

Saskatoon Goldfins Swim Club

Information Handbook

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WELCOME TO THE GOLDFINS SWIM CLUB!

THE SASKATOON GOLDFINS BOARD OF DIRECTORS

The current list of Board of Directors is posted on the Goldfins website at www.goldfins.ca

SASKATOON GOLDFINS BOARD MEETING SCHEDULE

The monthly Board meeting is usually held the third Wednesday of the month. Actual dates are posted on the club's website. All club members are entitled to attend regular Board meetings, and are encouraged to attend the annual (usually held in November) and semi annual (usually held in May) meetings.

POLICY REGARDING PAYMENT OF FEES & EXPENSES

- All fees (or fee installments) must be paid in full by the due date.
- Should any accounts become overdue; a 30-day grace period will be allowed. After 30 days, the Club will not be responsible for any portion of the swimmer's costs, and all meet attendance privileges will be suspended until the account is cleared.
- NSF cheques are subject to a \$25.00 service charge as well as being replaced by means of cash or a certified cheque within a 30-day period.
- Swimmers' portions of travel and accommodation for out of town meets must be paid by cash or cheque OR by a signed note authorizing use of GOLD CREDITS. (See fundraising section)
- Any personal equipment purchases must be paid for at the time of purchase. (may use a signed note authorizing the use of GOLD CREDITS)
- Equipment purchased from chaperones at a meet will be billed to you at a later date
- **30 days written notice of withdrawal from the Club is mandatory and should be submitted to the Registrar. The fees for that notification period will be retained by the Club**

Notwithstanding the requirement for the 30-day notice of withdrawal, the fees for September, May and June ARE NOT REFUNDABLE.

- Outstanding accounts must be cleared in full before registrations will be processed

SWIMMER EXPECTATIONS

1. Please see the Saskatoon Goldfins' code of conduct for details.

2. *in order to develop your highest level of excellence.*

- Be consistent and honest with your effort.
- Begin each set precisely on time and finish fast at the wall with a fast finish and great touch.
- Perform all drills exactly as instructed.
- Practice swimming the way you want to race.

3. **Leave your parents in the stands.**

The coaches request that parents watch from the stands.

Have fun!

SNC MEMBERSHIP

Each year parents pay a separate fee for their swimmer(s) to be registered with Swimming/Natation Canada or SNC. SNC is the Canadian amateur swimming sport governing body.

SNC registration provides each swimmer with nationally and internationally recognized amateur status in the sport. SNC is the body, which sets the rules for swimming competition, within which the provincial and local organizations must operate. SNC governs coaching of amateur swimmers, and sets standards for coaching behavior. SNC sets the standards for officiating, and maintains the roster of Master Officials who can be called upon to officiate at major international events. Through SNC, Canada is represented at FINA, the Federation Internationale de Natation Amateur, which governs swimming on the international level. SNC provides financial and coaching support to Canada's national qualifiers, to assist in their training and competition. SNC provides support personnel, including chaperones, and medical/therapy support when our athletes compete for Canada.

At the provincial level, the operating arm of SNC is Swim Saskatchewan. The stated purpose of Swim Saskatchewan is "the promotion of swimming for all and the development of competitive excellence." Swim Saskatchewan is a member agency of Sask Sport, the Saskatchewan Parks and Recreation Association, and the Saskatchewan Recreation Society. Swim Saskatchewan is eligible to receive grants from the Sask Trust for Sport, Culture and Recreation (lottery proceeds) and can disburse those monies to its member clubs (the MAP grants.) Swim Saskatchewan's offices are located within the Administration Centre for Sport, Culture and Recreation, on Victoria Avenue in Regina. Swim Sask is an active member of the Saskatchewan Sports Hall of Fame, and supports the election of swimmers and volunteers to the Hall of Fame. Swim Saskatchewan has established a Foundation to ensure sustainable financial support of the sport.

Swim Saskatchewan has a full time Executive Director, and full time Executive Assistant. The Board of Directors is elected annually from among the parent volunteers within the sport. Each club is guaranteed a voice at the Board through the election of its SNC Director.

