

Welcome to the second Newsletter of the 2022-2023 season. Newsletters will be sent out bi-weekly on Fridays. Please look for it in your inbox and be sure to read it! It will make you a more informed swim parent! Missed a Newsletter? Parents can find them on the home page under the News tab. [HERE](#)

Welcome Note From our Club President:

Hello NYAC,

On behalf of the Board of Directors, I want to welcome you to the 2022-23 season. The entire Board is excited for what we are hoping will be a true return to normal season.

One of the hallmarks of a well-run swim club is a high level of engagement from its families. We are asking all families to make a concerted effort to be engaged as much as possible this swim season. Come out to our Welcome BBQ, take an extra officials' clinic, sign-up for a volunteer committee, complete an additional session at a meet, or come cheer on NYAC at a meet in both prelims and finals. That little bit of extra effort will make our club stronger this year, and in years to come. However, sometimes the Board has seen issues where family involvement has been too much, and parents are too focused on the results of their swimmer and not process that the coach and athlete have designed for the season and beyond. I was asked to write something to remind parents about their role in the life of an age-group swimmer and how overburdening or over pressuring a swimmer can lead to burn-out. This is something not new to swimming, so while sifting through old NYAC newsletters, I found this "10 Commandments of Swimming" posted in a newsletter from 25 years ago:

- 1. Thou shalt not impose your ambitions on thy child.** Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing.
- 2. Thou shalt be supportive no matter what.** There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.
- 3. Thou shalt not coach thy child.** Do not undermine the trained coach by trying to advise your child on technique or race strategy . The coach is responsible for the technical part of the job. Your job is to provide unconditional love and support and a safe place to return at the end of the day. Love and hug your child no matter what. Tell them how proud of them you are. Never pay your child for a good performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.
- 4. Thou shalt only have positive things to say at a swimming meet.** If you are going to show up at a swimming meet, you should be encouraging, and never criticize your child or coach. Both know when mistakes have been made.
- 5. Thou shalt acknowledge thy child's fears.** A first swimming meet, 400 free or 200 IM can be a stressful situation. It is appropriate for your child to be scared. Reassure your child that the coach would not have suggested the event if your child was not ready to compete in it. Remember your job is to love and support your child through all of the swimming experience.

6. Thou shalt not criticize the officials. Remember that our officials are all volunteers. Do not criticize those who are doing the best they can. You too can be trained to be an official in an afternoon.

7. Honour thy child's coach. The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. If you have a concern, arrange a time to talk to the coach not in the presence of your child as it will only harm their relationship with the coach.

8. Thou shalt be loyal and supportive of thy team. It is not wise to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal challenges, even teams that build champions. Children who switch from team to team are often ostracized for a long time by the teammates they leave behind and are slowly received by new teammates. Often times swimmers who do switch teams never do better than they did before they switched.

9. Thy child shalt have goals besides winning. Most successful swimmers are those who have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry through life.

10. Thou shalt not expect thy child to become an Olympian. There are 50,000 athletes in Swimming Canada. Only a small percentage will become elite level, world class athletes. At the last Olympics, the Canadian team consisted of 26 individuals. Your child's odds of becoming an Olympian are about .0005%.

The NYAC Board looks forward to engaging with all of you this season, whether it is in the parking lot waiting for an early morning practice to end, on-deck at a meet volunteering as an official or cheering our swimmers on from the stands.

Go NYAC!
Evan Lipton
President, North York Aquatic Club

Save the Date!

First Day of Practices:

- The week of September 18 - All Groups start practices
- *Exceptions:*
 - Junior A Group – Monday, September 12
 - Senior A Group – Tuesday, September 13
- Waves Practices start the week of October 2

Pick up and Drop off at Pools:

- All swimmers are asked to arrive **15 minutes** before practice to prepare for the start of practice. Parents and caregivers are asked to be prompt in picking up their swimmers after practice, as we cannot guarantee supervision once practice has finished.

Thank you!!

New Parent Meetings:

Join us to see what to expect in your first year as a swim parent and get your questions answered. To register for a New Parent Meeting, click - [HERE](#)

- Monday, September 12, 7:00 pm Virtual Zoom Meeting
- Saturday, October 1, 7:15-8:30 am - In-person Meeting – Douglas Snow Aquatic Centre.

