



## Nage compétitive Competitive Swimming



# 2024

### Season Programme and Orientation | D-CS-SPO-240422

This dossier complements the issues, proposals and plans for Competitive Swimming, as discussed at the First General Meeting of the sixtieth season.

**April 22, 2024**

This document was produced by **The Vice-President of Competitive Swimming.**

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## Sixty Years Strong.

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*We, the Northshore Aquatic Association, have come together and organized ourselves to promote and develop our unique aquatic community.*

For six decades, we have shared a passion for inclusive and accessible summer aquatic activities, and an unwavering commitment to preserving these aquatic traditions for the generations to come.

Over the years, we have witnessed many of our former members compete at the highest levels of their respective sports, something for which we highly pride ourselves. We have collectively worked hard on achieving our goal of providing a safe, healthy, supportive and encouraging environment to every child who dreams of pursuing their aquatic sport.

But, more importantly, we value our own members, who are at the centre of this strong community that we have built. We recognize, the success of our mission is rooted in the spirit of volunteerism that we jointly foster at all of our member pools. We understand that the success of our youth relies on a greater involvement of our community, and that the aquatic experiences and opportunities that we create have an immense impact on their future endeavours.

Our way of life has become essential to the communities and families we serve. The NAA will always remain a fun and participatory environment for all.



## Foreword from the Vice-President of Competitive Swimming

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Dear Members,

I am proud to return amongst you for another summer as Vice-President of Competitive Swimming, as we prepare to celebrate the Sixtieth Anniversary of our Association. We have reached an important milestone, one that serves as a testament to the invaluable and outstanding achievements that our collective work has offered communities across the West Island.

With this in mind, I am pleased to provide the General Assembly with the first **Season Programme and Orientation**. This comprehensive package contains all proposals, changes, preparations and projects for 2024, giving a direction that will help guide us into this season and towards the next prosperous sixty years. You will find many great ideas to celebrate our 60th Anniversary; I hope you are as excited as I am!

With the Association entering an important milestone, the 2024 Competitive Swimming season will focus on two major goals: **Participation** and **Fun**. Both enshrined in our Constitution, these objectives will become more important than ever, as we face never-before seen drops in participation and involvement. This year only, two fewer pools will join our activities. And as you will read in the first few pages of this document, participation at our swim meets has likely reached a fifteen-year—if not longer—low point. To this effect, I recommend to study these numbers, as they can be very telling. While there are many factors that may explain this, the fact remains, the time has come to prepare the next generation of swimmers, officials, volunteers and community leaders, who will continue to enable our Association to thrive over the next six decades.

The following pages contain plans and ideas to increase community involvement, both at the level of volunteers and swimmers. Amongst others, the plan seeks to:

- **Showcase the value and relevance of our Association in the broader, non-aquatic community;**
- **Attract new individuals to enrol and participate in Competitive Swimming activities—particularly, many important changes are envisioned for Summer Swim Meet;**
- **Unite all members of the Association through membership-wide events.**

It is clear, the next few months will bring many changes—these are changes that will certainly challenge us collectively. But having accomplished incredible exploits over the last sixty years, I reckon that we should be nothing but confident in our fervour, ambition and dedication to our cause. This cause has toughed the test of time, spanning across generations of families and contributing to the building this large recreational aquatic community. And I trust, we have what it takes to preserve our Community for generations to come.

**To a 2024 season filled with joy,**

Leniyo Amayao  
Vice-President of Competitive Swimming  
Northshore Aquatic Association



## REVISED 2023 STATISTICS FOR INDIVIDUAL PARTICIPATION

Below you will find new approximations of the number of participants during 2023 swim meets. New figures have been produced for Summer Swim Meet; estimations for Time Trials have been revised lower. The statistics do not account for any relay events.

- **Number of individual entries:** Total aggregate number of races entered before a meet, regardless of whether multiple races are completed by a same swimmer.
- **Real number of individual swims:** Total aggregate number of races actually completed at a meet, regardless of whether multiple races are completed by a same swimmer.
- **Number of swimmers entered:** Total number of swimmers entered ahead of a meet. Multiple races by a same swimmer still count as one person.
- **Real number of participants:** Total number of swimmers who actually participated at a meet. This number does not include any swimmer marked as “NS”, “DNS” or “WDR”, but includes individuals who were disqualified. Multiple races by a same swimmer only count as one person.

The same figures were calculated for the 2008 and 2013 season (15 and 10 seasons ago respectively), using the available records from those same meets. Figures from 2013 may have a slightly larger margin of error due to multiple mistakes found in the names of individuals. Adjustments were made manually to account for the majority of these errors.

**There is a clear and significant decrease in participation at SSM and TT (combined). At Big Meet, 15% fewer swimmers make up the totality of the individual events of the Meet. Also note the shifts in participation, which now leans more towards A-Division teams.**

Figures pertaining to participation at **Dual Meets** cannot be confidently produced. The NAA will ensure to obtain more reliable figures in the upcoming season. Additional charts may be produced at a later date, to obtain the proportion of participants per stroke.

|   | 2008       | 2013       | 2023       |
|---|------------|------------|------------|
| <b>Table 1: Summer Swim Meet</b>                    |            |            |            |
| Number of Individual Entries (before meet):         | [N/A]      | [N/A]      | 732        |
| Real Number of Individual Swims:                    | 706        | 625        | 500        |
| Number of Swimmers Entered (before meet):           | [N/A]      | [N/A]      | 333        |
| <b>REAL NUMBER OF PARTICIPANTS (EXCL. DNS; WDR)</b> |            |            |            |
| 8 & Under   | 105        | 106        | 73         |
| 9 & 10  | 94         | 78         | 63         |
| 11 & 12   | 89         | 79         | 61         |
| 13 & 14   | 51         | 51         | 48         |
| <b>Total Participants:</b>                          | <b>339</b> | <b>314</b> | <b>245</b> |



2008

2013

2023

(Figures in parentheses are the old estimations from the 2023 Executive Report)

**Table 2: Time Trials**

|   |       |      |      |
|---|-------|------|------|
| Number of Individual Entries (before meet): | [N/A] | 1173 | 1158 |
|---|-------|------|------|

|                                  |      |      |     |
|----------------------------------|------|------|-----|
| Real Number of Individual Swims: | 1150 | 1149 | 920 |
|----------------------------------|------|------|-----|

|   |       |       |     |
|---|-------|-------|-----|
| Number of Swimmers Entered (before meet): | [N/A] | [N/A] | 538 |
|---|-------|-------|-----|

**REAL NUMBER OF PARTICIPANTS (EXCL. DNS; WDR)**

|           |     |     |           |
|-----------|-----|-----|-----------|
| 8 & Under | 145 | 129 | (125) 106 |
|-----------|-----|-----|-----------|

|        |     |     |           |
|--------|-----|-----|-----------|
| 9 & 10 | 145 | 143 | (136) 108 |
|--------|-----|-----|-----------|

|         |     |     |           |
|---------|-----|-----|-----------|
| 11 & 12 | 125 | 126 | (113) 105 |
|---------|-----|-----|-----------|

|         |     |     |          |
|---------|-----|-----|----------|
| 13 & 14 | 108 | 119 | (100) 88 |
|---------|-----|-----|----------|

|      |    |     |          |
|------|----|-----|----------|
| Open | 91 | 100 | ( 68) 59 |
|------|----|-----|----------|

|                            |            |            |                  |
|----------------------------|------------|------------|------------------|
| <b>Total Participants:</b> | <b>614</b> | <b>617</b> | (538) <b>466</b> |
|----------------------------|------------|------------|------------------|

**Table 3: Big Meet**

|   |     |     |     |
|---|-----|-----|-----|
| Number of Individual Entries (before meet): | 480 | 476 | 480 |
|---|-----|-----|-----|

|                                   |     |     |     |
|-----------------------------------|-----|-----|-----|
| Total Number of Possible Entries: | 480 | 480 | 480 |
|-----------------------------------|-----|-----|-----|

|                               |       |       |       |
|-------------------------------|-------|-------|-------|
| Number of Scratches/Reserves: | [N/A] | [N/A] | [N/A] |
|-------------------------------|-------|-------|-------|

**REAL NUMBER OF PARTICIPANTS (EXCL. DNS; WDR)**

|           |    |    |    |
|-----------|----|----|----|
| 8 & Under | 64 | 65 | 53 |
|-----------|----|----|----|

|        |    |    |    |
|--------|----|----|----|
| 9 & 10 | 62 | 65 | 53 |
|--------|----|----|----|

|         |    |    |    |
|---------|----|----|----|
| 11 & 12 | 60 | 66 | 59 |
|---------|----|----|----|

|         |    |    |    |
|---------|----|----|----|
| 13 & 14 | 61 | 64 | 56 |
|---------|----|----|----|

|      |    |    |    |
|------|----|----|----|
| Open | 48 | 50 | 42 |
|------|----|----|----|

|                            |            |            |            |
|----------------------------|------------|------------|------------|
| <b>Total Participants:</b> | <b>295</b> | <b>310</b> | <b>263</b> |
|----------------------------|------------|------------|------------|





