



# 2006 HANDBOOK



## **PRESIDENT'S MESSAGE**

The Burnaby Barracudas Summer Aquatics Club is one of the largest competitive summer swim clubs in the Province of British Columbia and has been part of the Burnaby community for over 40 years. The intention of our club is to promote and support supervised, competitive age group swimming and water polo programs.

Our goal is to provide each swimmer with the opportunity to learn the proper techniques and all the rules of competitive swimming and water polo. By teaching children positive peer influence, goal setting and team building, we assist them in their physical, social and emotional growth and help develop athletes with high self-esteem, respect and sportsmanship.

Our hope is that each swimmer will learn and take pride in their achievements, whether they win or not, learn and exhibit good sportsmanship, self-discipline, team spirit and most importantly HAVE FUN!

This is my first year as President with the Burnaby Barracudas and I am very excited about the upcoming swim season. With our enthusiastic executive and experienced coaches, the implementation of our brand new Parent and Family Volunteer Policy as well as the launching of our new Logo we are off to a great start for the new season.

My personal goal for this swim season is to make this an enjoyable experience for everyone. I look forward to meeting you all and welcome everyone into the Burnaby Barracudas family of summer swimming. Let's make this a year to remember and a season full of "BEST TIMES".

Lila Gritchen

**"WHILE STRIVING TO REACH OUR FULL POTENTIAL AS SWIMMERS WE STRIVE TO RECOGNIZE, UNDERSTAND, AND HONOR THE TEAM VALUES THAT HELP US TO SUCCEED IN OUR SPORT AND IN LIFE."**

*NOTE - copies of this handbook (and other useful Club information) can be found on the Barracudas' Web Page located at: [www.bcssa.bc.ca/sf/bur/index.html](http://www.bcssa.bc.ca/sf/bur/index.html). Check it out!*

## INDEX

PRESIDENT'S MESSAGE .....	1
CLUB BACKGROUND .....	3
CLUB PHILOSOPHY .....	3
REGISTRATION .....	3
2006 SINGLE SPORT FEES .....	4
PARENT AND FAMILY VOLUNTEER POLICY .....	4
REGISTRATION .....	5
SWIM MEET DATES .....	7
ACTIVITY SCHEDULE.....	8
B CUTOFF TIMES FOR SIMON FRASER REGION.....	10
BCSSA MEET INFORMATION .....	10
TIPS FOR SWIMMERS AND PARENTS .....	12
HOME MEET PREPARATIONS.....	14
SWIM MEET OFFICIALS AND FUNCTIONS .....	14
STROKE DESCRIPTION .....	17
DISQUALIFICATIONS .....	18
B.C.S.S.A. "S" and "O" RULES .....	18
SIMON FRASER REGIONAL B RULES .....	19
CLUB RULES.....	21
OFFICIALS TRAINING CLINICS .....	22
WATER POLO INFORMATION .....	22
HEAD WATER POLO COACH .....	22
MASTER'S SWIMMING INFORMATION.....	22
2005/2006 EXECUTIVE COMMITTEE.....	23
EXECUTIVE RESPONSIBILITIES .....	24
EXECUTIVE JOB DESCRIPTIONS .....	24
OTHER ESSENTIAL JOB DESCRIPTIONS.....	27
CLUB AFFILIATIONS .....	28
GOVERNING BODY - B.C.S.S.A .....	29
BARRACUDA SWIMMING AWARDS (2005) .....	30
BARRACUDA WATER POLO MVP AWARDS (2005).....	31
VOLUNTEER COACH APPLICATION.....	31

## **CLUB BACKGROUND**

The Burnaby Barracudas started as a club in 1959 with a membership of 12, and has grown to over 300 members. The Club began training in Deer Lake and now utilizes 5 Burnaby pools. The Barracuda's aim and overall policy is to develop the best possible swimmers, water polo players and master's swimmers through the use of the most competent coaching available, in the best possible facilities and in an atmosphere of competition and enjoyment. Swimmers as young as 5 years old may participate if they are able to swim 25 meters unassisted. The Baby Barracudas Program in our Club welcomes new swimmers, ages three years and over. The Barracudas Summer Aquatic Club is supported by the City of Burnaby Parks and Recreation Department.

## **CLUB PHILOSOPHY**

1. Swimming and water polo should be fun for members of all ages and levels.
2. Each athlete will be allowed to develop at his/her own speed.
3. Each athlete shall be given the opportunity to learn the proper techniques of competitive swimming and water polo.
4. Each athlete will be given the opportunity to train for and compete to their maximum potential.
5. Each athlete shall be given the choice of either recreational or competitive swimming.
6. The Club shall ensure that the coaching is the highest quality available.
7. Each athlete shall be taught good sportsmanship and team spirit.
8. Full participation by athletes and their families is encouraged to better enable the club to meet its objectives.
9. Each athlete competes individually for their own success. The Coach will have the final say in fielding relays and teams.

## **REGISTRATION**

To participate, a swimmer must be registered with an affiliated Summer Swim Club, i.e., BURNABY BARRACUDA SUMMER AQUATICS CLUB. Legal proof of age such as a photostat copy of Birth Certificate, must be presented by all new members and/or those whose proof of age is not on the Club's records. If you register as a full-season swimmer you will have three weeks from the date of registration to request a refund. All registrations after June 10 are non-refundable. There will be a service charge of \$15 on NSF cheques.

## 2006 SINGLE SPORT FEES

1st Swimmer	\$280+ \$60 fundraising fee
2nd Swimmer	\$265 + \$60 fundraising fee
Each Additional Swimmer	\$205 + \$60 fundraising fee
Baby Barracudas (per child)	\$70 per session
Water polo only	\$205 +\$60 fundraising fee
Division VII and VIII swimmer	\$205 +\$60 fundraising fee
Swimming for May/June only	\$230 + \$60 fundraising fee
Swimming for June 19/Aug 11 only	\$230 + \$60 fundraising fee
Master's Swimming	\$150 – no fundraising fee

**NOTE:** Full-time Barracuda swimmers may participate in water polo for an additional \$40.

Full-time Barracuda swimmers aged 11 and under who want to join water polo for their first time can play at the P1 level for no additional sport fee.

## **NEW IN 2006: BURNABY BARRACUDAS PARENT AND FAMILY VOLUNTEER POLICY**

Volunteers are the lifeblood of our Club! To ensure adequate volunteer participation, the Club will collect a post-dated cheque for \$300 from each family with one or more full-time swimmers or \$200 from each family with only partial season swimmers or water polo only athletes at registration. These cheques will be dated August 15, 2006 and will be returned to each family upon completion of required family volunteer hours throughout the 2006 summer swimming season. If the only athletes in the family are Baby Barracudas and/or Masters swimmers, the family is exempt from this requirement.

***For details, see the Parent and Family Volunteer Policy handout contained in your registration package. Copies of the Policy will be available at registration and can also be found on the Club website.***

### ***Fee reduction opportunity:***

- ⇒ For each new swimmer family brought into the Club by a paid-up member, the latter will receive a \$20 rebate. (Applies to full Swimmer memberships only.)
- ⇒ For each new water polo only member and Division VII or VIII Swimmer membership brought into the Club by a paid-up member, the latter will receive a \$10 rebate.
- ⇒ *Early Bird Trial* opportunity for **new full season swimmer members only!** Try us. If you are not happy after two weeks we will refund your registration fee less \$90 for insurance and fundraising fee. Last date for refund request is June 6.

***New members must be able to swim one length of the pool unassisted (with the exception of Baby Barracudas).***

## REGISTRATION

Bonsor Pool: April 8/9, 4:30 - 6 pm; May 1, 3:45 - 7 pm

For further times contact Kelly McKenzie: (604)521-9515 (email: [kellymckenzie@shaw.ca](mailto:kellymckenzie@shaw.ca))

## PRACTICE SCHEDULE

**Please note:** These times are subject to change. **Swimming** starts May 1 until mid August.

### SWIM SCHEDULE FOR MAY

Pool practice schedules for all sports for May will be given out by your coach.

