



Things are swimming along into November

We are progressing towards our 1st novice meet at the end of this month. We have 73 swimmers signed up to participate with Brantford on November 27th. I am pretty sure that would be a HAC record number of novice swimmers! GO HAC GO!

Happy swimming,

Melanie ~ novice coach/coordinator

★ SWIMMERS OF THE MONTH ~ OCTOBER ~ BEST KICK ~ ★

Congratulations to
Marshall P., Taryn K., Marisa G. & Sloane C.



UPCOMING EVENTS – MARK YOUR CALENDARS:

*(dates marked with a * are still tentative)*

- Nov 12 – Extra dive practice @ McMaster 8-9am
- Nov 27 – Swim meet: Brant at HAC (Ancaster Aquatic Centre) 8am warm-up **RSVP by Nov 13**
- Dec 10 – Holiday Party @ Jimmy Thompson 10am-noon
- Dec 24* to Jan 8* – Holiday Break – no practices
- Jan 22 – Swim meet – HAC at Brant 8:30am warm-up
- Feb 20 – Family Day – no practices
- Mar 4 – Swim meet: OAK at HAC (Westmount Recreation Center) 4:30pm warm-up
- Mar 11* to 19* – March Break – no practices
- Mar 25* - Club event – more details to come
- Apr 8 – Swim meet – HAC at OAK 3:30pm start
- Apr 14, 16, 17 – Easter holidays – no practices
- May 22 – Victoria Day – no practices
- May 27 – HOB Finale Swim meet in Oakville – more details to come
- Jun 10* - Club event – more details to come
- Jun * - Novice season end party/last day

Everything you should know about novice meets and more:

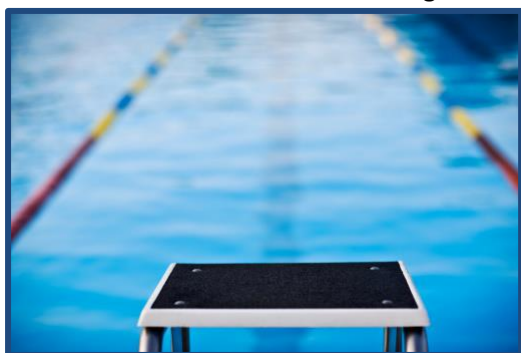
Novice are encouraged, but not required, to participate in one or more swim meets a season. Our meet circuit with Oakville & Brantford offers our novice 5 meets to take part in. The novice meets introduce our swimmers to swim competitions with the focus on personal improvement to earn Best Time ribbons. Every time our swimmers beat their previous best time they receive a Best Time ribbon for their accomplishment. The first time swimming an event means an automatic best time ribbon and gives them a time to aim on improving next time and rewards them for trying something new. Meets are great for the race experience, team bonding and fun. They are a way to see the practices payoff and gauging improvements.

Coaches submit the entries for meets and rsvp's for swimmers attendance at a meet are to be given to Melanie approximately 2 weeks prior to the meet (meet dates noted above).

With the exception of the Finale meet, which includes a T-shirt in the meet fee, meet fees are covered by the club at this level, so why not participate?

Unsure if your child should do a swim meet or when to do one? If the swimmer is comfortable swimming a length of the pool they certainly can participate but these are some additional things to you may want to consider:

- If a child is nervous, consider coming to watch a meet before entering one
- Home meets can help a child feel comfortable, or consider checking out the pool ahead of time
- Oakville has a large novice team, this can occasionally be intimidating for some children, while others appreciate the extra rest between events due to the larger number of swimmers



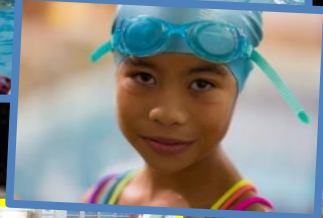
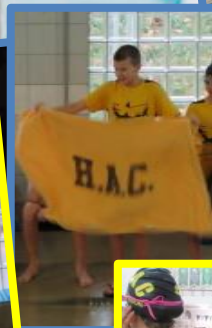
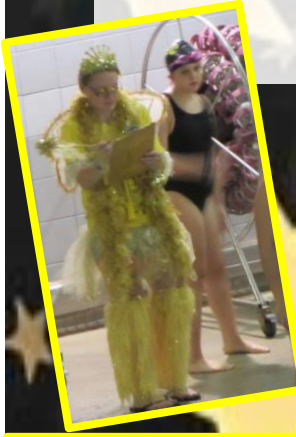
**“You don’t have to be great to start,
but you have to start to be great!”**

Your child is signed up for a meet, what should you and your child know, expect or do to prepare?