A

B

C

**Table 4: Participants per Division—Summer Swim Meet**

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|   |              |              |              |
|---|--------------|--------------|--------------|
| <b>2023 SUMMER SWIM MEET</b> (EXCL. DNS; WDR) | <b>42.9%</b> | <b>45.3%</b> | <b>11.8%</b> |
|---|--------------|--------------|--------------|

---

|           |    |    |   |
|-----------|----|----|---|
| 8 & Under | 27 | 38 | 8 |
|-----------|----|----|---|

---

|        |    |    |   |
|--------|----|----|---|
| 9 & 10 | 23 | 32 | 8 |
|--------|----|----|---|

---

|         |    |    |    |
|---------|----|----|----|
| 11 & 12 | 29 | 21 | 11 |
|---------|----|----|----|

---

|         |    |    |   |
|---------|----|----|---|
| 13 & 14 | 26 | 20 | 2 |
|---------|----|----|---|

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|                            |            |            |           |
|----------------------------|------------|------------|-----------|
| <b>Total Participants:</b> | <b>105</b> | <b>111</b> | <b>29</b> |
|----------------------------|------------|------------|-----------|

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|   |              |              |              |
|---|--------------|--------------|--------------|
| <b>2013 SUMMER SWIM MEET</b> (EXCL. DNS; WDR) | <b>52.5%</b> | <b>29.6%</b> | <b>17.8%</b> |
|---|--------------|--------------|--------------|

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|           |    |    |    |
|-----------|----|----|----|
| 8 & Under | 55 | 33 | 18 |
|-----------|----|----|----|

---

|        |    |    |    |
|--------|----|----|----|
| 9 & 10 | 40 | 27 | 11 |
|--------|----|----|----|

---

|         |    |    |    |
|---------|----|----|----|
| 11 & 12 | 45 | 18 | 16 |
|---------|----|----|----|

---

|         |    |    |    |
|---------|----|----|----|
| 13 & 14 | 25 | 15 | 11 |
|---------|----|----|----|

---

|                            |            |           |           |
|----------------------------|------------|-----------|-----------|
| <b>Total Participants:</b> | <b>165</b> | <b>93</b> | <b>56</b> |
|----------------------------|------------|-----------|-----------|

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|   |              |              |              |
|---|--------------|--------------|--------------|
| <b>2008 SUMMER SWIM MEET</b> (EXCL. DNS; WDR) | <b>27.1%</b> | <b>38.9%</b> | <b>33.9%</b> |
|---|--------------|--------------|--------------|

---

|           |    |    |    |
|-----------|----|----|----|
| 8 & Under | 27 | 39 | 39 |
|-----------|----|----|----|

---

|        |    |    |    |
|--------|----|----|----|
| 9 & 10 | 22 | 38 | 34 |
|--------|----|----|----|

---

|         |    |    |    |
|---------|----|----|----|
| 11 & 12 | 25 | 32 | 32 |
|---------|----|----|----|

---

|         |    |    |    |
|---------|----|----|----|
| 13 & 14 | 18 | 23 | 10 |
|---------|----|----|----|

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|                            |           |            |            |
|----------------------------|-----------|------------|------------|
| <b>Total Participants:</b> | <b>92</b> | <b>132</b> | <b>115</b> |
|----------------------------|-----------|------------|------------|

---



A

B

C

**Table 5: Participants per Division—Time Trials**

**2023 TIME TRIALS** (EXCL. DNS; WDR) **52.5%** **34.6%** **16.1%**

8 & Under 52 35 19

9 & 10 49 41 18

11 & 12 49 32 24

13 & 14 50 27 11

Open 35 20 4

**Total Participants: 235 155 76**

**2013 TIME TRIALS** (EXCL. DNS; WDR) **44.6%** **33.4%** **22.0%**

8 & Under 57 41 31

9 & 10 67 52 24

11 & 12 51 44 31

13 & 14 54 36 29

Open 46 33 21

**Total Participants: 275 206 136**

**2008 TIME TRIALS** (EXCL. DNS; WDR) **42.8%** **32.0%** **25.2%**

8 & Under 59 45 41

9 & 10 68 41 36

11 & 12 51 41 33

13 & 14 47 39 22

Open 38 30 23

**Total Participants: 263 196 155**



A

B

C

**Table 6: Participants per Division—Big Meet**

**2023 BIG MEET** (EXCL. DNS; WDR) **62.0%** **27.8%** **10.3%**

|           |    |    |   |
|-----------|----|----|---|
| 8 & Under | 33 | 13 | 7 |
| 9 & 10    | 29 | 18 | 6 |
| 11 & 12   | 35 | 17 | 7 |
| 13 & 14   | 38 | 12 | 6 |
| Open      | 28 | 13 | 1 |

**Total Participants:** **163** **73** **27**

**2013 BIG MEET** (EXCL. DNS; WDR) **55.1%** **34.8%** **10.0%**

|           |    |    |   |
|-----------|----|----|---|
| 8 & Under | 35 | 23 | 7 |
| 9 & 10    | 38 | 23 | 4 |
| 11 & 12   | 33 | 27 | 6 |
| 13 & 14   | 38 | 17 | 9 |
| Open      | 27 | 18 | 5 |

**Total Participants:** **171** **108** **31**

**2008 BIG MEET** (EXCL. DNS; WDR) **48.1%** **37.6%** **14.2%**

|           |    |    |    |
|-----------|----|----|----|
| 8 & Under | 30 | 19 | 15 |
| 9 & 10    | 30 | 24 | 8  |
| 11 & 12   | 33 | 21 | 6  |
| 13 & 14   | 26 | 28 | 7  |
| Open      | 23 | 19 | 6  |

