

# **Terrace Blueback Swim Club Parent Handbook 2009-2010**

*“Dedicated to sportsmanship and the pursuit of excellence in competitive swimming”*

Mailing Address: Box 241, Terrace, BC V8G 4A6

## **Club Philosophy**

The Blueback Swim Club offers its members an exciting and rewarding experience in age group swimming. Through a well established program, swimmers will learn skills that will develop efficiency in the aquatic environment.

The club's motto: *“Dedicated to sportsmanship and the pursuit of excellence in competitive swimming”* is the basis of our programs. Expanding on this, swimmers will develop physical conditioning, sportsmanship, team cooperation, mental discipline and other skills that will provide immediate as well as life long benefits that will go well beyond the waters of the pool.

In a well conducted program, all swimmers gain whether or not they ever win a race.

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## **CLUB PROGRAMS**

The Blueback Swim Club's training program is divided into different levels, based on ability and commitment. This allows swimmers to train and compete with fellow team-mates who are at similar levels to themselves.

### ***Dolphins***

The Dolphin program is an introduction into the competitive swimming environment. Swimmers will learn fundamental skills that are necessary for further development, focusing on the four competitive strokes: free, back, breast and fly, as well as starts and turns.

### ***Piranhas***

The Piranha program is an extension of the pre-competitive program. Fundamental skills, including all competitive strokes plus starts and turns, will continue to be stressed while swimmers are introduced to endurance swimming and competition.

### ***Regional***

The Regional level program further develops technical skills while introducing swimmers to land conditioning and training principles.

### ***Provincial***

The Provincial age group is aimed at perfecting all technical skills while learning advanced training principles.

### ***Provincial Senior (Ages 16+)***

The Provincial Senior age group is for swimmers with a high level of commitment who are competing at the provincial level. A higher emphasis is placed on land conditioning in this group than previous groups.

### ***National***

The National level program is an intensive training program for those athletes with the potential and desire to achieve at a national level. Swimmers must be highly disciplined in all aspects of life including both training and school.

### ***Senior Sprint***

The Senior Sprint program is set out for those swimmers with two or more years of competitive experience but who do not wish to make the time commitment involved in the other senior groups.

### ***Masters (Ages 19+)***

The Masters program is set out for mature swimmers who wish to keep swimming as part of their fitness and social life.

## **REGISTRATION AND MONTHLY FEES**

Registration is a two-part process. It involves registering with the Terrace Blueback Swim Club (TBSC) and with Swim BC. Swim BC is part of Swimming/Natation Canada (SNC).

### ***Swim BC Fees***

All swimmers must be registered with Swim BC/Swimming Canada before entering the pool, and must pay an annual fee. This is only paid once, at the beginning of the season and provides insurance coverage for swimmers while on deck, in the pool and away at meets.

#### **Swim BC/SNC Fees (Season):**

PC	(Pre-Competitive)	41.00
T	(10 & under – Competitive)	87.00
P	(Provincial – Competitive)	133.00
N	(National)	175.00
M	(Masters)	35.00

***These fees are mandatory and must be included with your registration.***

### ***TBSC Fees***

The second part of the registration process is the fees paid to the TBSC. The fees for the swim season, which runs from late September 2009 until June 2010, can be paid at the beginning of the season or in three instalments (October 1, 2009, January 1, 2010 and April 1, 2010).

	<b>Full Season</b>	<b>Payment 1 Sept 28, 2009</b>	<b>Payment 2 January 1, 2010</b>	<b>Payment 3 April 1, 2010</b>
<b>Dolphin</b>	495.00	165.00	165.00	165.00
<b>Piranha</b>	630.00	210.00	210.00	210.00
<b>Regional</b>	765.00	255.00	255.00	255.00
<b>Provincial Age</b>	900.00	300.00	300.00	300.00
<b>Provincial Senior</b>	1080.00	360.00	360.00	360.00
<b>National</b>	1260.00	420.00	420.00	420.00
<b>Masters</b>	540.00	180.00	180.00	180.00

The monthly fee for the third swimmer in the family is half-price!

**The club requires post-dated cheques, for the season, at the time of registration. Please make all cheques payable to the "Terrace Blueback Swim Club". If you have any questions or concerns about registration, please call Ginny Pearson at 250-638-8904.**

Any swimmer 5 days in arrears will be refused admission and will not be permitted to travel until all fees are paid. These fees are used to pay a portion of our coaching costs, pool rental and chaperone costs. Every family will be mailed a monthly statement of their account. This statement will include all fees, travel and clothing costs incurred by their swimmer(s). Should a discrepancy arise, please contact Dave Domoney at 250-635-9383.

