

Alberta Summer Swimming NEWSLETTER

August 2023
www.assa.ca

THE FLUTTERBOARD PROVINCIALS ARE FINALLY HERE



It's the last meet of the year!

As you are reading this, we are getting closer to Provincial Championships, August 18-20, 2023, at the Kinsmen Sports Centre in Edmonton.

Proudly hosted by regions **Awesome** and **Dazzling**.

[CLICK HERE FOR PROVINCIALS HEAT SHEETS AND OTHER RESOURCES.](#)

If you are from one of the host regions, please reach out to your club president for the volunteer signup that was sent. **We still have a lot of spots open and we cannot run this event without you.**

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"/> 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	

SCHEDULE

	Day 1 (Aug 18)	Day 2 (Aug 19)	Day 3 (Aug 20)
Coach Meeting	11:00 am	7:00 am	7:30 am
Warm-up time	11:30 am	7:30 am	8:00 am
Officials Briefing	11:45 am	7:45 am	8:15 am
Start time	12:45 pm	8:30 am	9:00 am
Coaches PD		11:30 am - 1:00 pm	
Warm-up time (PM)	11:30 am	1:00 pm	12:30 pm
Officials Briefing (PM)		1:15 pm*	12:45 pm*
Start time		2:00 pm	1:30 pm

albertasummerswimming@gmail.com

IMPORTANT TIMES



Warm-Up Schedule

Friday:

11:30am-12:00pm Warm Up - Both Pools - ages 13&O
12:00pm-12:30pm Warm Up - Both Pools - ages 12&U

Saturday:

7:30am-8:00am Warm Up - Both Pools - ages 13&O
8:00am-8:30am Warm Up - Both Pools - ages 12&U
1:00-1:30pm Warm Up - Both Pools - ages 13&O
1:30-2:00pm Warm Up - Both Pools - ages 12&U

Sunday:

8:00 am-8:30am Warm Up - Both Pools - ages 13&O
8:30am-9:00am Warm Up - Both Pools - ages 12&U
12:30pm-1:00pm Warm Up - Both Pools - ages 13&O
1:00pm-1:30pm Warm Up - Both Pools - ages 12&U

Dive lanes will open for the last 10 minutes of the posted warm-ups

Officials and Coaches Meeting Schedule

Friday:

11:00 am Coach Meeting
11:45am Officials Briefing
Kinette Room

Saturday:

7:00 am Coach meeting
7:45 am Officials Meeting
1:15 pm Officials Briefing
Kinette Room

Sunday:

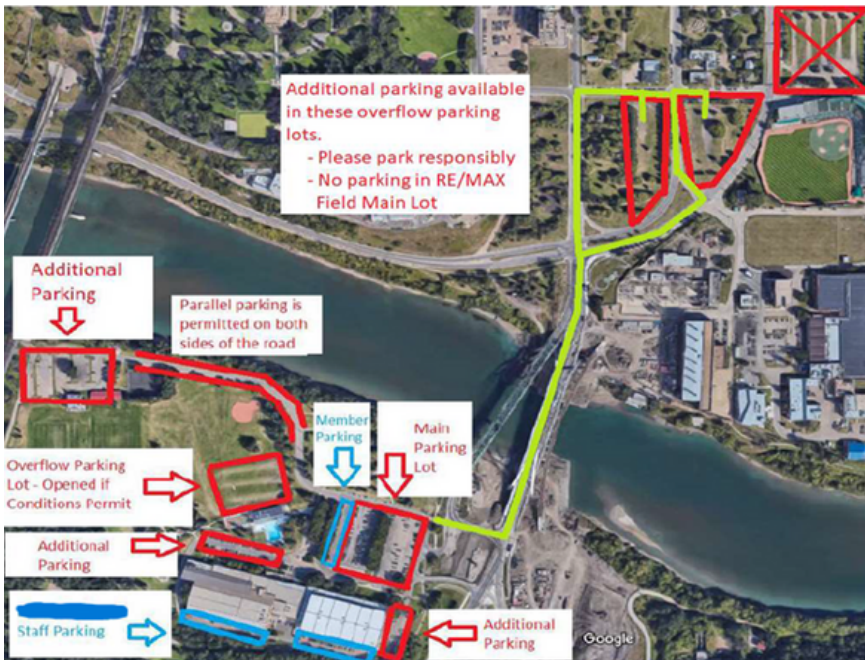
7:30 am Coach Meeting
8:15 am Officials Meeting
12:45pm Officials Meeting
Kinette Room

