



## **Welcome to the Timmins Marlins 2023/24 Season**

We would like to take this opportunity to welcome our swimmers and their families to our 2023/24 swim season! Many of you have been with the Timmins Marlins Swim club for years, while others are just beginning their journey into the sport of competitive swimming. Although it is very much an individual sport where your biggest competitor is yourself, it is also equally as much a team sport in that it requires an entire team to support and push each other to become better athletes, better friends, and all around better human beings. To help each other become stronger mentally, physically, and emotionally. To bond as a team and create life-long friendships that will continue to challenge and support each other through school and later, their careers. It is a team of potential leaders for the future that will hopefully give back to their communities and promote the same healthy and active lifestyles that they are currently experiencing thanks to you, the team of parents and volunteers that help support our youth and teach them that hard work and perseverance are rewarded both in the pool and in life.

We wanted to provide a basic of overview for our newer families to help introduce them to some of the things they might encounter over the next season. A guide that will help them to better understand the who, what, where, when, and why's of competitive swimming.

### **What to expect...**

Swimming is a unique sport in which development is based on several factors, and not just age or size. As youth develop and grow at different stages throughout life, both physically and mentally, swimming seeks to capitalize by applying specific training methods during these stages and growth periods. Early advancement and rapid progression through the levels is not always an indicator of future success, but rather an early display of Physical, Mental, and Emotional development by that individual. Do not let progression, or the lack there of, be seen as an indicator of your son(s) or daughter(s) performance. Your child's coaches will always do their best to evaluate their swimmers on a regular basis to ensure they are developing in accordance with the Long-Term Development Plan while enjoying a safe, fun, and challenging swim experience. If you have any questions or concerns, feel free to speak with your child's coach.

### **Equipment basics...**

Swimming, like any sport, has equipment that is required in order to train and compete. Swimsuits and goggles are required to start basic training. Many of the younger swimmers often remove their goggles at first but will quickly learn to appreciate them. Also, a water bottle to stay hydrated is a must! Just like any sport, swimming causes an individual to sweat and hydration must be maintained to prevent cramping and allow for peak performance. As your swimmer starts to progress through the stages, items such as fins and hand paddles will be required to help isolate and develop upper and lower body strength. Many items like Kickboards and Pull Buoys are supplied but can be purchase by individuals who have their own preference, or just want to style it up a bit! Once your swimmer starts competing more regularly you will want to invest in a swim cap and eventually a race suit as they progress to higher levels of competition.

Here is a breakdown of the items:



### **Swimsuit**

Training suits are great for everyday use and are made more durable to stand up to repetitive use. Competitive swimwear seeks to improve upon bare skin for a speed advantage and coverage. Race suits should not be used during warmups or for daily training as they are typically more expensive and less durable.

### **Swim cap**

A swim cap (a.k.a. cap) keeps the swimmer's hair out of the way to reduce drag. Caps may be made of latex, silicone, spandex or lycra. We prefer Silicone or Lycra as Latex is a common allergen!

### **Goggles**

Goggles keep water and chlorine out of swimmers' eyes. Goggles may be tinted to counteract glare at outdoor pools but are sometimes too dark for indoor pools. It really comes down to preference. Prescription goggles may be used by swimmers who wear corrective lenses.

### **Swim Fins**

Rubber fins are used to help kick faster and build strength and technique but are illegal in a race. They also improve technique by keeping the feet in the proper position while kicking.

### **Drag suit**

Swimmer's use drag suits in training to increase resistance. This allows a swimmer to be challenged even more when practicing and let the swimmer feel less resistance when racing. Drag suits are not used in competitive races.

### **Hand paddles**

Swimmers use these plastic devices to build arm and shoulder strength while refining hand-pulling technique.

### **Kickboard**

A kickboard is a foam board that swimmers use to support the weight of the upper body while they focus on kicking. Kicking is the movement of the legs only which helps to increase leg muscle for future strength.

### **Pull buoy**

Often used at the same time as hand paddles, pull buoys support swimmers' legs (and prevent them from kicking) while they focus on pulling. Pull buoys are made of foam so they float in the water. Swimmers hold them in between the thighs. They can also be used as a kickboard to make kicking a little harder.

### **Snorkel**

A snorkel is a plastic device that helps swimmers breathe while swimming. This piece of equipment helps the swimmer practice keeping their head in one position, along with training them for the proper breathing technique of breathing in through the mouth and out the nose. This technique is the opposite of a common runner's breathing pattern, which is in the nose and out the mouth.



## **Swim meet basics...**

Swim meets are held in either 25m (short course) or 50m (long course) pools. For the younger swimmers, 100m pools are often intimidating, so these meets are typically reserved for older or more experienced swimmers. The great news is that there are very few of these meets held in our area. Your child's coach is your best reference as to which meets and events within those meets that your child should participate in! Once the swim meet invites are sent out, parents must notify our Head Coach Tracy of their child's intentions to participate. Coach Tracy will then consult the assistant coaches for race recommendations for those individuals participating. Once she has that list, she will send out an email showing the races that your child is signed up for as well as the meet fees due for those races. During the swim meets parents are encouraged to be on deck (where permitted) to cheer their swimmers on! We strive to make swimming a positive and encouraging environment! Younger swimmers are often intimidated and may not want to participate in swim meets so it is best to start out at the smaller local meets, even if it's only to watch for the first time! It is very common and easily overcome with lots of positivity and encouragement, along with the reassurance that the main goal is having fun and enjoying the team bonding experience! If you do happen to have a mini-Michael Phelps or Elaine Tanner, you can track their Personal Bests through Swim Canada's result tracker by searching your swimmer's name! ([www.swimming.ca](http://www.swimming.ca))