## **MANDATORY FUNDRAISING PROGRAM**

A "Mandatory Fundraising Program" has been established to help families reduce the cost of having a swimmer participate in the Club. A fundraising account has been set up for each swimmer and the yearly amount depends on the level at which your child swims. Your fundraising commitment for the 2009-2010 year is as follows:

❖ DOLPHINS	\$150 per swim year
❖ PIRANHAS	\$400 per swim year
❖ REGIONAL	\$500 per swim year
❖ PROVINCIAL AGE	\$600 per swim year
❖ PROVINCIAL SENIOR	\$600 per swim year
❖ SENIOR SPRINT – Competitive	\$500 per swim year
❖ NATIONAL	\$600 per swim year

There are many fundraising activities set up by the club to help you not just achieve this commitment but also to reduce your swimming fees. It is your choice whether you participate in the fundraisers or opt to pay this amount yourself. Any monies that were raised by Ticket Raffles or the Swim-A-Thon must be attributed to the swimmer's fundraising commitment. Any monies that were raised in other fundraisers and are over and above the swimmer's fundraising commitment for the year can be applied to TBSC fees and/or the purchase of equipment from the Club.

### ***Save On Foods/Safeway Gift Certificates***

Gift Certificates are available for purchase year round. A member of the executive will be available at the pool during swim times for the purchase of gift certificates. **4%** of the dollar amount you purchase goes towards your fundraising account. Please note there are limited opportunities for us to purchase **Safeway** gift certificates throughout the year and they are only available as long as they last.

### ***Purdy's Chocolates***

Chocolate bar sales commence mid-September through December and **50%** of the amount you sell will be credited to your fundraising account.

### ***Ticket Raffle***

A ticket raffle for an all terrain vehicle will be held this swim season. **25%** of your ticket sales are credited to your fundraising account. The balance is credited towards the purchase of the ATV and associated expenses. Draw date is New Year's Day.

## **Swim-A-Thon**

A Swim-A-Thon is held every season in the Spring. **90%** of your pledges are credited to your fundraising account.

## **Bottle Drives**

We may arrange bottle drives throughout the year. The funds raised are divided by the number of participants and credited to family accounts.

**PLEASE WATCH THE BLUEBACK NOTICEBOARD (located at the pool)  
FOR UPDATES AND FURTHER DETAILS ON EACH FUNDRAISING EVENT.**

### **Sample Fundraising Year**

**Fundraising Account** (Regional Swimmer = \$500.00 for the swim year)

<b>Month</b>	<b>%</b>	<b>Invoiced</b>	<b>Deducted from Fundraising Acct</b>
<b>September</b>		<b>\$50.00</b>	
Purchase Save on Foods/Safeway GC: \$250.00	4%		- 10.00
<b>October</b>		<b>\$50.00</b>	
Purchase Save on Foods/Safeway GC: \$250.00	4%		- 10.00
Sell \$320.00 worth of Purdy's chocolates	50%		-160.00
<b>November</b>		<b>\$50.00</b>	
Purchase Save on Foods/Safeway GC: \$250.00	4%		- 10.00
Sell \$600 worth of raffle tickets	25%		-150.00
<b>December</b>		<b>\$50.00</b>	
Purchase Save on Foods/Safeway GC \$400.00	4%		- 16.00
Sell additional \$400.00 worth of raffle tickets	25%		-100.00
Sell \$150 worth of Purdy's chocolates	50%		- 75.00
<b>January</b>		<b>\$50.00</b>	
Purchase Save on Foods/Safeway GC \$200.00	4%		- 8.00
<b>February</b>		<b>\$50.00</b>	
Purchase Save on Foods/Safeway GC \$250.00	4%		-10.00
<b>Note at this point the swimmer has raised \$549.00 and can quit fundraising for the year or can opt to raise even more and have the money go towards monthly dues.</b>			
<b>March</b>		<b>\$50.00</b>	
Purchase Save on Foods/Safeway GC \$250.00	4%		-10.00
Raise \$156 Swim-a-thon pledges	90%		-140.00
<b>April</b>		<b>\$50.00</b>	
<b>May</b>		<b>\$50.00</b>	
<b>June</b>		<b>\$50.00</b>	

The swimmer was successful in raising \$699.00. Of that total, \$500.00 fulfilled his fundraising commitment and \$199.00 was put towards paying off his monthly dues. This is not unreasonable. Many of our families achieve this and more. Also, remember, you can opt out of all the fundraising by simply paying the fundraising commitment yourself.

