

# Mission Marlins Executive

## Parent Handout 2010

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## **Forward**

The Marlins are dedicated to the development and promotion of excellence in competitive swimming. We believe this can be done not only through hard work and dedication, but incorporating fun into our everyday activities. As a volunteer organization, everyone will be strongly encouraged to do his or her fair share towards ensuing a successful swim season.

You belong to a competitive swim club. Although we stress hard work and sportsmanship, we also expect you to have fun. Swimmers swim individually for their own success; they also swim for the Mission Marlins Swim Team, for the Club's success.

This handbook is meant to be a tool both for new families and those already familiar to the club. New families can find information on all aspects of swim club function and activity. You will have information passed onto you throughout the season from both the executive and the coaches. Please use this handbook to keep all of your pertinent information in so it can be handy any time you need to review it.

Once registered in the Mission Marlins Swim Club, your swimmer will be part of the British Columbia Summer Swimming Association. This is our parent Association and all rules and regulations regarding summer swimming are laid out by the BCSSA. You must be registered with an affiliated club to participate in BCSSA swim meets and activities. The association governs approximately 6 -7,000 athletes throughout the season. You may purchase a rulebook through the BCSSA which will outline all technique rules and regulations governing all of our swim meets. You can reach the BCSSA office @ 604-437-9447, or visit their website @ [www.bcssa.bc.ca](http://www.bcssa.bc.ca)

## **General Information**

The Mission Marlins Swim club is a registered non-profit association. As such, we must follow the rules and regulations set out for non-profit associations in the Society's Act. You can request a copy of our Constitution and Bylaws from the Secretary of the Board of Directors.

Each year, we hold elections for interested parties to become members of the Board of Directors. It is essential to have an operating board to run the swim club. They are responsible for all aspects of the club from booking pool time, hiring coaches, and taking care of all the financial matters. One of the most important things the board does is fundraising so the club can continue operation. We must pay hourly for pool rental as well as for our coach's time, so we must fundraise a lot of money throughout the year to continue operating. Currently, the budget of the swim club is about \$54,000.00. The fundraising portion of this is \$20,000.00. A list of this year's current Board of Directors and contact info is attached as Appendix A at the back of this handbook.

All of the positions on the Board of Directors are elected by the general membership of the club, except for Past President. A list of the current year's directors will be forwarded to you at registration for the summer swim season.

### **Positions on the Board of Directors**

- PRESIDENT
- VICE PRESIDENT
- 2nd VICE PRESIDENT (FUNDRAISING)
- PAST PRESIDENT
- TREASURER
- SECRETARY
- REGISTRAR
- SOCIAL EVENTS DIRECTOR
- DIRECTOR - PARENT/COACH LIAISON
- DIRECTOR-MEETREGISTRATION
- AWARDS DIRECTOR
- APPAREL DIRECTOR
- DIRECTOR OF OFFICIALS

## Annual General Meeting

As part of the Society's Act, we must hold Annual General Meetings where we go over things like our budget for the year, hold club elections etc. We must have a minimum number of club members present to conduct any business. It is very important that all club members attend each of these meetings.

## Fees

Fees will be set out by the club executive before the Annual General Meeting. Fees are due upon registration for the session, but you can arrange to pay with post-dated checks in most cases. All checks must be submitted before the commencement of the session to the club registrar. Refunds will be made up to two weeks after registration date. Fees minus a \$50.00 administration fee will be refunded. After the two-week period, refunds will only be given under special circumstances. This application must be made in writing to the club executive. They will then make the decision as to whether or not the refund will be issued. After the original registration date a late fee of \$50.00 will be charged.

## Apparel

All swimmers will be expected to purchase and wear a club swimsuit at competitions. It makes it easier to identify our swimmers. There may be other team apparel that will be available throughout the year. Team t-shirts are a great way to bolster team spirit - even the parents can join it. See the Director of Apparel for all of the above items.

## Divisions

There are 8 different divisions your child could be slotted into. The cut off date for each division is different, so you must look carefully at the BCSSA age locator for each season to know which division your child will be swimming in. This is located on Appendix B in this handbook

## 6 and Under

To encourage the participation of younger swimmers - most likely siblings to an older swimmer the Fraser Valley Region has a category specifically for 6 and under swimmers. They do a shorter distance for each of their swims, and the swimmers are not disqualified for any of their mistakes. The emphasis is on fun and participation. This category is not recognized throughout the province, so may not be available at swim meets out of our region. For the purposes of the BCSSA, 6 and under swimmers are also Division 1. Swimmers eligible to swim in the 6 and under category are allowed to swim in Division 1 events as long as they do not exceed the limit of events allowed at that particular swim meet. When they swim Division 1 events they accumulate Division 1 points for aggregate awards (see AWARDS section). A 6 and under swimmer's time may be used to qualify them for a Division 1 relay team.

