

NEWSLETTER

WWW.ROWSWIMMING.CA



September 2024



Welcome to 2024/2025 Season

We're excited to announce the start of an exhilarating new season at ROW, now with an expanded coaching team and a growing roster of swimmers! Joining us this year is Coach Russ and Coach Tyson, whose expertise and passion for the sport will bring fresh energy and insight to our programs.

With a total of seven dedicated coaches and over 290 swimmers, our club is poised for an incredible season filled with growth, achievement, and community. Whether you're new to the pool or a seasoned competitor, this season promises to be an inspiring journey for everyone involved. Let's make a splash together and reach new heights!

Top News

New Coach Hire:
Tyson MacDonald
Russ Franklin

New Ontario Swim Standards
New 2024/2025 Meet Schedule



Upcoming Events:
Sept 14 - New Parent Meeting
Sept 15 - Terry Fox Run
Sept 21 - YMCA Camp



Inside The Issues

- Volunteering
- Family Participation Program (FPP)
- Officiating
- Fundraising
- Supportive parenting
- Team Building Events
- Events Signup

Welcome onboard, Russ and Tyson!



Russ Franklin joins us in his 51st year of coaching. Approximately 30 of those years were spent working as a head coach, filled with numerous success stories including Provincial and National Medalists, having worked with athletes going on to represent Canada at international competitions, including the Olympics.



This is Tyson MacDonald's second consecutive year working at ROW, however in a larger capacity. He has just wrapped up his swimming career, having competed for ROW and represented Canada in several international competitions - most recently at the 2023 Para Pan American Games in Santiago, Chile where he earned 3 medals.

VOLUNTEERS NEEDED

September 2024



The Region of Waterloo Swim Club is a volunteer-run organization. Volunteering offers a unique opportunity to connect with other parents, coaches, and athletes, and witness firsthand the positive effects of your efforts. Your time and support are invaluable, and every contribution, big or small, helps us provide an exceptional experience for all our members. Dive in and be a part of something great! Got Questions about volunteering opportunities. Please email volunteer@rowswimming.ca.



OFFICIATING DURING SWIM MEETS

»»» (see [Officiating](#))

To have our meets sanctioned by Swim Ontario, ROW must have registered and qualified officials. Participating in officiating activities at swim meets is a fun and rewarding experience. Officiating at our swim meets is a great way to acquire points for the [Family Participation Program!](#)

Fundraising activities provides the resources needed to enhance our programs, facilities, and opportunities for all our swimmers. We always seek help for the Swim-a-thon and ROW Rattle events.

»»» (see [Fundraising](#)) FUNDRAISING ACTIVITIES



ROW SOCIAL COMMITTEES & EVENTS

»»» (see [Volunteering](#))

As the Award Banquet and the End of Year Picnic Lead, you'll play a pivotal role in organizing and celebrating our swimmers' achievements. As a Group Parent, you'll organize group activities and assist with fundraising efforts to support our club's goals.

Group	Minimum points
Tops	3
RSA Age Group	3
Junior Development 2	4
Junior Development 1	6
Age Group Development	6
RSA Competitive	8
Senior Development	12
Provincial Development 2	10
Provincial Development 1	12
National Development	14

»»» FAMILY PARTICIPATION PROGRAM (FPP) (see [FPP](#))

To help distribute the responsibilities fairly throughout the membership, we have instituted the Family Participation Program (FPP). This is a comprehensive program, point-based system and has provisions to charge a fee at the end of the season for those families who choose not to volunteer or do not meet the minimum point requirement. Watch the [video](#) to see how to check your FP points.

SUPPORTIVE PARENTING

Proven Strategies for Fostering a positive and motivating environment

Supportive parenting plays a crucial role in a swimmer's journey, providing the encouragement and stability needed for success and enjoyment in the sport. By actively participating in their child's swimming experience, whether through attending meets, celebrating milestones, or simply offering words of encouragement, parents help foster a positive and motivating environment. Understanding the challenges and triumphs of competitive swimming, and balancing enthusiasm with patience, ensures that young swimmers remain focused, confident, and resilient. A supportive parent not only boosts their child's self-esteem but also reinforces the values of dedication, teamwork, and perseverance essential for their development both in and out of the pool.



The Role of Supportive Parenting in Swimming

1. Model Positive Behaviours

- Listen actively & ask questions – these are behaviours that allow for growth and understanding in sport
- Give children responsibilities – packing swim bag, setting alarms for morning practice
- Teamwork – embrace encouraging others
- Reinforcement – positive feedback for positive actions

2. Support their Commitments:

- Attendance – help get them to practice everyday
- Punctuality – being on time is imperative to overall progress, if your child starts practice without the first instructions of the day they are falling behind
- Meets – meets are our best tool to measure progress, they develop unity amongst the swimmers, and they allow for success and failure

3. Encouragement and Communication

- Stay away from criticism of their sport
- Tell them how much you enjoy watching them
- Encourage them to ask questions

4. Things to Avoid:

- Do NOT coach your kids
- Being critical of performances
- Speaking poorly of the club or coaches in front of the athletes

Implementing tips and tricks for supportive parenting can make a significant difference in your child's competitive swimming journey, enhancing their confidence and performance. By actively engaging with their goals and providing consistent encouragement, you help create a positive environment that fosters both personal growth and athletic achievement.

Contact Us



communications@rowswimming.ca

MORE NOTEWORTHY UPDATES

1

Important Dates

- Sept 14 - New Parent Meeting (1:00 pm - 2:30 pm) Location: WalterFedy
- Sept 21 - Upcoming ROW Team Building event at Camp Ki-Wa-Y! (9:00 AM - 19:00 PM)
 - Registration Deadline: Sep 13, 2024
- Oct 19 - Fall First Try

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Swim Meets Update

- Qualifying for Meets
 - New Swim Ontario 2024-2025 Time Standards will be posted on Sept 13.
- New 2024/2025 swim meet and holiday schedule is posted.




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Common Questions

- How to sign up for swim meet?
 - Meets/Events page provides detailed information about events in the next month. Each event includes an “Accept/Decline” button, allowing you to indicate whether your swimmer will be participating.
 - All athletes who do not decline the meet on the ROW website by the deadline will be entered and responsible for the fees.
- Where to buy equipment?
 - We get discounts from LY Sports so check there for gear. (See equipment list)
 - Fall Spirit Wear Online Store will be open from September 21st to October 6th.
- How to check my FPP points?
 - Watch the video to see how to check your FP points.

4

Social Media Update

- Follow us on facebook 
- Follow us on X 
- Follow us on Instagram 

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Contact Us

- Fundraising - fundraising@rowswimming.ca
- Club Communication - communications@rowswimming.ca
- Social Media and Membership Outreach - social@rowswimming.ca
- Dispute Resolution - dro@rowswimming.ca
- Officiating - meetmanager@rowswimming.ca
- Fee and Payment - treasurer@rowswimming.ca