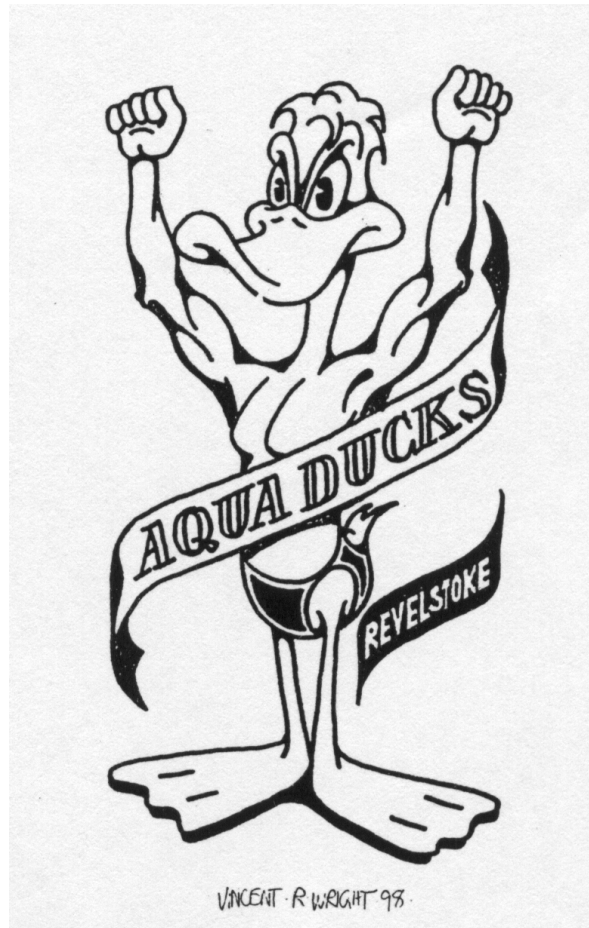


REVELSTOKE AQUADUCKS SWIM CLUB



2016 Handbook
www.revelstokeaquaducks.com

Our swim club thanks you – our volunteers, for the everyday running of the club as well as the success of our swim meets.

AQUADUCKS SUMMER SWIM CLUB MANUAL

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1. INTRODUCTION

Welcome to the Revelstoke Aquaducks Swim Club. The Aquaducks Swim Club first began competing in Revelstoke in the late 1970s in the outdoor pool. The Ducks now train and compete at the Revelstoke Aquatic Centre.

The purpose of this manual is to introduce you to the club and to competitive swimming. For more detailed information on any given topic please consult the club website (www.revelstokeaquaducks.com). Also, feel free to approach any Aquaducks parent or member of the executive if you have questions.

2. CLUB PHILOSOPHY

The Aquaducks Swim Club is based on the philosophy of establishing, operating, and maintaining a summer activity for young athletes through the promotion of competitive swimming. During the winter maintenance program, we hope to continue developing our swimmers, asking them to put forth their best effort and to strive for excellence.

3. CLUB OBJECTIVES

The objective of the Revelstoke Summer Swim Club is to promote personal development, accomplishment, and team atmosphere through competitive swimming, a fun environment, and family involvement.

We strive to carry out these objectives in a manner that stretches us to reach our vision to be a consistently competitive club in our region.

Our goals:

- To attract and keep an accomplished and nationally certified coaching staff , talented in working with swimmers of all ages, and who consistently display enthusiasm and effective communication and leadership.
- To provide the resources to enable each member to reach his/ her potential as team members.
- To realize the strength of family involvement through a supportive volunteer network.
- To cultivate a positive team atmosphere.

4. COMMUNICATION

Communication is one of the most important aspects of a fun and successful swim club. Messaging will occur through email and Facebook, and general information can be found in the following places:

- On the club website
- In the black plastic box which is set out on the pool deck during swim times. (for the exchange of documents and delivery of ribbons etc)
- On the Aquaducks bulletin board just outside the entrance to the pool.

The quickest and most effective way to get information is through the website and/or in additional general information is also contained in this manual. This manual is posted on the website.

