

**And a sigh of relief was felt...**swimmers are back to in-person schooling and swimming and hopefully this is the last lockdown and the swim season will continue uninterrupted.

Thank you to the Coaches for their continued flexibility and focus on the swimmers' best interest and running Zoom workouts. Thank you to Linda for working through the 8th schedule for the season, your drive to get everybody pool time is appreciated! Thank you to all the parents/guardians who have sent us supportive messages, we are proud to have such great families at NYAC.

Some of you may be asking about racing. For now, coaches are focused on setting swimmers up for success and building

their "swimming"

fitness. Trust me

that first swim after 5 weeks of being out of the pool is pretty tough, even if you have been working out during lock down.

Remember that racing for times and performance isn't always the purpose, especially after the challenging last couple of seasons. Our main goals with racing for the remaining of the season include:

- Fuel the competitive fire in our athletes
- Gain much needed experience to grow mentally and physically
- Reconnect with the most fun element of our sport

In the next couple of weeks, we will be publishing our racing calendar giving all the club swimmers a chance to race.

Eddie, Heather and Leela

## Welcome Kirsti to NYAC!



My name is Kirsti and I'm so excited to be joining the NYAC team. I will be working with Leela in the office, focusing on event planning and helping with office administration related to meet management, officials, team travel and social events. I have run a small business for the last 16 years and through my involvement with 2 swim clubs over the last 8 years, have volunteered in most positions, from Equipment Manager, to Club Officials Chair/Administrator, to Swim-a-thon Coordinator and more. I am a level 3 swim official and have 3 boys that have all swam or continue to swim at a novice to Easterns qualifier level. I look forward to becoming your resource for all things related to

officiating, travel, fundraisers and social events. With the busy meet schedule that lies ahead, you will find me on deck or in the meet room - I look forward to meeting and working with you all!

### **Swimming Talks with Coach Eddie: Don't miss it!**

Monday February 14th, the first Episode of **Swimming Talks with Coach Eddie** will air on our YouTube channel NYAC Swimming Club. Link [here](#)

During these disruptive times, Coach Eddie provides inspiration and education for our NYAC swimmers by engaging with some of the best Canadian swimmers to discuss common issues that swimmers face throughout their careers and what these successful swimmers have done to get through it.

Coach Eddie will cover everything from fun anecdotes to dietary tips and even some mental health advice.

A new episode will air every Monday at noon starting this upcoming Monday. **Episode 1 will be with NYAC Olympian and World Medallist Joshua Liendo!**



### **Session Commitment Reminder**

At registration, all families agreed to complete four sessions commitments. Failure to complete results in a \$125/per session missed, charged to your account in June 2022. For extra sessions worked families receive \$75.00 which can be used for fees during the 2022/23 season.

Over the next couple of months, there will be several opportunities to complete these sessions. Even though your swimmer may not be at this meet, we strongly advise each family to complete at least one session to ensure they can complete their four session commitments.

Officials sign up for the Invitational Prep Meet/Trials Selection meet started on Feb 7. For best selection of positions, sign up before Feb 14<sup>th</sup> as at that time it will open up for 2<sup>nd</sup> position per family

- Feb 14 at 8PM for 2 positions per family
- Feb 21 no restrictions on sign up

### **Registration to be an Official for 2021/22**

We still have a number of officials from past years that have not registered for the 2021-2022 season. Please do so, you must be registered with Swimming Canada to work on deck. You can register [here](#).

### Teamwear



The **last chance** to place your order for embroidered items for the 2022 season is **Saturday, February 26th**. After that, you will need to wait until the start of the 2022-2023 season to purchase anything personalized.

*Do you recognize two current NYAC coaches in their teamwear?????*

Parents - don't forget to get your white officiating polo for the upcoming meets. Splashables has plenty in stock.

For more information on NYAC Teamwear or to place an order online see the information page [NYAC Teamwear Information Link](#)

### Waves Registration for Spring Session Starts



#### Returning Fall Members – February 15 @ 9pm

Have friends and family interested in joining Waves, see information [here](#) for Tryouts and Schedule.

### NYAC Annual General Meeting (AGM)

All Members are invited to attend the **AGM on February 27, 2022 at 1:00 pm (EST)**. The AGM will be held using the Zoom platform. Due to the virtual format, members are requested to register before February 20, 2022 to attend the AGM. Please click here to [register](#). Meeting materials, including the financials and reports will follow.



# WHAT'S HAPPENING NEWSLETTER

## FOR FEBRUARY 10, 2022

### Nominations

At the AGM, two directors will be elected for a three-year term. All applicants for Director (an "Applicant") who complete the nominations questionnaire and meet the eligibility criteria below will automatically be nominated and confirmed as a candidate for Director of NYAC's Board of Directors, the elections will be held at the AGM. Nominations must be received by February 20, 2022 by 1:00pm (EST).

Each Applicant must complete and submit the nominations questionnaire. The completed questionnaire (without the Applicant's telephone number and email) from each Applicant will be distributed in its entirety to the registered members of the AGM. To complete the nominations questionnaire, please click [here](#).

Skills beneficial to a governance board model include those related to business, relationship development, communications, marketing, finance, change management, and the sport of swimming. Previous board experience is an asset.

### Connect with NYAC!

- 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.