Swim Saskatchewan actively supports and promotes swimming through its involvement with the competitive swim clubs, including both the "Winter" clubs (those who have an enclosed facility, and who operate September through July) and the "Summer" clubs (those who operate in outdoor facilities from May through August.) Swim Saskatchewan supports a "Sport for All" philosophy, including summers Parks and Recreation swim lessons, Masters swimming, and SWAD (swimmers with a disability) participation and competition. Swim Saskatchewan supports the advancement of accomplished swimmers through its Sask First teams. Athletes who qualify for the Sask First Teams receive additional coaching from Swim Saskatchewan. Athletes who qualify for the Senior Sask First Team receive some financial support.

Swim Saskatchewan sets and maintains the rules for local competition (within the rules of SNC.) Swim Saskatchewan maintains current lists of all registered athletes and of all officials whom

SNC MEMBERSHIP – CONT'D

have completed the various officials' clinics. Swim Saskatchewan sets the qualifying standards for competition at the Provincial level (the "AA" and "A" times) and maintains Provincial age group records. Swim Saskatchewan supports the dual Manitoba/Saskatchewan "AA" Provincial Championships at the end of the short and long course seasons, as well as the short course "A" provincials. Swim Saskatchewan provides liability insurance for all registered swimmers and clubs.

GENERAL FUNDRAISING POLICY

The Club or its individual members or groups of its members may wish to undertake fundraising activities:

- club initiatives wherein the entire club would benefit (ex. bingos)
- group initiatives wherein the group participants and club would benefit (ex. bottle drives)*
- individual initiatives wherein an individual and the club would benefit(ex. Shop and support)*

Funds raised may go towards the following:

- general club revenues
- specific club activities or purchases
- specific group activities ex. Training camps
- offsetting individual swimmer expenses

Fundraising initiatives should have a designated coordinator(s). The coordinator(s)'s responsibility will include:

- 1) planning and conducting the project
- 2) communicating with the project participants, the club membership and the board
- 3) keeping track of the participants and their contribution to the project
- 4) allocating the net funds to participants based on their involvement
- 5) preparing an income and expense statement for the project
- 6) have the income and expense statement (include participant allocations) signed by an ordinary member (parent or guardian of a swimmer) in addition to the coordinator(s) signature

***Groups and individuals will be credited 80%** of the net funds raised and the club would receive 20% of net funds.

All fundraising events **must be approved by the executive committee** of the Board.

Coordinators will have \$25.00 credited to their swimmer's account. If more than one coordinator is required , then each coordinator will get credited \$25.00. The \$25.00 is considered to be an expense of the project.

Any disputes with regards to fund allocation will be brought to the board's attention in writing.

BINGOS

Every Goldfins family must work 1 bingo per year OR find a replacement worker to do it. (A list of workers can be found on the web site). The rest of your bingos can be "bought out" with swim fees, at the beginning of the year.

- Bingos are an important source of revenue for the Goldfins Swim Club, and an excellent method of reducing monthly fees for individual families.
- The discount for working bingos is reflected directly in your monthly swim fees.
** subject to change yearly – see Fee Schedule for current charge.
- The bingo schedule is published quarterly.
- Bingos are allotted equally amongst the families in the Club, depending on the number of swimmers per family (i.e. families with two children in the Club will work twice the number of bingos as families with one child.)
- **It is your responsibility to work each bingo allocated to your family or to find a replacement.** You will be charged \$100/session missed, by the club if you don't show up for your bingo.
- There is a list available of people that are willing to work extra bingos for a standard fee (see Fee Schedule for current rate.)
- **It is the obligation of the family wishing to make changes to the schedule to notify the bingo coordinators.**
- Bingos are a **TWELVE MONTH** commitment made by our Club, consequently there are bingos scheduled in the summer months as well as the regular swim season.
- The Bingo Hall that the Goldfins utilize is City Centre Bingo at 310 – 22nd Street West.

OTHER FUNDRAISING OPORTUNITIES

VOLUNTARY fundraising opportunities exist for families wishing to reduce costs by taking part in them. These fundraisers are available throughout the year. See the web site for fundraising options such as the “shop and support” program or contact the fundraising coordinator (www.goldfins.ca/Board.asp)

GOLD CREDITS

An account in the name of each Goldfin family is maintained by the fundraising coordinator. All proceeds earned by your family in any fundraising activity are credited directly to your Gold

Credit account for future use. ***Gold Credits may not be withdrawn from your account as Cash*** but can be used for any of the following purposes:

- To offset training fees
- To offset travel expenses
- To purchase equipment

Statements of your Gold Credit account are available upon request from the fundraising coordinator. Please feel free to contact the coordinator for the balance of your account at any time.