### POOL ASSIGNMENT-MAY 29, 2006 ONWARDS

Swimmers are classified according to *TRAINING ABILITY*, which is determined by the head coach evaluation. The groups are:

Junior Prep 2	MacPherson
Junior Prep 1	MacPherson
Junior Prep	Kensington
Junior	MacPherson
Intermediate	MacPherson
Intermediate	Robert Burnaby
Senior	Kensington
Senior	Robert Burnaby

Each Barracuda is placed in the most appropriate group to best facilitate his or her growth as a swimmer. "A" and "B" designations no longer exist within our Club. Swimmers will be placed with others of the same ability, stroke requirements and training capacity. Once swimmers are assigned into a specific group, the swimmer must stay with that group unless reassigned by the head coach. **All questions and concerns about group positions must be addressed to the head coach.**

### MAY 29 – AUGUST 11, 2006 SCHEDULE

#### HOME POOLS-KENSINGTON-ROBERT BURNABY-MCPHERSON

Tue to Fri pm all pools	4:30 - 6 pm or 5:30 - 7 pm (times according to groups)
Mondays at Kensington	5:30 - 7 pm or 6:30 - 8 pm
Mondays at RB and MCP	4:30 - 6 pm or 5:30 - 7 pm
Tue to Fri am, all pools	6:15 - 8:00 am (no Junior Prep swimmers in the morning)

*(Please note: These times are subject to change.)*

## **JUNE 19 - AUGUST 11, 2006 - SUMMER SCHEDULE**

Mondays: at Central Park: 4:30 - 6 pm (Junior, Intermediate and Senior swimmers only)  
at McPherson Pool 4:30 - 6 pm (All Junior Prep swimmers)

Tue-Fri pm: at RB, MCP, KEN 4:30 - 6 pm only

Tue-Fri am: times TBA by pool

## **MASTER'S SWIMMING**

Robert Burnaby May 29 - August 12 M/W/F: 7:15 - 8:30 pm.

Questions? Contact Matt Skomorowski; email: [mskomorowski@yahoo.com](mailto:mskomorowski@yahoo.com)

\*\*The Barracudas are pleased to once again offer a Master's Swimming Program. Everyone is welcome. Come and have some fun and get fit while improving your strokes\*\*

## **BABY BARRACUDAS**

The Baby Barracudas is a two days per week, pre-development swim program. The coach/swimmer ratio will be low (approximately 1:4). Children must be 3 years old.

Session starting June 5 and going to June 28 (Mon and Wed) at MacPherson - \$70

Session starting June 6 and going to June 29 (Tues and Thur) at Kensington - \$70

Session starting July 3 and going to July 26 (Mon and Wed) at MacPherson - \$70

Session starting July 4 and going to July 27 (Tues and Thur) at Kensington - \$70

## **WATER POLO**

May 7 Sun 6:45 - 10 am - Bonsor

May 9/11/16/18/23/25 Tues/Thurs 5:45 - 8 pm - Central Park

June 1 - 29 Tue/Thurs 5 - 7 pm - Central Park

June 30 - Aug 11 Mon/Wed/Fri 9:30 - 11:30 am - Central Park

Questions? Contact Bruce Gower, Water Polo Rep (604) 435-4240; email: [bdgower@telus.net](mailto:bdgower@telus.net)

***Watch your "Bubble" and monthly calendar  
for details or changes to schedules.***

**SWIM MEET DATES \* SUBJECT TO CHANGE\*WATCH YOUR POOL BULLETIN BOARD\***

May 27	Burnaby Barracuda Mock Meet
June 3/4	Coquitlam A/B and Development
June 17/18	Port Coquitlam A/B
June 24/25	Burnaby Barracudas A/B
July 1/2	Port Moody Golden Spike A/B
July 4	Coquitlam Development
July 11	Mantas Best Ever (Div III + under)
July 15/16	Port Moody B and Development
July 22/23	Coquitlam A
July 29/30	Burnaby A/B - Six Events – Timed Trials
Aug 5/6/7	A and B Regionals - Coquitlam
Aug 14 - 20	Provincial Championships – Kamloops

**WATER POLO TOURNAMENTS**

May 20 (P1,P2)	Burnaby Barracudas - Central Park
May 21 (P3,P4)	Burnaby Barracudas - Central Park
May 28 (P1,P2)	Coquitlam Sharks – CCAC
June 28 (P3,P4)	Port Moody – Location TBA
June 30 (P3)	Burnaby Barracudas - Central Park
June TBA	Abbotsford Whalers – Location TBA
July 3 (ages TBA)	Haney Neptunes – Location TBA
July TBA	N.Van Cruisers – Location TBA
July TBA	Van. Vikings – Location TBA
July 5 (P1,P2)	Port Moody – Westhill Pool
July 6 (P3,P4)	Coquitlam Sharks – CCAC
July 10 (P1,P2)	Burnaby Barracudas - Central Park
July 27 (P3)	Coquitlam Sharks – CCAC
July 19 (P4)	Burnaby Barracudas - Central Park
Aug 1 and 2	Regionals – CCAC

**DIVE MEETS**

July 4	Port Moody – Westhill Pool
July 13	Coquitlam – Eagleridge Pool

## ACTIVITY SCHEDULE

### GENERAL INFORMATION:

The Club operates from the beginning of May to mid-August with daily practices and weekend swim meets. We enjoy picnics, barbeques, pizza nights and splash parties. Watch your "Bubble" for schedule soon to be finalized.

### EVENTS: (TENTATIVE - WATCH YOUR POOL BULLETIN BOARD!)

- May 27 Central Park Mock Swim Meet, Splash Party and Clothing Drive – 9 am-2 pm  
 June 20 Central Park Pictures, Splash Party, Club Barbeque - Tues 4:45-7 pm (**Picture Time TBA**)  
 July 17 Central Park Splash Party and Club Barbeque – Mon 5-7 pm (**Raffle Draw!**)  
 Sept 15 Annual Barracuda Awards Banquet – Fri, 6 pm, Operating Engineers Hall  
 Oct 3 Wine and Cheese/AGM – Tues, 7 pm, Shadbolt

### OFFICIALS CLINICS - FREE OF CHARGE – ALL DATES AND PLACES SUBJECT TO CHANGE

- Stroke & Turn: Date, time and location TBA  
 Starter Clinic: Date, time and location TBA  
 Referee: Date, time and location TBA  
 Stroke & Turn: Date, time and location TBA  
 Clerk of the Course Date, time and location TBA

## B.C.S.S.A. 2006 AGE CATEGORY LOCATORS

**April 30 is the determining date for swimmers and synchronized swimmers.**  
**December 31 is the determining date for water polo and diving.**

### 2006 AGE LOCATOR WATER POLO AND DIVING

Cat "O"	DIVING		BIRTH YEAR	WATER POLO
	Div "S"			
	3 M	1M		
O-4 (20+over)	20+over	20+over	1984 1985 1986	
O-3 (14-19)	17-19	17-19	1987 1988 1989	18+under
	15+16	15+16	1990 1991	
	13+14	13+14	1992 1993	14+15
O-2 (11-13)	11+12	11+12	1994 1995	12+13
O-1 (10+under)	10+under	9+10	1996 Jan-Dec 1997 Jan-Dec	11+under
		8+under	1998 Jan-Dec	

**2006 SWIMMING AND SYNCHRO CATEGORY LOCATOR**

<b>Swimming and Synchro</b>		<b>Birth Month and Year</b>	
Cat "O"	Div "S"		
Div VIII and older	Div VIII (20 and older)	April and older	1986
	Div VII (17 to 19)	May	1986
		April	1989
O-2	Div VI (15 to 16)	May	1989
		April	1991
	Div V (13-1/2 to 15)	May	1991
		October	1992
	Div IV (12 to 13-1/2)	November	1992
		April	1994
O-2	Div III (10-1/2 to 12)	May	1994
		October	1995
	Div II (9 to 10-1/2)	November	1995
		April	1997
	Div I (8 and under)	May and younger	1997

## B CUTOFF TIMES FOR SIMON FRASER REGION

EVENT		DIV I	DIV II	DIV III	DIV IV	DIV V
50m Free	G B:	:52.0 :53.0	:44.0 :45.0	:39.0 :38.0	:36.0 :35.0	:34.0 :31.0
100m Free	G B:	1:48.0 1:51.0	1:36.0 1:37.0	1:27.0 1:24.0	1:21.0 1:16.0	1:18.0 1:12.0
50m Fly	G: B:	1:06.0 1:09.0	:57.0 :58.0	:48.0 :47.0	:43.0 :42.0	:39.0 :37.0
100m Fly	G: B:					1:30.0 1:26.0
50m Breast	G: B:	1:07.0 1:08.0	:57.0 :58.0	:50.0 :50.0		
100m Breast	G: B:				1:45.0 1:40.0	1:42.0 1:32.0
50m Back	G: B:	:59.0 1:02.0	:52.0 :53.0	:47.0 :47.0		
100m Back	G: B:				1:36.0 1:33.0	1:34.0 1:27.0
100m I.M.	G: B:	1:58.0 2:03.0	1:45.0 1:48.0	1:36.0 1:36.0		
200m I.M.	G: B:				3:18.0 3:09.0	3:11.0 3:00.0

### BCSSA MEET INFORMATION

**A** swimmers are those defined as having times faster than qualifying **B** times in at least three (3) strokes.

**B** swimmers are generally defined as those who have only one or no **A** stroke. Such swimmers may continue participating in **B** meets swimming only those other strokes which do not have **A** times.

