

Powell River Aquatic Club

Parents Handbook

2010

Groupings for the start of the 2010 POW BCSSA Swim Season

All former swimmers of the club will start the season in the group they swam in last summer and stay there for the first week. After that the coaches will re-assess. If a swimmer is to be moved they will be called before the Friday of the next week. New swimmers will follow the schedule below. New swimmers will also be called before Friday to tell them what group they will be in. Everyone will then follow the May schedule according to group. If a swimmer moves up a group they will then be charged according to the group they have moved into.

Saturday, May 1: - All new swimmers 4:00pm – 5:00pm

-Returning swimmers who were in the Bee Gees, White Stripes, Beatles, and Rolling Stones 5:00pm-6:00pm

-Returning swimmers who were in Guns N Roses and Beach Boys 6:00pm-7:00pm

Sunday, May 2: -Returning swimmers who were in the Bee Gees, White Stripes, Beatles, and Rolling Stones 4:00pm-5:00pm

-Returning swimmers who were in Guns N Roses and Beach Boys 5:00pm-6:00pm

-All new swimmers 6:00pm-7:00pm

Monday, May 3 - Returning swimmers who were in Guns N Roses and Beach Boys 4:00pm-5:00pm

-Returning swimmers who were in the Bee Gees, White Stripes, Beatles, and Rolling Stones 5:00pm-6:00pm

Tuesday, May 4 - All new swimmers 5:30pm – 6:30pm

Powell River Aquatic Club May 2010 Schedule

(Group times may be subject to change)

Mondays: 4-6 pm we have whole pool

Tuesdays: 5:30 pm-6pm we have whole pool-6pm-6:30pm we have 3 lanes

Friday: 4-5 we have 2 lanes and 5-7pm we have whole pool

Saturday: 4-6pm we have whole pool and 6-7 we have 3 lanes
Sunday: 4-6 pm we have whole pool and 6-7 we have 3 lanes

all groups are to show up 15 minutes before practice for warm-ups (stretching)

All swimmers will be able to check our website for their schedule and groupings on Wednesday May 5th.

June, July and August schedules will be handed out in the near future.

Ben will be setting up a dry-land schedule once the season starts.

**Powell River Aquatic Club
Parent Handbook
2010**

Coaches for the season:

Head Coach: Ben Lynskey
Assistant Coaches: Gitte John

Executive:

President:	Laurie Yule
Vice President:	Isabelle Jahnke
Meet Manager:	Val Young
Secretary:	Angie Bailey
Treasurer:	Sandy McLeod
Co - Registrars:	Val Young Laura-Lee Maguire
Coach Liaison:	Theresa Verdiel
Fundraising	Nicola McKay
Phoning Committee:	Laura-Lee Maguire Diane Burns
Team Apparel:	Belinda Chow
Advertising:	Isabelle Jahnke
Trophies/Awards:	Debbie DuToit Theresa Verdiel
Members at Large	Stephen Hoeszley, Rick Weckerman Norma Lazaroff

For more information, check out our website at: www.bcssa.bc.ca/vi/pow

2010 VANCOUVER ISLAND MEET

SCHEDULE

- June 5/6 Vancouver Island Icebreaker (Duncan)
- June 19/20 Oak Bay Orcas (Commonwealth Pool)
- June 27/28 Campbell River Salmon Kings
- July 2/3/4 Nanaimo White Rapids (Heats and Finals)
- July 10/11 Powell River (Heats and Finals)
- July 17/18 Sidney Pirhanas (Panorama)
- July 23/24/25 Saltspring Stingrays (Fri-Open Water;
Sat/Sun Heats and Finals)
- July 31/Aug 1 B&C Regional Championships
(Courtenay)
- Aug 7/8 VI Regional Championships (Commonwealth
Pool; hosted by the Juan de Fuca Royals)