When contacting the coaches, please be considerate. The best way to speak with the coaches is to meet them after practice. Sending a note to the coach with your swimmer is a good way to get information to them. Christina Wallwork is our current Coaches Liaison and she is available to pass information from parents to coaches.

****Please note that, within reason, the pool deck is off limits to parents during practice. We encourage parents to observe from the seating area but to not be a distraction to your children and the coaches.***

5. REGISTRATION

Registration is as follows:

- Summer Swim Club is held in April.
- Winter Maintenance Session 1 is held in September.
- Winter Maintenance Session 2 is held in December.

The fees for the current session are listed on the following page and are due at registration. A schedule for post-dated cheques is outlined on the attached sheet.

- Two \$75 fundraising cheques are required for summer registration.
- One \$75 fundraising cheque is required for each winter session.

These cheques will be destroyed at the completion of your fundraising commitment.

For more information about fundraising see the appropriate section in this handbook or talk to an executive member

There is a \$25.00 fee for all NSF cheques.

**** The Revelstoke Aquaducks do not offer prorated registration for their summer or winter programs, it is understood that all swimmers and families will miss sessions from time to time and be unavailable for portions of the program.***

Revelstoke Aquaducks

Summer Swim Club Registration 2016

Calling Ducks and Ducklings! Waddle on up to a summer of wet and 'waterful' fun with the Revelstoke Aquaducks Summer Swim Club! **The fun begins Monday, May 2nd** and runs until August 17th. This fantastic program offers great benefits for everyone. Whether it is the fun and excitement of the social activities, or the thrill of becoming a better swimmer and competing in the pool, the Revelstoke Aquaducks is a great summer program for all swimmers of any ability.

This year athletes can be registered full time for the whole summer OR 3 practices per week for the whole summer. As well, to help accommodate kids involved in other sports, school, vacation etc. we are offering the option to register for just May/June or just July/August. **All athletes can participate in the Revelstoke Swim Meet regardless of which session they are registered for.**

Registration: April 4 & 6 from 4-7:00PM at the Community Centre

For more information contact Heather Jay @ 837-6292 or Connie Pfeiffer @ 837-6152

You can also register online at www.revelstokeaquaducks.com

Schedule:

Turtles 3:30-4:00 pm (Mon/Wed or Tues/Thurs, or all 4 days) must be 5 years old by December 31, 2016

Novice 4:00-5:00 pm (M-F) the novice group includes 45 mins of training and 15 mins of game time

Juniors 4:00-5:00 pm (M-F) Morning practices, dryland (refer to website *schedule* times)

Seniors/Intermediates 5:00-6:30 pm (M-F) Morning practices, dryland (refer to website *schedule* times)

*Intermediates is Division 4 and up

Adult/Alumni 5:00-6:30 pm (M-F)

*This is open to returning summer swim club members. You must be entering grade 12 or older. These swimmers will only be able to attend a maximum of 3 practices per week.

Note: Starting Friday, July 8--Friday practice times will be moved to mornings in order to accommodate weekend swim meets.

Fees:

	Full Week	Full Week	Full Week	3 per week	3 per week	3 per week
	Full summer	1/2summer	1/2summer	Full summer	1/2summer	1/2summer
	May2-Aug17	May2-June30	July5-Aug21	May2-Aug17	May2-June30	July5-Aug17
Turtles	\$300(4day)	\$202	\$166	\$245(2day)	\$168	\$140
Novices	\$375	\$248	\$202	\$262	\$178	\$148
Juniors	\$375	\$248	\$202	\$262	\$178	\$148
Intermediates	\$375	\$248	\$202	\$262	\$178	\$148
Seniors	\$375	\$248	\$202	\$262	\$178	\$148
2 nd Swimmer in family	\$365	\$242	\$197	\$255	\$174	\$145
3 rd swimmer in family	\$275	\$186	\$154	\$192	\$137	\$116
Adult/Alumni	\$245					

Fees include pool time, coaching, insurance and raffle tickets for a swim meet raffle. All swim meets, clothing, suits, goggles, and social events are subject to additional fees, except out local swim meet.