When a swimmer has two **A** strokes, he may enter a **B** meet only with the strokes which do not have **A** times (i.e., such swimmer could conceivably participate in both **A** and **B** meets)

Once a **B** swimmer is defined as an **A** swimmer, he/she may not go back into **B** category for duration of that season.

To move up from a **B** stroke to an **A** stroke, the qualifying time must be reached only once per stroke.

Top **B** swimmers may be invited to fill in vacant individual or relay positions at **A** meets, subject to swimmer and parental approval.

**Developmental** swimmers are generally new/young swimmers who meet the basic ability requirements of summer swimming.

Swim meets can be challenging and fun. Clubs from various municipalities compete against each other. Each swimmer chalks up points for his or her Club by how they place in individual events as well as the relays. Swimmers attempt to beat their own previous times.

Swim meets are organized as **A**, **B** or Developmental. Occasionally there will be an **A/B** meet but it is usually tiered so that **B** is not competing against **A**. Developmental meets are usually a half day while an **A** or **B** meet can be either one or two days.

It is up to the swimmers and parents if they wish to attend a meet. Be on the lookout for signup sheets at the pools two to three weeks in advance of the meet in order that the entries can be submitted.

When swimmers are entered in a meet the Club pays per event and per relay. Any swimmer may normally enter only up to 4 individual events and 2 relays per meet. When a greater number of individual entries are permitted at a meet, any additional events entered must be paid for by the individual. ***Swimmers that have signed up for a meet and do not show are charged for their entry fee (approximately \$5 per stroke entered). Any additional or missed swim fees will be collected by the pool rep.***

***NEW IN 2006 - THE SIMON FRASER REGIONAL CHAMPIONSHIPS IS AN A/B MEET AND WILL BE RUN OVER THREE DAYS.***

**A** and **B** swimmers will both swim at the Simon Fraser Regional Championships on August 5, 6 and 7, 2006. At this meet Gold, Silver and Bronze medals are awarded for the individual events and Gold and Silver for the relay events for both **A** and **B** swimmers. **A** medal winners are also eligible to go to the Provincial Championships. To qualify to swim at the Simon Fraser Regional Championships, a **B** swimmer must have one official recorded time in each event. Please see your coach for more details on the Simon Fraser Regional Championships format in 2006.

Our Water Polo athletes also compete in Regional meets in order to qualify for the Provincials.

## TIPS FOR SWIMMERS AND PARENTS

Swim meets can be confusing and perhaps a little “scary”. We swim rain or shine and to help make your first meet enjoyable here are some items necessary for swimmers and parents.

### AT MEETS

#### FOR THE SWIMMER

##### Desirables:

- ⇒ A sleeping bag or warm blankets
- ⇒ Lots of big towels (1 per event **plus warmups** if possible)
- ⇒ A bathing suit (make sure there is one on your swimmer or in his bag). An extra suit is a good idea as well.
- ⇒ Warm clothes - jogging suit, warm socks
- ⇒ Goggles and swim cap
- ⇒ Food, drinks, fruit, sandwiches, (not junk food - there are usually concession stands where this is available).
- ⇒ A deck of cards, comics, books (to keep your swimmer calm, cool and collected while waiting between events).
- ⇒ Label clothing, towels, goggles, suits, sleeping bags

##### Necessities:

- ⇒ Keep warm and rest between warm-up and races.
- ⇒ Don't run around or exert yourself.
- ⇒ Display good behaviour at all times.
- ⇒ Keep tent and area clean.
- ⇒ Bring enough towels.
- ⇒ Keep your belongings together (mark them with your name).
- ⇒ Seniors, help and guide the Juniors.
- ⇒ Keep your ears open for announcements.
- ⇒ Always report to your Coach before and after each race.

#### FOR THE PARENTS

##### Desirables:

- ⇒ A lawn chair.
- ⇒ Warm clothes.
- ⇒ Rain gear and an umbrella (it might rain).
- ⇒ A cooler for your food or else have lots of money for the concession stand.
- ⇒ A stop watch adds to the fun.

Returning parents - take a new parent under your wing, explain the rules, offer your assistance. Share your experience, help “show the ropes” to our new families.

## **AT PRACTICE**

FOR THE SWIMMER

### Necessities:

- ⇒ Listen to your Coach, execute each stroke and length without cheating - don't interfere with swimmers in front or behind you or in the next lane - be on time and work hard.
- ⇒ Pick up your notices.
- ⇒ Check board.
- ⇒ Think positive - nothing is impossible.

FOR THE PARENTS

- ⇒ Ensure that your swimmer arrives at the pool on time.
- ⇒ Keep off pool deck during practice and save comments to your swimmer or the Coach until after the practice.
- ⇒ Praise your swimmer.

## **DURING THE SEASON**

FOR THE SWIMMER

### Necessities:

- ⇒ Keep away from sweets, they only drain & don't help you.
- ⇒ Get plenty of sleep and work **HARD, HARD, HARD.**

FOR THE PARENTS

- ⇒ Always provide support.
- ⇒ Know your swimmer's times and praise every improvement -- regardless of the placing.

***"The Gold is only one stroke away"***

## **HOME MEET PREPARATIONS**

### **WORK PARTY**

Requires approximately 12 - 15 people, usually on a Wednesday night preceding a meet which we host. Requires 2 to operate a printer and 4 to 6 to collate and staple the heat sheets. Usually 2 to 3 hours if good attendance. Prior to the night of the actual work party we may require approximately 12 people to organize pinks and blues, programs, attach labels to cards, etc.

### **POOL SET-UP AND TAKE-DOWN**

Requires approximately 25 people to put up all tables, chairs, starting blocks, tents, lane markers, P.A. System, etc. at Central Park Pool (usually two to three hours).

The take-down involves putting away everything after the meet.

## **SWIM MEET OFFICIALS AND FUNCTIONS**

Ideally, every official will be qualified and B.C.S.S.A. certified or otherwise recognized as being capable of officiating.

### **REFEREE**

- ⇒ Is the supreme authority at meet.
- ⇒ Has final decision on all matters.
- ⇒ Approves and assigns duties.
- ⇒ Enforces rules at meet.
- ⇒ Maintains tempo of meet.

### **STARTER**

- ⇒ Has full control of competitors, from the time Referee turns race over to him until race has started.
- ⇒ Is subject only to Referee's decisions.
- ⇒ May recall or disqualify swimmer.
- ⇒ Starts race after Referee's signal is given.

### **CHIEF TIMER**

- ⇒ Is responsible for availability, accuracy and correct use of watches.
- ⇒ Assigns lanes to Timers.
- ⇒ Assures competency of Timers, Recorders, Runners.
- ⇒ Times and records winner of each race.
- ⇒ Is assisted by Assistant Chief Timer who times and records 2nd place winners.

### **LANE TIMERS**

- ⇒ Are required, 3 per lane.
- ⇒ Responsible to Chief Timer.
- ⇒ Time each swimmer in their lane regardless if swimmer is disqualified or not.
- ⇒ Reports time to Recorder (1 per lane).

