

Fish Tales

News from the Board

We hope that everyone has now settled in to their routines. You know the one...drive to the pool, wait, drive home from the pool. Repeat. Often. It's hard to even remember those few months of summer freedom.



Registration is now done. Special thanks to Angela McGann for her hard work in making sure that the 69 swimmers from 52 families are part of the Marlins for the 2011-12 season!

The newsletter got some positive feedback and we hope that you will continue to find the content helpful. Without a suggestion for a new name we have gone back to the one from a previous newsletter from TMSC. Of course we are always interested in suggestions if you're feeling creative.

Representatives from TMSC attended the Swim Ontario AGM September 23rd to 25th and the North Eastern Ontario Region (NEOR) AGM October 1st and 2nd. Along with educational and networking opportunities, the meetings allow those in attendance to have a voice in

the decision making that sets the framework for competitive swimming. See highlights from the meetings on p. 2.

TMSC will once again participate in the Santa Claus parade on November 5th. The theme this year is "The Magic and the Music of Christmas". Chantal Riopel will be looking for volunteers (parents and swimmers) to design and decorate the float. As in previous years, all Marlins swimmers are invited to ride! Stay tuned for more information as the parade date nears.

Inside this issue:

Gift Cards	2
AGM Updates	2
Reminders	2
Competitive Swimming 101	3
Bingo	3
Upcoming Events	4
Coach's message	4



TMSC Website

As mentioned in the last newsletter, TMSC received a grant from NeoNet to improve our website. Andy from Yuzhu Web Design has been hard at work developing the framework for a new website that will soon be handed back to the club. Several board members met with him in late September

and were impressed with how the site looks and with how easy it will be to update and make changes to.

It will be a bit of a learning curve as Phil Doucette takes over as webmaster (along with some helper elves) but we are all looking forward to having a site that becomes a

convenient source of information for you and your swimmer.

If you haven't done so already, please spend a few minutes to see the all the new features at:

www.timminsmarlins.ca



Gift Cards

You should have received a couple of e-mails about the Fundscrip gift card program that included the forms to sign up (if this is new to you) along with the code required. If you have questions about the program, speak to Jocelyne Trottier at the pool or e-mail her at trots91@hotmail.com.

Although you can go on-line and place your order whenever you want, the official order is every 2nd Thursday at 9:00 am. This is when your order is processed and your bank account is debited. The gift cards for TMSC are all sent to the club and will be picked up by Jocelyne. She'll

be at the pool the following Thursday or Friday with your cards.

Once you are signed up, you will get a reminder e-mail for the week that you can order. An alternative is to set your order up as 'recurring' so you receive the same order each time.

In addition to the basics like food and gas there is a great list of retailers to choose from. What a great way to Christmas shop for those hard to shop for family members!



You will also be able to get gift cards from Shop and Support which offers some different retailers from Fundscrip. Jocelyne will let you know when she is placing an order and you give her a cheque payable to TMSC.

Although reaching your commitment in gift card fundraising may seem difficult it is definitely achievable. If you do reach your commitment and continue to participate, a portion of what you raise is deposited in your swim account...a great way to pay meet fees or for equipment for your swimmer.

AGM Updates



Tracy McCartney and Chris Salvador attended the Swim Ontario AGM in Kingston. There are plans for some changes on a provincial level starting in the 2012-13 season. The most significant ones are that Team Champs will be held in December 2012 and that there will be some

changes to how Provincials are formatted beginning in 2013.

The NEOR AGM in Sudbury saw a number of board members in attendance; some representing TMSC (Tracy McCartney, Cheryl Holland, Angela McGann, Phil Doucette) and some as part of their NEOR board responsibilities (Ron Lapointe, Chris Salvador). The regional meet schedule was decided and this will provide TMSC with the information

needed to plan for our season. The final meet schedule will need to be approved at an upcoming board meeting however we can let you know that the December NEOR #2 Developmental Meet will be held in Kirkland Lake. The only meet that will be hosted in Timmins will be NEOR #3 Developmental Meet. The complete meet schedule will be posted (on the website!) as soon as it is approved.

Reminders

⇒ If you have taken any officiating courses, please go to www.osoa.ca to register. If you have any questions regarding the process, please contact Chris Salvador.

⇒ The deadline is fast approaching for sponsorship. Please ensure that you provide Lorraine Melanson or Linda Rochon with your sponsor information as soon as possible.



Competitive Swimming 101

Since you are now an expert (or at least a little bit knowledgeable) about all the different types of meets possible, the next step is figuring out how they work.

If you met with Coach Tracy at registration, she gave you an idea of what meets were recommended for your swimmer. As it gets closer to the date, an information sheet and sign up list will be posted on the bulletin board next to the elevator. Please make sure that you are aware of the deadline dates! You need to indicate whether or not your swimmer is attending, how many seats your family needs on the bus and whether you need a hotel reservation. The Transportation Director, Nathalie Guevin, takes care of all the bus and hotel arrangements in addition to letting you know what your meet fees will be. The meet fee amount for your swimmer will be e-mailed to you with information on when and where you can drop them off. It is expected that meet fees are paid *prior* to the meet.

