

Terrace Blueback Swim Club

Parent Handbook

2015-2016

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

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

Web Address: www.terracebluebacks.com

Club Philosophy

The Terrace 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. Swimmers develop physical conditioning, sportsmanship, team co-operation, mental discipline and other skills that provide immediate and lifelong benefits that go well beyond the waters of the pool.

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

TABLE OF CONTENTS

Club Programs	Page 3
Coaching Staff	Page 4
Coach Communication and Relations	Page 5
Registration and Monthly Fees	Page 6
Mandatory Fundraising Program	Page 8
Swim Meets	Page 9

CLUB PROGRAMS

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

Red

The Red program is an introduction into the competitive swimming environment (pre-competitive). Swimmers will learn fundamental skills necessary for further development, and focus on the four competitive strokes - free, back, breast and fly, as well as starts and turns.

Blue

The Blue 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.

Bronze

The Bronze program further develops technical skills while introducing swimmers to land conditioning. Bronze level athletes continue in their development of training and competitive principles

Silver

The Silver group is aimed at improving all technical skills while learning foundational training principles. This group is for swimmers with a high level of commitment who are working toward competing at the provincial level. A higher emphasis is placed on land conditioning in this group than previous.

Gold

The Gold group is aimed at perfecting all technical skills while learning advanced training principles. The group is for swimmers with a high level of commitment who are competing at the provincial level. A higher emphasis is placed on increases in training load with specific speed and endurance work than previous

SwimFit

The SwimFit program is set out for those swimmers 15 years of age or older with two or more years of competitive experience but who do not wish to make the time commitment involved in the other senior groups.

COACHING STAFF

Excellence in swimming requires excellence in coaching. The coaches' job is to supervise the swim program. The coaching staff is dedicated to providing a program that enables swimmers to learn the value of striving to improve oneself. For this purpose, the coaches are responsible for all matters affecting training and competition, including:

- Placing youngsters in practice groups based on the age and ability level of each swimmer
- Stroke instruction and the training regimen based on sound scientific principles and geared to the goals of the group.
- Decisions concerning which meets swimmers attend and which events a swimmer competes in.
- Conducting and supervising the warm-up procedures for the team during meets - after each race, the coaches will offer constructive criticism regarding the swimmer's performance (it is the parents' job to offer love and understanding regardless of their swimmers performance).
- The building of a relay team during meets.
- Coordination and liaison of swim meet entries and associated data between swim club and Swim BC.

The coaches are constantly updating and improving the program. It is the responsibility of swimmers and parents to make the most out of the excellent opportunity this program provides for success in swimming.

Coaches are always willing to discuss any problems that may arise. Parents should contact them prior to any discussion to set up a time for a meeting. Please do not approach coaches on the pool deck.

COACH COMMUNICATION AND RELATIONS

Swim Team communication gaps can occur when parents feel more comfortable discussing their disagreements over coaching philosophy with other parents rather than taking them directly to the coach. This approach will never solve the problem and may lead to new problems being created. Try to keep foremost in your mind that you and the coach have the best interest of your child at heart. If you trust that the coach's goals match yours, even though his or her approach may be different, you are more likely to enjoy good rapport and a constructive dialogue. Listed below are some guidelines for a parent raising some difficult issues with a coach.

- Schedule a conference with the coach. Do not approach the coach on deck at a swim meet or during scheduled practice. Remember, the coach is responsible for other swimmers as well as your child and cannot possibly give you the attention you deserve or the swimmers the attention they require at the same time.
- Keep in mind that the coach must balance your perspective with what is best for your child and with the needs of the team or training group with which he is training. On occasion an individual child's interest may need to be subordinate to the interests of the group; however, benefits of membership in the group will eventually compensate for any occasional short-term inconvenience.
- If your child swims for an assistant coach, always discuss the matter first with that coach, following the same guidelines listed above. If the assistant coach cannot satisfactorily resolve your concern, then ask that the Head Coach join the dialogue as a third party.
- If another parent uses you as a sounding board for complaints about the coach's performance or policies, encourage the parent to speak directly to the coach.
- If your discussion with the Head Coach or Assistant Coach has not been resolved to either party's satisfaction, it may be necessary to discuss the matter with the Board of Directors. Submit your issue, in writing, to the Board and a meeting may be set up with you, the Coach, and the Board. This should only be used as a last step procedure.

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.

