

**THE PARENT'S  
HANDBOOK**

**2005**



**Nanaimo White Rapids  
Swim Club**

**Celebrating our 39th year**

## 2005 Swim Meet Schedule

|            |                             |                        |
|------------|-----------------------------|------------------------|
| May 14     | South Zone Meet             | Crystal Pool           |
| May 29     | Blue and White Time Trials  | Nanaimo Bowen          |
| June 4/5   | Port Alberni Invitational   | Port Alberni Indoor    |
| June 11    | B/Development Meet          | Duncan Indoor          |
| June 18/19 | Esquimalt F.A.S.T. Meet     | Commonwealth           |
| June 25/26 | Powell River Meet           | Powell River Indoor    |
| July 2/3   | Nanaimo WR Invitational     | Nanaimo Bowen          |
| July 9/10  | Blue Devils Invitational    | Courtenay Outdoor      |
| July 16/17 | Juan de Fuca Royals Meet    | Commonwealth           |
| July 23/24 | Campbell River Invitational | Campbell River Outdoor |
| Jul30/31   | Sidney Sprint Challenge     | Commonwealth           |
| Aug 1      | Saltspring Open Water Swim  | St Mary's Lake         |
| Aug 5      | V.I. Regional Water Polo    | Commonwealth           |
| Aug 6/7    | V.I. Regional Swim Meet     | Commonwealth           |
| Aug 13/14  | B&C Regionals               | Nanaimo Bowen          |
| Aug 19-21  | Provincials                 | Watermania, Richmond   |

Check <http://www.bessa.bc.ca/meets2005.html> for updates

## Table of Contents

|                                    |    |
|------------------------------------|----|
| Welcome to the White Rapids! ..... | 5  |
| Parental Involvement.....          | 6  |
| Fundraising .....                  | 8  |
| Volunteer Work and Bingo.....      | 9  |
| Concerns and Inquiries .....       | 9  |
| Harassment .....                   | 10 |
| Awards and Incentives.....         | 11 |
| What Happens at a Swim Meet? ..... | 14 |
| Meet Responsibilities .....        | 15 |
| Clinics .....                      | 16 |
| The Kinsmen Outdoor Pool .....     | 17 |
| Water Polo Program .....           | 19 |
| Glossary .....                     | 20 |
| Age locator .....                  | 22 |

This booklet was written to give parents a short-form version of club information. Additional copies can be obtained by contacting the club.

A full explanation of the White Rapids' activities and policies is available on our web page.

**Website:** [www.bcssa.bc.ca/vi/nan](http://www.bcssa.bc.ca/vi/nan)

**Club Email Address:** [nwrsc@shaw.ca](mailto:nwrsc@shaw.ca)

**Pool Number:** 753-8176

*My competition is pretty tough, but I like me that way*  
– Donna Richardson

## Welcome to the White Rapids!

This year commemorates 39 years of summer swimming with the Nanaimo White Rapids. Our long-term success is due to a great summer program of social and aquatic activities. We promote the pursuit of excellence in swimming skills and the achievement of personal best times. We encourage team spirit and camaraderie to foster long lasting friendships. We all work together to ensure a successful and rewarding swim season.

The 2005 Board of Directors welcomes you!

|                       |                  |          |
|-----------------------|------------------|----------|
| <b>President</b>      | Alan Yates       | 758-6525 |
| <b>Vice President</b> | Kevin Bourgeois  | 754-1638 |
| <b>Past President</b> | Mike Silvertown  | 756-1989 |
| <b>Treasurer</b>      | Jane Barron      | 754-8518 |
| <b>Secretary</b>      | Marise Wickman   | 468-9400 |
| <b>Registrar</b>      | Laura Prout      | 716-7236 |
| <b>Director</b>       | Teresa Al Hajj   | 758-4549 |
| <b>Director</b>       | Steve Beerman    | 758-6757 |
| <b>Director</b>       | Rick Heikkila    | 754-3618 |
| <b>Director</b>       | Catherine Kleijn | 754-1810 |
| <b>Director</b>       | Nancy McGuire    | 756-0555 |
| <b>Director</b>       | Linda Shorting   | 741-1357 |
| <b>Director</b>       | Bernie Taekema   | 729-9636 |
| <b>Director</b>       | Geoff Whiting    | 741-8552 |

## **Parental Involvement**

Volunteers run the Nanaimo White Rapids. Your time and effort, no matter how small, can make a difference.