VOLUNTEER POINT SYSTEM POLICY

SASKATOON GOLDFINS VOLUNTEER POINT POLICY **Effective September 2009-August 2010**

Philosophy: The Saskatoon Goldfins acknowledge the huge level of participation that our parents provide to the Goldfins for their children's involvement in sport. The operation of the club relies on every parent to volunteer to ensure the success of our swimmers. The Saskatoon Goldfins have implemented a volunteer point system to ensure that every family shares the workload on a minimum basis.

The purpose of the Saskatoon Goldfins Swim Club is to give our children the opportunity to swim competitively and improve their skills, while enjoying the camaraderie of their teammates and having a good time. The Saskatoon Goldfin Swim team can only be successful if we have the full cooperation and support of ALL of our parents.

Volunteer Points Coordinator: Although the Goldfins have a points coordinator, it is the responsibility of each family to ensure that they fulfill their volunteer commitment. Families must complete a volunteer points form (available on the Goldfins website) by January 31st and July 30th of each year and submit it to the coordinator. All point must be earned by August 31st. Points are not transferable and cannot be carried over to the next swim season.

Requirements for 2009-2010 the volunteer requirement is as follows:

Level One (Developmental 1 and Developmental 2) – 100 Points

Level Two (Developmental 3 and above) – 150 Points

If a family has more than one swimmer in the club, the swimmer at the highest level determines the required commitment level.

Some volunteer positions require work throughout the year. These families will be required to fulfill the Level One category regardless of swimmers group. These positions are executive and officer positions on the board of directors.

To ensure that each family meets their requirement, we require a bond as follows:

2 Cheques of \$200, dated February 1st and August 1st.

These cheques are not designed as a "buy-out" option but are a fine for failure to perform these volunteer duties. If members do not fulfill their volunteer requirement, their swimmer(s) may have their meet privileges suspended.

specified points can be found on the web site

TRAINING CAMPS

Training camps are special times, throughout the year, set apart from the regular training schedule, which the coaching staff uses to incorporate different methods, emphasis, or a different training environment, into practice sessions, in order to enhance the effectiveness of the program. The purpose of training camps is to have the athlete's go above and beyond their perceived limits, and to try new things. In a way it is a test of an athlete's ability to challenge themselves at all levels.

Training camps sometimes use "outside experts" such as coaches from other teams, famous athletes, or sport scientists to bring a new perspective and to serve as an educational tool or inspiration to swimmers. Teaching, in a classroom sense, is also an important part of the training camp; and can include such things as the theory behind swimming, sport nutrition, and sport psychology, to name a few. Training camps are also an opportunity for "dry-land" training including cross training, resistance training, and the reinforcement of injury-preventive strategies such as stretching and flexibility training. In addition there is always time for educational games, and just plain fun!

The coaches schedule swim camp activities specific to meet specific needs of the individual squads within the Club. The sessions at a camp will be longer, and at times more intense, for each squad, than a regular practice session.

The Goldfins Swim Club has two regular scheduled training camps built into the training schedule. These camps are held during the Christmas and Easter breaks from school. The camps are usually held in Saskatoon. There is no additional charge to parents for the local swim camps, which are regarded as part of the regular training schedule. **IT IS AN EXPECTATION THAT SWIMMERS WILL ATTEND THE CAMPS THAT ARE SCHEDULED FOR THEIR TEAMS.** Watch carefully for the camp schedules, since swim and other activity times may not be at the usual time(s) your swimmer goes to practice.

Periodically, the Club is able to send swimmers to an "away camp". "Away camps" provide additional benefits of allowing the team to build cohesiveness and spirit in an environment away from the distractions of home. These camps also allow the swimmers to experience training at different facilities and the experience of training with different and sometimes better swimmers. These camps are considerably more complex to arrange, and result in additional costs to the Club (for Coaches and chaperones travel and accommodations) as well as in additional costs to parents.

OFFICIATING

Swimming is a sport, which relies heavily upon volunteers for the efficient operation of its competitions. Even at the Olympics, the officials are volunteers. **IT IS AN EXPECTATION OF THE CLUB THAT ALL PARENTS/FAMILIES WILL ASSIST WITH OFFICIATING AT ALL CLUB SPONSORED MEETS.** Officiating is a great way to meet other parents within the Club and to begin to learn the “rules” of competitive swimming.