**Total Participants:** **142** **111** **42**



## Complementary Charts

Figure 1.1: Summer Swim Meet Participation (per Category), 2008-2023

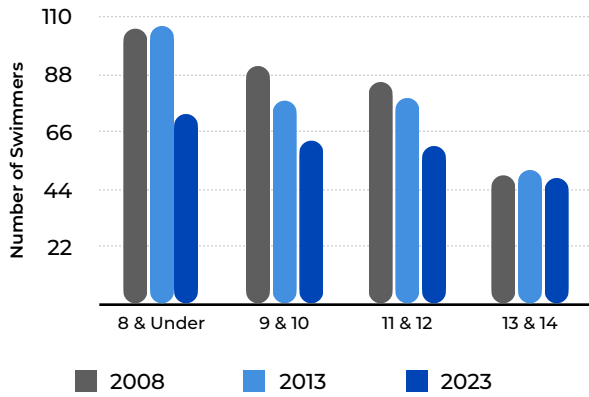


Figure 1.2: Summer Swim Meet Participation (Share per Division), 2008-2023

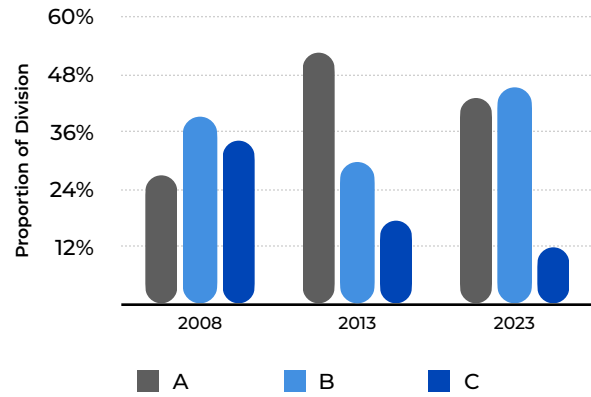


Figure 2.1: Time Trials Participation (per Category), 2008-2023

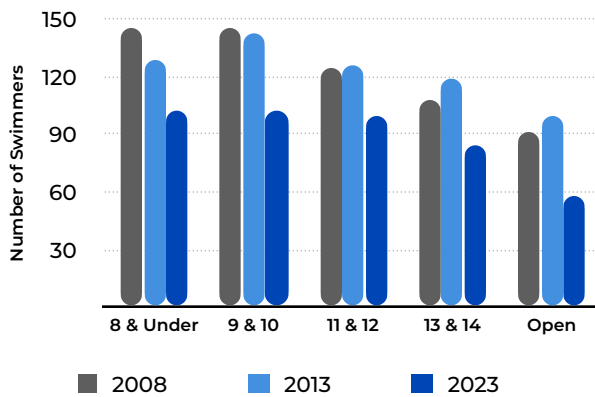


Figure 2.2: Time Trials Participation (Share per Division), 2008-2023

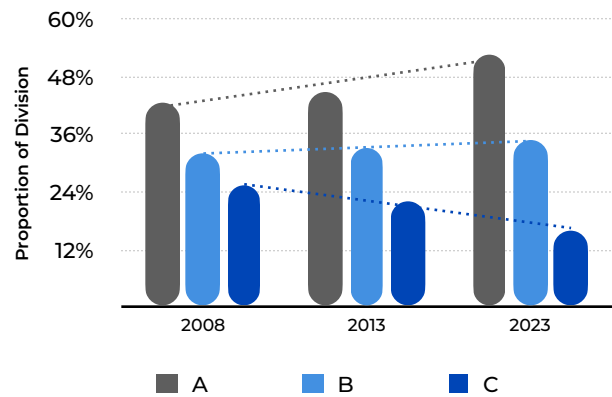


Figure 3.1: Big Meet Participation (per Category), 2008-2023

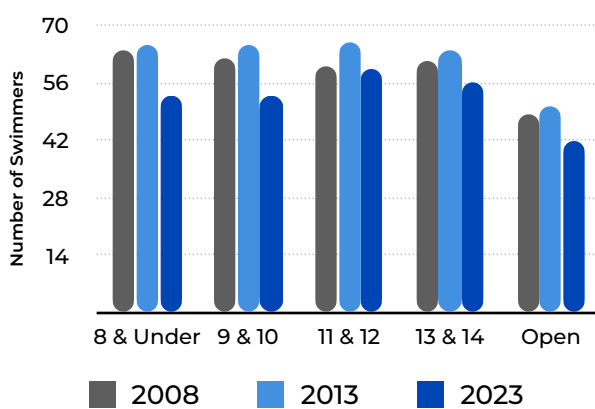
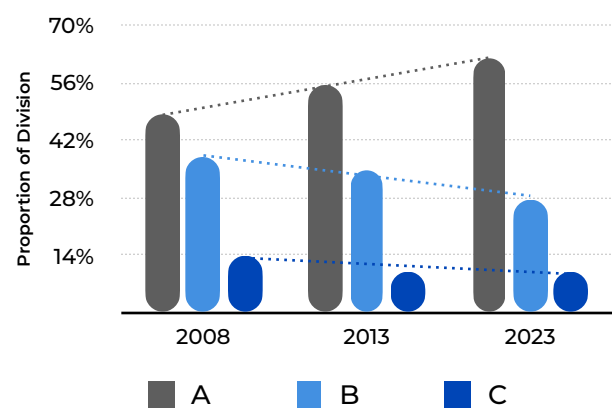


Figure 3.2: Big Meet Participation (Share per Division), 2008-2023





## INVENTORY OF COMPETITIVE SWIMMING ASSETS

### Current (Remaining) Assets

The assets below are currently held by the Vice-President of Competitive Swimming:

|  |                                 |
|--|---------------------------------|
| <b>ULTRAK SP-50 STARTING GUN SET</b> .....                 | <b>2</b>                        |
| - Starting Gun .....                                       | 1 each                          |
| - New Online N74 Speaker w/ clip and strap .....           | 1 (1 missing)*                  |
| - New Online N74 Speaker Charger .....                     | 1 each                          |
| - Audio Jack Cable .....                                   | 2 each                          |
| - Head-Mounted Microphone .....                            | 1 each                          |
| - Carrying Bag .....                                       | 1 each                          |
| <b>SWIMMING CARDS</b> .....                                | <b>APPROX. 1140 LEFT</b>        |
| <b>MEDALS</b> .....  | <b>7</b>                        |
| - Bronze; "Summer Swim Meet" .....                         | 4                               |
| - Bronze; "Swimming" .....                                 | 1                               |
| - Bronze; "Swimming 2018" .....                            | 1                               |
| - Silver; "Swimming" .....                                 | 1                               |
| <b>PLATES</b> .....  | <b>27</b>                       |
| - Bronze; "Waterpolo 2018" .....                           | 10                              |
| - Silver; "Waterpolo 2018" .....                           | 7                               |
| - Gold; "Waterpolo 2018" .....                             | 10                              |
| <b>RIBBONS</b> .....                                       | <b>APPROX. 2696 GRAND TOTAL</b> |
| <b>Summer Swim Meet</b> .....                              | <b>80 Total</b>                 |
| - 4th Place; "N.A.A. Summer Meet"; Dark Green .....        | 4                               |
| - 5th Place; "N.A.A. Summer Meet"; Yellow .....            | 4                               |
| - 6th Place; "N.A.A. Summer Meet"; Purple .....            | 1                               |
| - 10th Place; "N.A.A. Summer Meet"; Burgundy .....         | 3                               |
| - 11th Place; "N.A.A. Summer Meet"; Light Green .....      | 2                               |
| - 12th Place; "N.A.A. Summer Meet"; Pink .....             | 2                               |
| - 13th Place; "N.A.A. Summer Meet"; Light Blue (V.1) ..... | 1                               |
| - 13th Place; "N.A.A. Summer Meet"; Light Blue (V.2) ..... | 1                               |
| - 15th Place; "N.A.A. Summer Meet"; Blue .....             | 2                               |
| - 16th Place; "N.A.A. Summer Meet"; White .....            | 2                               |
| - 17th Place; "N.A.A. Summer Meet"; Red .....              | 2                               |
| - 18th Place; "N.A.A. Summer Meet"; Black .....            | 2                               |
| - Participant; "N.A.A. Summer Meet"; Grey .....            | 54                              |

\* The Vice-President was informed by a previous board member that a speaker, part of the SP-50 set, was not returned. It is unknown who last used the starting gun; no records to that extent exist.



|   |                           |
|---|---------------------------|
| <b>Time Trials*</b> .....   | <b>approx. 2221 Total</b> |
| - 1st Place; “Time Trials”; Red .....                             | approx. 400               |
| - 2nd Place; “Time Trials”; Blue .....                            | approx. 385               |
| - 3rd Place; “Time Trials”; White .....                           | approx. 388               |
| - 4th Place; “Time Trials”; Green .....                           | approx. 358               |
| - 5th Place; “Time Trials”; Yellow .....                          | approx. 423               |
| - 6th Place; “Time Trials”; Purple .....                          | approx. 417               |
| <b>Big Meet I (2023 Ribbons)</b> .....                            | <b>292 Total</b>          |
| - 4th Place; “Swimming Finals”; Green .....                       | 9                         |
| - 5th Place; “Swimming Finals”; Yellow .....                      | 10                        |
| - 6th Place; “Swimming Finals”; Purple .....                      | 13                        |
| - 7th Place; “Swimming Finals”; Red .....                         | 20                        |
| - 8th Place; “Swimming Finals”; Blue .....                        | 33                        |
| - 9th Place; “Swimming Finals”; White .....                       | 43                        |
| - 10th Place; “Swimming Finals”; Green .....                      | 50                        |
| - 11th Place; “Swimming Finals”; Yellow .....                     | 52                        |
| - 12th Place; “Swimming Finals”; Purple .....                     | 62                        |
| <b>Big Meet II (From Other Seasons)</b> .....                     | <b>63 Total</b>           |
| - 2nd Place; “N.A.A. Championship Meet”; Yellow .....             | 2                         |
| - 4th Place; “N.A.A. Championship Meet”; Dark Green .....         | 6                         |
| - 6th Place; “N.A.A. Championship Meet”; Purple .....             | 2                         |
| - 7th Place; “N.A.A. Championship Meet”; Light Blue (V.1) .....   | 15                        |
| - 7th Place; “N.A.A. Championship Meet”; Light Blue (V.2) .....   | 2                         |
| - 7th Place; “N.A.A. Championship Meet”; Light Blue (V.3) .....   | 1                         |
| - 8th Place; “N.A.A. Championship Meet”; Orange (V.1) .....       | 5                         |
| - 8th Place; “N.A.A. Championship Meet”; Orange (V.2) .....       | 2                         |
| - 8th Place; “N.A.A. Championship Meet”; Orange (V.3) .....       | 1                         |
| - 9th Place; “N.A.A. Championship Meet”; Navy Blue (V.1) .....    | 9                         |
| - 9th Place; “N.A.A. Championship Meet”; Navy Blue (V.2) .....    | 1                         |
| - 11th Place; “N.A.A. Championship Meet”; Light Green (V.1) ..... | 5                         |
| - 11th Place; “N.A.A. Championship Meet”; Light Green (V.2) ..... | 1                         |
| - 12th Place; “N.A.A. Championship Meet”; Pink (V.1) .....        | 2                         |
| - 12th Place; “N.A.A. Championship Meet”; Pink (V.2) .....        | 1                         |
| - 1st Place; “NAA-Westpark”; Rainbow .....                        | 4                         |
| - 5th Place; “Synchro”; Yellow .....                              | 1                         |
| - Participant; “Synchro”; Grey .....                              | 3                         |
| <b>Unclaimed Ribbons (w/ stapled or taped names)</b> .....        | <b>40 Total</b>           |
| - Summer Swim Meet (all years) .....                              | 29                        |
| - Big Meet (excl. 2023) .....                                     | 7                         |
| - Big Meet (2023) .....   | 4                         |

\* Ribbons were not distributed at TT-B&C due to logistical constraints raised by officials (as stated in the 2023 Comp. Swim. Executive Report).