Non-Competitive	\$ 40.00
8 & Under – Competitive	\$ 82.00
9 & 10 - Competitive	\$ 102.00
11-14 - Competitive	\$148.00
15+ - Competitive	\$190.00

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 October until May, can be paid at the beginning of the season or in 8 equal monthly installments. The monthly fee for the third swimmer in the family is half-price.

Masters Swimmers can purchase a ten punch card for \$75.00, drop in fees of \$10/session, or monthly rate of \$125.00 as per SwimFit criteria.

2015/16 Fee Structure

- **Two Mandatory Fundraisers for all athletes.**

GROUP LEVEL	MONTHLY	YEARLY	POOL HOURS PER WEEK	DRYLAND HOURS PER WEEK	TOTAL HOURS
Red-1.5	\$68.75	\$550.00	1.5	-	1.5
Blue-3	\$100	\$800.00	3	-	3
Bronze-5.5	130.00	\$1040.00	4.5	1	5.5
Silver-9.5	\$168.75	\$1350.00	7.5	2	9.5
Gold-12.5	\$187.50	\$1500.00	10.5	2	12.5
SwimFit-5	\$125.00	\$1000.00	5	-	5

Post-dated cheques for the season must be paid at registration.

Please make all cheques payable to the “Terrace Blueback Swim Club”. If you have any questions or concerns about registration, please contact – TBSCregistrar@gmail.com

Any swimmer 5 days in arrears will be refused admission and will not be permitted to travel until all fees are paid. Fees are used to pay coaching costs and pool rentals. Swimmers wishing to withdraw from the program should give 30 days written notice.

Every family will be provided statements of their accounts. Should questions arise, please contact the Treasurer.

Financial support is available for qualifying families.

Jump Start: www.canadiantire.ca/jumpstart/funding.html

Or email Mark Dhami at markdhami@tdcss.ca

Stars for Success: 250-638-1863 Brenda Sissons

Kid Sport Terrace: www.kidsport.ca

250-635-7819

MANDATORY FUNDRAISING PROGRAM

There will be TWO mandatory fundraisers to raise monies for the swim club only.

1. Ticket raffle where each swimmer will be required to purchase TWO books of 20 tickets, in advance.
2. Swim-A-Thon
Red swimmers will be required to collect \$50 in pledges
All other categories of swimmers will be required to collect \$100 in pledges.

SWIM MEETS

Throughout the season, many of our swimmers participate in a number of swim meets. There are different categories of swim meets as outlined in the Swim Meet Schedule.

There will be In-House Time Trials during the season as well as a number of regional and provincial meets. We host one All Level Regional meet in Terrace each year.

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 that there is training available to help simplify the process for all! Training is available for the following Official 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.

Swim Meet Policies

- All swimmers are to be ready to warm-up when warm-ups begin.
- The coaching staff will make all final decisions as to entries and scratches.

All swimmers are encouraged to sit together as a team. TBSC Handbook Page 11 of 12

-

- Swimmers should see their coach immediately before and after each event they swim.
- Team caps are the **only** caps permitted to be worn at swim meets.

Team swimsuits are required at all swim meets.

- Team t-shirts and warm-ups are encouraged for the purpose of team spirit and togetherness.
- At designated prelim-finals meets, all team members in attendance should plan to return and support their teammates at finals regardless of whether they are swimming in finals.

Clothing

All swimmers are required to wear a TBSC swim suit at swim meets. These suits are available on line at Team Aquatic Supplies, www.team-aquatic.com.

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. This may occur 1-2 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

Sportsmanship and mature conduct are qualities that will be expected of all team members in and out of the pool. Discourteous behavior, foul language, use or possession of illegal drugs, alcohol, or tobacco products, destruction of property, or any other conduct which could be interpreted as injurious or inappropriate to the group or individual will not be tolerated. Violations may result in suspension from one or more practices or meets or permanent dismissal from the team.

Dismissal will require a vote by the Board of Directors. Appeals to decisions may be submitted in writing from the swimmer or the family and should be forwarded to the President who shall call a meeting of the Swim Club Executive to review the matter.

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 willful 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 follow the rules set down by the coach and the chaperone.
6. All members (swimmers, parents/guardians, club representative) 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.

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.

During regular practices, it is also requested that sick children stay at home. The pool is an excellent environment for the spread of germs. While colds and flu are an inevitable part of life, it is requested that special care is taken to avoid their spread to other team members.

If you have any questions or concerns please contact any member of the executive. Thank you.