Check out our website
www.revelstokeaquaducks.com

ome join the Aquaducks
 is spring and be a part of



6. REFUNDS

Summer Swimming:

Full refunds will be given within 7 swim days from the session start date if the swimmer does not wish to continue swimming. The head coach must be informed in writing within the 7 day period that the participant does not wish to continue swimming.

Winter Sessions:

Full refunds will be given within 4 swim days from the session start date if the swimmer does not wish to continue swimming. The head coach must be informed in writing within the 4 day period that the participant does not wish to continue swimming.

**Prorated refunds after 7 swim days (for summer) and 4 swim days (for winter) will only be given for medical reasons. A doctor's note must accompany a written request for a refund. The head coach must receive the written request prior to the completion of the swim season.*

**An administrative fee of \$30.00 will apply to all refunds.*

All BCSSA fees are non-refundable.

The BCSSA (British Columbia Summer Swim Association) fee applies to all swimmers each year and must be paid prior to swimming. This is a non-refundable fee. This fee is applicable from 1st May till 30th April each year.

7. AQUADUCKS CLOTHING AND SWIMWEAR

- Aquaducks swim caps, T-shirts, warm-ups and swim suits are available at registration and throughout the year pending availability. Aquaducks are encouraged to wear a team swimsuit and cap for competing at swim meets.
- Many swimmers save the Aquaducks suit for meets and wear another suit for practice in order to make their competition suit last longer.
- Please ensure that your children have goggles for every practice and swim meets. Goggles range from \$7 to over \$20.

8. FUNDRAISERS

Fundraising is an important component of our club, not because it allows us to have extras but because it allows us to subsidize the costs related to each swimmer. In actual fact, it costs more than \$800 per swimmer per summer. The executive is committed to keeping the program accessible to everyone by keeping the registration fees as low as possible. We can only accomplish this by actively fundraising throughout the year.

This session we ask families to volunteer for only 2 fundraisers for the whole summer or 1 fundraiser for half the summer. There will be a variety of fundraising options including a bottle drive (May 28), bottle sorts, Cooper's cards, bingo set up and towel washing. One or two cheques of \$75 each will be required at registration and these will be destroyed once fundraising requirements are met.

9. SWIMMER PLACEMENT

The ability and age of your child will determine in which practice group they are placed, and this is determined by the coaches. If you have a concern in this regard please contact the coaches liaison or your swimmer's coach.

At swim meets, swimmers of the same gender compete in divisions which are determined by age. They normally spend two years in one division then one year in the next division, as specified in the table below.

BCSSA 2016 Age Locator Speed Swimming

Swimming & Synchro		Birth Month	Birth Year	
Cat "O"	Div "S"			
O - 8 (New) (17 & Over)	O - 8 (New) (20 & Over)	Jan - Dec	1911 - 1994	
		Jan - Dec	1995	
		Jan - Apr	1996	
	Div. VII (17 - 19)	May - Dec	1996	
		Jan - Dec	1997	
		Jan - Dec	1998	
		Jan - Apr	1999	
	O-2	Div. VI (15 & 16)	May - Dec	1999
			Jan - Dec	2000
			Jan - Apr	2001
Div. V (13 1/2 - 15)		May - Dec	2001	
		Jan - Oct	2002	
Div. IV (12 - 13 1/2)		Nov - Dec	2002	
		Jan - Dec	2003	
		Jan - Apr	2004	

O-1 (10 & Under)	Div. III (10 1/2 - 12)	May - Dec	2004
		Jan - Oct	2005
	Div II (9 - 10 1/2)	Nov - Dec	2005
		Jan - Dec	2006
		Jan - Apr	2007
	Div I (8 & Under)	May - Dec	2007
Jan - Dec		2008	
Jan - Present		2009 & later	

08/01/2016

Note - April 30th - the determining date for swimmer's age

10. SUMMER AND WINTER SWIM CLUBS

The Aquaducks Swim Club is a summer swim program that is defined as a program that occurs during the months of May through August. In addition to our summer program, the Aquaducks Swim Club runs a winter maintenance program for its swimmers, offering the allowed two hours per week of coached swimming. The program normally runs from mid September to the end of April. Winter swim clubs, such as the Vernon Kokanees, operate for eight months of the year. Winter swimmers may compete in summer swim events as "O Category" swimmers.