Another swim season is almost here. On behalf of the Powell River executive, we would like to welcome each of you. For the swimmers, we hope this summer generates plenty of good memories and is filled with friends of all ages. There will be lots of practices, lots of food, camping in the rain, holes in your bathing suits, goggles lost and some lost ones found, towel fights, cheering, lip-synch contests, and so much more. For the parents....what can we say. You are the band-aid that keeps everything stuck together. Driving to and from the pool for practices. Emptying dripping wet things and opened shampoo bottles from swim bags. Then there's the smell of chlorine. At swim meets, you're packing the coolers full of food and restocking it every 15 minutes, emptying the car looking for those favorite pair of goggles that your child can not swim without, and dragging kids out of tents at 6am on a Saturday morning while hoping a hot cup of coffee magically appears. You'll find yourself standing behind a starting block with a stopwatch but have no idea how you really got there. Camping in a park in Campbell River with 300 other parents. You'll meet loads of new people and find that this whole crazy summer swim season has been as much fun for the parents as it has for your kids.

Communication:

No more soggy notices found weeks too late in the swim bag. We have a family file system that works well. Your family file can be found in a file box that is on the pool deck during practice. Notices of all up coming events and important information should be found in your file. In addition, a phoning committee is also set up to pass on important information. **Please check your file frequently.**

Fundraising:

Summer registration fees are based on pool costs and wages minus any employment grants and fundraising expectations. Fundraising plays a key role in reducing fees. Fundraising is a prerequisite to receiving gaming grants and other sources of aid. Gaming funding has been dwindling, which makes coming up with enough financing a real challenge.

Fundraising activities will be posted on the bulletin board and in the newsletters that can be found in your family file in the file box. Anyone with any fundraising ideas **PLEASE** let us in on your secret. Any suggestions, the stranger the better, are welcome.

We ask that you give a postdated cheque for \$100.00 that will be cashed at the end of the season if you choose not to be involved in the different fundraising options we have going on.

You will be informed of all fundraising options available to the club.

Parents Role of a Swimmer:

- 1) As mentioned above, you are the key that holds everything together. When your child first starts swimming, they will need you to help them get to and from practices – aren't you glad you operate a taxi. Your child is expected to arrive 15 minutes prior to practice times for warm-up. All groups usually meet for warm-ups on the pool deck. They should have sneakers (flip-flops don't work no matter what your child says) and shorts because they often will go outside if the weather cooperates. **No street shoes to be worn on deck!!**
- 2) Snacks. Swimming seems to make many children into bottomless pits. We are still trying to figure out why. Please make sure your child has something healthy to tide them over. **A water bottle FULL of water is a must for every practice!!**
- 3) The coaches are very approachable. If you have any questions please wait until **before or after** practice to talk to them as they are required to concentrate on many children during practice. Theresa Verdiel is the coach liaison and she or any other executive member can help you if you have any concerns. Any parent questioning a disciplinary action taken by a coach with regard to a swimmer, please talk to the coach liaison, **not** the coach.
- 4) Swim Meets and Fundraising require lots of volunteer help. It takes a minimum of 30 volunteer to run a swim meet. Previous experience is not necessary. Timers, Scribes, place judges, and most important food people, are all needed. For those who are braver, wear a cowboy hat and be a marshal. On the job training is offered

Remember, when attending a meet at another club, the success of the meet depends on everyone, so don't be afraid to grab a watch and put your seat in a chair behind the starting blocks. It's the best view in the pool and it comes with the best food in the house. Just make sure you get a bite before those coaches because once they get a crack at the goodies there's not much left.

- 5) **Unfortunately parent's behavior has increasingly becoming a problem in many sports. We ask parents to behave in a proper manner and treat everyone with respect. Embarrassing coaches, parents, or officials (ours or from another club), is not allowed. Abusive language, rudeness, pushing, bullying, exclusion, intimidation, or threats are not tolerated. If you have a problem talk to an executive member and we will try and sort things out. Remember, everyone, the executive and officials are all volunteers donating their time so children can enjoy the benefits of the summer swim season. There is a BCSSA harassment policy that will be enforced. A copy of this policy is available to parents. All parents will be required to sign a code of conduct form.**

Swimmers:

