

MARCH BREAK SWIMMING OPPORTUNITY

Following the disruption of our season during this last lockdown, NYAC is offering swimmers the opportunity to participate in a March Break Training. During these three days, focus will be on fitness maintenance, skill work and lots of fun. Your participation is optional. You can register for all three days or just one or two sessions, whatever works with your March Break schedule.

The registration link is [here](#) and needs to be completed by March 9, 2022, to ensure that we have the right amount of coaches present.

March Break Schedule:

All practices are at Douglas Snow Aquatic Center located at 5100 Yonge Street

Tuesday March 15	Wednesday March 16	Thursday March 17
4:30-5:45pm Development B, C, Intro	5:00-6:30pm Development B, C, Intro	4:30-6:00pm Development B, C, Intro
5:45-7:00pm Senior B, C Junior B, C	6:30-8:00pm Senior B, C Junior B, C	6:00-7:30pm Senior B, C Junior B, C

For the other groups: High Performance, Senior A, Junior A and Development A and Youth, Coaches will be sending the practice schedules for the March Break.

Swim Meet Schedule for remaining 2021/22 Season

For the first time in 2 years, NYAC is excited to announce a meet schedule for our swimmers. This should help with planning family weekends! The schedule can be found [here](#)

A reminder from Coach Eddie, Director of Performance

As we prepare to face the coming meets, I want to expand on the comment I made in our last newsletter! To put things into perspective, when it comes to performance, in the world of athletics we have a 3-month rule of thumb to expect changes in performance. That may be skill acquisition of a young 10-year-old athlete, or strength and stamina performances on a 17-year-old high performance athlete.



NYAC teaches our swimmers and their families to respect this process, and to manage their expectations around performance. In addition to the physiological challenges, we cannot

undermine the mental challenges we have faced with the lack of racing opportunities in the last couple of years. I know we are all extremely excited to get back to racing, and this excitement may invite anxiety to perform, but please remember that our swimmers need to be given a chance to step into a very uncomfortable scenario and learn to enjoy themselves again before we add on the pressure of racing fast. With patience and careful planning, we will get back to a full strength. Thank you for your support!

Coach Eddie

Starting for the March 12, 2022 meet, we will be moving to past procedure for signing up for meets.

Reminder of the Process

1. **Registration Date** will be set first, much sooner than the **Scratch Deadline**
2. When the Meet is loaded to the Meet List (NYAC website/Team Unify), the Entry Coordinator for that meet will send an e-mail to all swimmers/families of the groups attending the meet including the 'Meet Info' sheet. Coaches will also be communicating to the swimmers/families about upcoming meets and deadlines.
3. Swimmers will be committed to each meet (by the entry coordinator) and families will have up until the **Registration Date** to 'decline' the meet. After the **Registration Date** parents will not be able to make any changes on the website. Failure to decline the meet, will result in families being charged for the events that were not declined.

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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.