#### RECORDING

- ⇒ Is part of the timing functions.
- ⇒ Recorder sits between the Timers.
- ⇒ Records times on cards as given by Timers.
- ⇒ Asks each swimmer for name; confirms correct card used.
- ⇒ Turns over completed card to Runner.

Recording and timing are excellent opportunities to learn all about swimming and meet techniques and procedures as well as getting acquainted with new members and other Clubs. It is usually “the best seat and food in the house”.

#### PLACE JUDGES

- ⇒ Ideally, 3 per side.
- ⇒ The Chief Place Judge, if used, and the other Judges record the sequence of finishes from 1st to last position as each swimmer touches the end of the pool at the end of each race.
- ⇒ Turns over results to Runner.
- ⇒ Place Judges decision over-rides manually timed finish.
- ⇒ Helps prevent multi-ties.

#### STROKE JUDGE

- ⇒ Observes each swimmer’s stroke as to legality of stroke.
- ⇒ May disqualify swimmer for infraction.
- ⇒ Must notify swimmer or Coach within 15 minutes of infraction, otherwise disqualification is void.
- ⇒ Must record and initial infraction on time card.
- ⇒ Minimum one Stroke Judge per side.
- ⇒ May confer with Referee in doubtful cases.
- ⇒ Should give benefit of doubt to swimmer.
- ⇒ May assist Turn Judge.
- ⇒ Responsible to Referee.

#### MEET MANAGER

- ⇒ Organizes the meet.
- ⇒ Usually an Executive of host Club.
- ⇒ Responsible for availability of personnel, equipment, facilities.
- ⇒ Issues and mails results of meet - 2 per Club.
- ⇒ At Regionals, forwards results to Regional Director.

#### CLERK OF THE COURSE

- ⇒ Has full authority (including the right to disqualify) swimmers from time they “check in” at the Marshalling area till they are turned over to Referee.
- ⇒ Assembles swimmers for each race.
- ⇒ Distributes time cards in Marshall area.
- ⇒ May make up heats.
- ⇒ Communicates with Announcer; notifies event number.

#### MARSHALL

- ⇒ Assists Clerk of the Course.
- ⇒ Maintains discipline in Clerk of the Course area.
- ⇒ May scratch competitors for same reason as Clerk of the Course description.

#### RECORDING TABLE (4-6 PERSONS)

- ⇒ Receive/record Lane Timers/Recorders/Place Judges reports.
- ⇒ Compile/type/display heat and final results.
- ⇒ Refer all contentious decisions to Referee for filing.

#### COMPUTER ENTRY

- ⇒ Work as part of Recording.
- ⇒ Requires 4 people who are available throughout meet to enter the results of each race as soon as they are presented by Recorders.

#### ANNOUNCER

- ⇒ Assists all officials as required.
- ⇒ Must have good understanding of meet procedure for smooth meet.

#### DIRECTOR OF OFFICIALS

Refer to description under EXECUTIVE JOB DESCRIPTIONS.

#### CHAIRPERSON OF AWARDS

- ⇒ Refer to description under COMMITTEES & CHAIRPERSONS.
- ⇒ Also heads or assists in awards presentation.

### **SWIM MEET PROCEDURES**

#### **SCRATCH MEETING**

- ⇒ May be held at start of each meet. Last minute entries and deletions of swimmers/strokes are then made. All entries are checked, verified and amended in presence of a representative from each Club, preferably Coach, under the Referee's supervision.

#### **HEATS**

- ⇒ Each swimmer must report to the Clerk of the Course by the third call or be subject to disqualification of that race. The swimmers are then assigned their lanes, (lanes could be switched then if approved by Clerk of the Course), and await in heats, to be called to go in the area behind Recorders in preparation for next race.

#### **PRELIMINARIES**

- ⇒ Are usually in the mornings followed by a rest period before the Finals start.

#### **FINALS**

- ⇒ Are usually in the afternoons. The fastest 6 or 8 swimmers from morning results participate.
- ⇒ Alternates should make themselves available at the Clerk of the Course to be ready if any position is absent.

#### **LANE ASSIGNMENTS**

- ⇒ In a preliminary, are usually seeded according to previous recorded times, but may also be at random.
- ⇒ In a final, the fastest swimmer is given lane 3 in a 6 lane pool or 4 in an 8 lane pool, 2nd fastest in lane 4 (6 lane pool) or 5 (8 lane pool), etc.

## **STROKE DESCRIPTION**

The following is not meant to be interpreted as official but rather as general highlights of the proper execution of the competitive strokes.

### **FREESTYLE**

- ⇒ Is any stroke or combination of strokes executed by swimmers (exception is in Medley Relay or Individual Medley - see below).
- ⇒ Touch may be with any part of the body.

### **BACKSTROKE**

- ⇒ Start is on back, gripping block, toes on wall, below water surface.
- ⇒ Head must surface within 15 meters at start and after each turn.
- ⇒ During the turn the swimmer can turn over on his/her stomach but must push off of wall on back.
- ⇒ Once a swimmer turns onto his/her stomach the turn must be completed in a continuous motion.
- ⇒ Touch can be with any part of body prior to leaving wall.
- ⇒ Touch at the finish of the race can not be beyond 90 degrees.

### **BREAST STROKE**

- ⇒ Emphasized symmetry.
- ⇒ Both sides of body must be mirror image of each other - some part of the head must break the normal surface of the water during completed stroke cycle, except at turns.
- ⇒ After start and turn, the swimmer is allowed one underwater pull and kick, but the head must break the water surface before the backward motion of the hands reaches the hip line on the second arm stroke.
- ⇒ Neither dolphin nor flutter kick is permitted.
- ⇒ Touch must be both hands at same time at the finish.
- ⇒ On the turn, hands must touch simultaneous, but not necessarily at the same level.
- ⇒ Shoulders must be level at all times and the body must be kept on the breast during the stroke's execution.

### **BUTTERFLY**

- ⇒ Also guided by symmetry.
- ⇒ Arms must break and enter water simultaneously.
- ⇒ Either dolphin or frog kick is permitted and they may be alternated freely.
- ⇒ A scissors kick is not permitted.
- ⇒ Touch must be as in breast stroke.

### **INDIVIDUAL MEDLEY**

- ⇒ Is executed in order of FLY, BACK, BREAST, FREE. (Freestyle in this case, must not be fly, back or breast).

***“Butter your back and the breast is free”***

### **MEDLEY RELAY “B,B,F,F”**

- ⇒ Executed in order of BACK, BREAST, FLY, FREE. (Freestyle in this case must not be back, breast or fly).
- ⇒ Touch of incoming swimmer must be made before outgoing swimmer’s toes leave the block.

### **DISQUALIFICATIONS**

- ⇒ Are hard and hurting, but a “lasting” way to learn. It can occur when any of the above strokes, turns, touches or procedures are not executed properly or in a manner which is interpreted as giving that swimmer an advantage over the other swimmers.
- ⇒ If an infraction is committed in race, the swimmer is allowed to complete the race and the time must be recorded.
- ⇒ The Official noting the infraction must record a disqualification on the time card and advise the swimmer and/or coach within 15 minutes. Failure to do this, nullifies disqualification.
- ⇒ Disqualified swimmer should immediately advise his/her Coach of this in case a protest is warranted but mainly so that the Coach can clarify stroke for future.
- ⇒ Protests must be submitted in writing within 30 minutes of disqualification.

### **NON-STROKE RELATED DISQUALIFICATIONS**

- ⇒ False start.
- ⇒ Reporting to starting block too late.
- ⇒ Interfering in another swimmer’s lane.
- ⇒ Walking on floor of pool.
- ⇒ Not finishing a race.
- ⇒ Jumping into pool before preceding swimmer is out of water.
- ⇒ Using abusive language or impeding progress of meet (intentional false start).
- ⇒ Being coached or instructed from the deck.

All Judges must always remember that, if in doubt about infraction, the benefit of the doubt must go to the swimmer.

### **B.C.S.S.A. “S” AND “O” RULES**

*(Subject to change. For complete rules, refer to current Official B.C.S.S.A. Rule Book. Copies can be purchased through the Club.)*

#### **TIER “S”**

A tier “S” swimmer may engage in any organized aquatic activity, provided the total organized aquatic activity does not exceed four (4) hours each calendar week accumulative. However, tier “S” swimmers may not participate in more than two (2) hours of organized swimming per calendar week. A calendar week is Sunday through Saturday.