## Location of Team Trophies

The Vice-President of Competitive Swimming would like to request that pools in possession of a team trophy inform him whenever possible, so to account for all Competitive Swimming items.

It was brought to our attention that the Summer Meet Trophy may be left unaccounted for (unverified). If any team may be in possession of such trophy, please inform the Vice-President.

## Record of Use of NAA Equipment

The Vice-President will establish a procedure for the use of NAA equipment (viz. Ultrak SP-50 starting guns), in order to ensure that its assets are not damaged nor lost, including a record of transfers.

## COMPETITIVE SWIMMING EXPENSES

### 2023 Purchases\*

|   |                 |                   |
|---|-----------------|-------------------|
| <b>GRAND TOTAL</b> .....                            | <b>APPROX.*</b> | <b>\$5 826.41</b> |
| 17 000 SWIMMING CARDS (CANADA COPY) .....           | APPROX.*        | \$784.98          |
| <b>RIBBONS (HASTY AWARDS USA)</b> .....             |                 | <b>\$1 563.79</b> |
| - 765; "Swimming Finals; 2" x 6" .....              |                 | 342.31            |
| - 736; "Summer Meet"; 2" x 6" .....                 |                 | 329.33            |
| - 6 rolls; "Time Trials" .....                      |                 | 602.04            |
| - Shipping .....                                    |                 | 84.88             |
| - Import/Brokerage Fees .....                       |                 | 205.23            |
| <b>MEDALS (AWARDS CANADA)†</b> .....                | <b>APPROX.</b>  | <b>\$3 477.64</b> |
| - 209 Gold Medals .....                             |                 | 873.62            |
| - 294 Silver Medals .....                           |                 | 1 228.92          |
| - 294 Bronze Medals .....                           |                 | 1 228.92          |
| - Taxes .....                                       |                 | 173.88            |
| - Shipping .....                                    |                 | 146.18            |
| <b>TROPHIES</b> .....                               |                 | <b>++++++</b>     |
| Source of last year's Big Meet trophies is unknown. |                 |                   |

### Projected 2024 Purchases

Expenses and purchases for 2024 will be released at a following date, pending discussion of 2024 Competitive Swimming plans at the First General Meeting. Minimally, the Vice-President wishes to obtain awards locally, inline with its objectives for Community involvement (see section on 60th Anniversary Celebrations and 2024 Recruitment Strategy). The Vice-President does not currently intend on purchasing additional equipment for Competitive Swimming activities.

\* Costs were independently calculated by the Vice-President of Competitive Swimming and may differ from official Treasury figures. Hence the "approx."

† Costs include a fractional amount of assets intended for other disciplines. Nonetheless, the vast majority of the costs are intended for Competitive Swimming. Hence, the "approx."



## CREATION OF A JOINT MEET ORGANIZING COMMITTEE

In light of the recent difficulties experienced by members in organizing meets and mobilizing volunteers, the NAA will create a Joint Meet Organizing Committee with the objective of assisting hosting pools in the planning and organization of a meet, and encourage open collaboration amongst members having various levels of expertise in Competitive Swimming.

**The three specific objectives of the JMOC are as follows:**

- (a) Streamline the recording and scoring process at SSM, TT-A, B, C and BM;
- (b) Reduce the burden of meet organization for the hosting pool, by increasing the contribution of the NAA in organizing events;
- (c) Encourage and mobilize a new generation of volunteers to participate in and contribute to Competitive Swimming events.

**The following constitutional amendment will be proposed at the next General Meeting (please disregard the section numbers):**

|           |  |
|-----------|--|
| <b>1.</b> | <b>JOINT MEET ORGANIZING COMMITTEE</b>   |
| 1.1.      | <p>A committee shall be formed at the first General Assembly Meeting of the year. This committee must be composed of the Vice-President of Competitive Swimming, as well as a minimum of one (1) representative from each of the following pools:</p> <ul style="list-style-type: none"> <li>• The hosting pool of Summer Swim Meet</li> <li>• The hosting pool of Time Trials A</li> <li>• The hosting pool of Time Trials B</li> <li>• The hosting pool of Time Trials C</li> <li>• The hosting pool of The Championship Meet</li> </ul> <p>Any other member can also participate in the Committee.</p> <p>This committee shall be named the Joint Meet Organizing Committee (JMOC).</p>   |
| 1.2.      | <p>The Committee shall have, in conjunction with the Vice-President of Competitive Swimming and local Meet Management, competency over the organization of Summer Swim Meet, Time Trials and the Championship Meet, through the delegation of the following responsibilities:</p> <ul style="list-style-type: none"> <li>• Supporting local Meet Management in the organization of the Meet;</li> <li>• Establishing the meet registration procedure;</li> <li>• Receiving and processing meet registrations;</li> <li>• Processing and administering meet results;</li> <li>• Consolidating, combining and publishing results from Time Trials A, B and C;</li> <li>• Delivering the final scores of the season;</li> <li>• Distribution of trophies and medals (however, the purchase of trophies and medals remains the responsibility of the NAA);</li> <li>• Preparing meet packages;</li> <li>• Providing qualified officials and volunteers, according to the necessities of the meet;</li> <li>• Producing statistics on participation;</li> <li>• Any other matter deemed necessary by the Committee for the organization of the meets under its responsibility.</li> </ul> |
| 1.3.      | <p>The Committee must hold a minimum of two (2) meetings, unless otherwise determined by the Committee. One shall take place before Summer Swim Meet; the other before Time Trials.</p>  |

Refer to *Proposed Constitutional Amendment No. 5* for a complementary amendment (found hereafter).





## PROVISIONAL 2024 COMPETITIVE SWIMMING SCHEDULE

### Considerations

The NAA loses two pools in 2024 (PPK and BAL). This significantly affects Division C; as it stands, only three pools remain in this division. Without any changes, member pools in Division C will not participate in a Dual Meet for one, if not two weeks.

**The Vice-President of Competitive Swimming retains three points for great consideration in proposing the direction for the 2024 season:**

- (a) Fairness and participation in Dual Meets for all member pools, regardless of division or size;
- (b) Guaranteeing that all members benefit from the greatest number of meets during the season;
- (c) The practical implications of averaging the score of a team having participated in one or two fewer Dual Meets.

### Recommendation

The Vice-President of Competitive Swimming will propose constitutional amendments at the upcoming General Meeting, such that **only two Divisions shall operate for the 2024 season.**

Dual Meet will therefore run on a six-week schedule, extended to either the week of June 23 or July 28.

In Division B, teams will compete against six of the seven other teams of the division.

Should two different teams in Division B be composed of fewer participants, it will be suggested to combine them into a single, Division-B team (ideal outcome). This will enable all teams of the division to compete against each other.

| Division A | Division B |
|------------|------------|
| ECC        | TMR        |
| ELM        | BWD        |
| FVW        | SUR        |
| GLE        | WAL        |
| VYC        | CSL        |
| WES        | FOR        |
| THO        | VER        |
|            | WPK        |

### Provisional Dates

- **Duals Meets:** June 26 - July 31 (6 weeks)
- **Time Trials:** August 3 (Unchanged)
- **Big Meet:** August 10 (Unchanged)



## PROPOSED CONSTITUTIONAL AMENDMENTS

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### 1. Prohibition of Swimming Caps from Teams unaffiliated with the NAA

It has been brought to our attention that Swimming Caps from non-NAA teams may be perceived as counter to the fun, participatory and recreational culture of the Association.

Prohibiting swimming caps that are not specific to an NAA team reinforces the mission of the NAA to be an open and welcoming environment for all individuals, including those having little experience in Competitive Swimming.

This measure would also have the potential to encourage the purchase of team apparel.

**The Vice-President of Competitive Swimming will propose the following amendment to section 2.3.5, at the following General Meeting:**

#### 2.3.5

All swimmers must wear uniform according to SNC swimming regulations. Any desire to deviate from the acceptable uniform must be approved by the referee

Competitors must not wear a swimming cap bearing a design, symbol or logo, other than that representing the team for which they compete, without the written authorization of Vice-President of Competitive Swimming. This applies, whether or not the team represented on the cap participates in the activities of the Association.