A **bulletin board** is placed on the fence during practices. Notices of events, sign-up sheets, meet info, and newsletters appear there regularly. There is also a **family file folder box**. This box is on the deck by the change rooms. It has a folder for each member family, for distributing club notices, newsletters, your meet fee account number and other information.

Visit our website at [www.bcssa.bc.ca/vi/nan](http://www.bcssa.bc.ca/vi/nan) for upcoming events as well.

## ***How Can You Help?***

The club has about 20 committees that do much of the work. The more workers contributing, the less pressure on any one person and the higher the output.

## **Serve on the Board**

If you'd like to serve on the Board of Directors, please contact our president, Alan Yates at 758-6525. You can also attend any of the Board of Directors' meetings that are held twice a month during the summer season and monthly during the off-season to get an idea of how the Board and its committees work.

## Committee and Coordinator Work

Below is a list of committees. Each family needs to be contributing to at least one area of the club's needs. Please find an area of interest and make your contribution.

- **Equipment**
- **Coach Selection**
- **Coach Liaison**
- **Gaming**
- **Fundraising**
- **Pool Operations**
- **Apparel**
- **Registration**
- **Phone Parent**
- **Finance**
- **Water Polo**
- **Nominating**
- **Scholarship**
- **City of Nanaimo Liaison**
- **Winter Maintenance**
- **Corporate Relations**
- **Communications:**
  - newsletter
  - registrar
  - media
  - brochures/handbooks
  - website
- **Awards**
  - incentive
  - best times
  - meet points
  - year end
- **Swim Meet**
  - Meet manager
  - officials
  - IT
  - team tent
  - concession
  - clerk/marshaling
  - deck food
  - ice
- **Social**
  - spirit
  - pep rally
  - year end banquet
  - pasta night
  - fun awards

*Do not let what you can't do interfere with what you can do*  
- John Wooden

## Fundraising

Fundraising plays a key role in reducing fees. We need all members to participate in some form during the ongoing fundraising activities. Here's a list of our 2005 fundraising events. For more information call Nancy McGuire 756-0555.

**Bottle Depot** – (100% profit!) bottles taken to The Bottle Depot, Mostar Road, can be added to the White Rapids account all year round. Put swimmer's name on receipt so it can be credited to your fundraising account

**Carmelina Liquid Hand Soap** – (50% profit) biodegradable, anti-bacterial glycerin soaps. \$5 / 250ml bottle with a \$2.50/ bottle credit.

**Chocolate Sales** - (50% profit) purchased at registration, sold by swimmer. For every \$60 case purchased and sold the family can earn \$30.

**Greeting Cards** – (45% profit) \$10 (inc. tax) for 18 assorted cards and envelopes. \$4.50 credit per package.

**Husky Rebate Program** – (2% of purchases) use the rebate card on gas and other purchases.

**Hanging Flower Baskets** – (20% of purchase price) new idea being offered by Kleijn Nursery. \$30 + tax /basket with a \$6/basket credit.

**18 Month Calendar** – (45% profit) new idea this year, July 2005 – Dec. 2006. \$15 (incl. tax)/calendar with a \$6.75 / calendar credit

**Mile Swim** – a mandatory swim with prizes for the biggest pledges. June 23<sup>rd</sup> and July 5<sup>th</sup>.

## **Volunteer Work and Bingo**

The club needs volunteers for some pool operations projects, for our swim meets and other club activities. Everyone should try to make sure they volunteer for some aspect of the club activities during our 15-week season.

Bingo has always been an important part of our club's revenue. We include a notice that the NWRSC receives funding from the BC Gaming Commission on our letterhead and all major publications. We are grateful for the funding received. The government has changed the way that Bingo operates in the province and the involvement required by our club over the past two years has been reduced compared to previous years. A few shifts working at the Bingo Hall will be available as a club fundraising option in 2005 for families with three or more children in the club.