#### **EXCEPTIONS:**

- ⇒ A tier “S” swimmer may engage in programs involving water safety, water rescue and leadership training of the Can. Red Cross, Royal Life Saving, YM/YWCA or similar agency.
- ⇒ For a period of not more than six (6) weeks, school swimming.

⇒ Between October 1 and Dec. 31 swimming activities for the purpose of competing in any swim meet recognized in the Official Program Schedule of the Annual Swimming Championship organized by any school athletic association. This training **cannot** be by or under the direction of a winter swim club.

### **TIER “O”**

A tier “O” swimmer is a swimmer who participates in organized aquatic activity(ies) during the winter season (Oct. 1 - Apr. 30) if the activity(ies) was in excess of four (4) hours each calendar week accumulative or in excess of two (2) hours per calendar week in the case of organized swimming. A winter swimmer who has attained a current CASA Senior National Time in any stroke will not be allowed to swim that stroke but will be eligible to swim the other strokes. Any swimmer who participates in a swim meet between October 1 and April 30 is designated as an “O” swimmer for the upcoming BCSSA season.

#### **EXCEPTIONS:**

BC High School and Independent School Swim Meets between October 1 and April 30 are exempt from this Rule. Also, a winter swimmer who trains and competes in diving only may be classified as a Tier “S” swimmer in all categories except diving.

### **SIMON FRASER REGIONAL B RULES**

#### **A. GENERAL**

- A1 The Simon Fraser region strongly endorses the concept of allowing swimmers to develop at their own pace from **B** to **A** ratings, and recommends that all actions and achievements that support this concept should be encouraged, recognized, and rewarded where feasible by every member Club.
- A2 Regional rules and cut-off times apply only to **B** meets hosted by member clubs of the Simon Fraser Region and not to invitational **B** meets attended outside this Region. Each member club has agreed to host a minimum of one invitational **B** meet to which other member clubs will be invited, thereby providing an equal number of **B** meets in the Region for each member Club.
- A3 Cut-off times are established by the Regional Executive prior to the start of each swim season for each individual event including the I.M.
- A4 Cut-off times shall apply to all swim meets except “in-house” and “trial” meets.
- A5 Should a cut-off time be bettered by a swimmer in an event in which that swimmer is disqualified or receives an official warning, that time will not be recorded as an **A** time.
- A6 The onus or responsibility for full compliance with Regional rules rests solely with the Executive of each Regional member club. Each club must ensure that accurate records are made and maintained of the times achieved by every swimmer in all meets (including exhibition swims).

#### **B. SUMMER SEASON MEETS (EXCLUDING REGIONAL CHAMPIONSHIP MEET)**

- B1 The minimum distance of an event in all divisions is 50 meters in individual races and 200 meters in relays, except in the following case: events in the “6 and under” category and Division I may, at the discretion of the host club, be shortened to 25 meters in individual races and 100 meters in relays.
- B2 A swimmer who, between May 1st and the Monday prior to the regional championship meet, once betters the cut-off time for an individual event shall be

considered to have achieved an **A** time for that event and shall not be permitted to continue competition for an award in that event. If it is believed or suspected that an **A** time has been achieved but not recorded as such, the Regional Officials Accreditation Committee may ask to see the relevant records and may ask for signed statements from club coaches and officials attesting to the accuracy of those records.

- B3 A swimmer who has bettered the cut-off times for one or two individual events may be given exhibition status in **B** meets for the events in which he or she has achieved **A** times. A swimmer who has bettered the cut-off times for three or more individual events shall not be permitted to continue competition at the **B** level.
- B4 A swimmer who has achieved an **A** time in the Freestyle event and who chooses to swim a stroke other than freestyle (front crawl) in the Free relay event must perform that other stroke correctly or be subject to disqualification. A swimmer who chooses to do the backstroke in the Free Relay must be the lead swimmer.

**C. REGIONAL CHAMPIONSHIP MEET**

- C1 Except as provided in Rule C2, no swimmer may compete in an event in the **B** division of the regional championship meet if, by the Monday prior to the regional championship meet, he or she has:
- (a) once bettered the individual event cut-off time for that event, or
  - (b) bettered the cut-off times for any three individual events, or
  - (c) failed to record one legal time (excluding “in-house” and “trial” meets) for each event).

Bettering a cut-off time in the heats of the **B** division of the regional championship meet shall not disqualify a swimmer from competing in the **B** finals of that event at the meet.

- C2 A swimmer competing in the **B** division of the regional championship meet must compete in his or her own division in individual events. They may move up for relays.
- C3 Only those swimmers whose names appear on the Meet Entry Form may swim in relays.
- C4 Individual swimmers participating in relay events are restricted to strokes corresponding to events for which they are eligible. (Also see rule B4).
- C5 No entries will be accepted later than the Tuesday prior to the meet unless waiver of this rule is granted by the Regional Officials Accreditation Committee prior to the scratch meeting.
- C6 No exhibition swimming permitted in the regional championship meet.
- C7 Rule B4 also applies to the **B** division of the regional championship meet.

## CLUB RULES

Wherever these rules are also related to Regional or B.C.S.S.A. activities, these are intended to comply with and not deviate from or conflict with the Regional or B.C.S.S.A. rules.

### MEMBERSHIP, ELIGIBILITY AND PARTICIPATION

- ⇒ Any eligible child or adult may apply for membership.
- ⇒ Placement of a member into various training groups is at the discretion of the Head Coach.
- ⇒ Refusal to abide by Club rules will make a member subject to rejection of membership after an Executive decision.

### MEET ENTRIES

- ⇒ Meet entrants will be posted at each practice pool one week prior to each meet.
- ⇒ If the Club is not notified prior to the meet that your child will not be attending, you will be assessed the cost.
- ⇒ Frequently lists of competitors and entry fees must be forwarded to a host Club **3 WEEKS** in advance of a meet. It is imperative, therefore, that Coaches and the Head Pool Rep be informed 3 weeks prior to the date a swimmer will be unavailable for competition. **THERE ARE NO REFUNDS FOR NO SHOWS. IF YOU SIGN UP FOR A MEET AND DO NOT SHOW UP, YOU MUST PAY YOUR ENTRY FEES (APPROXIMATELY \$5 PER STROKE ENTERED).**

### PROTESTS AND DISPUTES

Protests or concerns about Club policy should be presented in writing to the Club President. If the President cannot resolve the problem directly, he will present it for an Executive Committee decision.

### RELAYS

- ⇒ Placement of swimmers into relays will be under the authority of the Coach.
- ⇒ Relays may be formed before or on the day of the meet and may change from heats to finals.

### BATHING SUITS

Logoed suits and swim caps are available at a competitive price from the Club. Use of bathing caps is recommended; a BUR cap helps identify you “on the blocks”.

### COACHES’ AUTHORITY

- ⇒ Prevails during practices and at meets. Any questionable acts by the Coaches may be forwarded verbally or written to the President who has the authority to discuss and/or investigate the questionable action.
- ⇒ Coaches are available to discuss concerns after practice and after meets. PLEASE do not interrupt the coaches during practice times or during a meet.
- ⇒ The Head Coach is responsible for the coaching staff, training program and meet participants and training group designation.

⇒ The Coach's decision on relay team members may be made before or during a meet.

## **OFFICIALS TRAINING CLINICS**

Clinics are one of the vital blood-streams for an effective and healthy Club. There are usually 2 or 3 each year, within a Club, a Region or sponsored by B.C.S.S.A. By increasing your knowledge in meet officiating, you are raising the standards of your Club and each meet. It is important that each parent makes him/herself available for these clinics as they are offered.

See ACTIVITY SCHEDULE for dates and times. Watch your "Bubble" for updates and further information.

## **WATER POLO INFORMATION**

### **AGE CATEGORIES**

P4 - 18 years + under

P3 - 14 + 15 years

P2 - 12 + 13 years

P1 - 11 years old + under

## **HEAD WATER POLO COACH**

⇒ Responsible for assigning players to practice pools and at his/her discretion, invite Water Polo players to participate at another pool or time.

