

**WELCOME**

2024  
 March

# FLUTTERBOARD

Welcome to the second FLUTTERBOARD Newsletter of 2024! Please encourage all ASSA members to sign-up to receive this newsletter. The FLUTTERBOARD is where you will find all of the information the ASSA distributed throughout each month compiled in one location, plus much more! Swimming Canada has been working with a select few ASSA clubs to test out the New Registration System. We are excited for the upcoming provincial reveal!

All club board members should be registering for the appropriate New Registration System training with Swimming Canada. More information can be found in this newsletter.



## Swimming Canada New Registration System Rollout Schedule



# CLUB PRESIDENTS' LANE

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## AFFILIATION

Affiliation is just around the corner. We have three clubs performing a trial run with Swimming Canada. Please be sure you have the following items ready to allow for a smooth process once the province-wide affiliation opens:

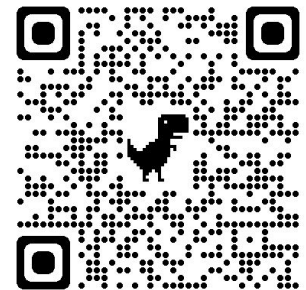
### Required Documents:

1. By-laws: ensure they are stamped by Corporate Registries (if changed from 2022 submission).
2. Financial statements are audited and signed as presented to your membership at AGM (annual requirement).
3. Copy of Proof of Filing with Societies (annual requirement).
4. Annual General Meeting Minutes (annual requirement).
5. Club Registrar Waiver - This is to be used so your club registrar has access to the registration system.
6. Club Officials' Administrator Waiver - This is to be used so your club official's administrator has access to the registration system.
7. Treasurer Waiver - This is to be used so your club treasurer has access to the registration system.

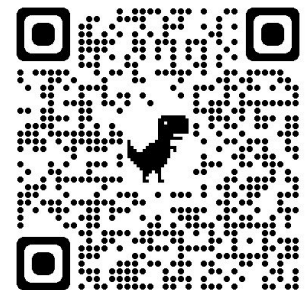
Our website is a wealth of information. Please be sure to check it out before contacting one of our volunteer board members.

**assa.ca**

ASSA Compliance Documents



2024 ASSA Meet Schedule



*Presidents please be sure to attend your Region Spring Meeting if your region has one scheduled!*

# NEW REGISTRATION LANE

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## Swimming Canada New Registration System Training

Based on the feedback received, Swimming Canada has set training dates for the various club roles.

Please be sure to scan the corresponding qr code to sign-up for the applicable training sessions.

### REGISTRAR

Registering your club swimmers  
April 02 7:00 p.m. - 8:00 p.m. MST

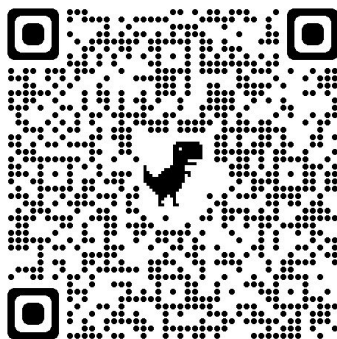
&

Swimmer Registration & Coach Registration and  
Compliance Training

April 04 7:00 p.m. - 8:00 p.m. MST

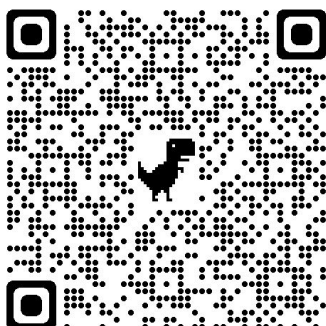
Swimming Canada identified that there was an opportunity to combine both the Tuesday and Thursday sessions. To respect your valuable time outside of working hours, the decision was made to cancel the Tuesday session and instead, incorporate its content into the Thursday session.

Registrar's - If you were only registered for the Tuesday session, please take a moment to register for the Thursday session to ensure you don't miss out on any critical information regarding our new registration system.



### COA

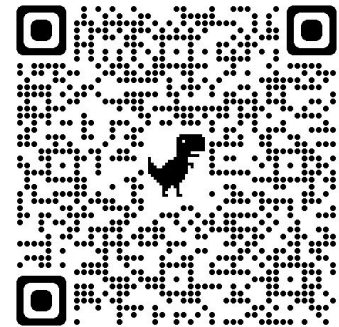
Registering your club officials  
April 09 7:00 p.m. - 8:00 p.m. MST



### COACHES

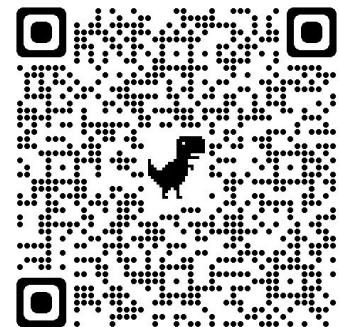
Coach specific tasks  
April 11 7:00 p.m. - 8:00 p.m. MST

Please do not send any compliance documents prior to this training, all documents will be uploaded by coaches into the system.