11. FAIR PLAY & CODE OF CONDUCT

The Aquaducks Summer Swim Club adheres to the Guidelines of Fair Play as outlined below.

Swimmers who are committed to the principles of Fair Play will:

- Treat everyone fairly regardless of gender, ethnic background, color, sexual orientation, religion, political beliefs or economic status
- Always adhere to the constitution, rules, bylaws and policies of the BCSSA and the Aquaducks Summer Swim Club
- Let the coach dispute any calls, leaving you free to focus on your swimming
- Show appreciation for all other swimmers, even opponents
- Swim fairly at all times
- Celebrate and enjoy all successes
- Conduct yourself in a positive manner and remember that you are a role model for the younger swimmers

Coaches who are committed to the principles of Fair Play will:

- Always adhere to the constitution, rules, bylaws and policies of the BCSSA and the

Aquaducks Summer Swim Club.

- Conduct themselves as outlined in the coaches contract and job descriptions
- Encourage all the swimmers in a positive and fair manner
- Celebrate all swimmers individual successes
- Teach the swimmers to respect all officials and volunteers as well as their decisions
- Teach the swimmers to follow both the letter and the spirit of the rules
- Encourage and model good sportsmanship

Parents are expected to follow the principles of Fair Play respecting and adhering to the constitution, bylaws, rules and policies of the BCSSA and the Aquaducks Summer Swim Club.

REVELSTOKE AQUADUCKS CODE OF CONDUCT

Parents and Swimmers have a role in maintaining the integrity of the club as a safe and enjoyable place for our children to learn.

It is the clear expectation of the club that everyone will conduct themselves at all times in accordance with the following code of conduct.

Swimmers Code of Conduct

Swimmers should behave in a manner that reflects favourably on themselves, on the club they represent, and sets a good example for other swim club members by:

- i. Understanding and following the pool and swim club rules;
- ii. Displaying a positive sports attitude by winning and losing gracefully;
- iii. Treating other swim club members with respect and consideration;
- iv. Not criticizing coaches, fellow swimmers, parents, officials and the public;
- v. Not using profane, insulting, harassing or otherwise offensive language;
- vi. Not using alcohol or other drugs which affect physical ability, mood or behaviour unless prescribed by a physician for medical purposes;
- vii. Respecting and applauding the achievements of opponents;
- viii. Being aware that additional guidelines for the team will be established as needed by the coach of record and the executive members.

I have read and understand the above statements and agree to conduct myself in a manner that demonstrates the standards established in the Swimmers Code of Conduct.

I understand that if I violate this Code of Conduct we will be subject to a range of consequences, up to and including being prohibited from participating within the Revelstoke Aquaducks Swim Club.

Name/Print: _____ Date: _____

Signature of Swimmer: _____

Signature of Parent: _____

Parents Code of Conduct

- i. Respect the decision of Officials, Coaches and Directors. Although you may not agree with all decisions – people are generally acting in the best interest of the majority. If you have concerns please contact a Board member, or the Coach Liaison to forward your concerns.
- ii. Be a positive contributor to the club and set an example by following club regulations and pool safety rules.
- iii. Do not force an unwilling child to participate in sports, remembering that this is for their enjoyment – not yours.
- iv. Remember that the pool deck is for coaches and swimmers. If they need your help, they will request it.
- v. Teach your child that honest effort is as important as victory so that the result of each competition is accepted without undue disappointment.
- vi. Encourage your child to always play by the rules.
- vii. Support all efforts to remove verbal and physical abuse from children’s sporting activities by not using profane, insulting, harassing or otherwise offensive language.
- viii. Do not publicly question the coach’s or officials’ judgement and never their honesty.
- ix. Remember that children learn best by example and recognize the value and importance of coaches and support them by focusing on the positive aspects of your Child’s performance.
- x. Show your appreciation for all swimmers – even opponents. You are a role model for all youth involved in the club and at meets. Fair play and sportsmanship are critical skills that will enhance your child’s life – long after competitive swimming is a memory. Personal involvement and honest effort are as important as winning.
- xi. Volunteer readily because this club is truly a volunteer organization. Strong clubs come from willing people. Step up without being asked – no one likes arm twisting.
- xii. Accept your role as ambassador for the club. How you act and what you say about the club in the community should project a positive image of the club. Don’t gossip – direct your concerns to the proper channels.