⇒ Responsible for bringing areas of concern to the attention of Water Polo Rep and Executive.

## **MASTER'S SWIMMING INFORMATION**

⇒ Our Masters program is a great way to work on stroke development and fitness in a fun and motivated group atmosphere. Experienced coaches ensure all levels of swimmers are accommodated and challenged.

## **2005/2006 EXECUTIVE COMMITTEE**

<u>Position</u>	<u>Name</u>	<u>Phone</u>
President	Lila Gritchen	(604) 520-1230 ( <a href="mailto:gritche@shaw.ca">gritche@shaw.ca</a> )
Past President	Wendy Jung	(604) 522-1199 ( <a href="mailto:wendyjung@shaw.ca">wendyjung@shaw.ca</a> )
1st Vice-President	Dino Fantillo	(604) 526-9484 ( <a href="mailto:dino.fantillo@shaw.ca">dino.fantillo@shaw.ca</a> )
2nd Vice-President	Wendy Murao	(604) 322-2960 ( <a href="mailto:canasawa@aol.com">canasawa@aol.com</a> )
Secretary	Colleen Lee	(604) 293-1214 ( <a href="mailto:allthelees@shaw.ca">allthelees@shaw.ca</a> )
Treasurer	Gordon Robinson	(604) 434-1201 ( <a href="mailto:robinsonrolland@telus.net">robinsonrolland@telus.net</a> )
Registrar	Kelly McKenzie	(604) 521-9515 ( <a href="mailto:kellymckenzie@shaw.ca">kellymckenzie@shaw.ca</a> )
Head Pool Rep.	Pegi McIntosh	(604) 291-9385 ( <a href="mailto:pfuranna@ndrs.org">pfuranna@ndrs.org</a> )
Director at Large	Jim Toy	(605) 671-5273 ( <a href="mailto:toy_jim@yahoo.ca">toy_jim@yahoo.ca</a> )
Director at Large	Judy Melton	(604) 434-4254 ( <a href="mailto:dmelton@telus.net">dmelton@telus.net</a> )
Director-Officials	Jim Gritchen	(604) 520-1230 ( <a href="mailto:gritche@shaw.ca">gritche@shaw.ca</a> )
Director-Fundraising	Ryan Skomorowski	<a href="mailto:ryanskomorowski@hotmail.com">ryanskomorowski@hotmail.com</a>
Director-Publicity #1	Marie Slama	(604) 521-8415 ( <a href="mailto:henry_slama@shaw.ca">henry_slama@shaw.ca</a> )
Director of Equipment	Vacant	
Water Polo Rep.	Bruce Gower	(604) 435-4240 ( <a href="mailto:bdgower@telus.net">bdgower@telus.net</a> )

## **COACHES**

### **SWIMMING:**

#### ROBERT BURNABY POOL

Matt Skomorowski	Head Coach
Ben Dowswell	Coach
Tina Hoang	Coach
Sheldon Dowswell	Coach

#### MCPHERSON POOL

Bryce Gillman	Pool Head
Randall Krall	Coach
Kathryn Rosberg	Coach
Gillian Fantillo	Coach
Melissa Yoshioka	Coach

#### KENSINGTON POOL

David Remple	Pool Head
Marsha Matheson	Coach
Owen Pierce	Coach

### **WATER POLO:**

Tracy Goodman	Head Water Polo Coach
Cole Smith	Coach
TBA	Coach

### **BABY BARRACUDAS**

Kensington and McPherson coaching staff TBA

### **MASTERS SWIMMING**

Randall Krall and Dave Remple

## EXECUTIVE RESPONSIBILITIES

- ⇒ The Executive, under the President's direction, is responsible for all Club activities and shall set guide-lines and establish policy and rules for each year's operations.
- ⇒ Executive meetings should be held on average, once every month, during "the season".
- ⇒ Presentations are welcome from all members. Preferably an advance written copy of any presentation will be submitted.
- ⇒ Ideally, each Committee Chairperson will appoint an understudy to replace him/her should that person retire or take on another position for the purpose of maintaining continuity of Club trouble-free operations.
- ⇒ Candidates for Executive positions will be nominated by the Nominating Committee and/or may be nominated from the floor during the Annual General Meeting and Elections.
- ⇒ Nominees will be posted at least one week prior to the Annual General Meeting.

## EXECUTIVE JOB DESCRIPTIONS

### PRESIDENT

- ⇒ Is responsible for the overall operations of the Club and all members of Executive reporting to him/her.
- ⇒ Appoints the 1st Vice-President to act as representative and assume Presidential authority during his/her absence, in all of the Club's functions. Authority can further be passed on to 2nd Vice-President, etc.
- ⇒ Books time and space for **A** and **B** meets.

### 1ST VICE PRESIDENT (**A/B** MEET MANAGER – FIRST MEET)

- ⇒ Arranges equipment, i.e., tables, chairs, etc. for first meet.
- ⇒ Acts as Meet Manager for first meet.
- ⇒ Co-ordinates all personnel for first meet.
- ⇒ Assists Meet Manager at second meet.

### 2ND VICE-PRESIDENT (**A/B** DEVELOPMENT MEET MANAGER – SECOND MEET)

- ⇒ Arranges equipment, i.e., tables, chairs, etc. for second meet.
- ⇒ Acts as Meet Manager for second meet.
- ⇒ Co-ordinates all personnel for second meet.
- ⇒ Assists Meet Manager at first meet.

### TREASURER

- ⇒ Maintains Club finances.
- ⇒ Prepares financial reports
- ⇒ Checks and pays all accounts.
- ⇒ Co-signs with President all cheques.

#### DIRECTOR OF FUNDRAISING

- ⇒ Co-ordinates all money raising functions as directed and approved by the Executive.
- ⇒ Co-ordinates funding committees as required - (e.g., lottery, advertising, concessions, etc.).

#### REGISTRAR

- ⇒ Is responsible for registering all Club members with the B.C.S.S.A. and for submitting the required registration forms and fees through the Simon Fraser Regional Registrar (Note: registration deadlines are set by the B.C.S.S.A. and by the Region each year).
- ⇒ Maintains the Club's supply of registration forms.
- ⇒ Liaises with the Head Pool Rep to determine and record the **A** or **B** status of all registered swimmers.
- ⇒ Publishes initial and regularly updated registered members list.
- ⇒ Disallows participation of unregistered swimmers.

#### SECRETARY

- ⇒ Types and maintains all Club correspondence, records, minutes of meetings, etc.
- ⇒ Handles all meet invitations by direct communications with meet managers.
- ⇒ Present at all Executive meetings or appoints a temporary substitute.
- ⇒ Maintains a supply of Club stationery.

#### DIVING REP.

- ⇒ Co-ordinates the diving team.
- ⇒ Arranges home and away dive meets.
- ⇒ Communicates meet schedules and participation through the Bubble.
- ⇒ Reports progress to the Executive.

#### DIRECTOR OF OFFICIALS

- ⇒ Is responsible for the training, assembly and dispersion of all officials and equipment to ensure host meets and games are conducted in an efficient, impartial, friendly and sportsman-like manner.
- ⇒ Acts as a liaison person to enable the club to fulfil its obligation to supply a representative number of trained officials for all meets and games.
- ⇒ Ensures an up-to-date list of the qualifications of all officials is maintained.
- ⇒ Ensures there is a sufficient number of trained officials at all levels to meet the club's obligation for home, other Club, Regional and Provincial Meets and Games.
- ⇒ Provides or arranges Officials courses and on deck training to meet Club needs.
- ⇒ Keeps, maintains and monitors all equipment used by Officials.

#### HEAD POOL REP.

- ⇒ Responsible for recruiting pool representatives for each of Robert Burnaby, Kensington and MacPherson Pools.
- ⇒ Prepares meet entries and arranges delivery of pinks and blues (cards, disk or both) to host Clubs.
- ⇒ Ensures that entry lists for Club members are posted at all pools.
- ⇒ Obtains copies of finals and final finals for all meets and records and maintains times attained by all Club swimmers.
- ⇒ Co-ordinates Club photos.
- ⇒ Aids Registrar during registration.
- ⇒ Ensures that the Bubble is distributed and maintains the bulletin boards at all pools.
- ⇒ Meets with the Head Coach weekly to determine stroke entries for meets and supplies Coaches with updated lists of swimmers and their times as required.
- ⇒ Responsible for the collection of no-show fees and deck entry fees.

