

Alberta Summer Swimming NEWSLETTER

July 2023
www.assa.ca

THE FLUTTERBOARD REGIONALS AND PROVINCIALS



It is that time of year!

Regional and Provincial Championships are fast approaching.

All Regions will host their **Regional Championships** on **August 12-13th 2023**. With an **option** to run the 1500m swim on **August 11th**. **COACHES** entry deadline is **August 2, 2023 at 10:00 PM**

The Provincial Championship will be held on **August 18-20th 2023**

Parking is very limited but volunteers and officials get preferential parking. To sign up to officiate at Provincials please click on the link [here](#)

EVENTS:

Friday	
<input type="checkbox"/> 1500 Free	
<input type="checkbox"/> 25 Fly (10 & Under)	
<input type="checkbox"/> 50 Fly	
<input type="checkbox"/> 50 Back (10 & Under)	
<input type="checkbox"/> 100 Back	
<input type="checkbox"/> Special Event - Regional Relays	
Saturday	
Morning Events	Afternoon Events
<input type="checkbox"/> 400 Free	<input type="checkbox"/> 50 Fly (10 & Under)
<input type="checkbox"/> 25 Breast (10 & Under)	<input type="checkbox"/> 100 Fly
<input type="checkbox"/> 50 Breast	<input type="checkbox"/> 25 Back (10 & Under)
<input type="checkbox"/> 50 Free (8 & Under)	<input type="checkbox"/> 50 Back
<input type="checkbox"/> 100 Free	<input type="checkbox"/> 100 Medley Relay (10 & Under)
<input type="checkbox"/> 100 IM	<input type="checkbox"/> 200 Medley Relay
Sunday	
Morning Events	Afternoon Events
<input type="checkbox"/> 200 Free	<input type="checkbox"/> 800 Free
<input type="checkbox"/> 50 Breast (10 & Under)	<input type="checkbox"/> 100 Free Relay (10 & Under)
<input type="checkbox"/> 100 Breast	<input type="checkbox"/> 200 Free Relay
<input type="checkbox"/> 25 Free (8 & Under)	
<input type="checkbox"/> 50 Free	
<input type="checkbox"/> 200 IM	

Swim Friday night (or Saturday morning) at Regionals
Swim Saturday at Regionals
Swim Sunday at Regionals

f Alberta Summer Swimming | @alberta_summer_swimming | @ASSA_Summerswim

ALBERTA SUMMER SWIMMING
ASSA

PROVINCIAL CHAMPIONSHIPS

Join us as an official at the Provincial Championships! Passionate about swimming?

Love being part of the action? Sign up now to make a difference, support athletes, and create lasting memories. Visit our website or contact us to register. Don't miss this exciting opportunity!

AUGUST 18-20
KINSMEN SPORTS CENTER
EDMONTON

Sign Up

albertasummerswimming@gmail.com

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PROVINCIAL 50/50 DRAW

Who couldn't use some cash!! The ASSA Provincials Committee is excited to provide a great opportunity to win some!!

Last years winner took home over \$1200!!!!

Funds raised from this 50/50 draw will help us continue to offer support to competitive summer swimming to our members across Alberta.

The winner will be contacted to claim their prize.
Thank you for your support!!

You can scan the QR code or click on the link [here](#) to buy your tickets.



albertasummerswimming@gmail.com

THE FLUTTERBOARD PROVINCIALS TEAM AWARDS



Team Awards

Banners will be awarded to the top small, medium and large club based on points earned during the competition for all age groups (17 & U) and para events.

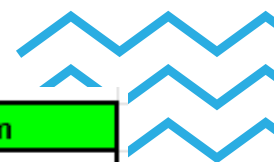
Team size will be based on each clubs' percentage of provincial competitive registrations, rounded to the nearest tenth, as of the entry deadline.

The **small team** will be under **1.5%**, the **medium team** will be **1.5-2.4%** and, the **large team** will be **2.5%** and over.

Small Team
Drayton Valley Neptunes
Hinton Water Devils
Valleyview Vipers
Killam Cyclones
Oyen Otters
Forestburg Aquanauts
Didsbury Aqua-Jets
Fort MacLeod Swim Club
Smoky River Manatees
Castor Tritons
High River Otters
Fairview Olympians
Provost Piranhas
Nanton Marlins
Spirit River Seawolves
Wainwright Torpedoes
Claresholm Kraken
Vermilion Vipers
High Level Stingrays
Devon Dolphins
Grimshaw Gators
Peace River Porpoises
Westlock Gators

Medium Team
Crowsnest Pass Piranhas
Hanna Seals
Taber Vipers
Pincher Creek Dolphins
Slave Lake Sharks
Lacombe Dolphins
Brooks Barracudas
Lloydminster Rebels
High Prairie Dolphins
Innisfail Dolphins
North Edmonton Swim Club
Ponoka Gators
Okotoks Stingrays
Camrose Sea Serpents

Large Team
Cochrane Piranhas
Whitecourt Blue Dolphins
Derrick Devil-Rays
Red Deer Marlins
St. Albert Sailfish
Spruce Grove Barracudas
Lethbridge Orcas
Calgary Tritons
Calgary Swordfish
Stony Plain Sharks
Edmonton Huma
Wetaskiwin Olympians



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NORTH AMERICAN INDIGENOUS GAMES

Congratulations to all the amazing ASSA Swimmers in Halifax for the Northern Indigenous Games!