Your goal is to have fun, however, you are expected to act responsibly and respectfully. Mom and Dad will explain to you what those words mean. If you think having one set of parents is bad enough, now you're going to have twenty. Scary thought isn't it? As a swimmer and team member of the Powell River Aquatic Club you represent the Club and as such the following rules will apply:

- 6) Safety is the most important thing. At all times, you have to obey the rules while in the Recreation Complex. In addition, while you are in the pool during practice, you are required to train in a manner that does not endanger or interfere with others. Diving is only allowed in areas designated by the coaches, and only when the lane is clear. **This is very important.**
- 7) Everyone is required to treat each other with respect. Embarrassing or hurting fellow swimmers (ours or from another club), coaches, parents, or officials is not allowed. Abusive language, rudeness, pushing, bullying, exclusion, intimidation, or threats are **not tolerated**. If you have a problem with another swimmer or person, talk to your coach. If they aren't available, an executive member or one of our parents will try and sort things out. There is a BCSSA harassment policy that will be enforced. A copy of this policy is available to parents. All swimmers will be required to sign a code of conduct form.
- 8) **Sportsmanship** can't be stressed enough. Getting DQ'd or losing your goggles during a race happens; just remember it has probably happened to everyone else you are racing against at one time or another. It isn't the end of the world, and things like this are going to happen. Be gracious when things just go wrong. On the other hand, doing a victory dance when you win is not the best idea either. Remember, not only is your reputation in your hands but so is the Club's.
- 9) The Head Coach is the big cheese and has ultimate responsibility and authority to control behavior in the pool and on pool related activities. Coaches try to be reasonable and fair and the coaching staff may be required to administer encouragement or discipline. Swimmers who do not respond to a first warning, may at the discretion of the head coach be subjected to disciplinary action. Persistent disruptive behavior will not be tolerated.
- 10) Swimmers will take care of each other's property, Club property, and pool property.

Equipment:

Bathing Suits:

Because team lycra bathing suits are expensive, often swimmers, wear old bathing suits or more than one bathing suit if they have a hole or two in them for practices. Polyester suits last longer since they don't deteriorate in the chlorine and are often preferred for practices. Boys tend to have more flexibility in what they wear for practice. Some wear baggy short like suits while some prefer the knee length-racing suit. Most of the boys wear a knee length Lycra bathing suit for races called a jammer.

Any suit lasts longer if it gets rinsed and dried after each practice. A swimmer quickly figures out, some faster than others, that there is nothing worse than having to put on a cold and wet bathing suit for practice. The result of this is that the swim bags really do get emptied by someone other than Mom.

Caps: A team bathing cap will be provided to each swimmer as soon as we get them in. Most girls tend to wear any cap during practice, however, at the swim meets both the boys and girls will wear a team cap.

Caps should be dried after each use and even sprinkled with a little baby powder so the latex doesn't get stuck together. These swim caps are quite hardy, and on the rare occasion we test them to see how many kids we can stuff into one, however they have been known to split, usually at the worst possible time. More caps are available just ask the coaches as they will have a few extras on hand at a swim meet.

Goggles: You will find that almost all the swimmers in the club wear goggles to protect their eyes from the chlorine. Goggle types are a matter of preference. If your swimmer hasn't yet decided on a goggle ask him to try on a few pair belonging to fellow teammates. When your swimmer decides on what he likes it is often best to purchase more than one pair. Goggles tend to magically up and walk away (there is no room to put any ID on them) or break again at the worst possible time. Keeping a spare pair in the glove compartment is not such a bad idea and could save you emptying out the car 5 minutes before a race.

PS: When your goggles break. Always keep the spare pieces. Remember replacement straps can be purchased for the swimmers who like to chew on their goggles straps.

Practices:

Swimmers are divided into groups. The coaches' divide the swimmers based on their swimming ability and social compatibility. Separate training sessions are scheduled so that swimmers have the ability to get the most out of a practice. Please ensure that your child attends their assigned workout. Your child may be asked to show up before the swim practice to do some dry land training or practice a skit for

an upcoming event (this will happen before the Campbell River. Groupings may change throughout the season as each swimmer develops. The coaches will communicate this with you before any changes are made. If you have any questions regarding your child's placement please do not hesitate to ask their coach or the head coach before or after the practice.