#### DIRECTOR OF PUBLICITY

- ⇒ Is responsible for keeping Club members informed about all Club activities and for maintaining a high “Barracuda” profile in the local community.
- ⇒ Produces and ensures distribution of the Club’s newsletter, the Bubble (monthly from May 1 to August 31).
- ⇒ Obtains meet results from all swimming, diving and water polo events and submits significant details to local newspapers.
- ⇒ Encourages multi-media coverage of Barracuda events.
- ⇒ Ensures that registration notice is distributed through all Burnaby and selected New Westminster elementary schools in the week following Spring Break.
- ⇒ Creates effective promotional displays for local pools, arenas, condos, industries and schools.
- ⇒ Maintains a Club “scrapbook”.

#### DIRECTOR AT LARGE

- ⇒ Provides historical background and leadership related to Club operations. (Ideally, the candidate for this position should be a Club member in long standing who has had broad experience at the Executive level.)

#### WATER POLO REP.

- ⇒ Co-ordinates the Water Polo team.
- ⇒ Arranges home and away tournaments and games and acts as Meet Manager for home Tournaments.
- ⇒ Communicates tournaments, games and camps through the Bubble.
- ⇒ Assists Coach with team member selection.
- ⇒ Reports progress to Executive.
- ⇒ Maintains inventory of Polo equipment.

#### SYNCHRO REP.

- ⇒ Co-ordinates the synchronized swimming team.
- ⇒ Arranges home and away tournaments and games and acts as Meet Manager for home Tournaments.
- ⇒ Communicates tournaments, games and camps through the Bubble.
- ⇒ Assists Coaches with team member selection.
- ⇒ Reports progress to Executive.
- ⇒ Maintains inventory of synchro equipment.

#### EQUIPMENT MANAGER

- ⇒ Maintains equipment in good order.
- ⇒ Maintains inventory list and log book.
- ⇒ Recommends to the Executive budget needs and reports on the condition of equipment.
- ⇒ Delivers and returns tent for away meets.
- ⇒ Assigns assistant for **B** meets.

### **OTHER ESSENTIAL JOB DESCRIPTIONS**

#### AWARDS

- ⇒ Determines needs and purchases all required awards for home meets and year-end award ceremonies.
- ⇒ Arranges return of all trophies given out at home meets, B.C.S.S.A. finals and other club meets.
- ⇒ Maintains points for aggregate awards.
- ⇒ Prepares ribbons and/or medals for all home meets.
- ⇒ Maintains “Central Park” and “Bonsor” pool records.

#### CONCESSIONS

- ⇒ Co-ordinates purchase and sale of food, beverages and miscellaneous items for all home meets.
- ⇒ Co-ordinates donation and distribution of refreshments for pool deck officials at all home meets.
- ⇒ Must have Food Safe, Level 1 Certification to work at the concession.

#### POOL REPS.

- ⇒ Report irregularities to Executive.
- ⇒ Pick up and distribute newsletters.
- ⇒ Contribute pool news to newsletter.
- ⇒ Always arrange substitute if absent for any reason.

- ⇒ Collect Regional Registrations and registration fees.
- ⇒ Ensures swimmers are in fact registered.
- ⇒ Be responsible with providing respective pools with caps and goggles.

COMPUTER SERVICES

- ⇒ Co-ordinates the orderly incorporation of computer applications into Club operations.
- ⇒ Co-ordinates computer operations for all Club Meets with the Meet Manager and the Director of Officials.
- ⇒ Maintains a standardized data base of Club statistics as needed.
- ⇒ Organizes and Chairs the Computer Applications and Project Committee for the assessment of all computer related proposals presented for Club consideration.

WEBSITE MANAGER

- ⇒ Maintains and updates club website on a timely basis throughout the year.

**CLUB AFFILIATIONS**

The Barracudas are affiliated with the B.C.S.S.A. and are subject to and abide by all B.C.S.S.A. rules and regulations for swimming, water polo and synchronized swimming.

Although each hosting club may set its own rules which may not be B.C.S.S.A. format during a meet, the clubs participating in B.C.S.S.A. championships must comply with B.C.S.S.A. rules.

Each region may also set up its own rules as long as the Regional Championships are not in conflict with B.C.S.S.A. rules.

The B.C.S.S.A. is a registered Society with over 6,300 members and includes more than 65 affiliated Water Polo, Diving, Synchronized and Speed swimming clubs. These clubs are divided into eight regions.

**SIMON FRASER REGION CONSISTS OF**

<b>Club</b>	<b>President</b>
Coquitlam Sharks	Alison van Buuren
Port Coquitlam Marlins	Rick Sieb
Port Moody Aquarians	Dave Bassett
Burnaby Barracudas	Lila Gritchen
Burnaby Mt. Mantas	Tony Tsang

SIMON FRASER REGION EXECUTIVE

Regional Director	Darcy Morris
Past Regional Director	Andrew Clare
Secretary	Barry Parrish
Registrar	Sue Clarke
Treasurer	Terry Chandler
Diving Co-ordinator	Shannon Campbell
Water Polo Co-ordinator	Kim Baylis
Director of Officials	Ray Boonzaayer

## **GOVERNING BODY - B.C.S.S.A**

The B.C. Summer Swim Association is a society incorporated under the Societies Act of the Province of B.C. Its primary objectives are the promotion, development, and regulation of organized summer aquatics within the province of B.C.

### **BCSSA PROVINCIAL EXECUTIVE:**

President	Don Miller
Vice President	Mike Nickerson
Past President	Ian Allen
Secretary	Rosemary Nickerson
Director of Finance	Mike Lorusso
Director of Competition	Frank Ball
Director of Member Services	Cindi Borsoi
Director of Officials Development	Tony Dixon
Director of Marketing	Dwayne Hartson
Registrar	Brenda Krueger
Diving Director	Joanna Linardis
Water Polo Director	Jim Toy
Synchro Director	Judy Rohl
Coaches Representative	Ryan Corbett
Executive Director	

The B.C.S.S.A. is divided into 8 Regions:

Vancouver & District	Fraser South
Fraser Valley	Okanagan
Kootenays	Vancouver Island
Simon Fraser	Cariboo

## **BARRACUDA SWIMMING AWARDS (2005)**

### **MOST IMPROVED JUNIOR PREP**

ALIESHA ZANIC            TRISTA TETREAUULT

### **MOST IMPROVED JUNIOR**

Aynsley Gibbs

### **MOST IMPROVED INTERMEDIATE**

Jessica Bayley    Katriana Wong

### **MOST IMPROVED SENIOR**

Ryan Narita  
Molly Gritchen

### **LEADERSHIP**

Leo Shen  
May Poon  
Kyle McIntosh

### **MOST INSPIRATIONAL**

AJ Ang

### **PERSONAL BEST TIME AWARDS**

**GOLD (25 or more):** Kelly Pickthall, Alice Fu, Katrina Heinonen, Natalie Murao, Caroline Filipowska, Molly Gritchen, Catherine Filipowska, Marissa Robinson, Katrina Slama, Jodie Edgar, Stephanie Jung, Melissa Yoshioka, Hau-Li Fan, Brian Huynh, Morgen Lee, AJ Ang, David Koke, Roger Clarke, Billy Huynh, Kyle McIntosh, Chris Toy

**SILVER (15-24):** Stephanie Cho, Jess Filippelli, Meghan Galte, Aynsley Gibbs, Jenna Melton, Amanda Tuey, Heather Leopard, Jacqueline Penev, Naghmeh Zaghi, Amanda Hass, Meredith McKenzie, Maryann Slama, Zijun Wang, Katherine Babcock, Jessica Bayley, Erin Franklin, Jenny Fu, Danielle Robinson, Kyla Yoshioka, Kalena Conners, Emily Edgar, Sophie Fantillo, Kimberley Izumi, Lauren Melton, Stephanie Murao, Tysia Suzuki, Lauren D'Arcy, Jennifer Fan, Gillian Fantillo, Sarah Gritchen, Alexandra Kohli, Jasmine Lynch, May Poon, Karen Tam, Kelvin Au, Brendan Conners, David Edgar, Kyle Pickthall, Leo Shen, Nelson Chui, Kyle Jung, Jesse Lee, Zainen Suzuki, Nick Massullo, Philip Toy, Adam Amlani, Farbod Bahadori, Alex Chui, Harrison Gower, Dennis Chen, Luka Elezovic, Owen Pierce, Travis Wong

