

Swift Current ACT/UCT
Stingrays
Summer Swim Club



Swimmer and Parent Handbook

April 2, 2013



Welcome to the Swift Current ACT/UCT Stingrays Summer Swim Club. The Swift Current ACT/UCT Stingrays Summer Swim Club is a non-profit corporation, registered with Saskatchewan Consumer and Corporate Affairs. The club is also a member of Swim Saskatchewan, the organization that regulates swimming development and competition in the province. This information has been put together for our members to become familiar with our swim club and our activities. If you have any questions, please feel free to ask any member of the Executive or email scstingrays@sasktel.net

Stingrays Executive:

President - Joanna LaDouceur - 773-3934

Past - President - Vacant

Vice - President - Melanie Kleinsteuber - 774-9233

Secretary - Leann Messer - 778-2541

Treasurer - Dustin Funk - 773-5616

Registrar - Paula Sundquist - 773-4485

Stingrays Coaching Staff:

Head Coach - Hailey Paul - 774-3105

Assistant Coach - Hillary Strain

Coaches - Tiffany Powell, Jackie Powell, Mary Lynn Beaulieu, Chelsey Skeoch, Cassandra Applegren

Code of Conduct

1. Never interfere with the progress of another swimmer, during practice or otherwise.
2. At all club functions, whether a practice, meets, or social gatherings, we expect each swimmer to behave in such a way that their actions reflect positively to the team.
3. All members of the club, whether parents or swimmers, should continue to protect and improve the excellent reputation the club has gained.

Parents – Your Athlete Needs You!!

To have a successful program, there must be understanding and cooperation among parents, swimmers, and coaches. The progress your child makes depends to a great extent on this relationship. It is with this in mind that we ask you to consider this section as you join the Swift Current ACT/UCT Stingrays Swim Club and reacquaint yourself with this section if you are a returning swim club parent.

You have done a great deal to raise your child. You create the environment in which they are growing up. Your child is a product of your values, the structure you have provided, and the role model you have been. Human nature, however, is such that a parent loses some of his/her ability to remain detached and objective in matters concerning his/her child's athletics. The following guidelines will help you keep your child's development in the proper perspective and help your child reach his/her full potential as an athlete.

The coach is the COACH! We want your swimmer to relate to his/her coach about swimming. When parents interfere with opinions as to how the swimmer should swim or train, it causes considerable confusion as to whom the swimmer should listen to. If you have a problem, concern, or complaint, please contact your child's coach or a member of the Executive.

Be the best kind of parent: The coach's job is to motivate and constructively criticize the swimmer's performance. It is the parent's job to supply the love, recognition, and encouragement necessary to make the child work harder in practice, which in turn gives him/her the confidence to perform well in competition.

Team Rules and Regulations

Practice Expectations:

- Please try to arrive at practice 15 minutes early to ensure a proper dynamic stretch, after practice swimmers will do a static stretch. All swimmers are to be ready to swim at 8am (morning swim) and 5:30pm sharp.
- Dynamic Stretching is stretching while moving; this helps to warm up the muscles while allowing them to lengthen slowly. Static stretching are stretches that are held for 20-30 seconds, this allows the muscle to fully lengthen after muscles have been warm for a period of time. Flexibility helps decrease injury in sports and increase efficiency in technique.
- All swimmers are expected to stretch before and after practice.
- Swimmers should wear warm clothes to practice, not just a towel.
- Swimmers should eat a meal or a snack at least one hour before practice. This allows enough time for proper digestion and sufficient blood sugar levels.
- All swimmers are expected to listen carefully to their coaches for everyone's safety. It is also distracting for those swimmers who are trying to listen. Swimmers will have 3 warnings by either a coach or executive member before they are asked to leave.
- All swimmers are asked to respect each other in and out of the pool.
- Hailey's group will meet at the Aquatic Center every Tuesday at 6pm for dryland until we move to the outdoor pool. Please bring weather appropriate clothing along with gym shoes and a water bottle.

What to bring to Practice:

- Swim Suit
- Goggles
- Towel
- Water Bottle
- Cap (optional)

Swim Meet Expectations:

- Swimmers should have a good energy meal like pasta the night before the meet.
- Swimmers should try to be in bed at least 8 hours before alarm is set for. Eat your breakfast at least one hour before warm-ups.
- All swimmers must be at the meet a half hour before the first warm-ups.
- Remember to dress warm for the meet, you should be in warm clothes if you aren't in the pool. Please wear team clothing to the meet.
- NO JUNK FOOD. Healthy food and drinks are the only option until after the meet is over. Food is fuel, so if you put unhealthy food into your body your performance will be sluggish. Absolutely no concession food until after your last race.
- Remember to stay hydrated all day. Keep drinking water all day long, this is extremely important whether it is hot out or not.
- Purchase a program and highlight all of your races. Write down on your body your event number, race, heat and lane. No stingrays should be called on the loud speaker! Please listen for which event they are marshalling.
- Buddies will be assigned for all swim meets so the older kids will be paired with the younger kids. Older kids will make sure their buddy knows where to go and what to do. Know where your buddy is at all times!
- Talk to your coach before and after your race.
- Shake hands with your opponents on both sides of you.
- After your race, please ask the timer for your time and tell your coach what it was!
- If you are not in the water chances are someone from your team is. Cheer loud and be positive!

