

Loula Tells All About Open Water Swimming & Coach Celeste!

Best Part of Open Water

"Being able to swim in the outdoors while meeting a bunch of new people from different groups. And I loved the meet at the end"



Why did you choose to swim at the Open Water summer camp?

"To go out of my comfort zone and try something new. I love the outdoors and swimming it was a perfect combination"

What did you learn from Open Water?

"I learned taking risks and going out of comfort zone is not always scary, it can be fun. And my freestyle and endurance improved 1000% when I got back in the pool"

Best thing about Coach Celeste: "Celeste is an amazing coach in so many ways, so it is super hard to pick only one great thing about her, however I would definitely say that I love her dedication towards helping her swimmer's achieve their personal goals. Celeste makes sure to push us to work hard and try our best in practice so that we can feel accomplished in our results, all while managing to incorporate having fun and trying new things so that we never lose our passion for the sport"

What would you say to someone who is thinking of joining Open Water but is hesitant?

"You can see the bottom of the lake and you can stand on the bottom of the lake. There is always a coach beside you in the water and one on land. You are never alone. You have safety buoy attached to you so someone can always see you. Once you get over the initial fear you will be so proud of yourself you may find out that you love it"

That being said, please register now for Open Water swimming and come out and enjoy a whole new swimming experience. Click [here](#) to register





What's Happening Newsletter

For May 20, 2022

NYAC Meet: Mayor's Cup – June 11 and 12

NYAC is hosting one more meet, the 31st annual Mayor's Cup being held June 11 and 12. It's a non-qualifier meet and will be held at TPASC. A chance for non-qualifiers to earn some bragging rights. Check out the job board to see if you want to help out and complete those session commitments.

Registration Process and Timing

The 2022-2023 season is setting up to be the first full season since the beginning of the COVID 19 pandemic and NYAC is excited to see what the program's full potential will look like. The goal of NYAC with placements is to create groups that optimize the development of our swimmers under our long-term athlete development model. This model identifies windows of developmental opportunities based on age, level of performance, athletic age (years of doing the sport) cognitive and emotional maturity and physical maturity.

Placements for the 22-23 season are going to be an important step in the rebuilding process. During the pandemic, we were forced to take some steps that while safe and fair, didn't necessarily align with our developmental steps.

The following are our three areas of focus when we create groups for 2022-2023

1. **Attendance:** This is your percentage of practices attended this season. Commitment to the group continues to be the most important factor in placements. The past two seasons we needed to be flexible with attendance to allow a gradual return to the pools, but as we move forward, we will prioritize swimmers who attend practices on a regular basis and contribute to the atmosphere and camaraderie of the groups. This includes meet attendance.
2. **Level of Performance:** Number of Regional, Provincial and National Qualifying standards achieved throughout the 2021-2022 season. Level of performance provides Coaches with insights about the type and frequency of training swimmers need to elevate their swimming profile to their next appropriate stage. With the return of swim meets, we are excited to include the performance parameters (found [here](#)) in the placement process again.
3. **Character Profile:** This includes emotional, physical, and psychological maturity. We analyze swimmers' ability to plan, practice and perform daily. We also consider the



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swimmers' relationship with their coaches, teammates, and family to build groups with good chemistry.

Looking ahead to the new season we encourage swimmers to look at their placement as an exciting opportunity to improve swimming skills, set new goals and make new friends.

To all swimmers: Your path may not be the same as your friends', or it may not be the level you expected, but trust that we work hard to ensure you are in the place that will set you up for success.

Eddie Toro, Director of Performance

How placements will work?

The schedule will be posted in early June for Competitive and Waves programs for the 2022/23 season

June 13 and 14	Placements letters sent to current members
June 14 -June 20	Questions about placements to be sent to Eddie, Director of Performance
Registration for Returning Members	
June 20 @ 8pm	Youth and Intro register
June 21 @ 8pm	Development A, B, C register
June 22 @ 8pm	Junior A, B, C, register
June 23 @ 8pm	Senior A, B, C, High Performance register
June 27@8pm	Waves and new members to competitive register

Frequently asked questions about placements

I have two swimmers that have been placed in two different groups, can I switch them into the same group?

As Coach Eddie mentioned groups are based on age, level of performance, athletic age (years of doing the sport) cognitive and emotional maturity and physical maturity. Thus, to maintain the program integrity, swimmers are placed in the level appropriate for all these parameters, so swimmers will not be switched to a group outside of their age. For example, Development is for 11-12 years of age while Youth and Intro are for 10 years and under.

What can I do if the group closest to my house/school is full?

We recommend that you register early to find the most convenient pool. We also have a waiting list, in case a space becomes available. The waiting list will be on the registration page.

However, we cannot bump another swimmer out of the group to accommodate late registrations. We also recommend that you register in your non-preferred pool, as spaces are limited and this way your swimmer is guaranteed the ability to swim in 2022/23 season.

Can you change my placement as my car pool won't work?

As a mom, I know the challenge of getting my swimmer to practice. Car pools have made it possible for my swimmer to get to practice over the last 9 years, however, we cannot move swimmers to accommodate car pools. As Eddie mentioned, this may be the chance to make new friends and start a new car pool.

Question of the Week:

How can I find out when the session/meet starts for my swimmer?

We recommend that you always check before going to a meet about the session start time:

- 1) Go to www.nyacswimming.ca
- 2) Go to "Meets & Events"
- 3) Go to the Meet for the session times.

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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.