I/we acknowledge that we understand the above terms and conditions and will abide by the Revelstoke Aquaducks Swim Club Code of Conduct and understand that if we violate this Code of Conduct we will be subject to a range of consequences, up to and including being prohibited from participating within the Revelstoke Aquaducks Swim Club.

Name/Print: _____

Date: _____

Signature: _____

12. DISCIPLINE

Aquaducks swimmers are expected to be polite and respectful at all times.

If a swimmer is not being polite or respectful, the following progressive steps will be taken in consultation with his family as required. If behaviour improves after "A", no further steps will be taken. The time frame between discipline steps is case specific.

- A. The coach will identify the problem and inform the child.
- B. The coach and child will discuss ways of improving the child's behaviour.
- C. The head coach will be notified if the behaviour does not improve.
- D. The child's coach and the head coach will discuss solutions.
- E. The coach liaison will be consulted to make every effort to resolve conflict amicably and cooperatively. If the situation remains unresolved, discipline will be implemented.

13. THE SWIM MEET

13.1 SWIM MEET ENTRIES

- Registering a team for a meet is an involved process. Data for each swimmer entering the meet is recorded on a computer disk. Late entries do not get entered into the program, which causes delays and changes on race days. No entries are allowed on the day of the meet.
- Meet fees are not included in club registration fees. Meet fees vary but are usually about \$30 per weekend, and relays are an additional cost. The Revelstoke Swim Club usually covers the relay fees. If you sign up for a meet and do not attend there is no refund for the meet fees.
- To sign-up for a swim meet, you will need to log in to the Aquaducks website and follow the prompts. A "note to the coach" near the end of the process allows you to notify the coaches of special requests or to pick events.
- Each meet varies as to how many events your child can swim – the coaches can help with this decision if you need assistance. The coaches will organize relay teams with the intent to have swimmers participating as much as possible.
- Volunteering - Each swim meet needs a great deal of organization. Over 100 volunteers are required for a meet to begin and then to process 300 swimmers through five events in a six-hour period. No one club can supply the personnel necessary. There is always a high level of co-operation between the clubs during these meets, making it an excellent social event. All parents are needed to volunteer for the many jobs available. Timing is usually the easiest job to learn (and the food is great also).

13.2 GENERAL SWIM MEET INFORMATION

- Before the first swim meet of the season, the Aquaducks holds a fun intra-club meet called the Jelly Bean Meet on a week day afternoon. The swimmers get an opportunity to try out their new racing skills and get fired up watching each other race.
- Between mid-June and mid-August, a swim meet happens just about every weekend. Sit down and decide well ahead of time which meets you will attend. Remember, it is possible to attend one day of a two day meet.
- It takes about 100 volunteers to put on a weekend swim meet. No one club can supply the personnel necessary, and the Okanagan region has a proud tradition of parents helping out at other club's events. There is always a high level of co-operation between the clubs during meets, making it an excellent social event. There are many enjoyable positions to try at a swim meet that allow you interact with the swimmers and other parents. Being a lane timer is a terrific way to get started. Expect to be invited to help out☺
- "Lost" items are always a problem with children: label EVERYTHING!
- Swim meets begin early (warm ups at 7:00AM!). And at an outdoor meet, be prepared for the weather .The Aquaducks have team tents which will make an appearance at most meets for shelter and socializing.
- Most swim meets will run a concession during the day, but bring snacks, lunch and water for your swimmers. Swimmers need to drink plenty of water to stay hydrated. Most families bring a cooler.
- As a parent, be prepared for some tears from your child, as some of the strokes are quite technical, and result in disqualification's (DQ's). The best way to deal with this is with plenty of encouragement for what they have accomplished. Just doing 50 meters of butterfly when you're 7 years old is a significant accomplishment, let alone getting all the technicalities right. Of course, having fun is the number one goal and the things such as speed and technically proficient swimming come with practice.
- Parent's role: as usual your primary role at a swim meet is for encouragement and positive reinforcement. Help your swimmers to know their event numbers (write their event number on their hands), get to marshalling prepared (with goggles and caps) and on time.
- Once swimmers are in marshalling, waiting for their event, it is not proper etiquette for parents to be with them.
- If there is a problem with young swimmers don't hesitate to call on the coaches for assistance.
- At our club meet, held in mid-July, ALL parents are required to help in some way. Our swim meet which we host every year, is the most significant event for the club and full participation of parents is required.
- During a swim meet the coaches are there to observe, organize, and encourage the swimmers.
- Swimmers are encouraged to stay in contact with coaches during the meet. Moreover, before and after each event, the coach expects each swimmer to come to the coaches table to confer with them about the event for advice and encouragement
- There are two types of meets, Heats and Finals and Timed Finals. For meets with heats, swimmers finishing in the top 12 in the morning heats, get to swim again in the afternoon. For a Timed Final meet, athletes swim one race as a final.