What to bring to a Swim Meet:

- Swim Suit (2)
- Towels (2-4)
- Goggles (2)
- Swim Cap(2)
- Team Clothing
- Warm Clothes
- Socks and Shoes
- Weather Appropriate Clothing (be over prepared)
- Blankets/Sleeping Bags
- T-shirt
- Hat
- Change of clothes for after the meet
- Sunscreen
- Pens and Highlighters
- Stop watch
- Cooler of healthy food and drink options
- Chairs
- iPod and headphones
- Cash for a program and raffle prizes

COMPETITION and the winner is....

The first place person is not the only winner; a winner is one who behaves like a winner. There are certain characteristics of a winner and every swimmer, no matter where they place, has the opportunity to emulate those characteristics: concentration, listening skills, and working toward goals.

Sports are not an end in itself, but a vehicle we use to teach children life skills and how to reach their potential. We use sport as organized play to demonstrate and measure one's abilities. Seen in that light, winning without learning is not the desired intention. In competition, the important measure is not who collected the most medals, or even who improved the most seconds. The real critical measure is who learned the most for the competitive experience.

Swimmers will, over time, forget the medals, records, and other material benefits. They will, however, remember the development of interpersonal skills, discipline, listening skills, time management, goal setting, and enhanced self-image. These are the things that make the swimmer a more successful person with a better chance of living a life closer to their peak potential, and to contribute to the world they live in.

Philosophy of Competition

1. We emphasize competition with oneself. Winning ribbons, medals, or trophies is not our main goal. Even if the swimmer finishes first, but has swum poorly in comparison to his/her own past performances, he/she is encouraged to do better. The individual's improvement is our primary objective.
2. Sportsmanlike behavior is of equal importance as improved performance. All the coaches teach swimmers how to behave like a champion when the swimmer has both "good" and a "bad" swim. Respect for officials, congratulations to other swimmers, encouragement to teammates, determined effort, and mature attitudes are examples of behavior praised and rewarded by the coaching staff.
3. Swimmers are taught to set realistic goals for meets and relate those goals to practice to direct their training efforts.

4. Swimmers are prepared and encouraged to compete in all swimming events, distances, and strokes. This promotes versatility and encourages the swimmer to explore his/her potential in a wide range of events offered in competitive swimming. Often a swimmer's "best" stroke changes as they mature and his/her body goes through physical changes.

Swimming Dates:

Aquatic Centre: At the Aquatic Centre, the club swims Monday, Wednesday and Friday from 5:30 - 6:30pm, and Tuesday from 6 - 7pm. Swimming begins on Monday, April 29th.

There will be no swimming at the Aquatic Centre on the following days:

Friday, May 17th - Victoria Day

Monday, May 20th - Victoria Day

Friday, June 14th - Aquatic Centre is closed for move to Fairview Pool

Fairview Pool: At Fairview Pool, the club swims Monday through Thursday from 5:30 - 6:30pm. Swimming will start at Fairview on Monday, June 17th.

There will be no swimming at Fairview Pool on the following days:

Monday, July 1st - Canada Day

Morning swim is available to all swimmers 10 years of age and older starting on Tuesday, July 2nd from 8 - 9:30am. If your child is under the age of 10 and would like to participate in morning swimming, please let your child's coach know. Upon approval from the Head Coach and Executive, your child can participate in morning swimming for an additional \$50. Morning swimming is Tuesday - Friday from 8 - 9:30am.

Keep in mind that during the first weeks of swim club the placement of swimmers is being done. Your child may be initially placed in a group that is not suitable. The coaches are watching the swimmers and will place them in the appropriate group. Please be patient with this process.

Team Clothing and Swimsuits:

Ordering team clothing and swimsuits can be done at our Annual General Meeting which is Wednesday, April 10th at 7pm at the Lion's Hall or the first week of swimming. Purchasing team clothing and swim suits are optional. The last day to purchase clothing and swimsuits will be Friday, May 3rd.

Fundraising:

A swim club can only be successful with the help of all of its members. The health of the club depends on everyone. This year we will be selling Mom's Pantry and working at the Kinsmen Street Dance.

Mom's Pantry forms will be sent home the evening of the AGM and are due by Friday, May 10th. We ask that all families sell a minimum of \$100, however, the more you sell, the more money the club will make! Your \$100 fundraising cheque will be returned to you when you hand in your order forms.

