dawn Miller