- 🏊‍♀️ Arrive with enough time for your child to be on deck and ready when the warm-up starts. Being early, helps reduce nerves, gives coaches time to talk with swimmers and plan relays if applicable.
- 🏊‍♀️ Bring an extra towel and deck clothing to put on between events -> a HAC t-shirt or hoodie is preferred for team spirit. (we recommend putting names on clothing tags because inevitably some items get left behind)
- 🏊‍♀️ A water bottle and some light snacks can be brought. Children may want to check with the coach for timing of their next event before eating. (At some pools no food is allowed on deck, only water, but snacks for right after the meet may be appreciated by the swimmers)
- 🏊‍♀️ There is no diving into the pool during warm-ups except in designated diving lanes and times.
- 🏊‍♀️ Warm-ups can be busy. Children should be aware of the direction the lane is swimming and should pass carefully.
- 🏊‍♀️ Swimmers should practice a dive and get a backstroke count (the # of strokes from the flags to the nearest end wall) during the warm-up.
- 🏊‍♀️ Swimmers all sit in the same area together as a team. Please note at some pools parents are in separate sections and are not permitted on the deck unless volunteering.
- 🏊‍♀️ Many children like their events written on their hands (this becomes a badge of honour the next day at school I think). Events will also be posted on the wall. If you think it is helpful, consider printing out your child's events for them.
- 🏊‍♀️ Events are announced over the loud speaker, calling for all those in the event to go to the marshalling area. Coaches will also help by calling out swimmers in the event, so swimmers should stay close and be aware to listen for their events.
- 🏊‍♀️ Events distinguish the distance (in meters/yards; 25 = 1 length) and the stroke (fly, back, breast, free or IM; IM = Fly, back, breast and free in that order in 1 event). Events sometimes may separate age and/or gender. (ie Boys 10&U 50 Free)
- 🏊‍♀️ In marshalling, swimmers in the event get sorted into their heats and lanes. A heat is a group of swimmers who swim the race starting at the same time, each swimmer getting their own individual lane. Heats can be swum with a mix of ages, gender and ability. First or last in a heat should not be the focus. Results from all heats do get tallied after the meet (by age and gender categories) and get posted, but the focus at this level should be on self-improvement and trying ones best! We want to foster healthy competition and enjoyment of racing. Support your child regardless of results, leave coaching to coaches.
- 🏊‍♀️ Heats will be kept together and volunteers will guide/direct the heat onto the deck and behind the starting block of the applicable lane. Behind the blocks, swimmers should be ready for the race, cap and goggles on, waiting to be whistled up.
- 🏊‍♀️ The ref blows a whistle to call the swimmers up on the blocks; once whistled up feet should be in starting position, but swimmers can stand up right and relaxed. On the starters "on your marks", swimmers should move quickly into dive position and hold it. The next beep means go. Swimmers do not need to look at the starter, listening for the beep is faster. On backstroke, there is an extra whistle to have swimmers enter the water, the next whistle is to get feet and hands in position; "on your marks" hold still in position until the beep. If on the blocks, the starter or ref say "step down" this means step back down off the blocks and they will start again with a whistle to get back on the blocks.
- 🏊‍♀️ The timing stops when you touch the wall; always touch the wall before putting your feet down. SWIM the distance!
- 🏊‍♀️ Wait in the water, right by the wall until everyone in the heat has finished, then swimmers should quickly clear the pool
- 🏊‍♀️ At our meets timers give out the best time ribbons right after you swim, so be sure to go and ask if you've earned a ribbon. Now the goal is to try and beat your previous best time, but sometimes you won't, you might have an off day or your race was right after another race so you were tired, or maybe you've been sick; it's the trying your best on that day that's important. Being upset is natural and okay, it even shows you care about your performance which is a good thing, but how you use your disappointment is key, will you ask your coach what you can do to improve, will you listen at practice and focus on the drills and techniques so you can get that PB next time? In fact doing your best at meets is related to doing your best at every practice. Be proud of yourselves for trying and remember even the best swimmers in the world have had disappointments at times.
- 🏊‍♀️ Go talk to your coach(es) after each of your races
- 🏊‍♀️ Please don't leave when all your individual events are over without talking to your coach and asking if you can leave, because you may also be in a relay -> relays are where swimmers take turns swimming one after another as a team of 4; when the 1st swimmer on the team touches the wall the 2nd swimmer starts... In a relay please wait on the deck behind your lane for all relay swimmers to swim, you are a team, so stick together, some extra cheering for your teammates never hurt either.
- 🏊‍♀️ Have fun and cheer for others; swim meets give you more opportunity than practice to get to know your teammates.



♥ Black & Gold ♥
together we are Team HAC,
and we all win!



Find schedules, meet entries and more highlights on the HAC website at:
www.hamiltonaquaticclub.ca/

Any questions -> Contact Melanie at melanie.g.price@gmail.com