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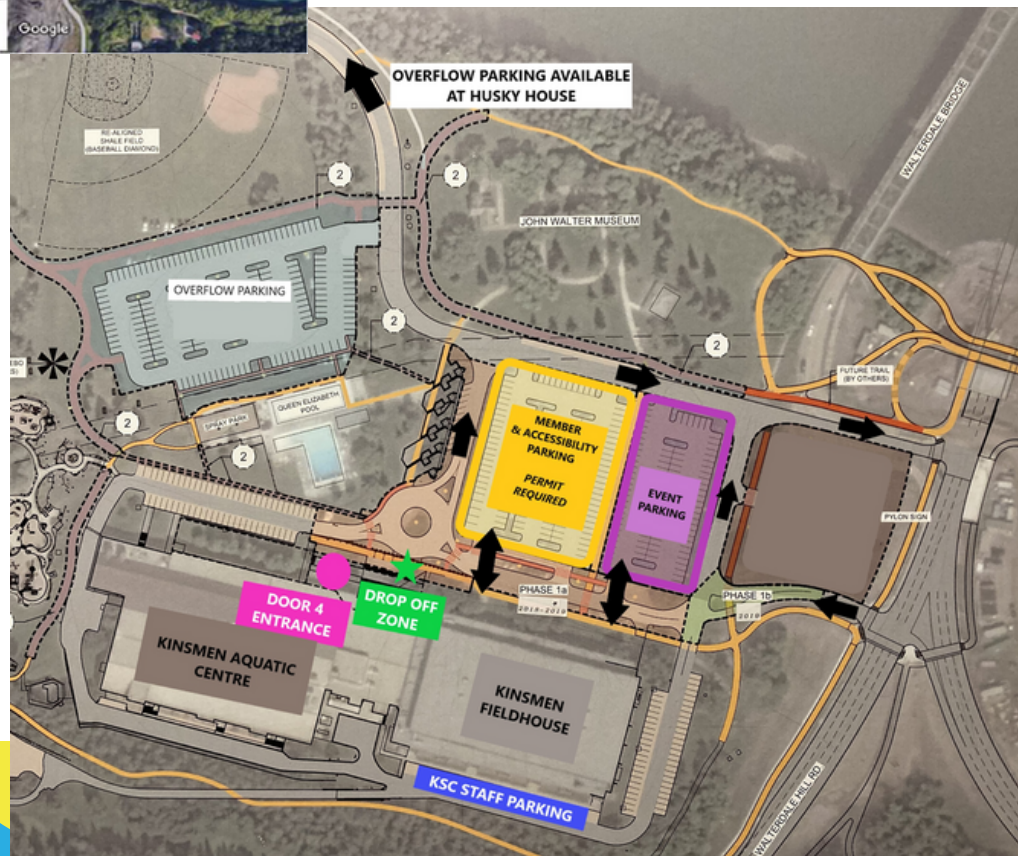
PARKING

PARKING IS EXTREMELY LIMITED – purple area below is for officials and volunteers ONLY



Parking is managed and allocated by the Kinsmen.

If you cannot find parking on site there is additional spots across the Walterdale bridge (shown in red). Vehicles parked in the wrong area will be towed.



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PROVINCIAL 50/50 DRAW

Want to support a great cause?

Want to walk away with cash?*

Please help to support the ASSA in providing the Provincial Championship to all eligible swimmers in our province.

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

We thank you for your support!



*Well maybe not cash but a cheque or E transfer



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PROVINCIALS MERCHANDISE



The T Shirt People

The T Shirt people will be on site again this year so you can grab your 2023 Provincials gear. There will also be forms you can fill out and come back later to pick up your gear. You can check out their website [here](#)



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COACHES LANE


At Provincials there will be only 2 coaches permitted at the coaches' tables. Additional coaches will need to stay in the swim camp or spectator area.

Each team must designate a Head Coach to represent the team and they will interact with the referees and attend the coaches' meetings.

Only registered coaches will be provided meal wrist bands.

Please remind your swimmers that no tents, lawn chairs, cots or floor blankets are allowed on the deck camp area.

- There are no assigned lanes for warmups (with an exception for 7 & under)
- Swimmers 7 & under **ARE ONLY PERMITTED TO SWIM IN LANES 1 AND 16 and there must be 1 person 15 & over within arms reach** (with a ratio of 1 person 15 & over, to every 3 swimmers)
- Lanes 2-7 are circle swimming
- Lanes 1 & 8 are circle swimming and then will convert to dive lanes for the last 10 minutes of warmup




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!



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Saturday PM	1:00-1:30pm	Warm Up - Both Pools - ages 13&O
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