Welcome Back, BBQ!

- Date: Thursday, September 15
- Time: 5:00 – 8:00 pm
- Location: Earl Bales Park – 4169 Bathurst (Bathurst & Sheppard)

This event is our season kick-off, and it's an excellent opportunity to meet or be reacquainted with your coach(es) and fellow swimmers. We hope to see you there!

Officials Clinics

Do your part and take an Officials clinic or two this fall.

NYAC Hosted Clinics

- Sunday, September 11 - 7:00 - 9:00 pm - Virtual Zoom - Intro to Swimming Clinic ([register here](#))
- Wednesday, September 21 – 7:00 - 9:00 pm – Virtual Zoom – Intro to Swimming Clinic ([register here](#))
- Sunday, October 2 – 9:00 – 11:00 am – TPASC- **Mandarin** - Intro to Swimming Clinic ([register here](#))
- Thursday, October 6 – 9:00 – 9:00 pm – Virtual Zoom – Strokes and Turns Clinic (registration coming soon.)

Swim Ontario Hosted Clinics – Don't forget returning members need to take one new clinic each year.

Multiple dates and clinics are available – see the Meets and Events tab on the website - [HERE](#)

- NOTE: These are advanced clinics and not for the new members who still need to take the Intro to Swimming clinic.

Start-Up To-Do List:

With the start of 2022-2023, we wanted to share a checklist to help you prepare before practices begin. Please see the 3 top things to get looked after before the swim season begins

1. <u>Set up your emails:</u>

All communications will be sent through the Team Unify system; please ensure your email address is set up correctly so you receive all communications.

- **Team Unify/Sports Engine** is the website that helps NYAC communicate with families, runs our swim meets, enters swimmers into meets and events, and provides information on financial transactions
- There is only **one Account Holder for each family**. You must use the account holder's email and password to access your swimmer's Team Unify account
- Each account may add up to four emails to receive communications. Multiple emails allow parents/guardians/swimmers to receive the communications sent.
- **It is highly recommended that all swimmers over 13 also include their email as an alternate email.** This allows swimmers to receive communication from the coaches, meet events they are registered in, and practice; plus is a great learning opportunity.

- **Please add at least one SMS(Short Message Service) phone number to your account.** This will permit NYAC to send a short group text for last-minute pool closures due to bad weather, emergency pool repairs, etc.

2. Payments:

- The next instalment payment will be going through on October 1.
- Make sure you have a valid Credit Card on your account. If you ever need to update or change the card you want to use, log into your account to update it.
- If you missed signing up for the September EFT instalment payment and would prefer to pay by EFT – It's not too late; see below.
- **Please complete the PAD form below if you decide to pay by Electronic Fund Transfer.**

The form can be downloaded click [here](#)

To see the amount of each payment, click [here](#)

- There will be two options for submitting these EFT forms, and NYAC must receive them **before noon, September 26, 2022**, to process EFT payments for October.
- **All forms turned in after September 26; the EFT payment will be processed for your November payment**, with your October payment applied to your credit card
EFT Delivery Options: (must be completed before noon September 26 for Oct 1st payment)
 - Physically delivering the form to TPASC, Suite 2032, please place it under the door in an envelope, and email Linda at linda@nyacswimming.ca to let her know.
 - Submit the PAD form and void cheque by email to bookkeeper@nyacswimming.ca

3. Purchase your swimmers' equipment and team wear.

- **Splashables** is our team wear supplier, where you can purchase all your team wear and equipment. All current NYAC members will receive a 25% discount on all merchandise purchased at **Splashables**. See the Team Wear Page on the NYAC [website](#) for your group's lists of required team wear and equipment and contact information for the store.
- **Splashables extended Store Hours exclusive to NYAC Families:**
 - Saturday, September 17 - 10:00 am - 5:00 pm
 - Sunday, September 18 - 12:00 pm - 4:00 pm
 - Saturday, September 24, 10:00 am - 5:00 pm
 - Sunday, September 25, 12:00 pm - 4:00 pm
- **The deadline for embroidered team wear is September 25 for October delivery**

NYAC is pleased to announce a new partnership with Speedo
Show your support and purchase Speedo where possible.