13.3 SWIM MEET ORGANIZATION

Heat Sheets or Programs

- Heat Sheets are made up ahead of time and sold at each meet (usually around \$5). Most parents buy one for their family and it shows the event, heat, and lane number in which every competitor swims. The heat sheet also lets you know the times of the other swimmers and gives you a good place to record times. Late entries are not in the programs.

Events

- An Event at the meet is given in terms of length and stroke (i.e. 50m freestyle)
- There are normally several heats which make up one event.
- Event Lingo can be tricky at first: 'Free' means freestyle/frontcrawl, 'Back' means backstroke, 'Breast' means breaststroke, 'Fly' means Butterfly, 'IM' means Individual Medley.

- The order of events is usually: **Saturday** ~ 100 IM Div I - III & 200 IM Div IV & up,
50 free,
Turtle Races - 25 m Freestyle
50 Fly Div I - IV, 100 Fly Div V & up,
Medley Relay.

- Sunday** ~ 50 Fly Div V & up,
50 Back Div I - III, 100 Back Div IV & up
Turtle Races - 25 m Back
50 Breast Div I-III, 100 Breast Div IV & up
Free Relay

Warm-ups

- Warm ups help swimmers to get a feel for the pool and the starting blocks and stretch their muscles prior to their swims. Attending warm-ups is an important part of the meet.
- Each club has one lane assigned to them to use during warm-up.
- Warm up times are usually as follows:
- Juniors warm up early on Sat (7AM) and late on Sun (7:20AM)
- Seniors warm up late on Sat (7:20 am) and early on Sun (7:00am).

Heats

- At swim meets heats are 'seeded' which means that swimmers in the same division are grouped according to their times.
- The first measure of success for a new swimmer is to win their heat. The first heat of each race begins with Div I and works up to Div 8. With each division, the girls' heats swim first, then the boys' heats.

Turtles are swimmers who are just learning. They may enter meets if they wish and are even welcome to swim with a senior swimmer beside them. All Turtles who complete a race receive a prize or goody bag. Turtle races usually are held just before lunch time. There are no DQ's for turtles. Turtles swim only on length of the pool (25m Free on Saturday and 25m Back on Sunday)

Marshalling

- Marshals organize swimmers into their lanes, heats and events, and escort them on deck to the start of their race
- Swimmers are “marshalled” before each event. Event numbers will be called, and swimmers are to go to the Marshalling area, usually a set of benches on which swimmers sit while they’re waiting to race.
- It is important that swimmers get to the marshalling area on time, or they will be scratched from their event.
- At the Marshalling area, the Clerk of the Course will remind the swimmers of their lane and heat.
- Swimmers wait behind the timers’ chairs until the race in progress is over.
- At the signal from the referee they then climb onto the starting blocks, and wait for the Starter to start the race. (Note: If a new swimmer is unfamiliar with the starting blocks he may dive from the edge)
- When the race is over, swimmers stay in the pool, against the pool wall, until the next race begins, or until they are told to exit the pool by the official.