### MEET MANAGER

Managing your meet  
April 23 7:00 p.m. - 8:00 p.m. MST



### OFFICIALS

Stay Tuned, once we have successfully rolled out the above positions, we will set training for officials to self-register.

# OFFICIALS' LANE

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## CANADIAN RULEBOOK UPDATE

The new version of the Swimming Canada rulebook is now available on the Swimming Canada website - <https://www.swimming.ca/en/swimmingcanadarules/>

Notable addition to Part II: Swimming Rules – the term “separated” is defined in a note for both breaststroke and butterfly.

### 7. BREASTSTROKE

7.6 At each turn and at the finish of the race, the touch shall be made with both hands separated\* and simultaneously at, above, or below the water level.

\*“Separated” means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.

### 8. BUTTERFLY

8.4 At each turn and at the finish of the race, the touch shall be made with both hands separated\*\* and simultaneously, at, above or below the water surface.

\*\*“Separated” means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.

## PROVIDING AN INCLUSIVE ENVIRONMENT FOR ATHLETES AT COMPETITIONS

Swimming Canada believes that swimming is for everyone, and is committed to developing, maintaining and supporting a culture of equity, diversity and inclusion in the delivery of its programs. To this end, we encourage Meet Managers and Meet Referees/Competition Coordinators to keep the principles of inclusion and accessibility in mind at competitions where athletes may require flexibility in the usual procedures/rules so that they can participate fairly and safely.

For more information on supporting D/deaf and Hard of hearing Athletes at Competitions -

<https://www.swimming.ca/content/uploads/2024/02/Ddeaf-and-Hard-of-hearing-swimmers-at-competitions-Feb-2024.pdf>

For additional information on Swimming Canada’s policy for Equity, Diversity & Inclusion -

[https://www.swimming.ca/content/uploads/2022/12/2022\\_Equity-Diversity-Inclusion-Policy-Procedure\\_20221206-1.pdf](https://www.swimming.ca/content/uploads/2022/12/2022_Equity-Diversity-Inclusion-Policy-Procedure_20221206-1.pdf)

<https://www.swimming.ca/en/resources/officiating/officials-bulletin/>

## ASSA Rule Changes approved in August 2023

8 and Under qualification times have been removed beginning May 1, 2024



25m Butterfly and 25m Breaststroke are not an eligible event for the 6 and Under age category

Future Considerations: making an unsanctioned time for the individual medley



No age restrictions for the relay categories. Relay swimmers must swim up to the oldest swimmers age group beginning in May 1, 2024



Participating in swimming offers a multitude of opportunities for swimmers to develop valuable life skills that can be applied both on and off the pool deck. As you are setting up your swim season, try to incorporate some of these skills with your club:

1. **Teamwork:** Swimming often requires collaboration and cooperation with teammates towards a common goal. Learning to work with others, communicate effectively, and support team members is important.
2. **Leadership:** Swimming can cultivate leadership qualities by providing opportunities to lead by example, motivate others, and make decisions to guide teammates.
3. **Discipline and Commitment:** Success in sports requires dedication, discipline, and consistent effort. Athletes learn the importance of setting goals, prioritizing tasks, and persevering through challenges. These qualities are transferable to academic pursuits, career endeavors, and personal development.
4. **Time Management:** Balancing training, swim meets, and other responsibilities teaches swimmers effective time management skills.
5. **Resilience and Perseverance:** Swimming inevitably involves some setbacks, failures, and obstacles. Swimmers learn to bounce back from defeats, overcome challenges, and stay focused on long-term goals.
6. **Self-confidence:** Mastering skills, improving performance, and achieving personal bests in sports boost self-confidence and self-esteem.
7. **Respect and Sportsmanship:** Swimming instills values of respect, fair play, and sportsmanship. Athletes learn to respect competitors, officials, coaches, and teammates, regardless of outcomes.
8. **Healthy Lifestyle Habits:** Engaging in swimming promotes physical fitness, health, and well-being. Swimmers learn the importance of nutrition, hydration, rest, and recovery for optimal performance.
9. **Goal Setting and Achievement:** Setting realistic and measurable goals is integral to success in sports. Swimmers can learn to set short-term and long-term objectives, create action plans, and track progress. This skill translates to goal setting in academics, careers, and personal development, fostering a sense of purpose and accomplishment.