Session Commitments 2022/23:

We need you! The NYAC swimmers, thank you for helping provide excellent meets and racing opportunities for them!

Each member agreed to complete eight (8) sessions during registration in the 2022-23 season. These are broken down into the following

- **At least three (3) sessions completed by January 31, 2023**
- **All of the eight (8) sessions completed by June 15, 2023**

How can you help?

NYAC will be offering several courses to help you become familiar with swim meets and qualify you to work as an official on deck. A schedule of upcoming sessions is located on our [website](#).

If you are new to swimming, the first course to take is:

1. **Intro to Swimming**

After this, you should take:

2. **Strokes and Turns**

A Friendly Reminder:

Failure to complete session commitments has financial consequences of \$125/per each missed session.

Remember, it takes many volunteers to run a swim meet, so we would prefer if you could volunteer (and it really is much more fun!). Questions about officiating? Contact nyacofficials@nyacswimming.ca

Help Wanted:

Pool Reps - Pool reps are parent representatives who perform an essential communication role within the club. They play a positive and supportive role model for parents. Becoming a pool rep provides an opportunity to get involved in the club. It is a wonderful way to learn about competitive swimming and our club. It offers a chance to interact with the coaching staff, Board of Directors and families of NYAC. If interested, please reach out to Heather Bruce at heather@nyacswimming.ca

Bingo Volunteers – We welcome our new Bingo Coordinator, Nat Popiel. Nat will take on the scheduling and all communication around our Bingo shifts at Delta St. Clair. Should you have any questions about Bingo or how to join the volunteer pool, please contact nat_p@hotmail.com.

Working a Bingo session involves a 2-hour time commitment during which you are greeting patrons, helping staff where needed and generally being a friendly face representing NYAC. To volunteer, there is a short online training session that takes less than 1 hour and qualifies you to work for the next year.

Banquet Volunteers – We are looking for some people who would like to work together to help plan our banquet to celebrate our team success from 2021/22 season. Duties include organizing the programme, fundraising auction, and events of the evening. If you are interested, please contact Gillian Uy (gmuy@icloud.com)

Who to Contact for What:

- **Always check the NYAC Website first.** This is where you can find most information needed for parents. Always log in with your password to see the private side for NYAC members. If any information is unavailable, let us know, and we will do our best to get it posted for parents.
- **Coach:** Contact your coach for all practice schedules, your swimmers' performance, and swim meet details. Your Group coach will be contacting you in early September before practices begin.

- **Linda Liberta –Program Coordinator:-** linda@nyacswimming.ca
For all registration, billing, team wear, and administrative needs
- **Eddie Toro – Director of Performance** – eddie@nyacswimming.ca
Any questions your coach could not answer, especially for the Competitive program
- **Heather Bruce –Director of Coaching** – heather@nyacswimming.ca
Any questions your coach could not answer, especially Waves, Youth and Intro. Also, looking after pool reps and bingo volunteers.
- **Pool Rep** – A parent volunteer from your group.
First point of contact for team social events and parent support, questions about how to navigate the website, and pool closure updates. Interested in Volunteering as one? Email heather@nyacswimming.ca

Please note: Coaches will be reaching out to their groups within a week before their practices begin.

Question of the Week:

I am a new member and feel overwhelmed; what should I do?

Attend a new parent meeting! We understand that there are many new things to learn as a first-year parent, and we are here to assist you every step of the way! We have two new parent meetings for you to select from, one on Zoom and one in person. Join us and get your questions answered!

Sign up for a New Parent Meeting - [HERE](#)

Go, NYAC, Go!
Swim On, NYAC Office

Connect with NYAC on social media:

- Instagram - Follow us by clicking [here](#)
- Facebook - Follow us by clicking [here](#)
- You Tube – Subscribe now, by clicking [here](#)

Thank you to Delta Bingo, who has supported NYAC for many years, helping us to keep swimmers swimming with proceeds going to pay pool rent.