## **Concerns and Inquiries**

Concerns and inquiries about Club policies, swimmer behaviour, and coaching procedure should be directed to the **Club Liaison Committee**. The committee exists to allow problems within the club to be dealt with quickly, appropriately and confidentially. For Club Liaison Committee contacts, refer to the red bulletin board at the practices or contact our President, Alan Yates at 758-6525.

Should you wish to discuss a topic, the Board and Coaches request that you do so before or after practice. The coaches need to concentrate on the swimmers and need the pool deck clear of everyone but the swimmers. The bleachers offer a great view of the pool and the opportunity to introduce yourself to other parents! Keep yourself informed! Read the newsletters, stay for practices, check the bulletin board and above all, PARTICIPATE!

## **Harassment**

The BC Summer Swim Association is committed to providing a sport and work environment in which all individuals are treated with respect and dignity. Each individual has the right to participate and work in an environment, which promotes equal opportunities and prohibits discriminatory practices.

Nanaimo White Rapids supports this policy. The right to be treated with respect and dignity applies to our coaches, volunteers and our swimmers. The following steps are recommended to ensure this goal is achieved:

Be aware of your own behaviour. Treat coaches, children and volunteers with respect.

Get involved as a volunteer to be familiar with your child's environment.

Encourage your children to talk about their activities. Listen and be informed.

Teach and model acceptable behaviour to your children.

For additional information, concerning the BCSSA harassment policy, refer to our web site or contact:

Alan Yates 758-6525

*Kind words are easy to speak, but their echoes are truly endless – Mother Theresa*

## Awards and Incentives Program

Incentives are given out during the swim season to members who have achieved special goals in practice. Best Time ribbons are awarded during the season to all swimmers who improve their personal best times in any event at a swim meet. There are also several year-end incentive awards given out at the end of the year celebration (on Sep. 11<sup>th</sup> at Beban Park Lounge this year) to those swimmers who have reached certain milestones such as:

- **Apple Award** for 80% attendance at swim practices during the season; an engraved dog tag is given out.
- **16 + Best Times Award** for those swimmers who achieved 16 or more Best Times at swim meets during the season; an engraved dog tag is given out.
- **Club Record Breakers Award** for those swimmers who broke a club record at a swim meet during the season; an engraved dog tag is given out.
- **Best Times Team Towel Award** for those swimmers in Div 1-3 who achieved 4 BT's at 4 different swim meets; or in Div 4 and up, those who achieved 4 BT's at 3 meets or 3 BT's in 4 meets. An embroidered towel is given out. Swimmers can only receive a Team Towel once.

### **New for Div 5 swimmers and older in 2005**

A special club tee shirt is being created and will be awarded to the older swimmers that achieve their incentive goals. These goals may vary and will be set up with coaching staff at the beginning of the swim season. More information on this new incentive will be available soon.

### **Point Bars**

Swimmers earn points when they attend swim meets and place in the top six or eight in their event. These points are tracked during the season. Point bars with the total points earned in a season can be purchased and attached to the swim club pin. See the Awards Committee for details.

### **Year-end Awards**

Another group of year-end awards is given to swimmers that have shown exceptional qualities during the swim season. A “keeper” trophy is given out to each of the recipients, and the club trophy is on loan for the year. Coaches determine the winners of these awards, and names are kept in the strictest confidence until the year-end event. A detailed explanation of these awards can be found on our website under Policy 500. Here is a brief summary of these awards.

- **Worker of the Summer** - awarded to one swimmer in each practice group that showed strong work ethic and determination during the season.
- **Most Improved Swimmer** - awarded to one swimmer in each practice group for most improvement in technique, personal times, and attitude during the season.
- **Most Improved Water Polo Player** - awarded to one player in each of the four water polo groups for most improvement in skills and knowledge of rules during the season.
- **Most Valuable Water Polo Player** -awarded to one player in each of the four water polo groups who displays dedication, skills, sportsmanship and team spirit during the season.