The Start

- The Starter ensures that each heat has a fair start.
 - A whistle from the Referee invites the swimmers to stand on the blocks with at least one set of toes curled over the front edge. Swimmers wait on the block until the starter says “Take your Mark.” Swimmers must remain motionless until the Starter sounds the horn to start the race.
 - For Backstroke, the swimmers wait in the water, holding the starting block handles. At “Take Your mark” they pull themselves up to start, and wait for the horn.
 - Summer swimming employs the “One Start Rule”. Swimmers who start before the start signal will be disqualified. Essentially, no false starts are allowed.
-
- Swimmers are encouraged to go and speak to the coach for tips and encouragement before and after the race.

Results

- The results for each event are posted in a prominent area at the pool between 15 and 60 minutes after the event.
- Remember to check these results to see if your child will be swimming in the finals or consolations in the afternoon.
- Consolation races only go to Div.4 and only if there are enough children to run the consolation heat.
- A BT next to the swimmers name on the results indicates that this is their Best Time
- A PQT beside a time indicates that this time is a qualifying time for provincials.
- Alternates: In a six lane pool, the seventh place finisher in the heats is called the first alternate. If a finalist does not show up for his event, the first alternate is given the opportunity to swim in the finals.
- If you attain a PQT during the finals at the Regional Championships, you automatically for Provincials even if you didn't place in the top 3.

Disqualification (DQ)

- Each swim stroke has specific criteria according the BCSSA Rules of Competition.
- Stroke and Turn Officials monitor the swimmers closely to ensure the rules are followed and that the race is fair.
- If swimmers don't follow the rules, for example finishing a Breast stroke race with a 1 hand touch instead of the required 2 hand touch, they will be disqualified and the race doesn't count for that swimmer. The Stroke and Turn official that disqualifies them will speak with their coach, and the coach will inform the swimmer.

Relays

- Relays are held at the end of each day and relay teams are made up by the coaches on the day of the meet. At each meet the coaches will endeavour to accommodate as many swimmers as possible. At Regionals, though, the coach's decision for relay teams is entirely their decision; as such, it is based on who the coach thinks would have the best chance at qualifying for the provincial championships.
- In the medley relay, one swimmer swims back, one breast, one fly, and one free in that particular order.
- Relays are made up of a group of four swimmers from one division.
- When there are not enough swimmers to make a relay team, swimmers from younger divisions are often combined on one team. They are then entered in the division of the oldest swimmer. It is not unusual to see the swimmers from Div I and II swim with their coaches in Division 8. Relays are a wonderful opportunity for new athletes and more experienced athletes to compete together.
- The relays provide the best opportunity for new swimmers to achieve ribbons and team points. As a result, if you find that you must leave a meet before the relays, please try to arrange with other team members for your child to stay to participate in these relays.

Medals and ribbons

- Ribbons and/or medals are awarded to both finalists and consolation finalists in each event.
- The ribbons are sent back with the coaches and are available at beginning of the next week.
- They are placed in the individual “family” files in the black box.
- At the Revelstoke Meet, and some other meets, there are medals for aggregate winners of each division for males and females. The aggregate winner is the swimmer who has earned the most points in their division.

Between events

- Between events, swimmers have free time. There are usually areas set aside for each team, and many swimmers like to hang out there with their friends. The Aquaducks also have a team tent for swimmers to rest and socialize in. Most families bring sleeping blankets or quilts for their swimmers to snuggle in under the tent. Some like to play games, others like to watch the races and cheer on their fellow Aquaducks
- Between events be sure to keep listening for your next event to be called to marshalling.

Okanagan Regional Championships or the “Regionals”

- Regionals are held at the end of the season (usually August in Kamloops).
- You must swim at one meet before the Regionals and at Regionals in order to qualify for Provincials. (See next paragraph)
- The top three swimmers in each event and any swimmer with a PQT in an event final will represent our region at Provincials. If a top three swimmer cannot attend Provincials, then the next place swimmer who is able to attend (fourth through eighth) is eligible to go. At Regionals it is important that you indicate if you will attend Provincials, so that all eligible swimmers have a chance to swim.