**BRONZE (10-14):** Aleisha Zanic, Maxine Chapman, Rachel Van, Negar Zaghi, Mia Zanic, Brooke Melton, Michelle Stevens, Katarina Tomic, Katriana Wong, Katelyn Garrity, Gabrielle Luongo, Erin Campbell, Jacqueline Kohli, Lauren Pughe, Lauren Fung, Meesa Massullo, Chantal Mirao, Sydney Pughe, Nicole Routtu, Genevieve Soo, Tanis Wong, Gareth Jones, Ghendun Suzuki, Montavi Kidd, Matt Filipowski, Brandon Mah, Henry McKenzie, Alex Chieng, Gabriel Fairbairn, James Baylis, Sasha Miljkovic, Ryan Thom, Arthur Van, Ryan Narita, Allen Pughe

### **AWARDS RATIONALE**

MOST IMPROVED AND LEADERSHIP AWARDS FOR EACH POOL

Coaches for the Junior Prep, Junior, Intermediate and Senior groups at each pool will determine the swimmers to receive the Most Improved Awards at that pool. To be

eligible for Most Improved, swimmers must have competed in at least three meets. The Leadership Award is open to one swimmer at each pool and will be determined by all the coaches at that pool.

#### MOST INSPIRATIONAL AWARD

This award will go to one swimmer to be determined after input from all coaches at all pools.

#### BEST TIME AWARDS

Best Time Awards are open to all swimmers regardless of age or Division. The first meet the swimmer participates in sets starting time for each stroke. Each decrease in time in a stroke from the last previously recorded meets results will be counted as a personal best. Disqualified swims or warned swims do not count. Heats and finals both count. The aim is for everyone in the club to make every swim a personal best!

Gold - 25 or more

Silver - 15-24

Bronze - 10-14

### **BARRACUDA WATER POLO MVP AWARDS (2005)**

	<b>Boys</b>	<b>Girls</b>
<b>P4</b>	Allen Pughe	Alex Kohli
<b>P3</b>	Harrison Gower	Jacki Kohli
<b>P2</b>	Filip Juristovski	Kyla Yoshioka
<b>P1</b>	Matt Hart	Maryann Slama

**Most Inspirational Polo Player:** AJ Ang

### **VOLUNTEER COACH APPLICATION**

A volunteer coaching program has been implemented into the Burnaby Barracudas Club. It will offer successful applicants the opportunity to work with younger members of the club and help them develop into sound swimmers.

Applicants must be Division V or older and are encouraged to hold current bronze medallion and bronze cross life saving awards. More advanced life saving awards, Red Cross instructor class, or completed coaching courses would be a benefit.

Qualified volunteers will be interviewed by the head coach who will choose those he wishes to use as volunteers. Please note that this is strictly volunteer and hours are flexible but a strong commitment is necessary. Those selected as volunteer coaches must attend all training sessions organized by the head coach.

If interested please ask your coach for an application form.





















## BARRACUDA CLUB RECORDS - GIRLS

	50 Free	50/100 Back	50 Fly	100 Free	50/100 Breast	100/200 IM	100 Fly
Div. 1	Lauren Pughe 36.91 1999	Jacqueline Kohli 43.49 1999	Lauren Pughe 40.69 1999	Lauren Pughe 01:20.90 1999	Katrina Heinonen 47.19 2004	Lauren Pughe 01:35.41 1999	
Div. 2	Lauren Pughe 33.67 2001	Jennifer Lu 38.00 1997	Lauren Pughe 36.18 2001	Lauren Pughe 01:12.39 2001	Tanis Wong 43.10 1999	Becky Toppings 01:24.82 1991	
Div. 3	Caroline Filipowska 29.80 2004	Jacqueline Kohli 36.21 2002	Sabrina Block 33.07 1991	Sabrina Block 01:05.81 1991	Becky Toppings 38.74 1992	Sabrina Block 01:16.20 1991	
Div. 4	Mitra Chandler 28.88 1997	Brooke Toppings 01:10.65 1994	Brooke Toppings 31.71 1994	Mitra Chandler 01:02.52 1997	Mitra Chandler 01:18.63 1997	Mitra Chandler 02:33.38 1997	
Div. 5	Mitra Chandler 28.40 1998	Becky Toppings 01:10.67 1995	Nicole Routtu 31.32 2003	Mitra Chandler 01:01.70 1998	Mitra Chandler 01:16.89 1998	Mitra Chandler 02:29.19 1998	Nicole Routtu 01:09.38 2003
Div. 6	Sarah Jung 27.75 1998	Becky Toppings 01:09.66 1996	Teresa Au Yeung 30.22 2002	Winnie Lam 59.75 1997	Stephanie Jung 01:17.57 2004	Winnie Lam 02:29.46 1997	Teresa Au Yeung 01:07.85 2002
Div. 7	Kathryn Rosberg 28.05 2003	Kerry Alexander 01:14.33 1991	Stephanie Jung 31.06 2005	Kathryn Rosberg 01:00.26 2003	Stephanie Jung 01:16.77 2005	Kathryn Rosberg 02:29.50 2003	Dawna Bjornson 01:12.87 1998
Div. 8	Kathryn Rosberg 27.74 2004	Winnie Lam 01:08.08 1998	Suzanne Brodeur 30.19 2003	Winnie Lam 59.56 1998	Kathryn Rosberg 01:14.73 2004	Kathryn Rosberg 02:25.89 2004	Suzanne Brodeur 01:08.03 2004

## BARRACUDA CLUB RECORDS - BOYS

	50 Free	50/100 Back	50 Fly	100 Free	50/100 Breast	100/200 IM	100 Fly
Div. 1	Stephen Remple 37.02 1995	Hau-Li Fan 42.14 2005	Hau-Li Fan 43.17 2005	Hau-Li Fan 01:21.31 2005	Roger Clarke 48.78 2000	Hau-Li Fan 01:29.78 2005	
Div. 2	Chris Toy 33.36 2000	Stephen Remple 41.48 1996	Travis Wong 38.66 1997	Travis Wong 01:13.94 1997	Chris Toy 42.13 2000	Travis Wong 01:27.40 1997	
Div. 3	Clem Hui 30.62 1998	Clem Hui 35.83 1998	Chris Toy 35.02 2001	Stephen Remple 01:08.58 1998	Clem Hui 38.57 1998	Clem Hui 01:16.29 1998	
Div. 4	Scott Woron 27.70 1997	A.J. Ang 01:13.26 2005	Jeffrey Lind 31.23 1993	Clem Hui 01:02.82 1999	A.J. Ang 01:17.18 2005	A.J. Ang 02:33.32 2005	
Div. 5	Chris Toy 26.15 2004	Jeffrey Lind 01:07.60 1995	Derek Bjornson 28.64 1999	Derek Bjornson 58.49 1999	Chris Toy 01:14.88 2004	Jeffrey Lind 02:26.27 1994	Alex Uden 01:03.55 1992
Div. 6	Derek Bjornson 24.34 2001	Jeffrey Lind 01:02.25 1997	Derek Bjornson 27.08 2001	Derek Bjornson 55.68 2001	Travis Wong 01:10.21 2003	Jeffrey Lind 02:17.29 1997	Derek Bjornson 01:01.66 2001
Div. 7	Derek Bjornson 24.57 2002	Jeffrey Lind 01:03.69 1998	Derek Bjornson 27.23 2002	Derek Bjornson 55.03 2002	Travis Wong 01:08.51 2005	Jeffrey Lind 02:19.99 1998	Derek Bjornson 01:02.55 2002
Div. 8	Paul Wilkins 23.94 2004	Ben Dowswell 01:00.70 2005	Sandy Henderson 24.83 2002	Ben Keast 54.00 2003	Trever Brekke 01:01.81 2004	Max Jensen 02:18.66 2001	Max Jensen 58.79 2003