- **Good Sportsmanship for the Summer** - awarded to one Junior Boy, one Junior Girl (Div 1-3), and one Senior Boy and one Senior Girl (Div 4-8) who displayed discipline and cooperation at practice, supported and encouraged others, displayed a positive attitude and was respectful of others at all times, and was good role model for others, especially younger members of the club.
- **Novice Swimmer of the Summer** - awarded to one Boy and one Girl who experienced their first year in a competitive swim club and showed good conduct and potential as a competitive swimmer.
- **Outstanding Swimmer of the Summer** - awarded to one Junior Boy, one Junior Girl (Div 1-3), and one Senior Boy and one Senior Girl (Div 4-8) who earned the highest number of points at swim meets that summer, showed great competitiveness and dedication to the sport, and had good attendance at practice.
- **Marge Dudley Award** - is the major honour that can be awarded to a NWRSC swimmer, in memory of the club's first president. The recipient displayed dedication to the sport of swimming and good sportsmanship, demonstrated team spirit, contributed to all club activities and was a good role model at all times.

#### **New Awards created for 2005**

Four new awards are being created in response to our increased membership and to celebrate special achievements for those swimmers who reached an important level in their skill development. Criteria for these awards will be available in late May.

## **What Happens at a Swim Meet?**

So your child wants to enter a swim meet? Swim meets are usually structured in a weekend event that allows swimmers of all ages and abilities to participate.

The regional championship meets (Island Regionals and B&C Regionals) are the only ones where swimmers must have official times recorded after the end of June. Check the guidelines to make sure your swimmer is eligible!

### ***How do you and your swimmer get started?***

Consult the meet schedule posted on the bulletin board and in the newsletters. A parent or guardian must sign the meet book for a specific meet before the posted deadline (generally about two weeks before the meet).

There are fees for each event at each meet, payable to the Club before the meet takes place. The fees are placed in the club security box with the meet and swimmer's name clearly identified. The fees are not refundable if the child does not attend. The host club does not issue refunds for last minute cancellations.

Every meet package is posted on the bulletin board. Note the times when the club warm-ups are scheduled.

*The best inspiration is not to outdo others but to outdo ourselves – Anonymously*

## **Meet Responsibilities**

Please, make sure your swimmers are there for swimming warm-ups. They can be scratched from events if they do not check-in with the coaches at this time.

Check with the Club event grid sheets (posted on a wall) or heat sheets to help a new swimmer determine his/her event numbers. Be sure to note whether the swimmer is on a relay.

Provide guardianship at all times. The coaches are there to coach all swimmers. They cannot supervise your child.

Sit with your teammates and families. Silence is needed when the swimmers mount the blocks, but after that be supportive and cheer!

For younger swimmers, help your child listen for their event numbers being called to Marshaling. Late swimmers will be scratched from their race.

Respect the decisions of the meet officials. If you have any concerns or protests, these must be addressed through the coaches. Confronting officials is considered harassment and is not allowed.

If you and your swimmer must leave early, the coach needs to be informed, especially if the swimmer is on a relay.

Get involved at the meet and help out. A minimum of 40 volunteer officials, alternating in three shifts per day, is needed during an average meet to keep it running efficiently.

## **Clinics**

A variety of clinics will be offered this summer.

### **Level 1 Clinics (NWRSC responsibility)**

The club will provide quick and easy training sessions for parents and interested persons in swim meet timing, place judging and marshaling. These quick sessions are intended to give participants confidence in the processes for assisting at swim meets. These courses are not mandatory and are not intended to exclude those who cannot attend from volunteering. May 29<sup>th</sup>, 12:30-1:00pm, Kin Pool

### **Level 2 Clinics (regional responsibility)**

Stroke and Turn Officials Clinic will be:

July 1st 7pm-9pm at Kin Pool, Nanaimo.

### **Level 3 Clinics (regional responsibility)**

Crash Desk (TBA)

Start and Referee (TBA)

Information Technology (TBA)

Meet Manager (TBA)

*Praise is satisfying to receive but it never teaches you anything new - Anonymous*

## **The Kinsmen Outdoor Pool**

On May 1st, 2002 the club began operational management of the club's Kinsmen Outdoor Swimming Pool. The first term of the Kin Pool Management Agreement was for three years, and a second five-year-term was recently approved.