## **Nutrition...**

Swimming is a low impact but high resistance exercise that requires adequate amounts of nutrition to maintain the high level of performance required to develop properly and consistently. Carbohydrates are essential to creating and maintaining energy levels, proteins are essential for muscle repair and help to balance performance. Both are required for proper recovery after a hard workout. Water is equally as important as it is essential for regulating body temperature, maintaining cellular health and function, and on a more basic level, help to prevent cramping during intense exercise. The Minerals and Vitamins that our bodies require also come from the food we eat, so proper diet will ensure proper bodily function. Calorie intake must be greater than the calories burned if our children are to grow! A simple way to equate this is to use the body weight in pounds and multiply it by 10. That is how many calories it takes for one to simply exist. One requires 70% more calories during high intensity activity to perform at a high level. What we eat also matters. A great rule of thumb is the faster a food will turn brown or go bad, the more natural it is and therefore the easier the body can break it down into its basic nutrients. Something to remember when choosing pre-race foods! The last mention, although it's not really nutrition, is rest...Rest is the period when your body repairs itself. Without rest, proper recovery doesn't happen, and growth and development will be less than optimal.

## **Fundraising and Volunteering...**

No need for swim gear if there is no swim club! Without the various fundraising efforts throughout the season the Timmins Marlins could not be possible. Due to the ever-rising costs of insurances, utilities, wages etc., the cost to the average family for a season of competitive swimming would be unaffordable. Bingo is the primary source of fundraising revenue for our club and finances approximately 25% of our season (+\$25K). That is why it is critical to ensure we are meeting our requirements as set forth by the Ontario Charitable Gaming Association. The organization, preparation, and operation of the Timmins Marlins requires several volunteers in various roles. A swim meet requires anywhere from 30-60 volunteers to allow for



organization, registration, data entry, managing the teams and their swimmers, and officiating. It takes volunteers to train those volunteers. If you are a parent that is wanting to get involved in some way, feel free to reach out to your executive board to see what options you would like to pursue, or attend the Annual AGM and submit your name as a potential board member! It takes a team of dedicated parents and a city with a heart of gold to make a swim season possible!

### Who does what...

For 2023/24 we have an almost entirely new board. Many of us are familiar faces and some of us are not! Either way we are here as a collective unit that is dedicated to giving you and your children a fun and successful season! Here are your 2023/24 TMSC Executive Board member:

President: Gertjan Bekkers	<a href="mailto:presidenttmsc@gmail.com">presidenttmsc@gmail.com</a>
Vice President: Steve McEvoy	<a href="mailto:tmscvp@gmail.com">tmscvp@gmail.com</a>
Finance: Justyna Mittlestead	<a href="mailto:tmscfinance@gmail.com">tmscfinance@gmail.com</a>
Registration: Christina Deleurant	<a href="mailto:tmscregistrar@gmail.com">tmscregistrar@gmail.com</a>
Secretary: Shelley Reed	<a href="mailto:tmscsecretary@gmail.com">tmscsecretary@gmail.com</a>
Officials: Tim Edwards	<a href="mailto:tmscofficials@gmail.com">tmscofficials@gmail.com</a>
Bingo: Natalie Venne	<a href="mailto:tmscbingos@gmail.com">tmscbingos@gmail.com</a>
Accommodation & Transportation: Catherine Daniels	<a href="mailto:tmsctravel@gmail.com">tmsctravel@gmail.com</a>
Swim Meet Fees: Debbie Fauvelle	<a href="mailto:tmscmeetfees@gmail.com">tmscmeetfees@gmail.com</a>
Meet manager: Jackie Chow	<a href="mailto:tmscmeetmanager@gmail.com">tmscmeetmanager@gmail.com</a>
Communications: Jason Leger	<a href="mailto:tmsccommunications@gmail.com">tmsccommunications@gmail.com</a>
Fundraising: Julie Gagnon	<a href="mailto:tmscfundraising@gmail.com">tmscfundraising@gmail.com</a>
Head Coach: Tracy McCartney	<a href="mailto:tmscheadcoach@outlook.com">tmscheadcoach@outlook.com</a>

As you can see many of the roles are straight forward and very specific to your needs. We are always around to help but here are a few of the more common requests that are not listed or specific to any of the roles.

Swim account balances/grievances- Gertjan [presidenttmsc@gmail.com](mailto:presidenttmsc@gmail.com)  
Equipment purchases or inquiries- Steve [tmscvp@gmail.com](mailto:tmscvp@gmail.com)  
Interest in or sign up for Officiating- Tim [tmscofficials@gmail.com](mailto:tmscofficials@gmail.com)  
Fundraising requirements or balance inquiries- Julie [tmscfundraising@gmail.com](mailto:tmscfundraising@gmail.com)  
Swimmer training or swim meet/race specific inquiries- Tracy [tmscheadcoach@outlook.com](mailto:tmscheadcoach@outlook.com)

All our TMSC communication will come from our communication specialist Jason but will often prompt you to reach out to a specific member of the board depending on the content of the email so be sure to read all emails in their entirety!

There is often a lot of communication that happens at the start of a swim season, and there is much that must happen to ensure a successful season. Many aspects change year to year, and they are often changes that are only discovered once the registration process begins. The executive board, the swim team participants, and the requirements by the various governing bodies are constantly changing so please do your best to stay positive and trust that it is a necessary process!

Let's have a fun, positive, and successful 2023/24 season in which we can all learn and grow together! Go Marlins!

Welcome to TMSC Package (2023-2024)