Overall, participating in swimming offers a holistic learning experience that extends beyond athletic prowess, equipping individuals with essential life skills that contribute to personal growth, success, and fulfillment

# COACHES' TRAINING LANE



## I CAN SWIM TEACHER TRAINING COURSE

*Each day will include an in-water pool session.*

Swim Alberta has developed a competitive swim skills program for pre-competitive and early-stage competitive swimmers which we have branded "I Can Swim".

### EDMONTON

April 13 & 14, 2024

### LETHBRIDGE

April 20 & 21, 2024

### LLOYDMINSTER

April 27 & 28, 2024

### CALGARY

May 4 & 5, 2024

### GRANDE PRAIRIE

May 11 & 12, 2024

Register at [swimalberta.ca](http://swimalberta.ca)

Cost: \$262.50 per participant



### Benefits to Swimmers

- Learn the stroke fundamentals with a focus on pre-competitive skills in a safe environment
- Receive instruction from a NCCP certified teacher
- Receive immediate rewards for accomplishing key skills



### Why I Can Swim?

- NCCP Certification for Swim Teachers
- Focus on teaching pre-competitive skills in a safe environment
- Program access limited to Swim Alberta clubs



### Benefits to Clubs

- Develop a larger base of swimmers with skills ready to enter the competitive program
- Boost annual recruiting through a stronger pre-competitive base
- Improve consistency of instruction of the pre-competitive program
- NCCP certification for Swim Teachers is easily maintained, additional certification is not required
- Access to online program materials and resources
- Flexible options for program delivery



### Swim Alberta Support

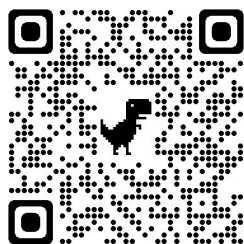
- Delivery of Teacher Training, Tracking of Certification and Club Support
- Sharing of Online Resources and Regular Program updates
- Provides Program Awards and Materials

**Did you know?** The Swim Alberta I Can Swim training meets the requirements for coach compliance. Coaches are not required to have both the NCCP Community Coach and I Can Swim.

## ASSA COACH PD

Erin Brennan, MPC, will discuss communication challenges for coaches. There are two Zoom deliveries on April 30. Please join at 12:00 noon or 6pm. The Zoom link will be emailed out on Monday, April 29.

*Coaches who attend will receive 1 PD point.*



<https://www.tfaforms.com/4980765>

## NCCP COACHING COURSES

NCCP 101 and Community Coach courses provide insights, practical knowledge and a supportive community for both novice and experienced coaches to enhance their coaching skills and make a lasting impact on athletes.

### COMMUNITY COACH

April 16 & 17  
April 23 & 24  
May 7 & 8

### SWIMMING 101

April 26-28  
May 24-26

*Candidates are advised to register early as no further courses will be offered before affiliation.*



No one should ever feel alone, afraid or unwelcome in their sport community.

**The Alberta Summer Swimming Association recommends the following two Dare to Care workshops to help guard against bullying.**

## **Coach & Club Board Member Workshop**

April 29 or 30 at 6 p.m. via Zoom (attend once)

Dare to Care is an official partner of the Coaching Association of Canada's National Coaching Certification Program (NCCP). Coaches who attend a Dare to Care workshop are eligible to receive up to 3 NCCP professional development points!

## **Parent & Guardian Workshop**

May 6 or 7 at 6 p.m. via Zoom (attend once)

The Dare to Care program was first piloted by the University of Calgary Swim Club (USCS) in 2018 with more than 1,400 swimmers, parents and coaches participating.

After the pilot project, the USCS Safe Sport Officer went from spending 173 hours investigating reports of bullying in 2018 to 0 hours in 2019.

**SIGN-UP NOW!**

**ASSA Dare to Care Workshops**

<https://forms.office.com/r/gTY24X6cJk>



**The Alberta Summer Swimming Association (ASSA) is a not-for-profit organization providing summer swimming programming for individuals of all ages.**



**Casino Fundraiser**  
**Volunteers Needed**

**June 29 and 30, 2024**  
**WEM Starlight Casino**  
**Edmonton**

**Scan**



**Preference will be given to volunteers that are willing and able to work a shift on both Saturday, June 29 and Sunday, June 30, 2024.**

**Please sign-up <https://forms.office.com/r/SMMC9dFbZc>**



# REGIONAL PROFILE LANE

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## REGION F

9 clubs call Region F home.  
In 2023, they had 458 swimmers!