For more information on the meet including qualifying times, meet fees, warm up times, races and awards you should take a look at the meet package. When the meet package is available it will also be posted on the board. You may want to consider reviewing the meet package at your leisure and you will usually find them on-line. Go to www.swimming.ca, select Events, select Meet Lists and Results, select Upcoming Meets. You can reduce the number of meets listed by

using the drop down menus to pick a province, region or host club and then scroll down until you find the meet you are looking for. Click the date in the PKG column and the meet package should download for you.

Once the coaching staff know who will be attending the meet, they will select events for your swimmer. This process may, or may not, involve your swimmer. There is a reason for the selections and if you have questions about why your swimmer is entered in certain races, ask the coach. A few days prior to the meet, a list of the swimmers attending and their events will be posted.

Meet schedules are sold by the club hosting the event. It is a fundraiser so you can expect it to cost about \$10. It includes a schedule that lists which swimmers are in which events and heats. It is extremely helpful to know when your swimmer will be swimming!!



Warm ups are usually for an hour prior to the session. If you thought practice lanes were crowded, wait until you see warm ups at a meet!

Marshalling is the fun job some on-deck volunteers have in trying to gather all the right swimmers for the right event. The event being marshalled is posted (by number) and your swimmer needs to check in for all of their events. The coaches on deck have a meet schedule but your swimmer needs to be aware of their event numbers so they are ready to swim. Conveniently, some pools have open viewing areas which allow parents to yell reminders at the appropriate time if swimmers get distracted by everything else going on.

Sitting with other parents is a great way to get to know everyone and can be helpful when you are trying to figure out competitive swimming. Cheering for your child and their teammates as they swim (you need to be quiet during the starts) is acceptable. If cheering out loud isn't your style, don't worry. According to the swimmers, they can't hear anything while they are racing. (Which makes sense when you think about it since they don't always hear well even when they aren't under water.)

Swimmers should remain on deck throughout the session although short visits to check in with parents are okay as long as they let the coaching staff know where they are.

A quick word of advice...pools and their viewing areas can get very warm so dress for hot, humid indoor weather.

Bingo

The Bingo schedule is essentially complete ensuring this source of fundraising revenue will continue successfully for another season.

If you are scheduled, you must arrive at the Bingo Hall by 5:00 pm with the exception of the 'set up' person who should be there at 4:00 pm. Arriving early gives enough time to count the bingo packages and bingo cards received from the

Bingo Hall staff as well as prepare the packages for the runners and the floats.

The lead parent is responsible for calculating the sales of the bingo packages and bingo cards, distribution of prize money as well as making deposits throughout the bingo session.

Instructions are provided to help the parents with these tasks.

Without having enough parents present, we are unable to run the bingo and risk losing our bingo license. It is your responsibility to find someone to replace you if you cannot attend one of your committed dates.



TIMMINS MARLINS SWIM CLUB

**Be the best that
you can be!**

Upcoming Events:

October 13 – Bingo – McCartney, Trottier, Melanson, Hall

October 22&23 – NEOR #1 Developmental Swim Meet at Sudbury Laurentian Swim Club

October 27 – Bingo – Barrette x2, Ed Riopel, Dolanjski

November 5 – Santa Claus Parade

www.timminsmarlins.ca



...and finally a message from Coach Tracy

It is great to have everyone finally in the water. All of our groups have started their practices and the coaching staff is very enthusiastic about the upcoming season. Nominations for TMSC Team Captains were held in September and the votes are in: Male Captain is Roddy Huot and Female Captain is Morgan McCartney, congratulations to both swimmers.

Our first swim meet will take place in Sudbury on the 22nd of October. This swim meet is best suited to swimmers who have been competing for at least one full season, if your name is not on the sign-up sheet this meet is not in your best development to attend. We will have many more opportunities for competition throughout the season as the Tentative Meet Schedule will be finalized

very shortly.

During practices I will try to get upstairs to the viewing area to speak with parents and answer any questions or concerns you might have about the program. If you would like to meet one on one with any of the coaches you can e-mail me with a request for a meeting. Parent-Coach Meetings can be very informative for both the parent and the swimmer but we do request that the meetings are no longer than 20 minutes.

Our Tuesday and Thursday morning practices started on Tuesday October 4th. Sr C swimmers will now swim on Tuesday morning and not Tuesday afternoon. Sr B swimmers have an extra practice on Thursday mornings and the Sr A swimmers swim on Tuesday and Thursday mornings.

Swimmers you look great so far! Focused and ready to swim. Remember that it is very important to have your own water bottle. A light snack prior to practice is just as important as the water bottle. Snacks that are best suited to pre-practice are: rice krispie squares, pretzels, yogurt, applesauce, fruits, crackers, pita or corn breads. Immediately after practice to replenish your body is a regular glass of chocolate milk; chocolate is better than white milk as the cocoa helps the body absorb the proteins quicker into the blood flow!