Each year, an Officials Chairperson is elected by the Goldfins membership. This person has the responsibility to find all of the officials need for each session of each meet, which we host. It is particularly difficult to fill sessions that occur on working days.

Within the province, there is a mutual cooperation among the swim clubs to assist each other with officiating. This means that our Officials Chairperson can, if needed, call upon other clubs to fill necessary positions. We can also be asked to supply officials for other clubs’ meets, when needed. Nevertheless, each club is expected to do its best to fill its own Officials lists for meets.

Swim/Natation Canada (SNC) has established rules governing which officials are required for sanctioned meets. Officiating positions include timers, Place Judge, Marshall, Head Lane Timer, Judge of Stroke and Turn, Clerk of Course, Chief Judge Electronics, Electronics Operator, Starter, etc.

Officials’ clinics (usually one to two hours in length) will be offered throughout the year. Parents are encouraged to take these clinics, and to become more experienced officials. Each year swimming loses some of its experienced parent volunteer officials, and there is a constant need to replenish their numbers. Swim Saskatchewan keeps records of all officials, and provides these to the Officials Chairperson so that qualified persons are always put into the appropriate positions.

Officials are required to wear white. White golf shirts, short sleeved blouses/shirts, and white trousers/skirts are required. Short shorts or short skirts are not allowed. The swim decks are wet and slippery, and outdoor shoes are prohibited for health reasons. Rubber soled deck shoes or sandals are recommended. Bare feet or unsecured thong-type footwear are not recommended. Officials almost always get wet. Loose cotton garments are best.

Look for opportunities to volunteer for other Clubs – take your “whites” when you go with your swimmer to out-of-town meets, and approach the Meet Manager or the Officials Chairperson of the host club to see if they need help. You will learn more about the sport of swimming, by being involved on deck where the action is.

If you have questions about officiating please e-mail the officials director.
<http://www.goldfins.ca/Board.aspx>

TEAM MANAGERS

Each team of Goldfin swimmers has a parent designated as the Team Manager. This parent volunteers his/her time to assist the Coach with the management of the team activities and acts as a liaison between the board and parents.

Common activities of a Team Manager are:

- Co-ordinate meetings of the parents and Coach. This is usually at the call of the Coach but can be at the request of the parents.
- Send messages to the parents from the Coach and/or Board of Directors by email.
- Welcome, inform and listen to the parents and communicate any general concerns to the Coach. Parents should be encouraged to talk to the Coach directly with specific concerns.
- Team Managers will be contacted by the Coach with the names of each swimmer eligible to attend specific swim meets (for “AA” and “A” level meets.)
- Contact parents to determine whether an eligible swimmer will be attending specific meets and what would be the travel arrangements.
- Welcome new swim families to their group and orientate them to the club and sport of swimming.
- To make arrangements for team activities, as necessary, at the request of the Coach.
- Participate in Board of Directors decisions.
- Arrange a Christmas or year end party for your group. (There is a team, year end party organized by the social director every year.) There is \$5 per swimmer that you can collect from the club treasurer to offset party expenses.

Common activities of the Head Team Manager are:

- Orientate team managers
- coordinates out-of-town meets for the Coaches and swimmers
- Arranges for club transportation, hotel accommodations, chaperones, supplies and equipment for meets.
- Coordinates entries with the Entries Director.
- Collects travel costs and maintaining a meet budget.
- Distributes meet information sheets to other team managers.

If you are interested in becoming a Team Manager, please talk to any member of the Goldfins Board of Directors.

SWIM MEETS

1. STRUCTURE

Most swim meets are structured so that swimmers compete against their peers. This usually means that swimmers will compete against others within the same age group. For swimming in Canada, the usual age groups are 11 & Under, 11,12 ,13,14, and 15 & over for girls AND 12& Under,13,14,15,and 16 & over for boys. Clubs may choose to group swimmers differently.

2. TIME STANDARDS

Time standards have been calculated according to age groups and for the different swim seasons (short course vs long course). The times for the short course season are quicker than those for the long course season.

Your swimmer's aim will be to achieve these times. There are different levels of time standards:

- provincial ones, based on age,
- national ones, based on age,
- national times (no age definers) and the final goal of swimmers

Provincial time standards are calculated from the actual achievements of swimmers in Saskatchewan, and are revised from time to time. Provincial records are kept for these age groupings. See **Swim Sask** <http://www.swimsask.ca/>

These times are often referred to as “AA” and “A” times :

- short course http://www.swimsask.ca/winter/winter_SC_standards.htm
- long course http://www.swimsask.ca/winter/winter_LC_standards.htm .