Upon identifying an infraction to the current rule, the referee must order that either the cap be removed, or its identifying symbols be adequately covered for the duration of the meet. A competitor who does not comply with the order of the referee must be automatically disqualified and receive no time, for unsportsmanlike conduct.

### 2. Combination of Events and Heats at Meets

In light of the observed reluctance, at certain meets in 2023, to combine heats and events in which only one competitor is entered, **the Vice-President of Competitive Swimming will propose the following amendment, in the “Rules of Participation” section, at the following General Meeting:**

The referee must act, to the best of his/her abilities, such that heats and events are either combined into a single race, or redistributed into multiple races, thus guaranteeing that no swimmer competes alone within his/her heat. Heats and events may be combined, regardless of gender or age category, provided such decision combines swimmers of similar calibre and swimming the same stroke.

To combine, swimmers may be re-assigned to an empty lane of another heat or event.

Combined races must nonetheless be scored separately, according to the heat and event numbers indicated on the swim cards. No competitive advantage is gained from this procedure.

A coach may request before the referee that a swimmer competing alone in a heat be re-assigned to a race amongst which competitors of the swimmer's calibre are observed. The request must be accepted if logistically possible.



### 3. Creation of a Staff Category with Awarded Participatory Points

The Vice-President of Competitive Swimming strongly recommends, staff members must be granted the right to compete at Competitive Swimming Events. With the reluctance of many to vote in favour of this policy—namely due to the possibility of hiring processes becoming prejudiced towards those who swim fast—the Vice-President recommends the following as a reasonable compromise:

- A combined-gender staff category.
- Five (5) participatory points are awarded per individual event completed by a staff member, to a maximum of ten (10) points per event.
- Each team is granted one scoring staff relay team, for which ten (10) points are awarded.

At a Dual Meet, teams would minimally need two staff members to compete in each stroke, and one relay team, to obtain the maximum 50 points awarded for staff participation at a Dual Meet. Participating staff members must create swim cards. Each race will be timed, recorded and counted for the official records of the category.

In order to alleviate issues relating to coaching, particularly in the case of coaches in the “8 & Under” and “9 & 10” categories, staff members will swim between the “9 & 10” and the “11 & 12” categories. Staff participation at Time Trials and Big Meet will be permitted, without points awarded. “Swim-Ups” into the Staff category will not be permitted at any meet.

The Vice-President of Competitive Swimming will propose the following amendments at the following General Meeting:

**1.2.1**

Only bona fide pool members may compete in NAA events. A bona fide pool member is an individual who has paid for a distinct Summer membership, and not in conjunction with a Winter or any other specialized sport membership, according to the pool’s published membership structure. No aquatic staff or instructor employed full or part time in any capacity by, or to the benefit of, an NAA pool is eligible to participate as a competitor. The only recognized bona fide pool membership are single, couple or family memberships. Ie. No specialized sport memberships or combination Winter/Summer memberships are accepted.

**1.2.1.1**

Notwithstanding 1.2.1, an aquatic staff member, as defined by 1.2.1, may participate in Competitive Swimming meets, if:

(a) A constitutional disposition provides a “Staff” Category at the said Competitive Swimming meet, and;

(b) The staff member respects the pre-defined rules of participation for the said meet.

| 2.1.1                          | FREE    | BREAST  | BACK    | FLY     | RELAY                    |
|--------------------------------|---------|---------|---------|---------|--------------------------|
| <b>8 &amp; UNDER</b>           | 25 m/yd | 25 m/yd | 25 m/yd | 25 m/yd | 100m/yd Free             |
| <b>9 &amp; 10</b>              | 50 m/yd | 50 m/yd | 50 m/yd | 25 m/yd | 200 m/yd Free            |
| <b>11 &amp; 12</b>             | 50 m/yd | 50 m/yd | 50 m/yd | 50 m/yd | 200 m/yd Free/<br>Medley |
| <b>13 &amp; 14</b>             | 50 m/yd | 50 m/yd | 50 m/yd | 50 m/yd | 200 m/yd Free/<br>Medley |
| <b>OPEN</b>                    | 50 m/yd | 50 m/yd | 50 m/yd | 50 m/yd | 200 m/yd Free/<br>Medley |
| <b>STAFF (DUAL MEETS ONLY)</b> | 50 m/yd | 50 m/yd | 50 m/yd | 50 m/yd | 200 m/yd Free/<br>Medley |



2.3.5

|                                  | FREE |    | BREAST |     | BACK |     | FLY |     | RELAY |     |
|----------------------------------|------|----|--------|-----|------|-----|-----|-----|-------|-----|
|                                  | G    | B  | G      | B   | G    | B   | G   | B   | G     | B   |
| PARA SWIMMING<br>(BIG MEET ONLY) | P1   |    | P11    |     | P21  |     | P31 |     | N/A   |     |
| 8 & UNDER                        | 1    | 2  | 11     | 12  | 21   | 22  | 31  | 32  | 41    | 42  |
| 9 & 10                           | 3    | 4  | 13     | 14  | 23   | 24  | 33  | 34  | 43    | 44  |
| 11 & 12                          | 5    | 6  | 15     | 16  | 25   | 26  | 35  | 36  | 45    | 46  |
| 13 & 14                          | 7    | 8  | 17     | 18  | 27   | 28  | 37  | 38  | 47    | 48  |
| OPEN                             | 9    | 10 | 19     | 20  | 29   | 30  | 39  | 40  | 49    | 50  |
| STAFF                            | S1   | S2 | S11    | S12 | S21  | S22 | S31 | S32 | S41   | S42 |

2.4.2

| DUAL MEETS                 | PLACE   | POINTS |
|----------------------------|---|--------|
| INDIVIDUAL EVENTS          | 1st   | 8      |
|                            | 2nd   | 6      |
|                            | 3rd   | 5      |
|                            | 4th   | 4      |
| RELAY                      | 1st   | 8      |
|                            | 2nd   | 4      |
| STAFF PARTICIPATION POINTS | 5 POINTS PER ENTRY IN AN INDIVIDUAL EVENT,<br>UP TO A MAXIMUM OF 10 POINTS PER INDIVIDUAL EVENT,<br>AND 10 POINTS AWARDED FOR ONE RELAY TEAM. |        |

### 3. Expansion of Scoring Heats at Dual Meets

The following amendment has been proposed (Mr. M. Chown; ECC):

2.4.8

In the 8 & Under and 9 & 10 categories, there will be a minimum of two (2) heats for each event should numbers warrant **or up to 6 swimmers from each pool in pools that have fewer lanes.** ~~Only the first heat shall count for points.~~ Each pool in a dual meet will also have the option to select three (3) events in which there will be a supplemental exhibition heat for participation. Additional exhibition heats may be added upon agreement of both head coaches. Prior to agreeing to the additional heats, the host pool head coach must clear the exhibition heats with the meet manager. Head coaches must be notified twenty-four (24) hours in advance of the dual meet. Exhibition heats (~~heat 2~~) will not count for points, will run immediately after the scoring



heats (~~heat 1~~), and will be denoted by an “E” proceeding the event number on the swimmer’s card.

The objective of this amendment is to allow competitors in heat 2 to be eligible to score—that is, heat 2 will no longer be considered exhibition.

**The Vice-President suggests to retire any reference to an “exhibition” heat altogether, while retaining restrictions on the number of heats:**

#### 2.4.8

In the 8 & Under and 9 & 10 categories, there will be a minimum of two (2) heats for each event should numbers warrant ~~Only the first heat shall count for points.~~ Each pool in a dual meet will also have the option to select three (3) events in which there will be a supplemental ~~exhibition~~ heat for participation. Additional ~~exhibition~~ heats may be added upon agreement of both head coaches. Prior to agreeing to the additional heats, the host pool head coach must clear the ~~exhibition~~ heats with the meet manager. Head coaches must be notified twenty-four (24) hours in advance of the dual meet. ~~Exhibition heats (heat 2) will not count for points, will run immediately after the scoring heats (heat 1), and will be denoted by an “E” proceeding the event number on the swimmer’s card.~~ Additional heats must be automatically accepted until the Dual Meet is expected to last past 20h30, whereby it shall be at the discretion of Meet Management.

Individuals wishing to swim exhibition would therefore obligatorily denote their card with an “E” at all times, as all swimmers are otherwise eligible to rank and score points.

## 4. Policy on Event Hosting for Competitive Swimming

With the current difficulties raised by some members concerning the organization and hosting of major meets, the Vice-President would like to adopt an amendment enshrining the obligation for all members to either **organize or host** at least one major competitive swimming event every two years. That is, a member pool is not required to necessarily host an event every two years, but it must minimally play an essential part in its organization, through the Organizing Committee.