**Mission Statement:** "The Bowen Park Kinsmen Outdoor Swimming Pool will provide an outdoor summer swimming pool facility for the community. This pool facility will provide public swimming, rental and program opportunities. The pool facility will be operated by the Nanaimo White Rapids Swim Club, May 1st to August 31."

In 2005 the pool will open April 23rd, under special agreement with the City of Nanaimo. This will be the fourth year of our co-management agreement with the City. The club takes over the pool operations on opening day, and turns the operations back to the City on August 31st.

In 2005 there will be 150 hours of public swimming in our Bowen Park Kin Pool. There will be access for schools and rentals. The cost of rentals is less expensive than the indoor swimming pools. Please encourage your friends to consider a swim event in our pool. We will host water polo, swim meets, triathlon and other events.

This project will provide youth student employment experience for 10-15 qualified students this summer. All the paid roles are above minimum wage, and wage levels reflect qualifications, experience and market forces.

This project is of benefit to the club, the community and the City. There are a number of ways you can support this project. You can purchase a Season's Pass for \$40. You can sponsor swims, for \$100 each or 6 for \$500. This allows the

participants to swim in our pool for FREE at certain times and we publicize the sponsor. Watch for program opportunities that might interest you, your friends and family. **Enjoy the Kinsmen Outdoor Swimming Pool during our summer months!**

## **Public Swimming**

All public Swims are FREE for club members. Each member will receive a member's pass at registration. If the pass is lost or misplaced, do not worry, the pool staff will allow club members into the pool, FREE of charge. We encourage club members to bring friends and use our wonderful outdoor pool this summer.

### **May and June Swim Times:**

Saturdays, Sundays and Holidays 1 – 3 p.m.

No sessions during meets: May 29, July 2-3, Aug 14-15

### **July and August Swim Times:**

Every day 1 – 3 p.m.

## **Sport Camps**

The Pool Operations Committee will organize Sport Camps in 2005. These will include water polo and swimming. They are introductory and developmental instructional programs, each one week long. These camps are designed for non-club members. Watch for brochures announcing these opportunities.

## **Rentals**

The Bowen Park Kinsmen Outdoor Pool is available for rental by groups or individuals. It is a great place for a party. It is the least expensive pool rental in our region. To book a rental, call 753-8176 or speak to a Pool Staff person.

## NWRSC Water Polo Program

Does your swimmer want to try something different?

Swimmers have the opportunity to enjoy a team sport, learn new skills and improve endurance. Water polo builds on team spirit and strengthens friendships. There is no additional cost for attending water polo practices. Swimmers are divided into four practice groups. Check the practice schedule for times.

|    |             |               |
|----|-------------|---------------|
| P1 | 1994 - 1997 | 11 and under  |
| P2 | 1992 - 1993 | 12 and 13     |
| P3 | 1990 - 1991 | 14 and 15     |
| P4 | 1987 - 1989 | 16, 17 and 18 |

Many times over the course of the summer water polo games will take place on the Friday afternoon or evening before a swim meet. This is an opportunity for many young new players to get in the water and play games at a less competitive level. These games are primarily “fun” games that can provide a good introduction for new players and practice for all players. We encourage anyone who wishes to participate in these games to do so.

Check the schedule for water polo games on the Friday before swim meets.

Contact Rick Heikkila at 754-3618 for more information.

## Glossary

**A/B/C** - the Island Region has a set of cut-off times. A swimmer usually starts with speeds in the “C” category. As they progress they will cross the “B” times into the “A” times. Check with the coach to see which meets are best for your swimmer.

**Backstroke** - during race swimmer must remain on their back except to roll over and execute the turn, pushing of the wall on their back.

**Breaststroke** - swimmer must remain on breast; the hands/arms pull simultaneously from the front of the head to about the shoulder. The kick is the frog or whip kick and the movement of both legs also must be simultaneous. At the end of each turn both hands must touch the wall simultaneously.