This year seniors will be offered the option to swim part time so both work and swim schedules can mesh.

Swim Meets:

Meets are often a full weekend event that combines both swimming and camping. These meets are fun and are structured so that swimmers of all abilities can participate.

Not everyone who is a swimmer in the swim club **has** to go to a swim meet and no one is required to go to every meet. None of our swimmers go to every meet. **All swimmers who want to go to a meet and are under the age of 18 must be accompanied by a parent or designated adult. If a parent is not going they must obtain and have signed a designated adult form with the signature of both the parent and designated adult on it.**

Swim Meet information is posted on the bulletin board well in advance of each meet, about two-weeks before each meet. Meet information such as location, date, number of events available for each swimmer to sign up for, entry **fee cost****, and suggested camping locations can be found. Most meets usually start at 7am both Saturday and Sunday. Each family is responsible for their own transportation and accommodation. Our club, however, often tends to carpool, share hotel rooms, equipment, and camp together. If you are interested in more information about going to a swim meet, ask the parents watching the swim practices, many have been doing the meet circuit for years and will be happy to pass on their experiences.

****New this season** – we will be returning to swimmers paying their own meet fees. Swimmers are now responsible for paying their meet entry fees prior to each swim meet. The coach will provide information on how to sign up for a meet and how to pay for it prior to the competitive swim season. Information may also be found on our website.

How Does Your Swimmer Sign up For A Meet?

A sign up sheet will be posted on the club bulletin board about 2 weeks before every meet. If you are interested in attending that meet you must sign up for the events you wish to swim before the posted deadline. A parent or guardian **must** also sign the meet sign up sheet. Remember your coach will make the final decisions in what events you will swim. If you do not want to swim in a relay please communicate this on the sign-up sheet. Remember: Check when the relays on Sunday are held. Sometimes Sunday relays often take place late enough in the day

that it is difficult to make the 3:15 ferry to Powell River. There are fees for each event at each meet.

7 days prior to the meet the sign up sheet will come down and the entries will be submitted to the club holding the meet. We encourage you to sign up prior to this day. Although swimmers may still be entered after entries have been submitted, these deck entries make extra work for the coaches and the club holding the meet so this practice is discouraged. On the Monday and Tuesday prior to the meet, meet fees will be collected. After a swimmer is entered in a meet (usually Tuesday afternoon), the meet fees are non-refundable. If the child does not swim, we still must pay the entry fee to the hosting club. The club will take up the financial responsibility for relay entries.

Swim Meets usually start at 8am with warm-up often as early as 6:30 am. Senior and Junior swimmers **MUST** be at the pool for warm-up. A coach may scratch a swimmer from some events if they miss warm-up. A medical excuse should be discussed with a coach prior to the meet.

What Happens Now that You've Signed up for a Swim Meet?

The Powell River swimmers often are required to travel over to the Island on the Friday evening in order to be at the host pool for first thing Saturday morning. Many families camp to keep weekend costs down and normally because camping is supposed to be fun.....it usually is, if the weather cooperates. We often stay at a campground close to the swim meet and book sites as a group. Some campground suggestions are posted on the bulletin board and it is wise to make reservations ahead of time. Ask around the pool before the meet weekend for any suggestions or information regarding group camping arrangements. We normally camp at the Nanaimo, Courtney, and Campbell River meets. Often, if you are going to a meet but can't get away until the evening ferry, arrangements are made so that someone leaving earlier will take your tent and have it set up for you when you arrive. This is not only convenient but at Campbell River it is almost a must as camping space is a premium.

Once accommodation is settled, food seems to be the most important item to deal with. Keeping the cooler stocked with healthy snacks and lots to drink at a swim meet is a full time job. The head coach will fill you in on some good food choices like fruit and veggies, muffins, cereal, and sandwiches. Most important, however, is Water, water, and more water. Remember, **Healthy** is the key here. If it is not healthy, your coach may just take it away. Powell River is not the only team that promotes proper nutrition; all the Island Swim Team coaches expect their swimmers to refrain from JUNK FOOD.

