

## FESTIVE SWIM DAYS

### When? How? Why?

FESTIVE SWIM DAYS represent two days of activities on the Big Tracadie River, which will include, during that weekend, the Tracadie-Sheila Two-Mile Swim, the Masters' Challenge/ 8- km swim and a 300-meter swim.

The 300-meter swim aims at encouraging young swimmers to participate in the activities and to get them to brush shoulders with elite swimmers. Here is a brief description of the 300-meter swim:

The 300-meter swim will take place in Pont-Lafrance, an hour before the 8-km departure. It will be a back and forth swim underneath the Pont-Lafrance Bridge. This will not be a race but participants will have to register for a \$2 fee, a way to keep track of the participants. The goal is to encourage new swimmers to come and swim in the river that day and hopefully get them to participate in the Two-Mile Swim the next day or the following year. Participants will be invited to a spaghetti dinner after the event and they will be eligible to win a prize to be drawn among the participants of the 300-meter swim. All swimmers 12 years of age or younger will receive a medal of participation.

By combining all the swimming activities in one weekend, organizers think that the event will have a greater impact on the population. Finally, we think the event will be profitable to the municipality and to the development of competitive and recreational swimming. For the volunteers, this will represent one weekend of work instead of two.

FESTIVE SWIM DAYS aims at promoting swimming and helping a greater number of swimmers to experience the pleasures and difficulties of swimming a long distance in open waters. The celebrations surrounding these activities will offer an opportunity to reward the swimmers and to thank the volunteers and fans for their support. The spaghetti dinner aims at developing awareness of good eating habits.

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### When? How? Why?

#### “NATATION EN FÊTE”... Quand ?... Comment ?... Pourquoi ?...

FESTIVE SWIM DAYS represent two days of activities on the Big Tracadie River, which will include, during that weekend, the Tracadie-Sheila Two-Mile Swim, the Masters' Challenge/ 8- km swim and a 300-meter swim.

“NATATION EN FÊTE” est deux jours d'activités, dans la Grande Rivière Tracadie, regroupant, dans une fin de semaine, les traversées de natation “LES DEUX MILLES DE NATATION TRACADIE-SHEILA” et “LE DÉFI DES MAÎTRES / 8 KM DE NATATION” ainsi que le “300 mètres de natation”.

The 300-meter swim aims at encouraging young swimmers to participate in the activities and to get them to brush shoulders with elite swimmers. Here are the rules for the 300-meter swim:

The 300-meter swim will take place in Pont-Lafrance, an hour before the 8-km departure. It will be a back and forth swim underneath the Pont-Lafrance Bridge. This will not be a race but participants will have to register for a \$2 fee, a way to keep track of the participants. The goal is to encourage new swimmers to come and swim in the river that day and hopefully get them to participate in the Two-Mile Swim the next day or the following year. Participants will be invited to a spaghetti dinner after the event and they will be eligible to win a prize to be drawn among the participants of the 300-meter swim. All swimmers 12 years of age or younger will receive a medal of participation.

La raison d'être du “300 mètres de natation” est pour encourager les jeunes à participer aux activités et pour leur permettre de côtoyer les nageurs d'élite. Voici une description du “300 mètres de natation”...

Le 300 mètres de natation aura lieu à Pont-Lafrance. Une heure avant le départ du 8 km, il y aura une nage aller-retour sous le pont de Pont-Lafrance. Ce n'est pas une course, mais les gens devront quand même s'inscrire au coût de 2 \$. C'est pour un contrôle et aussi pour les statistiques de participation. Le but est d'encourager des nouveaux nageurs à venir nager dans la rivière ce jour-là et peut-être participer au Deux Milles le lendemain ou l'année suivante. Les participants pourront participer au souper spaghetti et aussi, il y aura un prix à gagner dans un tirage au sort pour ceux inscrits au 300 mètres. Tous les nageurs de 12 ans et moins recevront une médaille de participation.

By combining all the swimming activities in one weekend, organizers think that the event will have a greater impact on the population. Finally, we think the event will be profitable to the municipality and to the development of competitive and recreational swimming. For the volunteers, this will represent one weekend of work instead of two.

En combinant toutes les activités sur une même fin de semaine, nous pensons que ça aura plus d'impact sur la population et, en fin de compte, ça va profiter à la municipalité et au développement de la natation compétitive et récréative. Pour les bénévoles, cela va demander une fin de semaine de leur temps au lieu de deux.

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“NATATION EN FÊTE” a comme but de promouvoir la natation et permettre à un plus grand nombre de nageurs d'expérimenter les plaisirs et les difficultés de nager une longue distance en eau libre. La fête entourant ces activités est l'occasion de récompenser les nageurs et remercier les bénévoles et les supporteurs en partageant la fête avec toute la population. Le repas spaghetti est pour sensibiliser les gens à bien manger.