**Butterfly** - forward arm movements of the arm are simultaneously made above water, the pull remains simultaneous throughout and the swimmer remains on their breast on an even plane. The dolphin kick, where both legs move up and down at same time or breaststroke kick can be used. Both hands must touch the wall at same time for the turn and hands must touch wall at same time and at same level for the finish.

**Deck food** - deck food is required for each day of a swim meet that we host. Club families are asked to contribute food items (muffins, juice, sandwiches), which are served to the officials. A sign up sheet is posted on the bulletin board, as parental volunteers are required.

**Div 1 2 3** - Divisions are designed to keep swimmers of similar ages and abilities competing against each other. An Age Category Locator is available through your coach.

**D.Q.** - If the swimmer employs an improper turn, stroke or finish the swim will be disqualified and their time, while counted, will not be official. The swimmer needs to contact the coach to discuss the reasons why and to make improvements.

**Freestyle** - swimmer is allowed to use any style of stroke, must swim the full distance. Some part of body must touch the end wall during the turn.

**I.M.** - individual medley is a medley of the four strokes performed in this order: fly, back, breast, free. Note that this is not the same order as a team relay. The touch on the end of the length where swimmer switches to new stroke is treated as a finish touch while a mid-distance turn (continuing same stroke) is treated as a regular turn.

**Meet entry book** - a book containing a list of upcoming meets is attached to bulletin board at pool. Swimmers wishing to attend a meet must have a parent initial the meet book. Occasionally due to time restraints the coaches will get verbal commitment from a swimmer. Check with your swimmer and the book.

**Meet fees** - the White Rapids pay non-refundable entry fees for each event entered by a swimmer at a meet. Coaches need to be notified 10 days in advance for meets you have registered for but are not able to attend. Swimmers who are registered but do not attend are still responsible for the meet fees. An envelope containing meet fee cheques and swimmers info can be deposited in the mailbox attached to the wall in the clubroom.

**Mile swim** – a mandatory but fun timed mile swim. In July, mile swim pledge sheets arrive. Swimmers are asked to collect a minimum pledge and prizes and certificates are awarded. Participation is mandatory and parents are needed for timing.

**Relays** - members of relay team are chosen by the coaches with consideration given to age category and meet performance. Swimmers need to check with coaches before leaving a meet to ensure they are not swimming in a relay.

**S&O** - “S” swimmers do not receive more than two hours of training per week in an organized aquatic activity during the off-season. “O” swimmers are swimmers whose off-season activities exceed the two-hour per week limit.

## Age locator

Use this table to determine your child's division as a summer swimmer.

| Child's birth date |                 | Div  | Age range   |
|--------------------|-----------------|------|-------------|
| before             | April 30, 1985  | VIII | 20 and over |
| May 1, 1985        | to Apr 30, 1988 | VII  | 17 to 19    |
| May 1, 1988        | to Apr 30, 1990 | VI   | 15 to 16    |
| May 1, 1990        | to Oct 31, 1991 | V    | 13 ½ to 15  |
| Nov 1, 1991        | to Apr 30, 1993 | IV   | 12 to 13 ½  |
| May 1, 1993        | to Oct 31, 1994 | III  | 10 ½ to 12  |
| Nov 1, 1994        | to Apr 30, 1996 | II   | 9 to 10 ½   |
| May 1, 1996        | or after        | I    | 8 and under |

Use this table to determine your child's division as a Category 'O' (winter and summer) swimmer.

| Child's birth date |                 | Div | Age range   |
|--------------------|-----------------|-----|-------------|
| before             | April 30, 1988  | 8   | 17 and over |
| May 1, 1988        | to Apr 30, 1993 | O-2 | 12 to 16    |
| May 1, 1993        | or after        | O-1 | 11 or under |

If you are new to the club or are unsure of which table to use, you should most likely use the summer swimmer table.

*Think big, believe big, act big, and the results will be big*

- Anonymous

**Remember: I.M. order is:**

***Butter my back, my breast is free!***

Charitable fundraising in partnership with the Nanaimo  
Bingo Palace and the B C Lottery Corporation.