This measure attempts to promote collaboration amongst members and the fair distribution of responsibilities throughout the membership, while accounting for the limitations of certain pools with regard to physically hosting meets.

**The Vice-President of Competitive Swimming will propose the following amendment at the following General Meeting:**

The Vice-President of Competitive Swimming is responsible for the organization of Summer Swim Meet, Time Trials and Big Meet.

All member pools must contribute to the organization of Summer Swim Meet, Time Trials or the Championship Meet, minimally once (1) every two (2) seasons.

Member pools must contribute in one of the following manners:

- (a) Sit on the Joint Meet Organization Committee;
- (b) Host one Summer Swim Meet, Time Trials or the Championship Meet;
- (c) Co-Organize the meet along with Meet Management of the hosting pool;
- (d) Entirely replace local Meet Management of the hosting pool.



## 5. Reorganization and Merger of Constitutional Sections pertaining to Competitive Swimming

Over the next General Meetings, the Vice-President will propose numerous amendments which **consolidate and merge the “logistics” sections of the Special Meets**. This measure accomplishes the following:

- (a) Simplify the Constitution and increase its legibility;
- (b) Assist Meet Managers in obtaining the necessary information for each event;
- (c) Correct obsolete sections (e.g., the number of required officials)

Furthermore, the Vice-President will propose numerous amendments at the next General Meeting, which re-write difficult-to-read (or overly-complex) sections, eliminate redundant sections, or move articles to their correct Constitutional sections. This measure accomplishes the following:

- (a) Simplify and shorten the Constitution, and increase its overall legibility;
- (b) Assist coaches in understanding the rules of the Association;
- (c) Eliminate contradicting or confusing sections of the Constitution.

Additional details regarding the amendments will be available soon. Note that the exercise aims to simply merge and consolidate sections; very few to no changes are expected to the rules themselves.

Depending on the issues discussed at the General Meeting, the reorganization may only be presented in August.

## MODIFICATION OF THE PROTEST COMMITTEE STRUCTURE

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### Current Structure

Three committees currently exist, according to the Constitution:

#### Eligibility Committee

##### 1.2.8

*A committee shall be established prior to the commencement of competitions for the season. The committee shall consist of the President of the NAA, the Vice President(s) of NAA for the discipline(s) concerned and one President, or their delegated representative, from a member pool, not in the same division (so as to alleviate the potential for future conflict). The president shall vote only in the event of a tie. This committee is the only committee which will receive and settle any disputes arising from Eligibility requests from member pools, Pool Executives, affected competitors, or the Parents of the affected competitor should the competitor be below the age of majority.*

##### 1.2.9

*Requests for Eligibility changes must be submitted in writing to this committee through the President of the NAA, who will convene a hearing to be attended by both of the affected parties. Potential reasons for this type of situation could be; Divorce, Separation, Relocation, conflict with a pool's staff executive etc. Should a competitor be allowed to change pools, all points earned prior to the departure shall remain with the previous pool and all points earned after the departure will be credited to the pool to which the athlete has changed.*



## Protest Committee

### 1.4.1

*All protests will be resolved by a Protest Committee assembled for that discipline.*

### 1.4.2

*A committee shall be established during the season. The committee shall consist of the President of the NAA, the Vice President of NAA for the discipline concerned and one President, or their delegated representative, from a member pool, not in the same division (so as to alleviate the potential for future conflict). The president shall vote only in the event of a tie. This committee is the only committee which will receive and settle any disputes arising from the interpretation of the rules and will receive protests from all scheduled competitions including dual, preliminary and championship events. 1.2.9*

## Code of Conduct Committee

### 1.5.1

*All decisions reached by the Committee will be final and binding on the party concerned.*

### 1.5.2

*The committee formed for each protest, shall have the power to suspend, dismiss or levy a penalty of points or game losses against any team(s), coach(s), competitor(s) or parent(s) whose conduct, they deem to be improper to the particular sporting activity, or Incompatible with the aims, objectives, or Code of Conduct of the Northshore Aquatic Association. However, prior to any disciplinary measures being imposed, the team(s), coach(s), competitor(s), or parent(s) concerned, shall have the right to a hearing. The notice of such hearing will be sent to the team(s), coach(s), competitors(s) or parent(s) concerned and to the pool's Aquatic Director or in the absence of the Aquatic Director, to the Pool Manager or another accredited pool representative of the pool should the Aquatic Director or the Pool manager be implicated with the protest.*

## Proposed Structure

The Vice-President of Competitive Swimming will propose amendments to exclude the discipline of Competitive Swimming from these three committees. One, unified committee will act in its place:

### Standing Protest and Review Committee for Competitive Swimming

The Committee shall be composed of:

- The President;
- The Vice-President of Competitive Swimming;
- An elected representative from a Division A team;
- An elected representative from a Division B team;
- An elected representative from a Division C team;

Each member must nominate one representative to run for election. No president or head coach of a member pool may sit on the Protest and Review Committee. Representatives hold their positions for one entire NAA season.

The members of the Committee are held to confidentiality regarding any information received in the completion of their functions.



Should the issue at hand involve the team of an elected representative, the Committee shall vote on the replacement, amongst the individuals previously nominated by each member pool, and from the same division as the representative to be replaced.

The Committee shall have jurisdiction in the following situations:

- (a) Protests by a competitor, volunteer, representative of a member pool or other members or non-members, against another individual, in relation to a violation of the Constitution which leads to an unfair competitive advantage;
- (b) Protests by a competitor, volunteer, representative of a member pool or other members or non-members, against another individual, in relation to a violation of the Code of Conduct;
- (c) Requests and appeals in relation to the eligibility to compete in Competitive Swimming events;
- (d) The imposition of sanctions against a member or a member pool, with regard to the situations above.

The Vice-President of Competitive Swimming maintains executive jurisdiction over decisions and imposed sanctions in the following situations:

- (a) The application of policies, rules and regulations pertaining to the health, safety, integrity and security of members and member pools;
- (b) The application of policies, rules and regulations pertaining to the health, safety, integrity and security of Competitive Swimming activities.

#### **Investigatory Authority of the Vice-President of Competitive Swimming**

The Vice-President reserves the right to investigate and audit any activity relating to safety, the Constitution, rules, regulations, procedures and policies of the Association. Member pools must comply with all investigations and audits.

#### **Authority of the Referee at a Meet**

The referee shall have authority to enforce all regulations at a Swimming Competition.

All appeals relating to officiating, or decisions thereof, must be addressed and decided upon by the referee and during the meet. The referee shall handle the appeal in the respect of SNC procedures. The decisions of the referee are binding until amended.

Thereafter, should a concerned party seek to appeal a decision of a referee, a written and formal protest must be transmitted to the Vice-President of Competitive Swimming.

#### **Unsportsmanlike Behaviour**

The referee is responsible for receiving any complaints regarding the unsportsmanlike behaviour of an individual, coach, spectator, parent or official at a Meet, and applying sanctions accordingly. The referee may warn, disqualify, or even expel an individual for unsportsmanlike behaviour.

Thereafter, should a concerned party seek to appeal a decision of a referee, a written and formal protest must be transmitted to the Vice-President of Competitive Swimming.

#### **Record of the Decisions of a Referee**

All complaints raised to the referee, as well as sanctions and decisions therefrom, must be communicated to the Vice-President of Competitive Swimming within 24 hours, according to the established procedures.





The Vice-President may summon any involved party for further investigation, emit a new decision regarding the incident or refer it to the Protest and Review Committee for a final and binding decision.

### **Protest Submission Procedure**

All protests, appeals and requests must first be formally sent in writing to the Vice-President of the Competitive Swimming.

If the protest, appeal or request targets another member or member pool, the latter must be informed within one (1) day of the submission of the protest. Thereafter, the member or member pool shall have two (2) days to provide the Vice-President with a counter-statement to the protest.

After receiving the submission, or observing an infraction to the Constitution, the Vice-President must emit an Advisory Notice, in which the Vice-President presents an Executive Decision on the matter. This decision remains confidential and must be applied by all concerned parties.

The Protest and Review Committee (PRC) will convene in the three situations below:

- (a) The Vice-President seeks to impose a sanction against a member or a member pool, in relation to a situation within the jurisdiction of the PRC;
- (b) A concerned party appeals the interpretation and/or decision of the Vice-President of Competitive Swimming;
- (c) The Vice-President refers the matter directly to the Committee for an analysis and decision.

The Committee shall convene as necessary and emit a decision within nine (9) days of receiving the Request for Appeal, unless voted otherwise by the Committee. The minutes of the Committee's meetings will be taken.