Age Group National time standards (AGN). These are national qualifying times based on Age Group swimming (18 and under). http://www.swimdb.ca/time_stds/national.php

National time standards. These have no age definers and would be the goal of the older swimmers. http://www.swimdb.ca/time_stds/national.php

Long term athlete development (LTAD) time standards have been established by Swim/Natation Canada (SNC), in order for Canadian swimmers to become more competitive internationally. These promote long distance/endurance swims in Canadian swimmers. Web site for more info

<http://209.20.80.25/vsite/vfile/page/fileurl/0,,5157-1-1-122018-0-file,00.pdf>

Power rankings: Nationally, there is a system that ranks ALL Canadian swimmers by age. This is called “power ranking”. It can be accessed on the Swim/Natation Canada Web site.

<https://www.swimming.ca/PowerRankings.aspx>.

These ranking are published in *Swim News* magazine and on the swim Canada and Swim Sask web sites

3. TYPES OF MEETS (DEVELOPMENTAL, INVITATIONAL, NATIONALS, ETC):

Provincial Qualifier meets:

These are designed for entry level swimmers to gain experience in competing, the chance to practice setting and achieving goals for their own performances, as well as the chance to pit their achievements against those of their peers. Your swimmer and your swimmer's Coach will choose which events he/she will enter.

Swim Saskatchewan has established guidelines for Clubs in deciding which events will be swum at Development meets. The actual structure of the meet can be established by the Host Club. In Saskatchewan, the annual swim meet calendar is established so that there are a number of developmental meets throughout the year. Swimmers at the developmental level usually do not travel to meets outside the provincial borders.

“Invitational” or “Open” meets :

Once swimmers have gained some experience in competing, and have established some “times” of their own, they may be ready for the next level of competition. These meets are structured with specific entry time Standards to ensure faster competition .

In order to participate in such meets, swimmers will have to have achieved provincial “A” , “AA” times . In addition, some meets will require that swimmers also have achieved LTAD times. Coaches keep a ongoing record of times for each swimmer and will let you know if your swimmer qualifies to partake in invitational meets.

The Goldfins host an annual invitational meet , in October or November each year, with set time standards.

Man/Sask Provincials is an example of a high caliber meet in which swimmers need provincial “AA” times in addition to LTAD times in order to participate.

Once swimmers have begun to achieve national rankings in their events, they need higher levels of competition. They will attend meets such as Youth Championships, National Junior Championships, National Senior Championships, and international competitions.

4. ENTRY FEES

The Host Club charges an entry fee for each individual event, and each relay event, in which a swimmer or relay team is entered. It is Goldfin Club policy that all entry fees for members of the Goldfins competition team will be paid by the team. Some group members will need to reimburse the club for meet fees. You will be sent a bill in the mail. Hosting clubs charge the fee even if a swimmer “scratches” (does not show up) for the event or meet.

The fee is only refunded if cancellations are received before the meet commences: therefore, it is **important that families notify** their Coach and their Team Manager immediately if an entered swimmer is not going to a meet. This will eliminate unnecessary fees that will be charged to the Club. The annual meet calendar will be published early in the season and will be posted on the website, and monthly reminders will be in the Club newsletter which is also posted on the Goldfin website – www.goldfins.ca

5. TRAVEL

Travel is a necessary (and fun) component of swimming competition. Within Saskatchewan, it is important that each Club has at least one opportunity per year to host a meet. Swimmers at the Developmental level will travel to many of these meets, but will usually not travel outside the province. At higher levels of competition, inter-provincial, national and international travel becomes more likely. Most of the “AA” caliber swimmers will have at least two or three opportunities for inter-provincial travel each year (usually to Manitoba and/or Alberta).

Group transportation is arranged by the Goldfins for all out-of-town meets. **The club strongly encourages swimmers to travel with the team.** This fosters team spirit. The cost of the transportation is divided among the parents of those swimmers who are attending the meet by bus or team van. There is usually some subsidy of travel costs available for certain calibers of competition.