The Kinsmen Street Dance is on Saturday, August 10th. If you are interested in working at the Street Dance, there will be a sign up sheet available at the AGM.

Refund of Registration Fees:

Swimmers requesting a refund of registration fees will be as follows:

1. If a swimmer withdraws from swimming before the swim season starts, they will lose the \$25.00 registration fee.
2. If a swimmer withdraws from swimming within the first two (2) weeks of swimming, they will be refunded all but \$50.00.
3. If a swimmer withdraws after June 1st, no refund of registration fees will be given.

On Deck / Discipline Policy

Under no circumstances should the coaches be approached by parents while the swimmers are in the water. This is a safety issue; coaches will be available before and after practices.

Should children misbehave or conduct themselves inappropriately, the following courses of action will be taken:

1st Warning: The swimmer will be asked to sit on the edge of the pool for an amount of time determined by the coach or executive member.

2nd Warning: The swimmer will be asked to sit on the edge of the pool for an amount of time determined by their coach or executive member, and the parent of the swimmer will be required to be present at the pool for a minimum period of one week or longer at the discretion of the coach or executive member.

3rd Warning: The swimmer will be asked not to return to the swim club for a period of one week. When the swimmer is ready to return, a parent of the swimmer will be required to attend practices until the Executive committee decides whether or not the membership of the swimmer will be continued. If the swimmer is dismissed from the program, there will be no refund of fees.

Please remember that the swim club is not meant to replace regular swimming lessons. Rather, it focuses on stroke improvement and speed development of the swimmers. Distractions endanger the safety of other swimmers.

Swim Meets:

Registration forms for swim meets will be handed out for upcoming swim meets by the coaches. If your swimmer is competing, the forms must be filled out and returned to the coaches. Forms must be filled out for all swim meets, including the Swift Current Swim Meet. Coaches will help the swimmers decide which events will be appropriate for them if they are unsure. Registration for all swim meets will be paid by the swim club, but travel, accommodation, and food are your responsibility. If your swimmer signs up for a swim meet and does not compete, you will be required to reimburse the club for the meet fees.

It is the obligation of each club parent to contribute to the club by supporting club programming. This includes working as officials at our swim meet. Our club will be having our swim meet on Sunday, July 14th. Swim meets take a great deal of work and we ask that all families volunteer to help that day to help make the swim meet a success. This year, we are requiring one family member to take an official clinic. Dates for these clinics will be sent out once the swim season has started.

For those families whose children are not competing at our swim meet, we are still in need of our members to work at the concession, prize table, and hospitality. We also ask all families for donations of food for the concession and/or the hospitality table.

There will be a sign up sheet at the AGM for helping set up our swim meet on Saturday, July 13th or helping take down our swim meet after it is over on Sunday, July 14th (\$50 fundraising cheque). You are only required to sign up to help either set up or take down, not both. Your cheque will be returned to you after you have fulfilled your commitment.

The club's two mini meets will take place on Monday, June 24th and Wednesday, July 10th during our normal swim time. The mini meet is a way to introduce our new swimmers to how a swim meet is run. After the June mini meet, we would like to have a brief parent meeting. The family BBQ and swim will be on Monday, July 15th.

As a swim club, we will be attending the following swim meets:

Humboldt, Regina, Weyburn, Oxbow, Biggar, Swift Current, Estevan (South Semi-Finals), and Melfort (Provincials).

If your family would like to compete at a meet that the club is not attending, you are more than welcome to attend, however, please be aware that a coach may not be attending the meet with your child(ren).

There is a copy of the summer swim schedule on the following page.

Swim Camp:

Humboldt Hammerheads Swim Club will be hosting a swim camp in conjunction with Symposium and Semi-Annual Meeting, which is being held the weekend of May 3rd - 5th. As soon as more detailed information regarding the swim camp has been received, the Executive will pass it along to the swimming membership.

Summer Swim Schedule

May 4 & 5, 2013	Symposium and Semi Annual Meeting and Swim Camp Humboldt – Bella Vista Hotel			
June 8, 2013				
June 9, 2013				
Saturday June 15, 2013	Sprint	Humboldt		
Saturday, June 22, 2013	Combination	Regina		
Saturday, July 6, 2013	Full	Nipawin		
Saturday, July 6, 2013	Full	Weyburn		
Sunday, July 7, 2013	Combination	Watrous		
Sunday, July 7, 2013	Sprint	Oxbow		
Saturday, July 13, 2013	Full	Biggar		
Saturday, July 13, 2013	Full	Assiniboia		
Sunday, July 14, 2013	Combination	Swift Current		
Sunday, July 14, 2013				
Saturday, July 20, 2013	South Semis	Estevan		
Saturday, July 20, 2013	North Semis	Rosetown		
Saturday, July 27, 2013	FINALS 2 DAYS	Melfort		
Sunday, July 28, 2012	FINALS 2 DAYS	Melfort		