Many host pools run breakfast and lunch concessions as a way to make money. Grocery stores aren't too far away, so restocking isn't a problem. There is often a parent who volunteers to make a journey to the store and will happily pick up something for you.

At some meets such as Courtney, swimwear, caps and goggles are available for sale. 50/50 ticket draws happen at almost all swim meets and some pools will have a silent auction.

What do Parents Need to Bring?

- Camping Gear: Tents, Sleeping bags, Pillows, Flash Light
- Cooler filled with Food and Water
- Camp Chairs
- Extra Towel for your Swimmer
- Extra Swim Suit and Goggles
- Umbrellas for Rain and Sun
- Sunscreen
- Highlighter for the Heat Sheets
- Pen to Write Down Children Results
- Loonies to Buy Heat Sheets
- Books or Reading Material for Yourself
- Clothes

What do Swimmers need to Bring?

- Swim Suit, Goggles, Cap, Towel
- Pillow, Blanket, or Sleeping bag for lounging around the team tent
- Sweat Pants, t-Shirts, Sweat Shirts
- Cards, Books, or games to Play between races

What Happens At A Swim Meet?

The Parents Role:

A parent is responsible for their child at all times. The coaches are there to coach and not to baby-sit.

The easiest thing to do once you get to the pool is to find out where the rest of the team is set-up. This is really not too difficult and anyone will happily point you in the right direction. Kids usually make themselves at home in the team tent while the parents usually establish themselves near the tent in chairs and guard the coolers (they are filled one minute and empty the next). Once you are settled, the first thing is you should purchase is a heat sheet. These sheets are usually \$3.00 and indicate where your child is swimming and gives you an idea how the meet is progressing and what events are coming up next. If this seems a bit over whelming, don't panic. When the news that heat sheets are available, one of our parents usually will ask around to see who wants them to pick up a heat sheet and do a mass purchase. Once you have your heat sheet, look to see where your swimmer is listed. This is where the highlighter comes in handy long with a hot cup of coffee.

The coaches will come by the team tent and gather all the kids for warm-up, cheers, and last minute information and then the meet will start. Remember, no meet can start without volunteers who fill the timer's seats, place judging, and so on. Please make sure your child is comfortable with the whole swim meet idea before volunteering. Don't worry; there will always be chance to help out. It takes a minimum of 40 volunteers to run a meet and they need breaks.

If you have younger swimmers, it is important for you to listen to what events are swimming and what events are coming up to ensure that your child gets to see their coach and then to marshalling well ahead of time. This is not as scary as it sounds and often the kids themselves have a good idea what's happening and all the swimmers will go as a group from the team tent, to the coaches for a last minute tip, and then to marshalling. Each swimmer is to meet their coach **before** every event and **after** they have finished swimming that event. The coaches can be found at the side of the pool with all the other team coaches. The coaches were once swimmers themselves and are quite insightful as to how a race went - whether it went well or not so great.

Respect the decisions of the meet officials. If you have any concerns this must be addressed through the coaches. Remember, the officials are volunteer parents who have taken some training and are doing their best to be fair for the benefit of your child. The club will not tolerate any abuse of the officials and it sets a poor example for all swimmers.

The Parents Role: Results

As the meet progresses, results will be posted on the outer wall of the pool buildings. A "BT" beside a swimmer's name means that they have managed personnel best. At "Heats & Finals" meets, the results will also indicate whether your child has made it to finals and needs to swim that event again later that same day. The top 6 swimmers in a 6-lane pool, and the top 8 in an 8-lane pool. The next 2 alternates are also listed. In the event where one of the top 6 or 8 can't swim, the next alternate will be called to advance to swim in the final.

If you or your swimmer must leave the swim meet early, the coach needs to know ahead of time as your child may be on a relay team and having a missing team member affects the rest of the relay.