## The Coaches

Each year, the Board of Directors hires the coaching staff for the season. We do so by carefully screening all applicants for knowledge, skills and ability. When the directors come to their decision, they have hired the coach for their knowledge, skills, and ability for the sport of swimming. We must all respect the fact that coaches are PROFESSIONALS. We did not hire them to have the parents dictate the swimming program to them.

### The Head Coach

This person is responsible for the Coaching staff and establishing the overall club program in consultation with their coaching team. The coaches have received the BCSSA Coaches Code of Ethics and will be expected to adhere to this code. The coaches have authority over all aspects of the swimming program. This includes any groupings of swimmers. Some coaches may do so with only age in mind, others do so by age and ability, and others may do so only by ability.

### The Assistant Coach

This person is the next -in charge- to the Head Coach. They will have their own groups to coach and their own duties within the coaching unit. If there were such time that the Head Coach cannot fulfill their duties, the Assistant Coach would step in and complete such duties.

### The Jr. Coach

This position is for new and developing coaches. Although they will have their own groups to take charge of, it will be done with the close supervision of either the Assistant Coach or the Head Coach. This position tends to be filled with younger coaches who are interested in working their way towards coaching with autonomy.

## Communication

It is important that you get to know your child's coach early in the season. Please feel free to speak to them about any concerns you may have or to relay any information pertaining to your swimmer. There will be times that the coaches will be available for questions, but please, we must not disturb them while they are coaching. It is unfair to both the coach and the other swimmers in the water to expect to have a discussion with the coaches during practice times.

Approaching the coaches in an aggressive manner will not be tolerated. Just as you would expect to be treated with respect if someone has a problem with you - you must show others respect. The coaches are professionals in the sport of swimming. You must ensure that you are not interfering in anyway with the coaches and their duties on the pool deck.

## The Director - Parent/Coach Liaison

Any matters you would like to have brought forward regarding coaching policy should be done so through this person. This director is the one who is responsible for ongoing communication with the coaches to ensure their needs are being met, as well as communicating with the parents to ensure their need for information is being met.

## Problem Solving

No matter what you do to prevent it, sometimes disagreements arise. Please try to distance yourself from the emotions you feel for your child and remember that both the club and the coaches must deal with the entire club. Although you may disagree with a particular situation, it may be better for the club overall. Remember communication is a two way street. The club will do their best to communicate all policies and issues to you, but if we do not know your concerns, or if you do not understand something, we will not know until you ask. There are many seasoned veteran Parents around. Ask questions of them. Chances are they have faced a similar situation with one of their children in the past! Again, feel free to call the Parent/Coach Liaison with any questions or concerns you may have.

## Parent's Role and Code of Conduct

Parents are an essential part of the Mission Marlins swim club. You are asked to participate actively in the Club. We could not operate a club like this without the dedication of our parents.

### **1. To let the coach Coach**

When you signed your swimmer up, you hired a professional to coach your child. Let the coach, coach. You do not hire an accountant to do your taxes, and then do them yourself. You do not secure the services of a surgeon, then perform the *surgery* yourself...As is everyone, coaches are imperfect. But unless you are a swimming coach yourself and are up to date on the latest techniques and theories, more than likely swimming coaches have greater expertise in this area than you do. Moreover, you have a very powerful something that coaches do not have: A conflict of interest. Your judgment is clouded in this arena by your love for your child.

### **2. To allow them to coach without your constant scrutiny**

### **3. To allow them to coach without interruption**

Don't interrupt the coach on deck

### **4. To recognize you have ONE, the coach has MANY**

While you are focused on your child, the coach is responsible for the entire program. Though most coaches care about each and every swimmer, they must do what is best for the entire program. Most often that will also be what is best for your child, at least in the long run; but not always. Sometimes your child's immediate interest must come second to

the long-term benefit of the overall program; but then, that too is most often in your child's long-term best interest.