The Committee or the Vice-President of Competitive Swimming has the right to require that involved individuals stand before a hearing of the Committee.

The exhibits, decisions and minutes of this cases handled by this Committee must be archived and publicly available. Such documents shall serve as reference for future protests, requests and appeals to the Vice-President and to the Committee. Nonetheless, any identifying information pertaining to a member or a member pool shall be removed. The Committee may also decide, by majority vote, to redact other sections of a decision.

The decisions of the Protest and Review Committee are final, and serve as reference for future cases.

The objective of this new structure is to provide a more amicable and democratic framework to handle disagreements and issues amongst members, while referring the majority of low-level issues to the referee. This structure also clarifies the authority of each party, and secures the authority of the Vice-President to act with regard to any issue of health, safety, violence, abuse, harassment or misconduct.

## **MINOR ADJUSTMENTS TO THE DISQUALIFICATION PROCEDURE**

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The Vice-President intends to implement a procedure that requires for all disqualifications to be reported. The objective is to produce statistics on the common mistakes repeated by swimmers, per category, and thereafter provide feedback to coaches. This will also ensure that all meets are judged to the same standards.

Disqualifications will now be added as part of the submitted scoresheet.



## MODIFICATION TO THE DUAL MEET RESULT SUBMISSION PROCEDURE

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With the much appreciated help of Mr. Chown, the NAA will present a new, online Dual Meet result sheet which uses the “Google Sheets” platform. The objective of this move is **to streamline the process of scoring, standardize the format of results and enable for the acquisition of reliable statistics of participation at Dual Meets.**

### General Procedure

At the beginning of the season, pools create a centralized list of competitors which includes the individual's name and age (determined age for the season). Additions can be made throughout the season.

Before the meet, both teams will have access to a shared result sheet on “Google Sheets”. Copying the entire list of swimmers, coaches simply fill the checkboxes for the strokes each swimmer will complete. The events will automatically populate with the swimmer's names. Coaches may also override event numbers if an individual “swims up”. In this case, the sheet will identify wrongly assigned event numbers and swimmers competing in too many events.

This process facilitates the process of recorders. Recorders will no longer need to tediously write each name individually; instead, recorders simply need to indicate the heat, lane and recorded time on the sheet.

Should a pool not have access to internet, a backup, non-internet-connected version will be available. Results may thereafter be copied directly into the “Google Sheet” after the meet.

The new result sheet will be tested under multiple conditions before being released. Coaches will be familiarized with the process at the Annual Coaches' Meeting.

### A Procedure to Measure Participation

The new standardized recording procedure will require that all swimmers be included on the sheet, whether they count towards points or not. This is essential for several reasons:

- (a) **Obtaining statistics on participation.** The Vice-President would like to get an overview of participation over the meets, in order to guide proposed policies and changes to Competitive Swimming activities.
- (b) **Reliably determining eligibility to Time Trials.** Currently, it is not possible to verify that individuals have participated in Dual Meets.
- (c) **Cross-referencing submitted swimmers to those who participated in a Dual Meet.** With the new insurance policy, it is more important than ever to ensure that all swimmers participating in an event have been declared to the NAA.



## ESTABLISHMENT AND MODIFICATION OF REGULATIONS CONCERNING SAFETY AND INTEGRITY

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The Vice-President of Competitive Swimming will present multiple Regulations and Policies to reflect our Standard with regard to health, safety and integrity in its Competitive Swimming programmes.

These documents re-iterate the commitment of the NAA to providing swimmers of all ages a safe and healthy sports environment.

With the current addition of a membership-wide insurance plan, **it is imperative that all members of the Association recognize their responsibility in upholding the highest standard in safety and adopt the principles of these regulations and policies.**

Please study the following regulations and policies, and bring comments/suggestions to the upcoming General Meeting:

- **Regulation on Safety at Competitive Swimming Events (Draft)**
- **Regulation on Safety during Training Sessions for Competitive Swimming (Draft)**
- **Policy on Volunteers at Competitive Swimming Events (Draft)**
- **Policy on Violence, Abuse, Harassment and Misconduct in Competitive Swimming (Draft)**

The provisions of these policies and regulations are likely already applied by member pools, thus only serving to officialize the current practices for the purposes of accountability and responsibility of the NAA.

## ADDITION OF COACHING CLINICS AT THE ANNUAL COACHES' MEETING

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This year, the Vice-President would like to introduce a coaching clinic to the Annual Coaches' Meeting. While it seemed, less disqualifications were observed last year, the clinic's objective is to offer tips and cues to guide coaches towards the technical aspects to work on.

The clinic would be composed of two components:

- (a) A section led by officials, wherein specific technical items relating to disqualifications would be covered;
- (b) A section led by experienced coaches (winter if possible), wherein effective coaching strategies are presented.

As a pilot project in 2024, this portion of the Meeting will be optional. However, the aim is to get as many people to benefit from the training as possible.

## PROJECT: FEEDBACK AND ASSESSMENT OF THE PERFORMANCE OF COMPETITIVE SWIMMING ACTIVITIES

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The Vice-President will launch a vast self-assessment project to establish the level of satisfaction of members and member pools with regard to Competitive Swimming activities. Feedback from members will enable the Association to identify areas in which It can better serve the Community and enhance the quality of its events. Surveys to the attention of pool executives, swimmers, families, etc. will be created in the upcoming weeks, in an attempt to seek ways to increase participation.



## 2024 VOLUNTEER PROGRAMME

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### The Volunteer Programme in Brief

The 2024 Volunteer Programme focuses primarily on increasing community involvement, through 3 major axes:

- (a) The expansion of clinics for officials and volunteers, as seen with ECC in 2023;
- (b) The promotion of volunteerism at local high schools—especially those which request volunteer hours from their students;
- (c) The valourization of volunteering within the NAA.

In parallel, the Association will develop clear standards for volunteering, particularly with regard to a registration process and a code of volunteering. This standard will be established in order to respect the responsibilities of the Association towards the security of its members, while maintaining its familiar community and decentralized spirit.

In the upcoming weeks, the NAA will reach out to the representatives of local high schools, in order to publish volunteer recruitment posters. Profiles of all types will be sought—the opportunities for volunteering offered stretch from simple timing to working with the Vice-President to administer and organize summer activities. If requested, the interested volunteers may also be directed to help member pools.

The ultimate objective of this plan is to counter the consequences of a lower volunteer turnout at meets. By seeking volunteers from various sectors, the Vice-President attempts to decrease the burden held by pools hosting or organizing a major NAA meet.

The Vice-President will invite member pools to consult the materials of the volunteer campaign (to be released soon), and share the information at schools and local community organizations.

### Organization of Clinics for Officials

The Vice-President will work with officials and member pools to expand the clinics for officials held by ECC in 2023, in an attempt to incentivize the development of skills of current volunteers and entice them to involve themselves at a higher level.

### Invitation of New Volunteers to Meet Organizing

The Vice-President would like to see member pools encourage new individuals to join this year's organizing committees, in an effort to increase the number of people knowledgeable in meet managing.

### Volunteer Recognition

The Vice-President is exploring different possibilities to recognize and thank volunteers for their invaluable help at the events this summer. Ideas include the following:

- Thank you letters/emails for all volunteers;
- A prize/contest for anyone who volunteers at more than two (2) events;
- A volunteer appreciation day/week;
- A volunteer recognition event, or volunteer-specific events.

The opinions of members will be sought at the next General Assembly.



## REORGANIZATION OF COMPETITIVE SWIMMING INFORMATION

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### Official Documentation on the Website

With the progressive rollout of the new website, a project led by our webmaster, Mr. Halliday, information pertaining to Competitive Swimming will be gradually reorganized to be **more accessible, easier to find, better archived and up to date.**

### Live Dual Meet Results

With the transition of Dual Meet Results to an online platform, the NAA is proud to announce that results from Dual Meets will be published online in realtime\*. This includes the times of swimmers, the running points of each team, and the positions of swimmers in each event.

The results will be available to all (including spectators and parents) and will be accessible via the website of the NAA. The Vice-President will work with the webmaster to create an accessible page from which all meet results may be viewed.

### Race and Time Database

For the 2024 season, a central database of all season swims will be made available to the public. This database will regroup the times of all swimmers throughout the season, as well as other statistics of interest (e.g., improvement, best season times, etc.).

This database can help member pools and coaches track the improvement of their swimmers.

### Renewal and Creation of Guides and Handouts

In collaboration with knowledgeable officials and volunteers, the guides on hosting Summer Swim Meet, Time Trials and Big Meet will be updated/completed, to help the next generation of volunteers. These guides will aim to help pools organize major meets.

In collaboration with coaches and officials, an NAA Coaching Guide will be created to help coaches promote Competitive Swimming amongst the Youth and develop the proper skills according to the age of the swimmer.

