



WHAT'S HAPPENING NEWSLETTER

FOR MAY 6, 2021

Dear Members,

When the season started in September 2020, nobody knew what to expect. Our Return to Swim committee and Board worked with us to create a plan to keep swimmers safe. In fact, there are no reported cases of Covid-19 being transmitted within a Swim Ontario club training environment.

We also appreciate all your support with keeping swimmers active and engaged with their NYAC friends and teammates during these unprecedented times. Normally, the season would start winding down in early June. However, because of the lockdown, coaches have committed to supporting swimmers that want to stay active until June 27, 2021. Expect another end of year NYAC challenge to support the competitive nature of our swimmers!

With respect to swimming, the City of Toronto is planning on opening pools one week after Toronto is placed in the Red zone of the Covid-19 framework. Fingers crossed, there will be some swimming in June. **With all this uncertainty, no fees will be charged in June.**

Since there is so much unknown around the reopening of pools, we want to secure pool permits before a schedule is published and then registration will begin. However, we want to provide swimmers with their placements. All current members will have a place at NYAC!

Please read through the newsletter to learn more about the

- [NYAC structure](#)
- [Placements for 2021/22 season](#)
- [Registration timing update](#)

Also, we will need your help in promoting Waves, the foundation for the NYAC competitive program. And finally, an update on what's happening on the road to the Olympics.

Eddie, Heather and Leela

NYAC Structure

The NYAC program follows the long-term athlete development (LTAD) guidelines as published by Swimming Canada. It is designed to optimize the development of athletes by targeting specific athletic abilities through physical, mental, and emotional windows of sensitivity based on the athletes gender, age and experience.

In other words, at every age group there are specific abilities athletes need to develop that can only be attained during a particular age and cannot be skipped. For example, speed of limb movement is an ability that must be worked on by 12 years of age and this would be a focus in Youth/Intro and Development groups.



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Levels within Age Groups

The A, B and C levels within the age groups allows coaches to push athletes at the appropriate intensity and frequency for optimal learning and training. Swimmers comfortably acquire the skills they need to expand their potential and cope with future training that will come their way if they choose to participate at a different level.

Placements

During a regular season, placements are done through a careful selection process where the Coaching staff rely on OBJECTIVE criteria that include year of birth, attendance and time standards achieved during the current season. If necessary, SUBJECTIVE criteria that include discipline, coachability, technical ability and attitude are also considered.

With COVID lockdowns during the 2020-2021 season, NYAC came up with this altered placement process that addresses the immediate need of our athletes as we work to get our swimmers back on their performance track. **Placements will be based on year of birth and current level.** For example, if you are currently in Development A and you are born in 2008, you will move to the Junior A group. If you are in Development A and your YOB is 2009, you will stay in Development A.

As the 2021-22 season progresses, Coaches will be evaluating swimmers to ensure they have been placed appropriately. Open dialogue between coaches and parents will be continuous regarding your swimmer's progress.

Age Groups by Birth Year

Group	Year of Birth
Youth and Intro	2011 and later
Development	2009 to 2010
Junior	2007 to 2008
Senior	2006 and earlier

Registration Timing

- Week of May 17 – May 21, 2021: Questions about LTAD and Placements process– Eddie and Heather will be available, send an email with any questions (Eddie@nyacswimming.ca or Heather@nyacswimming.ca)
- Week of May 25, 2021 - Placement letters to be sent to families.

- Registration timing – as pool permits are confirmed, a schedule will be published and shared with the membership, registration is anticipated to be this summer.

Spring Open and End of Season Summer Open

The Spring Open exceeded our expectations with over 150 athletes participating, representing all NYAC groups. You can follow all our results in our Instagram account @nyac_toronto.

We want to build on the momentum created by the Spring Open and close our 2020-2021 season with a more exciting, and even more challenging Summer Open this June! Details to come soon. Make sure you train hard in the month of May!!



Lead up to the Olympics



The Olympics were postponed last year and rescheduled to run from July 23 to Aug 8, 2021 in Tokyo. Canadian swimmers have been intensively training but opportunities to race have been non-existent. This weekend a Time Trial for swimmers that train out of TPASC was held and our NYAC

swimmer Joshua Liendo came out to race for the first time 14 months. Josh did a great job at establishing himself as the fastest 50Free, 100Free and 100 Flyer in the country. A first step in securing a spot in the Canadian Olympic team! Go Josh Go!!!#NYACproud



Graduating NYAC Swimmers

It's no small feat to swim competitively through High School and we want to celebrate the graduating swimmers hard work and dedication to swimming. Please have your graduating swimmers complete this [form](#) so that we can celebrate their accomplishments.

Summer Waves Program

Did you know that 71% of swimmers between 8 and 12 years of age did not return to swimming? One reason for NYAC's success is the strong Waves program. We need to encourage youth to be active and hope that our members will share with their families and friends the benefits of joining NYAC.

Waves helps advance swimmers technical skills and the program also teaches children about taking care of their physical and mental health while building their self-confidence and learning that hard work, determination, and practice have positive outcomes on performance.

Waves programs will be held at the Holland Bloorview pool at 50 Kilgour Rd (off Bayview between Lawrence and Eglinton) in July. Please pass on to families, who can register [here](#).

In addition, the Swim-Fit Challenge Camp has some availability, you can register [here](#) or put your name down on the waiting list. Remember, registration fees are \$50.00, and you will only be charged once we confirm that pool permits, which are dependent on Covid-19 restrictions.



Note for the summer of 2021, physical distancing will be maintained, and this picture is just a throwback to the good ol' days!



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