We want to send our heartfelt wishes to ALL Alberta Swimmers participating in this incredible event. May you all have the best of luck, make lifelong friendships, and create unforgettable memories that will stay with you forever.

Sign up for a free account and watch the livestream [here](#).

TEAM ALBERTA - NAIG 2023 SWIMMING

HEAD COACH: NESHA SOOSAY

ASSISTANT COACH: CANDICE ELLIOT

NAME

CITY

HUDSON CHARRON	FORT SASKATCHEWAN
GRACE LAYBOURNE	SHERWOOD PARK
BRADY PARK	EDMONTON
ELAINE CLARK	STONY PLAIN
TRISTAN PETRYSHEN-KOZAK	SPRUCE GROVE
EMERSYNN LAMABE	EDSON
ELLE MACINTOSH	HIGH PRAIRIE
ABBIE COTTINGHAM	HIGH PRAIRIE
SOPHIA BEKKER	REDWOOD MEADOWS
CALLI GIROUX	CALGARY
MACY GIROUX	CALGARY
LEVI DICKSON	STURGEON COUNTY
TEHYA DICKSON	STURGEON COUNTY
DESTINY CASTAGNA	SEDGEWICK
TRISTAN BEAR	WETASKWIN
GRACE AUGER	SLAVE LAKE

ALTERNATES:

NEA LITTLECHILD

RED DEER



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ASSA ALLSTAR TEAM

Swim Alberta is organizing a team of ASSA registered swimmers to compete at Summer Provincials. Summer Provincials is a highly competitive racing opportunity featuring swimmers that are aspiring to reach the national level!

To qualify you must be 17 or under as of July 27 and must achieve a Championship Standard in your appropriate age group between May 1, 2022, and July 16, 2023.

Summer Provincials takes place at MNP Community & Sport Centre in Calgary from July 27 – 30, 2023. All Star team events, including a practice and a team dinner, commences on July 26.

We are thrilled to announce the qualifiers for the ASSA All Star Team! Congratulations to all the talented swimmers who have made the cut.

Owen Sommerfeldt - BRKS

Jimmy Yuan - CALT

Lucy Hassett - CALT

Paxtyn Riehs - CALT

Lydianna O'Neil - CLARE

Julia Wiebe - CLARE

Kendra Justice - HUMA



Bentley Togo - LETH

Elliott Pilsner-Roberts - LETH

Naiose Gelber - PCK

Joah Randall - PCK

Graeme Coleman - HUMA

Joshua Cho - RDR

William Brewer - REBEL

Zane Adams - REBEL



Jeremy Oviatt - SHRPK

Elliott Pilsner-Roberts - LETH

Chesney Parchment - SHRPK

Adelyn Kyfuk - STPL

Kaleb Wilford - WET

Eason Zhang - CALSW

Destiny Castagna - CASS

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COACHES LANE

Hello Coaches, we are heading into the home stretch of our exciting ASSA season and I wanted to take this time to review key information for participation in regionals and provincials in August.

Competition and Diving Readiness Standards

A completed **Club Verification of Competition Readiness** form is required for participation at Regionals. Please complete the document found [here](#) and send to your Region meet manager no later than August 1st 2023.

Qualification for Individual Events at Regionals

- Swimmers must have competed in at least 1 sanctioned ASSA meet in 2023
- NT is not permitted for entries ... coaches must estimate times if the swimmer has no time for the event.
- Qualification times will be enforced for swimmers. Ensure you do not enter 8&u swimmers into 50 free, 50 back, 50 breast (7&8) or 100 IM (7&8) without the appropriate qualification times from a sanctioned ASSA meet. For older swimmers, qualification times are required for the 400, 800 and 1500 but can be achieved in an unofficial time trial setting.

Qualification for Relays at Regionals

- All relay members must have competed in an individual event in an ASSA meet in 2023 to be eligible to be on a team.
- Athletes can only move up a maximum of 2 age groups for relays, and each relay MUST contain at least 2 athletes of the appropriate age group (e.g. an open relay must contain at least 2 swimmers who are 18+). This is new for 2023.
- Open relays will not count towards team points at provincials (new for 2023)
- Coaches can make changes to relay composition until the scratch deadline (30 min prior to the start of the afternoon sessions). It is permissible for changes to alter the age groups of relays but coaches cannot add more relays than initially entered.
- Each relay team that qualifies at regionals MUST be the team that swims at provincials. You cannot change the makeup of the team (there are exceptions for extenuating circumstances).

