

Hi NYAC members,

We are very excited to announce that racing is back! As vaccination numbers continue to rise, and the Canada begins to return to normal, racing opportunities will be more optimal and frequent. To allow us some flexibility and adaptability NYAC decided to compartmentalize our season into three Trimesters:

- Trimester #1 September to December
- Trimester #2 January to March
- Trimester #3 April to June

Before and after each trimester we will plan, evaluate, update, and communicate our racing plans depending on Swim Ontario regulations for racing.

WHAT ARE WE ALLOWED TO DO?

Non-Sanctioned racing: These are racing sessions during practice time. Sessions are not officially approved by Swim Ontario; therefore, the times do not get registered with Swimming Canada

Sanctioned Racing/Time Trials: These are sanctioned meets that will involve Officials and we will be recruiting volunteers, more information in this newsletter to follow. Times will be recorded in the swimmer's profile and are important for Championship season.



NYAC'S PLAN (Trimester #1)

For our first trimester, September to December we have identified three racing weekends:

Return to Race November 6th/7th

In practice racing swimmers will run through a mock meet within their practice times with their group coaches and racing their group team

mates. The purpose of this is to spark the spirit of competition in our athletes and give them a taste of what racing feels like. This is a very informal setting, and no times will be official. All communication about this will come from your group coach





WHAT'S HAPPENING NEWSLETTER

FOR NOVEMBER 4, 2021

Return to Race #2 November 20th/21st

In session racing: This weekend will be all about bringing multiple groups together. The times are shown below to help you plan out your weekend. Racing will be between multiple groups to increase the competitive atmosphere.

SESSION #	LOCATION	WARM UP	RACING	GROUPS RACING
20-Nov	TPASC-Comp Pool	11:30-12:15	12:15-1:45pm	High Performance Senior A Senior B
21-Nov	TPASC-Comp Pool	6:30-7:00am	7:00 - 8:30am	Junior A Junior B Junior C
21-Nov	TPASC-Comp Pool	8:30-9:00am	9:00-10:45am	Development A Development B Development C Youth Intro

3. Red, Black and White in December

- These weekends we will add the element of team spirit and awards. We plan to create three teams, a RED, a BLACK and a WHITE team evenly split amongst the groups in NYAC. More information coming soon.

NOTE: With the exception of the first Return to Swim weekend, we are working very hard to Sanction all other racing days. Our goal from the beginning was to provide every swimmer in NYAC with at least one Sanctioned racing opportunity, and we are confident we can meet this goal by the end of November and surpass it by December.

WHAT IS IMPORTANT TO KNOW ABOUT RACING IN NOVEMBER AND DECEMBER?

- **It's not how fast we swim, its how we swim fast.** Its less about how fast we swim and more about exposing our character to the environment and feel of competition. We celebrate results of times and placement, but they are not our priority. We encourage our athletes and families to stay focused on what is important.
- **Keep the fire alive** - As previously mentioned, we are a competitive swim club that thrives and fuels off our opportunity to test our abilities and continue to better ourselves. Racing allows us to stay motivated and inspired, to continue to work towards our goals.
- **Learn to race with courage** - Committing to something we really care about is a scary thing because things can go wrong, and most of the time do go wrong. We race to

expose our work and our dedication to the test of reality. We race so we can learn embrace failure as part of the process. We race so we can grow more courageous.

- **Learn to be competitive** - Competition in NYAC is about honoring your family, friends, teammates, and yourself with your effort. Demonstrating your will to compete is an absolute pillar in our program.
- **Learn to be a winner** - At NYAC, we like to teach our swimmers that winning is about wanting something and doing everything in your power to accomplish it. Aside from medals, times, and placements, we race to achieve that personal goal that makes us winners.

FINAL THOUGHTS ON RACING

As always, NYAC works hard to ensure all athletes are getting what they need. Racing is always an opportunity for the Coaching Staff to evaluate and adapt programming and group placement. The absence of racing and the lack of a consistent training season, due to COVID, took away the most important source of information Coaches have to evaluate swimmers and determine placements. As we build our return to racing program, we are excited to have the opportunity to close some gaps we may have left unchecked during this period of lower activity.

Eddie Toro, Director of Performance

Session Commitments

During your registration, families agreed to complete 4 commitment sessions. Normally time trials, what we are hosting in the first trimester, do not count. However, this year, the November session will count for 0.5 sessions as they are much shorter in length. **Sign up will be for 1 spot per family. Sign up will be this Monday opening at 8pm using the TEAM UNIFY System.** Forgotten how to sign up, please see instructions [here](#)

Official Courses

- Central region will be offering courses for officials in January. To learn more please click [here](#)
- NYAC will be offering a Stroke and Turn Clinic on November 14, 2020 starting at 7pm. Please register [here](#). You must have completed your official's registration for 2021/22 and the Intro to Swimming course to take this course.





December 20, 2021 to January 2 – NYAC will be closed and there will be no swim practices

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Thank you to Delta Bingo who has supported NYAC for many many years, helping us to keep swimmers swimming!