**5. To make a contribution to the team**

Do what you can to support the team. Your participation in fund-raising, chaperoning, organizing social activities, assisting with travel arrangement, helping with equipment, running meets, and other support activities strengthens the program while letting your child know that you care and are there for him. Moreover, anything you can do to relieve the coach of administrative and support activities frees him up to spend more time on planning and technical are. At the very least, do not disrupt the program.

**6. To promote the program**

Say nothing but good things about your swimmer's team, the staff, team members, other parents, and especially your children.

**7. To applaud good performance**

Applaud good performances and effort (meaning action toward excellence). Cheer any good race or good swim whether by your swimmer, his teammates, or anyone else. Draw attention to the pursuit of swimming excellence.

**8. To accept everyone associated with the team**

It is unlikely that all of the swimmers on the team will like each other. It is more likely that some will not. It does not matter. It matters very much, however, that you treat each other with respect and dignity. Most importantly of all, it is imperative that every swimmer accept each and every other swimmer's right to participate in his team's pursuit of swimming excellence and his right to enjoy the quest.

**9. To expect others to support the team's mission**

You should accept everyone's right to participate. But that does not mean you need to be accepting of everything everyone does. Do not let anyone detract from the program. Help everyone involved to stay on track and to contribute to the team's pursuit of swimming excellence.

**10. To be part of the solution, not the problem**

Don't complain about the coaching or the coach. Complaints are cancerous. They eat away at all that is good and worthwhile. Complaints draw attention to imperfections and get others focused on what those imperfections instead of is working.

## Volunteering

The club always needs volunteers. Volunteers are needed for fund raising projects, helping at the concession stands, the wind up banquet, social events, and the operation of swim meets. MANY HANDS MAKE LIGHT WORK. If it is only a select few people who will volunteer for the many activities, they will soon burn out and no longer help. The club is here for all of our children which means all must help. Everyone in the club is facing the same problems of having a busy life with our children - we understand not everyone has a LARGE amount of time to dedicate to the club - but all MUST dedicate some. Your contribution would be greatly appreciated - it is also a great way to get to know others in the club! Please contact a director if you are willing to help in some area.

## Staying Informed

IT IS THE CLUB'S RESPONSIBIUTY TO MAKE INFORMATION AVAILABLE TO YOU. IT IS YOUR RESPONSABILITY TO STAY INFORMED. Keep your handbook - it will give you a lot of information about the club and how it operates. We have a BULLETEN BOARD at the Mission Leisure Centre, which will be our central area for information once the summer season has begun. Regular information sheets will be kept there, signup sheet for swim meets, special event days, etc.

There will be a container that is set out at practice times and there will be a slot for each family. It is your responsibility to check that slot often for new information coming out. Although we sometimes need to do a phoning fan out, most often any information you need will be in the regular newsletters in your slot. If you do not check it, you will not know what is going on!!!

## The Swim Meet

Swim meets are a great experience, but they are different from almost any other sporting event you have probably attended. Depending on the size of the meet, there can be up to 700 competitors there. With this being the case, you never know when your Childs race is going to be up! No one can predict how fast or slow a meet is going to go. You should plan on being there for the entire day. There are different formats to swim meets. The Two main ways are "timed finals", and "heats and finals"

### Timed Finals

Swimmers are "seeded" by their entry time and placed in "heats". This means that your swimmer will most likely be swimming with others around the same time as theirs for that particular event. The heats are *set* up because the pool can only accommodate that amount of swimmers at one time. (6 or 8 depending on the pool). The automatic timing system at each lane end will time your swimmer. Their time cards are then submitted and the swimmers will be rated by their official time. Ribbons are awarded based on the one swim for each event.

### Heats and Finals

In this case the swimmers are *seeded* into their heats, but a method called "circle seeding" and is used for the last 3 heats only. The fastest swimmers will be placed in the last 3 heats. #1 fastest will be in the last heat, #2 fastest will be in the second to last heat #3 fastest will be in the third last heat. #4 will then go back to the first heat, #5 to the second last and so on. This is done so all the kids will be challenged to come up with their best swim and hopefully be one of the top 6 (8 in an 8 lane pool) to swim again in the finals. They will be held on the afternoon of each day of the swim meet. Any entries over and above 3 heats will be circle seeded as explained above. Ribbons will be earned only by those who make the finals.