Age group	Relay eligibility
6&u	8&u, 10 &u
7-8	8&u, 10&u, 12&u
9-10	10&u, 12&u, 14&u
11-12	12&u, 14&u, 17&u
13-14	14&u, 17&u, open
15-17	17&u, open

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COACHES LANE

6&u athletes at Regionals

- 6&u will compete in the morning session (preliminaries).
- 6&u scoring will be awarded based on times from the morning session.
- The afternoon finals will run as 8&u. 6&u swimmers who have a time that would qualify them for finals may choose to compete in finals. They will not be eligible for medals or ribbons in the 8&u category, but their finals time will be considered for provincial and wildcard qualifier spots to compete at Provincials.


Regionals entry process

- The deadline for entries is August 2nd at 10 pm.
- A summary of team entries will be sent to each team for verification. It is permissible to add swimmers or change events during this window (August 3rd to 7th)
- On Tuesday August 8th, coaches will receive a list of events that have not filled all the provincial qualifier slots for their region. Coaches will have 2 days to make changes for swimmers in those age groups and in those events only.
- On Thursday August 10th the psych sheets will be released for the meet. At that time no further changes to individual events can be made.

Feel free to reach out to me if you have any questions about this process. If you are new to the ASSA then some of this can seem a bit confusing and I'm happy to help in any way that I can as your coach rep. I can be reached at amyswedlo@shaw.ca

Looking forward to getting to know more of you at provincials in Edmonton!!

ASSA Coach Rep Amy Swedlo




YOU'RE INVITED TO A

Coaches Social

HOSTED BY
ALBERTA
SUMMER
SWIMMING

FRIDAY, AUGUST 18, 2023
KINETTE ROOM
KINSMEN SPORTS CENTER
6:30 - 8:30 PM

PICK UP YOUR COACHES
PACKAGES AND JOIN US FOR
SOME REFRESHMENTS AND
MINGLE WITH OTHER COACHES!



albertasummerswimming@gmail.com

PARENTS / GUARDIANS LANE



What do all the officials do?

"I see a whole bunch of folks in red shirts on the deck. Are they all looking to DQ my child?! Why do they need so many officials?"

It takes a lot of people to run a swim meet. Probably the most visible individuals are the volunteer meet officials, who can be divided into those working the "dry side" and those working the "wet side".

Dry side officials are led by the meet manager or "MM". This person is responsible for the accurate processing of entries, the accurate seeding of the events, determining the official times and results, and posting of the results. The MM is assisted by the electronic timing system operator, the results computer operator, and others. Each of these volunteers has undergone training and worked several sessions as an apprentice before being evaluated and certified by PVS in their positions.

Judge of Stroke and Inspector of Turns Judges are the most numerous of the wet side officials. Each of these officials has jurisdiction for specific lanes, observing that the swimmers in these lanes are complying with the rules for each stroke. If a rules violation is observed, the judge raises one hand overhead. The violation is reported to the Chief Judge, an experienced official who ensures that the call is indeed a violation, that it is within the S&T Judge's jurisdiction, and that the judge has absolutely no doubt what he/she saw. Like the dry side officials, these judges have undergone training, have worked as apprentice judges, have taken comprehensive rules tests, and have undergone evaluation by an experienced official before being certified.

PARENTS / GUARDIANS LANE



What do all the officials do?

Another wet side official is the Starter, the person who says, “Take your marks,” and activates the starting unit to begin each race. The Starter confirms that each swimmer has assumed a legal starting position, and aims to do everything possible to ensure that the start is fair for all competitors. This official is required to have extensive experience as a Stroke and Turn Judge before even initiating training as a Starter.

Finally, there’s the Referee, a highly-experienced and knowledgeable official who is in charge of the entire competition. The Referee ensures that all rules and procedures are followed with fairness and consistency. His/her whistles signal the swimmers, coaches, and officials that the competition can begin. He/she closely observes the start of each heat and confirms whether a fair start has been achieved. He/she handles any protests or disagreements. After conferring with the Chief Judge, the Referee makes the final determination regarding all disqualifications. He/she is the final arbitrator on any matter relating to the conduct of the meet.

Officials should regularly attend clinics and training sessions. They are required to take and pass rules tests on a frequent basis. Many choose to further their education as officials by undertaking the stringent requirements for national certification. Those folks in the red shirts are some of the most dedicated volunteers you’ll see on the pool deck. No, they’re not looking for disqualifications, but they’re expected to report it if one is observed.