

WELCOME

September 2006



The YK Polar Bear Swim Club welcomes back returning swimmers/parents and extends a warm welcome to new swimmers/parents to the Club. It was suggested to me that it would be advantageous for the Club to send out an initial circular to both returning and new swimmers/parents explaining some of the basics of how we run our swim program and what activities we do and why so that particularly new parents are in the loop a bit sooner - so here it is for the 2006-2007 swim year.



Website - e-mail communication

We have an amazingly up to date website thanks to the hard work of Head Coach, Ian Legaree. All of our activities/events/schedules are posted on our website - almost before they happen - so most questions can be answered by checking out the website: www.ykpbsc.nt.ca.

We tend to use e-mail communication to get notices out to parents/swimmers about a variety of items including schedule changes, fundraising activities, time trials/swim meet deadlines etc. As a result it is important for you to let us know which e-mail address you would like us to use. Please ensure that our Communications Director, Cynthia Northrup (cynthia_northrup@borealis-coop.nt.ca) and I (President - Sandra Aitken - sandraaitken@theedge.ca) have your contact information. If you do not have an e-mail address, please ensure we are aware of this so we can arrange to get "hard copies" of notices/newsletters to you in a timely fashion. We also post notices/newsletters on the Club's notice board at the Ruth Inch Memorial

Pool, so there are many ways you can obtain information about Club events.

Swimming Terms - Explained

Swim Alberta

Swim Alberta is the sport governing body for swimming in Alberta and the Northwest Territories. They sanction events, provide training and funding (to Alberta Clubs), provide some insurance and generally look after and promote the interests of competitive swimming.

NWT Swimming Association

The NWT Swimming Association is the sport governing body for swimming in the NWT. The Association is part of the Sport North Federation and provides funding for coach and official training and championship events. It is also responsible for Team NWT swimmers at the Canada Games, the North American Indigenous Games and the Western Canada Summer Games.

'A' Time

Swim Alberta sets qualifying standards for Provincial level swim meets. If a swimmer achieves an 'A' time they are qualified to swim at either the Alberta Age Group Championships (14 & Under) or the Alberta Senior Championships (15 & Over). 'A' times represent roughly the average top 5% of swimmers in a given age category and given event.

Qualifying Times

Swim Alberta also sets qualifying standards for the Alberta Regionals (one swim meet for Clubs Red Deer and north and a second for Clubs south of Red Deer). These meets are for swimmers 14 years of age and younger only. The 'Qualifying Times' are set for the 400 freestyle and the 200 individual medley events

only. If a swimmer achieves a qualifying time they are eligible to swim at the Alberta Regionals.

'B' Times

Swim Alberta publishes 'B' times to help swimmers and coaches gauge progress. 'B' times represent roughly the average top 10% of swimmers in a given age category and given event. Swimmers 15 years of age and older with 'B' times can also enter the Alberta Senior Championships - 'B' division.

Invitational Swim Meets

Swim meets run by sanctioned Clubs with invitations extended to a group of Clubs, usually in a geographic area.

Qualifying Swim Meets

Swim meets run by sanctioned Clubs where the swimmers must have a predetermined qualifying time before they can enter.

Time Trials

Sanctioned swim competitions run by Clubs to give their swimmers a chance to measure their progress and potentially qualify for higher level meets.

Schedule of Swim Meets and Time Trials

The schedule for the swim year can be found on our website. Our Club hosts various time trials and swim meets in Yellowknife. These are open to all swimmers. If you know your swimmer will not be able to attend the time trial/meet please ensure that your swimmers' coach and Head Coach, Ian Legaree, is aware of this so that your swimmer is not entered in events.

We also send swimmers to various out of town meets. Some are invitational meets - this means that assuming the swimmer is old enough to go on their own (10 and up) or are attending with a parent, any swimmer can attend (with payment of the appropriate fee). Some meets are qualifying meets - if the swimmer meets the qualifying time and pays the appropriate fee, the swimmer may attend the meet (again the swimmer must be 10 or older or must attend with a parent). We fly to most of our out of

town meets. The amount payable by each swimmer is subsidized by the Club to some degree and we fly on our sponsor airline, Canadian North. We traditionally have one bus trip per year - to Grande Prairie in February. Now that the new pool is open in Hay River we hope there may be a trip to Hay River during this swim year.

Swim meets and time trials require a lot of volunteers to run effectively and efficiently. We have an excellent meet management team who organize the events, but we need many parent volunteers to assist with officiating, marshalling and timing. You can expect an e-mail close to the time of trials/meets calling for helpers so please get involved. The Club provides training and the jobs are easy to learn - and you then get a front row seat to cheer on your swimmer. Without sufficient volunteers we cannot run our events, so please come and support your swimmer.

For specific questions on the meets, or the fees payable, please either contact Ian Legaree or me.

Fundraising

Several years ago fundraising was a mandatory part of the Swim Club. At an AGM at that time it was decided that registration fees would be increased so that fundraising was no longer mandatory. However, it is still necessary to partake in some fundraising endeavours to ensure the success of our swim program.

We have a volunteer Board of Directors that do the bulk of the management of the Club. Most of our coaches are also volunteers, including our Head Coach. Significant expenses include pool rentals, Swim Alberta fees, meet fees and costs, and insurance. Fundraising helps to offset these expenses so that we can continue to run our program without increasing our registration fees.

We are involved in the following fundraising events:



Bingos - for this calendar year we have bingos on September 16th, October 12th, November

30th and December 16th. Please look for an e-mail soliciting helpers for these events.