## Qualifying for the Provincial Championship Meet

The top 3 swimmers from each region in each event qualify to swim in the Provincial Championship meet usually held around the middle of August. There is one exception to that rule. There is something that is referred to as a PQT (provincial qualifying time). This is set by the provincial board yearly as well. It is an average of past years 8<sup>th</sup> place finishers at provincials in that particular event. If your swimmer achieves this time IN FINALS AT THE REGIONAL CHAMPIONSHIP MEET they will be eligible for the provincial championship meet no matter what place they finished in the FINAL. This time must be achieved only at that time or it does not qualify the swimmers over and above the top 3 for provincials.

## Category "0"

There is a limitation of 2 hours in speed swimming that your swimmer can receive training in during the non summer season which is covered by the BCSSA. Swimmers can swim a maximum of 2 hours per week and/or 2 more hours in either synchro and/or water polo during the off season months. If your swimmer goes beyond that limit, they must complete in the 0 category. There are 2 different categories of 0 swimmers, those up to Division 4 and those Division 4 and above. Most clubs do not have a large number of 0 category swimmers, so at many meets, they swim with their summer swimming counterparts, but are awarded ribbons based on their placing with the 0 category that they qualify for. Only at the Regional and Provincial Championship meets do they need to swim separately.

## Relays

There is nothing more exciting than a relay race! This is when 4 swimmers from their appropriate divisions swim together for one race. There are 2 types of relays - the Freestyle Relay (all swimmers swim freestyle) and the Medley Relay (one swimmers does each stroke - backstroke, breaststroke, butterfly and free). Throughout the regular swim meet season, the relay teams may change frequently or you may end up with the same swimmers every swim meet. Please remember to mark down whether or not you are available for relays when you sign up for the swim meet remember though - you are signing up for ANY RELAY that needs your swimmer. Relays count as points for the club during the swim meet. Your swimmer may be bumped up to a different division to help make 4 swimmers for another division.

Relays are always controversial. Remember - it is the COACHES' DECISION COMPLETELY as to who will swim on the relays and where. Every coach has a different view of relays and how they should be handled. If you have any questions about how a relay was formed, or need clarification on the policy, please contact the Director - Parent/Coach Liaison first. They should be able to clarify things for you.

*(Note: Please see 6 and under section for parents of 6 and under and Division 1 swimmers)*

## What to bring to a swim meet

- **Your tent or RV** - Most swim meets allow for overnight camping close to the facility. You may want to camp out there for the weekend, or just for the day! They will be full days you know! Most people bring their own tents to set up their stuff in. We do not have a team tent for communal use.
- **Food** - There are concessions at most swim meets, but a good supply of healthy snacks for everyone will help. Most concessions offer your basic fare of hamburgers, hotdogs, chips, pop etc.
- **Water - plenty of it!** - As the kids are usually active running around, playing and of course working hard in their swims, it is easy to forget to drink enough water. Keeping hydrated is essential to a good performance in the water and just to keep our bodies functioning properly. Remember, soft drinks etc. do not hydrate you. Water is the best!
- **Your patience!** - Swim meets usually start around 6-6:30am with warm ups, continuing sometimes until 5 or 6 at night. The long days can get to the best of us sometimes.
- **Lots of clothes!** - Even though we do swim meets in the summer months, we DO live in BC! Wet cold swimmers are unhappy swimmers. You want them to be able to keep warm with dry clothes and dry towels to warm up with. Remember - warm feet are essential as well!
- **Sunscreen** - Jugs and Jugs of sunscreen! Slip on a shirt, slap on a hat, and slop on the sunscreen. Remember the UV rays penetrate the clouds. The kids (and parents) are outside almost from sun up to sundown. Protect your skin.
- **Minor first aid items** - Although all pools will have a first aid room and attendant on duty, you sometimes have to set up a fair distance from the pool area. Better safe than sorry!
- **Your FM radio** - The region has been working with a local announcing broadcast on FM 88.7. This will help you hear when your swimmer's event has been called to the marshalling area.
- **More patience**
- **Your volunteer time** - Swim meets take many volunteers to run. There are many volunteers that work behind the deck area that you never see during the swim meet. Many hands make light work! Each club is responsible for manning 1 lane (min) for timing for the entire meet. Please make sure you sign up to time at each swim meet. Sign up early to get the time you would like! See the Director of Officials for the signup sheet for each meet.