PREPARING FOR A SWIM MEET

1. PACK LIGHT IF TRAVELLING WITH THE TEAM

Swimmers should only pack what they can carry themselves, and what they themselves can look after and remember to bring home. A good idea is to use one large duffel bag to hold their clothes and personal articles, in addition to their swim bag with their on deck requirements. Swimmers spend most of their time at the pool, and most of that time in their bathing suits, so multiple changes of outer clothes are an unnecessary waste of precious packing space.

Personal toilet articles, medications, etc. should be packed in spill and break proof containers. A good idea is to have the swimmer do his/her own packing – they are more likely to remember what to bring home if they packed it themselves.

Swim bags should contain swimsuits (both practice and meet suits), 2 goggles, 2 caps, and at least one towel and one set of on-deck clothes (shorts and T-shirt). Sweats and hoodies are also a good idea for on deck. The Goldfins sell various sorts of deck clothing through the Equipment Chairperson. Pull buoys, hand paddles, flippers, and other training apparatus are not needed at meets. The Club chaperones at meets will have limited quantities of extra caps and goggles.

In winter, it is **expected** that swimmers bring boots , mitts, a toque , and a warm jacket when traveling with team transportation.

2. LABEL EVERYTHING

Use indelible marker to label everything! When there are fifty Goldfins at a meet, each wearing a Goldfins yellow T-shirt and shorts, it is easy to get things lost and mixed up. Monogramming is an excellent method. It is easy to lose two or three towels per child per season.

4. SPENDING MONEY FOR SWIMMERS

Swimmers who are traveling with the team, will need money for lunch and snacks at the pool and for supper on the ride home. Occasionally, money is needed for a meal on the way to a meet. Swimmers should bring a packed lunch from home for consumption on the bus on the way to a meet.

An average of \$20-30 per day away should be sufficient, depending upon the age and appetite of your swimmer. Set guidelines for your expectations about the use of spending money, but remember that cheap, good food is often hard to find at meets. Supper on the way home will general cost close to \$20. Souvenirs such as meet T-shirts may be available at some meets. Your swimmer should know whether such purchases are permitted, and what their spending limit is.

Some families send snacks with the swimmers. Packaged granola bars, fruit roll-ups and such may work if your swimmer will eat them. Soft foods such as muffins, fruit and vegetable sticks should be packed in an appropriate container as to avoid mess. The Club chaperones will have fluids available at the meet.

Chaperones will look after swimmers' money, if asked. If you want the chaperone to look after your swimmer's cash, put the money in a labeled envelope and write the total amount on the envelope.

4. PACKING FOR PARENTS

Bring a cooler (with healthy snacks and drinks), deck shoes, light clothing and a sweater, lawn chair, pen and highlighter, and some cash to the meet.

At some of the smaller pools there is limited seating if any.

A "heat sheet" or program will be for sale (\$5-\$10) at most meets.

Once your child's name is highlighted, it is much easier to identify your swimmers amongst all the competitors' names on the program.

Outdoor meets do happen from time to time. Prepare for rain or sunshine when attending. Most people will bring: a cooler, umbrellas (for sun or rain), chairs, sunscreen and clothing for cold and hot weather. We do attend an outdoor meet in MooseJaw every June.

WHAT TO WATCH AT A SWIM MEET

The following is a brief summary of competitive swimming strokes.

THE RACING COURSE

The swim season is divided into 2 seasons. Short course is from Sept. to March. Long course is from March – June. The length of a short course racing pool is 25 meters and a long course racing pool is 50 meters. The water temperature is usually kept at 26° C.

THE MEET

There are normally 13 individual events and three relays for men and women in a swim meet.

FREESTYLE EVENTS

In the freestyle, the competitor may swim any stroke he or she wishes. The usual stroke used is the front crawl. This stroke is characterized by the alternate overhand motion of the arms. The freestyle is swum over 50, 100, 200, 400, 800 and 1500 meters distances.

BACKSTROKE EVENTS

In the backstroke, the swimmer must stay on his or her back at all times. The stroke is an alternating motion of the arms. At each turn a swimmer must touch the wall with some part of the body. Swimmers must surface within 15 meters after the start and each turn. Backstroke race distances are 50, 100 and 200 meters.

BREASTSTROKE EVENTS

Perhaps one of the most difficult strokes to master, the breaststroke requires simultaneous movements of the arms. The hands are pushed forward from the breast on or under the surface of the water and brought backward in the propulsive stage of the stroke simultaneously. The kick is a simultaneous trust of the legs called a “frog” or breaststroke kick. No flutter or dolphin kicking is allowed. At each turn a swimmer must touch with both hands at the same time. Breaststroke races are distances of 50, 100 and 200 meters.