Provincial Championships

- The top swimmers in each of 8 Regions in the Province compete at Provincials in mid-late August. Provincials are competitive but they are an excellent experience for swimmers and all qualifiers are encouraged to attend.

14. REVELSTOKE AQUADUCKS EXECUTIVE

The Revelstoke Aquaducks Executive meets monthly throughout the year. All meetings are open to the parents of swimmers and they are encourage to come and join the executive as it is a great place to get up to date information and to understand some of the “what’s and why’s”.

President – Graham Gale

Vice President – Josie McCullough

Secretary – Ariel McDowell

Treasurer - Connie Pfeiffer

Registrar: Heather Jay

Directors:

Scott LeBuke – Past President

Tiina Supenin – Volunteer Coordinator

Rosemary Kelsall - Sponsorship Director

Christina Wallwork – Coaches Liaison

Jason Stewardson – Director

Chief Web Master and Okanagan Regional Registrar: Karyn Molder

Aquaducks Invitational Swim Meet Manager: Ross Hoshizaki

Okanagan Regional Chair: Andy Pfeiffer

15. AWARDS AND TROPHIES

Each season during our awards banquet we present several awards to both junior and senior swimmers. These awards are determined by the coaching staff and are an exciting way to end the season. In addition, all swimmers will be recognized for the unique things they bring to the club. This is always a great evening to cap off a fun and successful season.

Sportsmanship:

Individual who demonstrates an extremely positive attitude both in and out of the pool. This swimmer shows fair play, respect and sportsmanship to other members, swimmers, coaches, officials and parents of the club and other clubs alike.

Leadership:

This award usually goes to an older swimmer within the club who has a positive impact on the whole of the club. This individual will largely influence their peers and will lead both actively and by example. This swimmer will not be shy to step up and provide direction in the absence of a coach.

Most Improved Swimmer:

Awarded to the swimmers in their respective categories that showed the most significant amount of overall improvement over the duration of the season. Improvement includes the individual's attendance, attitude, work ethic, skills and times.

Most Outstanding Swimmer:

Recognizes those swimmers who performed the best throughout the course of the season, both in practice and at competition

Coaches Award:

Presented to an all around member who was always a pleasure to coach. This swimmer always displays a positive attitude, puts an honest effort in at every workout session and has a contagious passion for swimming.

16. ANNUAL EVENTS

These events are on the Aquaduck's Calendar on our website:

Meet the Coach/Welcome Back potluck: May 2nd, 6:15 pm

Team photo TBA

Jelly Bean Meet TBA

Bottle Drive: May 14th

Challenge Week activities: July 18-22nd

Awards night potluck TBA

17. ADDRESSES AND INFORMATION ON POOLS IN THE REGION

MERRITT

Nicola Valley Aquatic Centre
2040 Mamette Ave.

They may allow camping in the parking lot, but there is limited space. There is a large mowed grass field behind the back of the pool for tenting, but be aware that the pool is in the middle of downtown. Many tenters find the facilities at the Claybanks campground much better. This is an indoor pool.

LUMBY

1811 Glencaird Str.

At the main intersection turn left – then the 2nd Street on your right is Glencaird. There is a campsite at the end of Glencaird Str.

PENTICTON

Penticton & District Aquatic Centre
325 Power Street

Parking lot camping for self-contained units is usually at this indoor pool. Camping and hotel availability can be challenging in the busy summer months.

GOLDEN

9th Avenue South
(250) 344-7011

Most of the Revelstoke Group camps at the Golden Municipal Campground, which is right beside the pool. This is an outdoor pool.

SALMON ARM

Salmon Arm Community Centre
351 3 rd Street SW

They will allow camping in the parking lot of the pool, but many find the facilities at the KOA much better. This is an indoor pool.

KAMLOOPS

Brockelhurst Pool
2475 Fleetwood Ave

They will allow camping in the parking lot and if you are self contained. This is an outdoor pool.

KELOWNA

H2O Aquatic Centre

4075 Gordon Dr, Kelowna, BC V1W 5J2. They allow camping in the parking lot for self contained units. This is an indoor pool.