

NEWS LETTER



Are you ready to Compete?

Swim meets are a highlight of our club's competitive season, offering swimmers the opportunity to showcase their skills and test their progress. These events bring together athletes from various clubs, fostering a spirit of friendly competition and sportsmanship. The first swim meet, Fall First Try, will take place on October 19. Get ready for an exciting start of the season!

New Ontario and National Standards

Swim Canada has released the new standards for 2025-2026, introducing a new structure for provincial and national meets that presents fresh challenges for both young and senior swimmers. Understanding the time standards is crucial for effective planning and training to support further development. ([Time standards on our website](#))

Go Row Go!

Top News

- Terry Fox Run
- YMCA Team Building Camp
- Club Championship

Inside this Issue:

- Swim Meet 101
- New Time Standards
- Officiating

ROW team building YMCA Camp

Highlights

Club members enjoyed a fun-filled day at the YMCA camp on Sunday, September 22. The camp featured team-building activities like a scavenger hunt, archery, and rock climbing. It's not every day you get to outrun your coach! The swimmers also showcased their singing talents around the campfire.

This experience was not only a great opportunity to bond outside the pool but also highlighted the importance of team building activities in fostering trust and communication among teammates. Engaging in team building activities allowed us to strengthen our relationships and develop skills that will enhance our performance together. Our coaches dedication to our growth as both athletes and teammates truly makes a difference, and we are grateful for your leadership!

Thank you Sujin, for capturing these fantastic photos!



YMCA Camp



Upcoming Events

- Oct 12 to 14 All groups OFF
- Oct 12 TOPs/RSA AG Off - Cameron Heights closed.
- Oct 16 TOPs/RSA AG OFF
- Oct 19 Fall First Try
- Oct 31 Groups after 5:30 pm cancelled
- Nov 1-3 BAC Invite
- Nov 3 Skills & Thrills GMAC
- Nov 8-10 NYAC Cup
- Nov 18 Save the date - Award Banquet

Read More on our website!



Row at the Terry Fox Run

The ROW'd Runners recently came together for a heartwarming day at the Terry Fox Run held at Waterloo Park, raising funds for cancer research. Coaches, parents, and swimmers alike joined in the spirited 5k event. As they ran through the park, laughter and cheers echoed, showcasing not just their commitment to a worthy cause but also the strong sense of community within the team.

SWIM MEET *101*

03



ATTEND OR DECLINE

To ensure every swimmer can compete, if you don't decline, your swimmer will be automatically entered in upcoming meets. On our website, select team events, choose the meet, and click the attend/decline button. If your swimmer does not attend the meet and does not decline, the meet fee will still be charged to your account.



SWIM MEETS AND PREPARATION

Meet packages are a great place to start.

People join swim clubs for various reasons, and not everyone aims for the Olympics—especially at the beginning. Even if your family members aren't looking to pursue competitive swimming at the highest levels, they should aim to participate in some meets throughout the swim year. Meet results provide an objective way to gauge individual progress, and they also help swimmers learn how to perform their best under pressure—an invaluable life skill.

Planning your trip is essential, and the meet package is a great place to start. Parking and seating are limited, so arrive early! Here are two key reminders: scratching and officiating. Scratching refers to the last-minute removal of swimmers' names from events. If you'll be late or absent, please let your coach know as soon as possible. If the coach receives the information in time, they may be able to remove you from events. And if you're available, remember to sign up as an official—it's your ticket to joining your swimmers on deck!

DISQUALIFICATION

What is getting disqualified?

- Your swimmer may be disqualified from an event due to a violation of start, stroke, or turn rules.
- It's essential for young swimmers to learn the rules to improve their performance.
- See page 5 for details on how to become an official so you can better understand the rules.

MEET PACKAGE

Meet packages contain all the essential information you need, including warm-up times, event rules, and important details to help you prepare. Meet packages are available on [Swim Ontario Spreadsheet](#).

PACKING FOR THE MEET

First, your swimmer needs a race-legal, black bathing suit. Next, they'll need a white ROW swim cap, snacks, and warm comfy clothes for in between swims (ROW gear is preferred)! Don't forget to pack back-up equipment (goggles, caps, etc.) just in case!

PLANNING YOUR TRIP

Swimmers need to be on deck, ready to go, 15 minutes to half an hour before the warm-up begins. (Ask your coach for the exact time.)

TRACKING MEETS, RACES, AND RESULTS

Grab the App MeetMobile, which parents can use to track meets, races, and results. You will spend a lot of time with this app at meets!



TIME STANDARDS



TYSON MACDONALD

ENJOY THE JOURNEY: FOLLOW YOUR OLYMPIC DREAM!

Our ROW Swim Club sends swimmers to regional, provincial, and national competitions each year. Our athletes gain exposure to Canada's top talent and enjoy meets hosted in formats that align with Olympic standards. Do your swimmers have Olympic dreams?

REGIONAL STANDARDS WESTERN ONTARIO

Time standards to qualify for the Western Ontario Swimming Association (WOSA) meets in London from February 14-16 and in Windsor from June 13-15 will be available around mid to late October. ([See Regional Standards](#))

PROVINCIAL STANDARDS OAG AND OSC

The Ontario Age Groups (OAG) serves as an "in-season" checkpoint, acting as a preparatory step leading up to the summer Ontario Swimming Championships (OSC). ([See Provincial Standards](#))

NATIONAL STANDARDS CANADIAN TRIALS

National standards are set for participation in the Canadian Trials, Canadian Open, and Short Course Championships. Meeting these standards allows swimmers to compete among the best in Canada. ([See National Standards](#))

REACH YOUR FULL POTENTIAL

Why are time standards valuable tools for swimmers?