BUTTERFLY EVENTS

The most physically demanding stroke, the butterfly features the simultaneous overhead stroke of the arms combined with the dolphin kick. The dolphin kick features both legs moving up and down together. No flutter kicking is allowed. Swimmers must surface within 15 meters after the start and each turn. Butterfly races are swum in 50, 100 and 200 meters distances.

INDIVIDUAL MEDLEY

The individual medley commonly referred to as the “I.M.” features all four competitive strokes. In the I.M., a swimmer begins with the butterfly, changes to the backstroke after one fourth of the race, then the breaststroke for another quarter and finally finishes with the freestyle. The I.M. is swum in 200 and 400 meters distances.

MEDLEY RELAY

In the medley relay all four strokes are swim by four different swimmers. No swimmer may swim more than one leg of the relay, which is swum in backstroke, breaststroke, butterfly and freestyle order. The medley relay is 400 meters or four by 100 meters.

STARTS AND TURNS

Many races are won or lost in starts and turns. In the start, the swimmer is called to the starting position by the starter who visually checks that all swimmers are still. Then, once the starter is satisfied, the race is started by either a gun or an electronic tone or light flash. Quick turns are essential to a good race. In all events the swimmer must touch the wall, but in the freestyle and backstroke the swimmer may somersault as he or she reaches the wall, touching only with the feet. In the other two competitive strokes (breaststroke & butterfly) the swimmer must touch the wall with both hands before executing the turn.

STRATEGIES

The sprint races (50 & 100 meters) are an all-out burst of speed from start to finish. The slightest mistake can cost precious hundredths of seconds – and the race.

The 200 meters events required the swimmer to have a sense of pace as well as the ability to swim at a controlled speed.

The 400, 800 and 1500 meters freestyle races require the swimmer to constantly be aware of where they are in the water and how tired they are becoming. Swimming the first portion of the race at too fast of a pace can sap a swimmer’s strength and cause a poor finish. Swimming the first portion of the race too slowly can separate the swimmer from the pack and make catching up impossible.

There are two ways to swim a distance race. Swimmers may elect to swim the race evenly by holding the same pace throughout the race or they may “negative split” the race. A negative split occurs when the swimmer covers the second half of the race faster than the first half.

CHAPERONES

Be a chaperone for one for one of the out-of-town swim meets. The Goldfins require chaperones to assist the coaches with the care and supervision of the swimmers travelling on Club transportation.

CHAPERONE REQUIREMENTS

Chaperones are parents who travel with the club's swimmers to meets held outside of Saskatoon. Depending on the number of swimmers and the requirements of the meet, one or more parents volunteer their time and assist the coaches with the supervision and care of the swimmer while away. It is crucial to have responsible adult supervision for these meets and camps. Travel and usual expenses are covered for the chaperones. Chaperones may be required to drive the team to the meet and back in a 7 or 15 passenger van.

The Head Team Managers organize the supplies, hotels, transportation and chaperones for the out-of-town meets. Food, supplies, first aid kit, banners and equipment will be delivered to the bus prior to departure. The chaperone's duties start with the departure and end when the last swimmer is taken home.

The chaperone is responsible for the swimmers on the bus, in the bleachers, in the dressing rooms, hallways, hotels and at restaurants. The coaches are responsible for the swimmers while on deck. The chaperone acts on the parent's behalf, keeping track of the swimmers, watching out for them, and helping them understand what behavior is acceptable at the competition. The chaperone works with the coaches as a team. Discipline, if needed, will be decided by them.

Cooking for the team will be required by the chaperones. The head team manager will discuss shopping and meal suggestions with you before the meet. The cost for groceries will be split evenly between chaperoned swimmers after the meet.

HOW TO SIGN UP

Take a look at the meet schedule for the coming season and see if one suits your schedule and family. E-mail your Team Manager and let him/her know which meet you would be interested in. The Team Managers try to buddy new parents with more experienced ones and will try to match the chaperones with the requirements of the meet. Packages of information about the meet, the swimmers attending, reminders about your duties and the media package for swimming results may be given to you prior to departure. Your child will be expected to stay in a room with other swimmers, as the chaperone must be available for all the swimmers. Because of this, it is also important not to bring any of your other children with you.

