



Things are swimming along into November

November finds us progressing and preparing for our 1st novice meet. We have 75 swimmers signed up to participate with Brantford on November 19th. We are pretty sure that's a HAC record number of novice swimmers participating.

The following weekend, we have our 1st Black & Gold event (Nov 25th at McMaster 7-9am). This is a club event meant to get us in our HAC Team spirit!!

GO HAC GO!!

Happy swimming,

Melanie ~ novice coach/coordinator

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

Congratulations to

Sabrina S., Erina V., Kate P. & Callum S.



UPCOMING EVENTS – MARK YOUR CALENDARS:

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

- 🏊 Nov 19 –Novice meet: Brant at HAC (Hill Park) 12:30pm
- 🏊 Nov 25 –Black & Gold Club @ McMaster 7-9am [RSVP](#) by Nov 17
- 🏊 Dec 2 –HOBC meet – HAC at Brant 2:30pm [RSVP](#) by Nov 18
- 🏊 Dec 9-10 –competitive meet at McMaster sessions 3&5 **Scratch deadline is Nov 27**
- 🏊 Dec 16 –Holiday Party @ Laurier 3-5pm – more details to come
- 🏊 Dec 23* to Jan 6* –Holiday Break – no practices
- 🏊 Jan 6 –skills circuit @ Laurier 3-5pm
- 🏊 Jan 20-21 – competitive meet at McMaster
- 🏊 Jan 28 –HOBC meet HAC @ CAJ (Brantford) 8am
- 🏊 Feb 18 – competitive meet at McMaster
- 🏊 Feb 19 – Family Day – no practices
- 🏊 Mar 3or4 – HOBC meet: CAJ at HAC
- 🏊 Mar 10* to 17* – March Break – no practices
- 🏊 Mar 24* - Swim-a-thon/Club event
- 🏊 Mar 30, Apr 1&2 – Easter holidays – no practices
- 🏊 Apr 7 – HOBC meet – HAC at OAK 3:00pm
- 🏊 Apr 7-8 – competitive meet at McMaster
- 🏊 Apr 21 – skills circuit
- 🏊 May 5or6 – HOBC meet: OAK at HAC
- 🏊 May 12or13 – competitive meet at McMaster
- 🏊 May 21 – Victoria Day – no practices
- 🏊 May 27 – Novice Finale Swim meet in Brantford
- 🏊 Jun 23* - Black & Gold Club event
- 🏊 Jun * - Novice season end party/last day

Everything you should know about novice meets and more:

Our novice meet circuit is called HOBC which stands for the teams participating, Hamilton, Oakville, Brantford and Cambridge. This circuit introduces 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 (or it's the 1st time they've done the event) they receive a Best Time ribbon for their accomplishment.

New this season, N3s (3 practices a week swimmers) will (after the 1st HOBC meet), be taking part in our competitive level home meets (at McMaster) to expand their racing experience at the next level meets. The different type of meets for our different novice groups are summarized in the chart below:

<u>N2 (twice a week novice)</u>	<u>N3 (three times a week novice)</u>
Attend HOBC novice circuit meets with Oakville, Brantford & Cambridge	Attend HAC's competitive home meets at McMaster
Swimmers earn "best time" ribbons for beating their previous best time in an event	Swimmers can earn placement ribbons for their age group based on their speed (the times from all heats are compared for the age group)
HOBC fees are covered by the club (no additional fees for swimmers participating in meets). Please note if you sign up for a meet you are committing to attending; there is still a cost to the club if you are a No show after the withdrawal deadline. If something comes up that causes you to be unable to attend after signing up please let us know asap this helps coaches organize and helps the meet run efficiently.	The competitive meets do involve a fee (as noted in the individual meet packages but are typically around \$10 per race). To simplify administration of meet fees, an annual meet fee is determined and included in your total fees. Actual meet fees are tracked during the season and any balance will be credited or owed at the end of the season.
RSVP forms for meets will need to be completed approx. 2 weeks prior to the meet to indicate participation in HOBC meets. RSVPing 'no' if you can't attend, lets us know you haven't just forgotten to RSVP by the deadline.	It is assumed N3s will attend the competitive meets so N3s will be entered in the meets unless coach Melanie is advised via email that swimmer is NOT attending. This needs to be done by the scratch deadline to avoid meet fees being charged to your account.

The meet schedule for our HAC swimmers is on the HAC website meet page here: <https://hamiltonaquaticclub.ca/meet-details/>

The grid indicates who the meet is applicable for as well as notes rsvp and scratch deadlines, entries, and results and officiating info. The novice coordinator will also send all the information applicable to novice out via email, but if you can't find an email you can also look on the website meet page.

Unsure if your child should do a swim meet or when to do their 1st one? If the swimmer is comfortable swimming a length of the pool (which they all are in novice) they certainly can participate but if you have a nervous swimmer, these are some additional things to you may want to consider:

- 🏊 Attend the mock meet, a casual walk-through of what to expect at a meet
- 🏊 Home meets can help a child feel comfortable, or consider checking out the pool ahead of time
- 🏊 If a child is really nervous, consider coming to watch a meet before entering one
- 🏊 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
- 🏊 Remind them it is only about trying their best! You are proud of them regardless!
- 🏊 Also tell them about getting best time ribbons (first time at a meet, they are guaranteed some ribbons)
- 🏊 Reviewing the below notes with them prior to the meet



“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.
- 🏊 Preparation is key. Pack swim bags early (even the night before the meet). Have extra cap and goggles.
- 🏊 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. Please enter the pool safely!
- 🏊 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 (in designated dive lane) 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. If a child needs to go and see their parent please ask/let the coach know. We reduce missed events if we stay together and if swimmers be sure to listen for their events and names when called.
- 🏊 Many children like their events written on their hands (this has become a badge of honour the next day at school it seems). 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 still. 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!

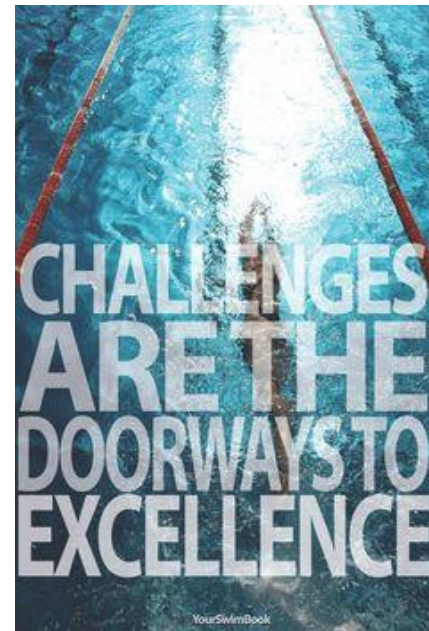
🏊 Wait in the water, right by the wall until everyone in the heat has finished, then swimmers should quickly clear the pool

🏊 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 the important thing, 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 right after each of your races.

🏊 Please don’t just 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. Have FUN!





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