## Swimmers Code of Conduct

Swimmers are representing the Mission Marlins Swim Club at both practices and swim meets. Proper conduct is required at all times while on the pool deck or at swim meets. Co-operation with the District of Mission staff is essential for a good working relationship between the club and the District. Please note that the District has a strict policy regarding street shoes on the pool deck and according to Health Regulations they cannot allow people with street shoes to enter the pool deck area.

Swimmers who do not follow the rules and regulations set out by the District will be removed from the practice time. Swimmers must respect and obey the coach's authority while on the pool deck and behave in a respectable manner. Those who do not display such behavior will be disciplined in the appropriate manner for the behavior they have displayed. Although it is not common, there are some times that a child may be removed from participation in the activity, whether it be a practice or a swim meet.

1. Swim for the fun of it! Not just to please your parents or coach.
2. Never argue with official's decisions, let your coach ask any necessary questions.
3. Control your temper!
4. Work equally hard for yourself and for the club. The club's performance will benefit and so will your own.
5. Treat all competitors, as you yourself would like to be treated. Do not interfere with, bully or take unfair advantage of any swimmer.
6. Co-operate with your coaches, teammates and opponents for without them you wouldn't have a competition.

## **Definition of Harassment/Bullying**

### **The following items are considered to be bullying**

- PHYSICAL AGGRESION Spitting, pushing, tripping, hitting, kicking~ hair pulling, hiding personal possessions, damaging property attacking family or friends, coercion, threatening with a weapon.
- VERBAL AGGRESSION Teasing, name calling, mocking, sarcasm, put downs, leaving nasty or threatening notes, threatening phone calls, swearing.
- NON VERBAL - BODY LANGUAGE glaring, snickering, gestures, making faces ignoring, confining, surrounding, blocking.
- INTIMIDATION Stealing, extortion, pranks, dares (public challenge), bribery, threats, locking in a confined space, swarming, anonymous phone calls, gossip , breaking confidence.
- DISCRIMINATION Imitation of accent, put downs about cultural differences, gender harassment, insults about appearance, racist/sexist/homophobic taunting and alienation.
- ISOLATION AND ALIENATION Exclude from a group, spreading rumours, humiliation (public or private), undermining, telling secrets.

**The Mission Marlins Swim Club will not tolerate bullying by its members. If you feel you or your child is being harassed, please bring it to the Board's attention as soon as possible.**

## **Swim Strokes and Race Procedures**

### **Freestyle**

In freestyle events, any style or stroke or combination of strokes may be used, although, the most common stroke to use is front crawl. At the start and at the turn, any part of the swimmer's body must touch the end wall.

### **Backstroke**

The swimmers start on their back, gripping the blocks, toes on the wall below the water surface. At each turn and at the finish the competitor must touch the end wall. A swimmer is permitted to roll beyond the vertical only after the touch, and for the purpose of turning, otherwise the swimmer must remain on their back without the shoulders going past the vertical plane.

### **Breaststroke**

The swimmer starts from the blocks. After the start, the swimmer may do 1 dolphin kick which must be started after the initial pull and be completed before the pull is completed, then one breaststroke pull and one proper kick under the water. The head must break the water surface before another pull in started. During the swim, except for the start and the turn, the swimmers head must break the flat surface of the water during each stroke. Both sides of the body must remain symmetrical throughout the swim. After the turn, the swimmer is allowed to repeat the same kicks and pulls as the start of the swim. Swimmers must leave the wall at no more than a 90°angle. The swimmer must use a whip kick and their toes must be pointed out - no other kick is permitted. Swimmers must touch the wall with both hands simultaneously at, above or below the water level.

### **Butterfly**

The swimmer starts from the blocks. Swimmers are allowed to dolphin kick under the water off of the start and the turn. Both arms must be brought forward over the water simultaneously and brought backwards through the water simultaneously. Swimmers can use either the dolphin or whip kick and may switch from one to the other at will. The flutter kick is not permitted. The feet and legs must move simultaneously – no alternating movement is allowed. Swimmers must leave the wall at no more than a 90°angle. At each turn and the finish, swimmers must touch the wall with both hands simultaneously at, above or below the water level.

## Individual Medley (IM)

The swimmer does all four of the strokes during one race. They will do the strokes in this order, FLY, BACK, BREAST, and FREESTYLE. As the IM must be 4 different strokes, for the purpose of the IM, FREESTYLE is front crawl. The swimmers must abide by the rules of the separate strokes.