This is just an example of what can be done with fundraising. These fundraisers run on volunteer help so join the Fundraising Committee and help other families fulfill their fundraising commitment.

## **SWIM MEETS**

Throughout the season, many of our swimmers participate in a number of swim meets. There are different categories of swim meets:

- ❖ In-House Time Trials
- ❖ All Level Regional – where swimmers have the ability to swim all four strokes in a required time.

There will be In-House Time Trials during the season as well as a number of All Level Regional meets. We will host one All Level Regional meet in Terrace in January of 2009.

Whether the swim meet is an In-House Time Trial or a Regional meet, we need full parent participation to make these meets successful for all the swimmers. Parents of older swimmers help at meets for younger swimmers. Parents of younger swimmers help at meets for older swimmers.

### ***Organizing a Swim Meet***

Often, to the new parent and swimmer, swim meets look very confusing. In fact, it is just the opposite. Swim meets are highly organized competitions. At any one time it takes nothing less than **35 volunteers** to run a swim meet. The good news is...there is training available to help simplify the process for all! Training is available for these Officials positions:

- ❖ **Timers** – Timing is a good place to start. Working under the Head Timer, timers operate timing devices (watches or automatic timing systems) and record the official time for the swimmer in his/her lane. We need two timers per lane and there are six lanes – 12 timers in all.
- ❖ **Turn Judges** – observe from each end of the pool and ensure that the turns and finishes comply with the rules applicable to each stroke. We need two turn judges.
- ❖ **Stroke Judges** – observe from both sides of the pool, walking abreast of the swimmers, to ensure that the rules relating to each stroke are being followed. The position of Stroke Judge and Turn Judge may be combined into one position called Stroke and Turn Judge. We need two stroke judges.
- ❖ **Relay Takeoff Judge** – stand beside the starting blocks to observe the relay exchange, ensuring that the feet of the departing swimmer have not lost contact with the block before the incoming swimmer touches the end of the pool. Timers often accomplish this task.
- ❖ **Marshall** – arranges the swimmers in their proper heats and lanes which is especially important for the younger swimmers.

- ❖ **Starter** – with the “all ready” signal from the referee, the starter then takes over to begin the race with “take your marks”.....etc...
- ❖ **Referee** – has overall authority and control of the competition, ensuring that all the rules are followed. Assigns and instructs all officials, and decides all questions relating to the conduct of the meet. Violations of the rules are reported to the Referee and the rules require that every reasonable effort be made to notify the swimmer and his/her coach of the reason for the disqualification.

**Officials are present at all competitions to implement the technical rules of swimming and to ensure that the competitions are fair and equitable. Officials receive training appropriate to their roles. All parents are expected to get involved with some form of officiating.**

### ***Guidelines for Officials***

1. Be prompt. Check in 10-15 minutes prior to your shift. Identify yourself to the official in charge, usually the **Meet Manager**.
2. Dress in lightweight clothing. It is recommended that officials dress in **white** to present a uniform image that allows them to be easily identified by other Officials, the Meet Manager and swimmers. Shorts are acceptable. For footwear runners or deck shoes are best. Remember, pools are often hot and humid and the floors are wet and slippery.
3. Always be consistent and fair as well as knowledgeable with current rules.
4. Remember that officials represent not only the Bluebacks but also the sport of swimming. If a disagreement on pool deck arises, leave controversial decisions in the hands of the **Referee** and **Meet Manager**. Discuss the decision during an official break in the officials' room.

Because of the number of people required to run an efficient swim meet, the TBSC cooperates with the rest of the region in assisting other clubs in the running their meets. In turn it is expected that they help us with ours. Please offer to volunteer at meets whenever possible. The experience is invaluable and can also be a stepping stone in achieving your officiating badges.

### ***Clothing***

All swimmers competing in the Developmental or All Level Regional meets are required to wear a TBSC swim suit. These suits are available at All Season Source for Sports. Other TBSC clothing such as goggles, sweat shirts, sweat pants, etc. is available for purchase through our Clothing Co-ordinator. Watch the Blueback bulletin board for more information.