Swim-A-Thon - we participate in the annual Swim-A-Thon held under the auspices of Swim Alberta. Swimmers obtain pledges and the monies raised come back to our program. This year the Swim-A-Thon will be held on November 3rd and 4th and will be organized by Norma Giovanetto - so watch for details on this in early October.



Pie Sales - this is also an annual event. The Club sells frozen pies by the case (6 pies to a case). These pies are delicious and are an excellent fundraiser for our Club. We arrange to have the pies delivered in time for Christmas. Pat Witty will be organizing this event this year and again you can expect to see something on this in October/November.



Cotton candy sales - the Swim Club has been making and selling cotton candy for years. We do this three times a year - Caribou Carnival (March), Raven Mad Daze (June) and Canada Day. Queenie Bernard and Dale Pelzer are our coordinators of this event. This is another big fundraiser for the Club and it's fun.

City Clean-up - the Swim Club also participates in the Yellowknife City Clean-up held in May.

As we usually have close to 90 swimmers in the Club if every family helps out a bit, this will lessen the work load for everyone and will hopefully help to make the swimmers/parents feel a part of the Club.

Schedule

The schedule for this years swim season is copied below - this can also be found on our website. If changes are necessary for any reason, the date will be changed on the website so please check the website if you have any doubt regarding dates.

This is a Western Canada Summer Games year. NWT Swimming sends a team to the Western Canada Summer Games which are being held in the Sherwood Park area August 3-7th. As we are the largest Swim Club in the NWT we often have many swimmers qualified to attend the Games on behalf of the NWT. Swimmers born in 1990 or later (i.e. younger) are eligible to attend the Games. The team can consist of up to 8 male and 8 female swimmers. For more information on the Games and the qualifying times required to be considered as part of the team please check out the NWT Swimming website (it is a link on our website). Further details about the Western Canada Summer Games will be forthcoming at a future date.



Equipment Sales

The Club has various swimming items for sale to swimmers in our Club. We tend to stock training and competition swimsuits, goggles, and some clothing and swim souvenirs. These are available during our in town time trials and swim meets or you can make arrangements to purchase these items through our Equipment Manager, Mary Lou Murphy.



Schedule

- September 25 Returning Swimmers Camp
- September 29 Rookie Camp
- September 29 - October 1 - I Can Swim Instructors Course - Yellowknife
- October 2 Program Starts
- October 6 Welcome Event
- October 27 & 29 Time Trials - Yellowknife
- November 3 & 4 Swim-a-thon
- November 18 & 19 STSC Poppy Invitational - Sherwood Park
- December 1 & 3 Time Trials - Yellowknife
- December 15 Last day of programming for all groups except Gold
- December 17 Gold Squad 10,000 meter challenge
- December 19 - 22 Gold Squad Practices (6:00 to 8:00 a.m.)
- December 27 - 29 Gold Squad Practices (7:00 to 9:00 a.m.)

- January 2 - 5 Gold Squad Practices (7:00 to 9:00 a.m.)
- January 7 All other groups start
- January 12 - 14 or
- January 19 - 21 Camp (TBD)
- January 27 - 28 Shoppers Drug Mart NWT Championships
- February 8 - 12 Grande Prairie Bus Survivorship Challenge
- February 22 - 26 Alberta Age Group Trials (14 & Under QT / B times)
- March 1 - 5 Alberta Senior Championships (15 & Over qualifying times)
- March 8 - 12 Alberta Age Group Championships (14 and Under A qualifying times)
- March 17 - April 1 Spring Break
- April 6 - 9 Easter Weekend
- May 3 - 7 Edmonton Keyano International ("A plus" qualifying times)
- May 12 & 13 BHP Billiton Kimberlite Classic
- May 24 - 28 STSC Silver Cup - Sherwood Park
- June 9 Awards BBQ and AGM
- June 29 - July 14 Alberta Age Group Trials / Alberta Senior Championships / Western Canada Games Training Camp (exact timing to be determined)
- August 3 - 11 Western Canada Summer Games - Sherwood Park

and instills excellent values in young people and I trust you will find the coming year to be an enjoyable experience for your family. I look forward to meeting our new swimmers/parents at our Welcome Event and at the many time trials/meets we will hold throughout the year.

See you at the pool!



Sandi Aitken
President



You know that you're a competitive swimmer when . . .

. . . you think that getting up before the alarm clock rings is a "false start."

. . . you think chlorine is an essential ingredient of a nutritious breakfast.

. . . at the beginning of a test, you wait for the teacher to say "Take your mark--GO!"

. . . all you can think about when you watch *The Little Mermaid* is whether Ariel's dolphin kick is good.

. . . you make people think you're a spy sending a secret message when they hear you keep muttering to yourself "Fly, back, breast, free."

. . . you try to clean your glasses by spitting on them and rubbing it in with your fingers.

. . . you have a green streak up the middle of your hair, and you don't even have a cold!



Questions?

If at any time during the swim year you have questions about the Club or about any specific events, please check our website and note the FAQ button. If you can't find an answer please feel free to contact me directly, or our Head Coach Ian Legaree or any of our Board members. All board members and their contact numbers and e-mail addresses are listed on our website at www.ykpbasc.nt.ca under Board and then contact information.

I am confident you will find that the more involved you become in the Swim Club, the more enjoyment you and your swimmer will ultimately obtain from the swimming experience. Swimming is a lifelong sport