Time standards are essential for swimmers as they serve as benchmarks that qualify athletes for regional, provincial, and national meets. Additionally, time standards provide measurable metrics for swimmers to track their progress. It is also crucial for swimmers to understand the logistics of short course versus long course meet standards, as the differences can significantly impact their training focus and performance strategies. Overall, time standards play a pivotal role in shaping a swimmer's journey, from motivation to competition readiness. [Swimming Canada](#) and [Swim Ontario](#) have recently revised their time standards for 2025-2028. The provincial competition formerly known as OYJ and Festivals have been replaced by the Ontario Age Group Meet. For more details on the restructuring, please visit their websites.

PROGRESS AND DEVELOPMENT

How do I check my swimmer's performance?

- The [swimrankings.net](#) offers a complete record of all swimmers. Just search for your swimmer's name to view their best times, dates, and the meets they participated in.
- To compete internationally, FINA points indicate your swimmer's standing in relation to the World Record. ([See Formula](#))
- Feeling overwhelmed? We have the perfect solution! Check out our in-house app [Geekswimmers.com](#), created by our communication committee member, Hildeberto. This app lets you easily compare your swimmer's times against major standards. ([See Website](#))

OFFICIATING



HOW DO I BECOME AN OFFICIAL?



Our club is organizing six swim meets this season. These events cannot run without a large number of volunteers on deck. By stepping forward as a swim official, you will gain a better understanding of the sport, contribute to the smooth operation of swim meets, and play a crucial part in ensuring fair competition. ROW understands the benefits of meets for swimmers and parents, and makes it a big part of the Family Participation Program (FPP). You can accumulate points by volunteering at one or more meets, attending online clinics, and event volunteering at meets of other clubs.

STEP 1: REGISTER

- To help on deck, you must be registered with Swimming Canada. If you haven't yet, please complete our [registration form](#).
- Once ROW begins the registration process, you'll receive an account in Swimming Canada's Registration and Event Management System (REMS), which uses SportLomo. If you've already registered a swimmer this year, you have a REMS account. If a new account is created, you'll receive an email titled "Activate SportLomo Account" and follow the instructions to activate it.
- You will receive an email from REMS titled "Needs More Information" with instructions to complete your official's account registration.

STEP 3: SIGN UP

- For ROW-hosted meets, all registered officials will receive an email requesting their availability in the weeks before the meet.
- In the week before the meet everyone who provided availability will be emailed the on deck assignments, also known as the "Officials Grid".
- Sign up to officiate at Fall First Try on Saturday, October 19 by filling out the [form](#) now!
- A similar sign-up process is in place for all meets that ROW attends at other clubs. To volunteer for an away meet, locate the meet package online and look for the section on "officials." The package will typically either provide sign-up instructions or list the email address of an officials coordinator you can contact.

STEP 2: TRAINING CLINICS

- Once registered, you can access Swimming Canada's Learning Management System (LMS) by logging into REMS and clicking the "Login to LMS" button on your officials member card. For more details, refer to the LMS User Guide for Officials.
- New officials should log in to the LMS and complete the online e-Modules "Intro to Officiating (Timekeeper)" and "Safety Marshal." ROW's Officials Administrators will also hold live clinics in-person or online once or twice this season, which will be announced to all registered officials. Be sure to register!

STEP 4: OFFICIATE

- When you help on deck as an official you need to follow a simple dress code:
 - Timers wear white shirt and black pants
 - All other officials wear a red shirt and black pants
- Once you have officiated as a timer more than once you can ask for "sign offs" at the position and will receive a card to keep track of your progress as an official.
- Once you receive two sign offs as a timer, you are certified as a Level 1 official and the ROW officials administrators will order you an official's name tag and red pin.

OCTOBER 2024

NOTEWORTHY

UPDATES

Important events, dates, and reminders

TEAM TRAVEL IN APRIL

We recognize the budget limitations for international team training camps, so plan for this every other year. Instead, the club is planning an in-province trip, during the last week of April or the first week of May. Stay tuned for updates!

We added Nother's to the ND, PD1, and PD2 meet calendar and moved all AGD and SD to GMAC, replacing a December team travel meet.

ROW FALL FIRST TRY MEET

Date: October 19, 2024 (Saturday)

Volunteer Officials: Signup Sheet

Parking: Weekend parking is free in gold and white permit areas, except for lots 18 and 48.

REVISED DRYLAND HOURS:

Revised dryland hours and locations are now available on our group pages. Please note the locations, as we may use the studio instead of the pool deck for dryland sessions. Remember to bring athletic deck shoes, shorts and shirt!

REMINDERS:

- Fundraising Update – We are seeking sponsors for our 2024/2025 season. (See sponsorship letter)
- Check out the updated meet schedule and Club Championship Calendar.
- Tickets for the ROW Awards Banquet on November 18th can now be purchased.
- Our Fall Spirit Wear Store has now closed and orders are being processed. The pool deck is going to be covered in ROW Pride!
- Follow us on X & Instagram

IMPORTANT DATES:

- **Oct 12 to 14** Thanksgiving – All groups OFF
- **Oct 12** TOPs/RSA AG Off – Cameron Heights closed.
- **Oct 19** Fall First Try
- **Oct 31** Groups after 5:30pm are cancelled.
- **Nov 1-3** BAC Invite
- **Nov 3** Skills & Thrills GMAC
- **Nov 18** Save the date – Award Banquet

THANK YOU TO OUR SPONSORS:

WALTERFEDY



communications@rowswimming.ca

06