CHAPERONES – CONT'D

TRAVEL

- You may want to bring a couple movies for traveling. Most video stores will give you a deal if you say it is for a team event over a specific period of time. The swimmers may also bring videos.
- Check with the bus driver about his/her availability during the meet. Often you can use the bus for transportation to and from the pool and hotel.
- Ensure all swimmers are accounted for.
- Often the team will stop for a meal on the way home from a meet. The chaperone should arrange with a restaurant for a specific time and ask if there is a special deal for the meal available. Sometimes the kids may not have enough money left, so a less expensive place would be preferred. Check with the Coaches. Usually the bus driver's meal is free of charge in most restaurants.
- Upon leaving the restaurant, phone the designated contact person with the expected time of arrival back in Saskatoon.

HELPFUL HINTS

- Bring the water cooler on the bus along with paper cups for the swimmers during travel.
- Bring garbage bags on the bus and ensure the kids use them.
- Have water and diluted juice available on deck. Sometimes the younger swimmers forget to rink enough water during the meet and may need a reminder.
- Some meets have ice available, which can be added to the coolers. Ice can usually be obtained at the hotels.
- If you need to buy more supplies while away, keep any bills and forward to the Head Team manager for reimbursement.
- Encourage swimmers to clean up their space on deck and use the garbage.

JUICE AND WATER

It is the policy of the Goldfins to have water and Gatorade available on deck for the swimmers to keep their fluid levels balanced during the competition.

FIRST AID KIT

The equipment manager will provide you with the First Aid kit. The swimmers phone number, allergies and SHSP numbers are in the kit. The kit should be accessible on the bus when travelling and on deck at the pool. Included in the kit are basic first aid supplies: Band-Aids, tape, etc.; some medications (Tylenol, Roloids) and feminine supplies.

If a child is ill, take him/her to a Doctor and phone the parents. It is encouraged that the

CHAPERONES – CONT'D

chaperone does not medicate the swimmers' however, if the swimmer is old enough and know what they need, they may request something for a headache or stomachache. Contact the parents if you are concerned.

Please do not purchase new types of medications for the first aid kit. The Team Managers will ensure that the kit is stocked. Many medications may affect performance.

It is also a good idea to know, in advance, where a Medi Clinic is located close to the pool

OTHER

- Be at the pool for warm ups. One chaperone **MUST** be at the meet at **ALL** times.
- Be informed where the swimmers are at all times. Make sure all the children are on the bus/van or with parents. Do not leave anyone behind.
- Check for clothes and towels after the meet.
- Ensure appropriate behavior of the swimmers at all times. Report any infractions to the coach.

The chaperone and coaches would decide just like if they were the parent, what discipline is needed if a decision is needed immediately (ie. if some one would be harmed by the swimmers action). There were cases in the past (a few) that the swimmer was placed on the greyhound bus by the chaperone and their parents were charged the bus fee for disruptive, irresponsible behavior. In any case the board is consulted and a disciplinary committee is formed. There may be further discipline action by the board if they feel it is necessary.

AWARDS

If requested by the Coach, collect any ribbons or awards.

- *HAVE FUN WITH THE TEAM!*

TALK MAIL

WHAT IS TALK MAIL?

TALK MAIL is an inexpensive, easy to use, convenient voice messaging service from SaskTel that will provide another avenue of communication within our Swim Club. A voice mail message can be created once and sent to everyone at the same time. This is generally used to give information on bus arrival time following an out of town meet.

Those who do not use Sasktel, will need to find out the bus schedule on their own.

WHAT WILL IT COST?

The TALK MAIL mailbox assigned to your telephone is personally and privately yours but does not cost you anything to own or receive messages. Charges will apply only if you send or reply to a message.

See your Sasktel phone book on how to set up an account.

HOW WILL YOU KNOW WHEN YOU HAVE RECEIVED A MESSAGE?

You will know when you have received a message in your mailbox when you hear a pulsating dial tone (commonly referred to as a "stutter" dial tone) upon picking up the handset.

SPECIAL EVENTS

For swimmers and their families, there are two formally planned events by the Social Committee. The Awards banquet takes place in the fall, usually in September. The evening honors swimmers and their achievements. As well, it's a chance to socialize with friends and family.

The second social is the Year-End Social. This is a chance to get together as the season ends.