### ***Billeting***

Swimming as a sport has similar financial responsibilities as other sports: equipment, coaching, facility costs and travel. Swimming is fortunate in that swimming families open their homes to visiting swimmers by billeting them during the meets.

This practice saves swimming parents many thousands of dollars over the season. Please be generous about accepting billets, your child may need one next meet.

### **TBSC Billeting Policies**

1. It is the responsibility of all Blueback Families to host a pair of billets at home competitions and selection camps. This may occur 2-3 times per swim season.
2. Blueback swimmers who wish to billet must be 8 years of age and older.
3. No swimmer will be billeted alone; they will always be paired with another swimmer from their own club.
4. A parent should always be present in the house when swimmers are there. If it is absolutely necessary to have someone else care for the swimmers, it must be a responsible adult.

### **Tips and what to expect when billeting swimmers**

1. You will be contacted a few days before the swim meet by the billet chairperson.
2. Billets are then matched by age groups, allergies and how many nights are needed.
3. Pick up of billets is usually at the end of the first day of competition.
4. The billet chairperson will be there to assist you with locating your billets and any final instructions.
5. Give a tour of your home. Tell them where they will be sleeping for the night. Show them where the bathroom is. Set out any house rules you may have.
6. You will be expected to provide supper and breakfast for each day of your billet's stay.
7. Sometimes it is better not have billets stay in the same room as your swimmer. They may get caught up in talking the night away.
8. Be aware of any allergies or medical conditions.
9. Have your swimmer include your billets in their activities and interests.
10. Provide a safe, comfortable atmosphere while hosting your billets. Treat and host your billets the way you expect to have your child treated when they are billeted.
11. If you are having trouble with your billets, phone the billet chairperson so he/she may contact their chaperone and deal with the situation.

### ***Code of Conduct for Swimmers***

Any swimmer training with or competing for the Terrace Blueback Swim Club shall agree that:

1. There will be no possession or use of any drug, alcohol or tobacco in any form.
2. Swimmers will conduct themselves in a sportsmanlike manner at all times.

3. Any wilful damage occurring in a hotel, pool or other facility used by a Blueback swimmer is the responsibility of the swimmer and/or his or her family.
4. When hotel rooms are visited by people other than the occupants of that room, the door will be left ajar.
5. Swimmers will follow the rules set down by the coach and the chaperone.
6. All members (swimmers, parents/guardians, club representative) will treat coaches, chaperones and team-mates in a respectful manner as a member and representative of the club while taking part in all club activities. Irresponsible public behaviour by swimmers can do severe damage to the sport of swimming and to the support which all levels of swimmers work so hard to achieve.

Any contravention of the Code of Conduct will be dealt with by the Terrace Blueback Swim Club, through its representative(s) and may result in:

- a) a swimmer being sent home at his or her own expense;
- b) suspension or reparative consequence as determined by all parties (swimmer and swimmers, parents/guardians and coach);
- c) a membership evaluation by the executive.

If an objection is made to the disciplinary measures taken, an appeal in writing from the swimmer or the family should be forwarded to the President who shall call a meeting of the Swim Club Executive to review the matter.

### **Sick Child Attending Meets**

Any child attending events out of town with the club will not be allowed to go if they show ANY of the following symptoms within 48 hours prior to departure: fever, nausea, vomiting, diarrhea and the following symptoms within 24 hours: severe cough and/or other severe cold symptoms. Children who display these symptoms may be sent home at the parent's expense.

### ***Chaperone List of Wise Food Choices***

Foods to have on hand for swimmers at Swim Meets are:

- ❖ Celery, Carrots, Broccoli, Grapes, Cauliflower, Peppers
- ❖ Apples, oranges, bananas
- ❖ Low Fat Dip or salad dressing
- ❖ Unsalted whole wheat crackers
- ❖ Bagels
- ❖ Mini Wheats
- ❖ Arrowroot cookies
- ❖ Graham wafers
- ❖ Frozen juice carton, diluted and watered down

**Foods strictly forbidden by the Coach are:** Fries, pop, chocolate bars, candy, and most deep fried foods.  
*Ice cream is permitted.*

Note: Should a travelling swimmer have a specific food allergy, all foods with the offending ingredient(s) will be strictly banned from club trips.