Relays are held at all meets and these are usually the events that encourage team spirit and rivalry – the fun type. Relays come in all different types and arrangements. Some times there are 4 to a team but other times there might be 10. Ages can also be all mixed up. The coaches make up the relay teams so it is important for them to know who will be available to swim. As the season progresses there will be some serious relay races as teams prepare for the Regional Swim Meet in August. In these races, often the coaches have put together the fastest combinations.

The Swimmer's Role:

Once you arrive at the meet, find out where all your teammates are hanging out. This is usually at the team tent. Store your stuff inside. Remember, to behave in the team tent and respect your other team members and their stuff. No food fights and pick up your garbage. Parents are usually close at hand, and will put their foot down if need be. Listen to what they have to say as it just may make sense. The coaches will then round you up for stretching and last minute instructions before they drag you off for warm-ups. Make sure you keep track of your goggles, caps, and towels. After warm-ups, everyone usually comes back to the team tent to get warmed up and a bite to eat. Make sure you know where your parents have stashed the munchies. If it isn't healthy, the big cheese has been known to take it away. The next step is to wait until your events and remember allow for enough time to see your coach before you go to marshalling and after each race. Eat healthy and drink lots of water between races and have fun.

Swim Meet officials, competitors, and parents are to be treated with respect. You are to be polite and sportsman like. If you have a problem with someone, see your coach or a parent. Poor behavior will not be tolerated. If you are leaving the team tent or pool areas please tell a parent so they know where you are. If you are leaving the meet, please inform your coach. If you feel crummy, please tell one of the parents. Sound like a lot of rules? It really isn't so bad; just remember the rules are for your safety too.

Guide to Swimming Terms:

A/B/C Times: the Island Region has a set of cut-off times to keep swimmers with similar abilities together. A swimmer usually starts with a "NT" if they have never competitively swum that event. "NT" stands for No Time. "C" times are for slower swimmers, ones that are usually just new to the sport; "B" times are for swimmers who have progressed to a more advanced level, then "A" times. Some meets are designated for just "B" and "C" swimmers and some just for "A" swimmers. Your coach will know what meets are best for your child.

Deck food: Deck food is required for each day of a swim meet. The pool that is hosting the meet will ask that their club families contribute food items such as muffins, sandwiches, etc. This food is later served to the officials, timers, etc. The coaches even get fed and they eat a lot and frequently. For the North Zone swim meet on May 29th (very short meet) and Our Invitational on June 25th and 26th we will need a lot of food. Someone will be calling you regarding food. Please help us out.

Div 1,2,3, etc. Divisions are designed to keep swimmers of similar age competing together. An age category locator is available.

DQ: Is short for disqualification. If a swimmer employs an improper stroke, turn, or finish during an event, they will be disqualified and their time, while counted, will not be official. Officials wearing white usually do disqualifications – beware of people coming towards you wearing white; they often aren't the bearer of good news. These officials are doing their job as fairly as possible and are to be treated with respect. If a swimmer has been disqualified they are to see their coach to discuss the disqualification with their coach. Everyone gets disqualified at some time so do behave in a sportsmanship manner.

Marshalling: This is the area of the pool where swimmers receive their event cards and are seated and organized in preparation for their event. Swimmers should be in marshalling 10-20 minutes prior to an event. This timing depends on the size of the marshalling area.

Meet Sign-up Sheet: A sheet posted on the bulletin board. This sheet lists the type of meet, events, number of events you can sign up for, and other meet details. This list goes up 2 weeks prior to a meet and comes down 1 week prior to the meet. Swimmers must sign up and have their parent sign this sheet.

Meet Fees: payment for events at a swim meet. This payment is usually made on the Tuesday or Wednesday prior to the meet and must be paid.

Regionals: A swim meet where swimmers from the Island Region compete for positions to go to Provincial Championships. The top 3 places for each event for each division qualify for Provincials. The top 2 relay teams for each division also qualify. A swimmer who gets a PQT (provincial qualifying time) at Regionals is also eligible to go no matter on how he/she places.

S & O Swimmers: “S” swimmers do not receive more than 2 hours of training/week in the off season (Sept – May) while “O” swimmers are swimmers whose off season swimming with a coach exceeds 2 hours/week. The latter are often swimmers involved with a winter club.