**All members are encouraged to offer the NAA suggestions that will help coaches, participants, volunteers and officials obtain the information they need.**

### Presence and Communication on Social Media

Competitive Swimming will increase its presence on social media, in an attempt to reinforce the image of its welcoming and inclusive activities. The Vice-President will invite all pools to share images and videos to be posted on an official NAA Instagram and Facebook accounts.

In an attempt to improve communication and open dialogue, two "*Facebook Groups*" will also be created: one for pool executives/officials/volunteers, and one destined to be an information hub and forum for head coaches and coaches alike. A third group is currently being considered for the general public. These private groups aim to facilitate exchanges amongst members, without the weight of email.

**FB Group for pools:** [facebook.com/groups/naaswimmingpools](https://facebook.com/groups/naaswimmingpools)

**FB Group for head coaches:** [facebook.com/groups/naaswimmingheadcoaches](https://facebook.com/groups/naaswimmingheadcoaches)

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\* Meets at locations without internet will be published within 48 hours, when results are submitted to the Vice-President.



## Email Communication

The Vice-President will continue to use email as the primary medium to communicate the most important Competitive Swimming information to the membership.

Information intended for pool executives will be sent from the following address:

**membership@vpswimming.leniyo.com**

Information intended for head coaches (and other coaches) will be sent from the following address:

**headcoaches@vpswimming.leniyo.com**

**THE ADDRESSES ABOVE WILL NOT RECEIVE ANY EMAIL—PLEASE DO NOT SEND AN INQUIRY TO THE EMAILS ABOVE.**

The emails of coaches will be gathered at the Annual Coaches' Meeting. The addresses mentioned above may be directed to your spam inbox. To avoid any issue, please add them to your contacts.

**Please contact the Vice-President if you would like to be added (or removed) from a mailing list.**

## Communication and Assistance

To inquire on matters of Competitive Swimming, please email the following address:

**vpswimming@leniyo.com**

With the number of plans and matters for 2024, additional volunteers are expected to work with the Vice-President throughout the season, in order to achieve all of the objectives detailed in this document. Any volunteer working with the Vice-President of Competitive Swimming's team will communicate from an email ending in "@vpswimming.leniyo.com".

**A few exceptions aside, emails are answered within 72 hours. The Vice-President is committed to answering all emails, and as soon as possible.**

Urgent issues must be addressed with the header:

**[URGENT]** — *Remaining header*

Please make sure that the header "URGENT" is completely in capital letters.

## Planned Shift to @naaswim.com emails

With the help of Mr. Halliday, the Vice-President would like to shift any email communication involving Competitive Swimming, in the next few seasons, towards emails ending in "@naaswim.com". This will ensure that all emails pertaining to the Association remain on servers maintained by the Association, further protecting the privacy of communications, while simultaneously better representing the official status of the Association.



# 60th Anniversary Celebrations and 2024 Recruitment Strategy

The 2024 season will become *the* year of the NAA community. The 2024 60th Anniversary Celebrations and Recruitment Strategy will focus on three major areas:

1. **Major changes to Summer Swim Meet;**
2. **The creation of a Historical Project;**
3. **Incentivizing and showcasing the value of the weekly Dual Meets.**

## 1. 2024 Summer Swim Meet—The Participation and Community Recruitment Meet

Major changes are planned to the formula of SSM, so to shift its exclusive and restricted meet parameters towards one having a more introductory and open-house-style agenda.

The objective is to transform SSM into the **largest recruitment campaign, fundraising event and swimming activity ever organized by the NAA**. This meet will become all about **participation**.

**How it will work (rough draft):**

- **Everyone can swim.** There is no restriction on participation, regardless of category, age, working status or even membership. The idea is recruit as many individuals—and their entire families—to participate, whether they have a background in swimming or not. Registration will take place one week ahead, with registration also possible on the day of the event. Posters will be setup at pools which are neither affiliated with the NAA or ALPS, inviting them to join in too.
- **A completely free event.** No fees will be asked to participate, whether the individual is a member of a pool or not.
- **All can participate in three (3) events and one relay.** Special categories for staff members, adults and seniors.
- **A “Team Champs” formula.** Instead of competing for NAA pools, all participants will be redistributed into newly-created teams, enabling for them to be paired with individuals from other teams. Said otherwise, this event would become an NAA-wide team-bonding and team-uniting effort. A point system will be setup to create a friendly competition. The winning team will hold the trophy and receive a complementary prize.
- **The participation points will remain,** but decreased from 10 to 5 points per participant. The maximum will be increased to 200 points. Staff participation will count towards a separate points, as in Dual Meets.
- **Inclusion of Arts and Culture.** Intermissions between various events will be held for representations by local groups (e.g., music bands, dance groups, singers, etc.).
- **A 60th Anniversary medal for every participant.** Every person who participates will receive a recognition. A photo booth will be setup for those wishing to immortalize their accomplishment.
- **Recorded times for all participants.** Times will be posted at the venue and on the website.
- **No disqualifications,** however “Correction” Slips will be given out to educate participants on proper swimming procedures. The formal race procedures will nonetheless be respected—including officials—in order to offer the best simulation of a real, official race to the newcomers.
- **A contest with prizes** for anyone who completes at least two (2) swims. A similar contest for those who volunteer. Potential sponsors will be contacted to obtain between 50-100 small-to-medium prizes to be given out.



- **The inclusion of a fundraising component.** Funds will go towards the organization chosen by the General Assembly. The NAA will seek a sponsor who will donate a certain amount of money according to the number of races completed at the event.
- **Leveraging the Olympic Year: Inclusion of speeches, virtual (pre-recorded) or in person, by inspirational high-level swimmers and coaches throughout the Meet.** These figures will reinforce the relevance and importance of the meet and entire organization.
- **The invitation of university teams and other high-level athletes** for exhibition races throughout the day.
- **The invitation of news organizations, mayors, MP's and MNA's** to promote and advocate for the essential aspect of community swimming competitions.
- **Stickers or other small memorabilia,** to be given out to participants.

This event will be promoted at all NAA and ALPS pools, as well as at all other unaffiliated public pools. Additionally, pamphlets will be given out at local recreational groups.

## 2. Historical Project

The Vice-President will solicit members to send in as many photos from NAA Competitive Swimming events as possible, with the intent to create digitize historical records, and print out a large mural/banner to be unveiled towards the end of the season.

Complementing this project will be an online, digital presentation, available on the website, which traces back the history of community swimming in the West Island. Short recorded interviews from old members will help to humanize the mission of the Association and recount the anecdotes of the Community across the decades.

Members found in historical images will be strongly encouraged to re-enact their portraits, several decades later.

The Vice-President will assess the feasibility of partnering with a local community historical society, which may help create a project on the NAA's beginnings.

## 3. Showcasing the Spirit of the NAA at Dual Meets

### Incentives for Participation at Dual Meets

Individuals who compete in at least three (3) dual meets will be eligible for a certain category of prizes. The prizes will be sought from sponsors, simultaneously with those obtained for Summer Swim Meet.

Another category of prizes will be created for entire families who participate in two (2) meets.

### Self-Organized Arts and Culture Activities at Dual Meets

Member pools will be strongly encouraged to organize small but special activities at the Dual Meets they host, which highlight the uniqueness of their local pool culture and traditions. For example: a team dance, the invitation of a music band, a painting station for children.

Members would be informed in advance, through a summer programming document, of the different activities available to them every week.

Then, these initiatives would be shared on the website and social media channels of the Association, and become an integral part of the celebrations.





## Complementary Measures to the Strategy

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### Recruitment Campaign in the Community and in Schools

Similarly to the Volunteer Programme, a recruitment campaign will be started in schools to convince youth and parents to become a member of their local NAA pool. The Vice-President will send out posters handouts to representatives of local schools in the weeks to come.

### Solicitation for Sponsors

In order to support these activities, the Vice-President will approach various local and regional businesses, organization and institutions to request support, partnerships and/or sponsorships.

Local historical societies will also be contacted to see whether they may be interested in partnering in a project about the NAA.

### Establishment of a 60th Anniversary Committee

The Vice-President would like to establish a Committee to assist in the organization of the 60th Anniversary celebrations. Local clubs will also be invited to participate in this Committee and in the organization of SSM.

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## WE WANT YOUR COMMENTS!

Let us know what you think about these plans! Any feedback is sought and much appreciated. You may either reach out by email, or fill out the following form (anonymously or not):

<https://forms.gle/PNPcCLHsdVMbZUwx6>

Do you want to get involved?

Do you know someone who would like to help out in organizing any of these projects?

Would you, or someone you know have valuable insight which would help us make these plans a reality?

Reach out to the Vice-President at the email above!