## Race Procedures

Swimmers will be called by event to the marshalling area where they will be given an individual race card and will be organized into separate heats. When their heat is called to the deck, the swimmers will give their event card to the recorder seated behind their lane and wait behind the timers and recorders until their heat is ready to start. Some of the meets are cardless. You need to always make sure that your swimmer gives their name to the timers in their lane to make sure that the right swimmer is in the correct heat and lane. They will then be called to the blocks. Swimmers will be directed to -take your mark- and when all swimmers have done so, the starting gun is fired to begin the race. Do not feel uneasy about these or other procedures. The coaches will teach the swimmer what to do at a swim meet to prepare for events.

## False Starts

Sometimes, one or more swimmers make an error, usually starting before the starting gun. In the BCSSA, there are NO false starts allowed. The false start rule is that any swimmer who commits a false start during an attempt to start shall be disqualified. There are three types of false starts:

1. Introduction of movement after taking their marks.
2. Leaving their mark early (jumping the gun).
3. Toes or feet in the gutter.

## Disqualification (DQ)

A swimmer is usually disqualified for not turning properly, not touching the end wall or for doing a stroke incorrectly. It is the policy of the Fraser Valley Region to disqualify stroke infractions, from Division 1 and up, beginning with the first meet of the season.

If your child is disqualified in a race, a stroke or turn judge will explain the problem to them or the coach, immediately after the race and will show on the swimmer's event card that they were disqualified. The child's name will then appear at the bottom of the race results sheet, with no time indicated, and the initials DQ. The child's coach will also explain to them the reason for the disqualification for future races.

If one member of a relay team does something wrong, the entire team will be disqualified

as they are swimming as a team unit not individuals.

Disqualification for infractions of the rules is a reality in competition. They are designed as levelers so that no swimmer has an unqualified advantage over any other competitor. Look at it as a learning experience for your child. Do not look at it as a negative thing. Try to find the other positive things about the race.

You may also be disqualified for inappropriate behavior at the swim meet. Swearing, causing willful damage, and interfering with officials are a few of the examples of how behavior can lead to disqualification.

## Protests

Protests affecting the right of a competitor to compete in any race shall be made in writing to the Meet Manager, or Referee. Any protest arising from the competition shall be made to the Referee verbally by the coach, swimmer or a team representative within 30 minutes of the disqualification. If the protest is not approved immediately by the referee than a written protest must be submitted to the Referee within 30 minutes of the Referee's verbal decision.

## AWARDS

### Awards from individual swim meets.

Ribbons from individual swim meets will be placed in your communication slot and will be available usually the Monday afternoon following the swim meet. Sometimes, as it must be organized through several people, they may not be available right away. Coaches usually hand out any aggregate awards earned by a swimmer. If you have any questions about awards that may have been missed, or about whether or not your child should have received an award, please contact the Director of Awards with your concerns or questions.

### Divisional Aggregate winners (Boys and Girls)

Awarded to the swimmer in each division with the most accumulated points. Runner up awards will be presented for each division to the swimmer with the 2<sup>nd</sup> most points for the season. For the purpose of the aggregate awards, 6 and under swimmers will be recognized only for the Division 1 events they participated in throughout the year. There will be no aggregate awards for the 6 and under division.

### High Point Award (Boy and Girl)

Awarded to the swimmer who accumulates the most points during the swimming season including both the Regional and Provincial Championship Meets.

## End of the Year Awards Banquet

At the end of the summer season, the club holds the Annual Awards Night to recognize the achievements of our swimmers. Many awards are at the discretion of the coaches. The following is a list of awards that will be chosen by the coaching staff:

- Most Improved swimmer (boy and girl)
- Most Dedicated Swimmer (boy and girl)
- Rookie of the Year (boy and girl).
- Unsung Hero
- Coaches Award

The following awards are given according to points accumulated throughout the swimming season at all in region swim meets, including the Regional and Provincial Championship Meets.

### Record of Achievements 2010

<b>Swim Meet</b>	<b>50 Free</b>	<b>100 Free</b>	<b>50 Fly</b>	<b>100 Fly</b>	<b>Breast-stroke</b>	<b>Back-stroke</b>

## 2009 – 2010

### Mission Marlins Executive

<b>Position</b>	<b>Name</b>	<b>Phone</b>	<b>E-mail</b>
President	Lee MacInnis	604-826-0872	<a href="mailto:ymaci@telus.net">ymaci@telus.net</a>
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