Regions serve the purpose of dividing the membership into groups based on their geographical location to facilitate conducting meets during the summer swimming season and the hosting of Regional Championships.

There are currently six (6) Regions, named alphabetically as “Region A” through “Region F” in the Alberta Summer Swimming Association. We will profile each Region this season. Region C was profiled in the February 2024 Flutterboard. Check it out if you missed it!

Region F sent 10 swimmers to the Alberta Summer Games, bringing home 3 Silver & 7 Bronze medals.

Seven of our swimmers qualified for the ASSA All Star Team and swam long course at Provincials. One swimmer won Bronze.

2023 ASSA Region F achievements at Provincials:

- ★ 128 swimmers attended provincials
- ★ Individual medals; 23 Gold, 18 Silver & 16 Bronze
- ★ Relay Team standings; 3 Gold, 9 Silver, 8 Bronze.
- ★ Regional Relays; 2 Gold (13-14 girls won by 9 seconds) 4 Silver, 5 Bronze.
- ★ Para 3 Bronze Individual medals
- ★ Para 2 Silver Relay wins
- ★ Joah Randall, from the Pincher Creek Dolphins came home with two provincial records & was named the ASSA Male Athlete of the year.
- ★ Pincher Creek Dolphins scored 2nd in the Medium Team
- ★ Claresholm Kraken placed 2nd in the Small Team

### 2024 Region F Meet Schedule

Brooks Barracudas & Medicine Hat Manta Rays (in Brooks) - June 1

Pincher Creek Dolphins - June 7 & 8

Taber Vipers - June 14 & 15

Claresholm Kraken - June 21 & 22

Coaldale (SASG) - July 5 & 6

Lethbridge Orcas - July 12 & 13

Nanton Marlins & Fort Macleod Sharks (in Fort Macleod) - July 19 & 20

Crowsnest Pass Piranhas - July 26 & 27

Regionals in Lethbridge

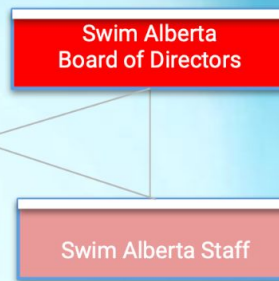
Region F  
Representatives

John Dozeman  
& Glen Mori  
regionf@assa.ca





# Communication Flow Chart



Presidents - Please share this with all of your club members. At no time should your members be contacting Swim Alberta!

**We ask all members to respect the proper path of communications**

*The ASSA Executive Board values our working relationship with Swim Alberta. However, we would like to stress that this does not mean that ASSA clubs, swimmers, parents, representatives and members can just reach out and contact Swim Alberta. The ASSA has an organizational plan that must be followed to ensure official procedures are adhered to.*

## 2024 ASSA BOARD OF DIRECTORS

### EXECUTIVE

**Lynnette Thoresen** - President  
[president@assa.ca](mailto:president@assa.ca)

**Heather Rasmuson** - Vice President/Region C  
[vicepresident@assa.ca](mailto:vicepresident@assa.ca) & [regionc@assa.ca](mailto:regionc@assa.ca)

**Suzanne Merrills** - Secretary/Region B  
[secretary@assa.ca](mailto:secretary@assa.ca) & [regionb@assa.ca](mailto:regionb@assa.ca)

**Marni Woykin** - Treasurer  
[treasurer@assa.ca](mailto:treasurer@assa.ca)

**Sports Integrity** - [sportsintegrity@assa.ca](mailto:sportsintegrity@assa.ca)

**General Inquiries** - [info@assa.ca](mailto:info@assa.ca)

### REGION REPRESENTATIVES

**Janice Luken** - Region A - [regiona@assa.ca](mailto:regiona@assa.ca)

**Meghan Monette** - Region A - [regiona@assa.ca](mailto:regiona@assa.ca)

**Krista Castagna** - Region C - [regionc@assa.ca](mailto:regionc@assa.ca)

**Lisa Driesen** - Region D - [regiond@assa.ca](mailto:regiond@assa.ca)

**Darla Wright** - Region D - [regiond@assa.ca](mailto:regiond@assa.ca)

**Lisa Preston** - Region E - [regione@assa.ca](mailto:regione@assa.ca)

**Erin Flory** - Region E - [regione@assa.ca](mailto:regione@assa.ca)

**John Dozeman** - Region F - [regionf@assa.ca](mailto:regionf@assa.ca)

**Glen Mori** - Region F - [regionf@assa.ca](mailto:regionf@assa.ca)

**Jana Gau** - Coaches' Representative  
[assacoachesrep@assa.ca](mailto:assacoachesrep@assa.ca)