

# Parent Handbook



# 2018

## Our Mission

“The Penticton Pikes Summer Swim Club encourages personal development, accomplishment, and team spirit in an atmosphere of family involvement, through supportive youth swimming competition.”

[www.pentictonpikes.com](http://www.pentictonpikes.com)

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## **First Swim Day**

Tuesday, May 1<sup>st</sup>, 2018

## **Welcome to Pikes**

The Penticton Pikes Summer Swim Club offers opportunities for everyone. It is for the beginner who struggles to swim a length, the swimmer who strives for personal excellence, and the swimmer going for a Regional or Provincial Championship.

The focus of the club is to develop swimmers with excellent swimming technique, traits of good sportsmanship, team spirit and to create a positive environment for friendships to develop. We expose swimmers to the many experiences summer swimming has to offer. The club provides a positive atmosphere that focuses on personal growth; we emphasize effort and improvement rather than winning.

## **Swim Programs**

<u>Summer Swim Club</u>	May to early August
<u>Provincial Team Training</u>	August
<u>Winter Maintenance</u>	October to April

## **Competition Philosophy**

Competition is a part of swim club. Competing is a personal test, the most effective method to test skills and ability. Swimmers are encouraged to swim in at least one swim meet each year.

Coaches introduce the idea of competition to the swimmer in the fun, supportive environment of regular training sessions, i.e. fun relays, timed workouts, and our fun meet.

## Practices

Swimmers enjoy a mix of pool and dryland training through May and June. This allows them to cross-train as they work towards improving their conditioning, and helps to avoid injury. Dryland practices give swimmers more chances to socialize than in the pool.

The coaching staff is responsible for practice sessions and are on deck before sessions begin until after swimmers have finished. Coaches often instruct another class immediately after your child's, so please be at the pool on time to pick them up or arrange for another parent to supervise your child.

Coaches have authority to dismiss a swimmer from practice if, in their opinion, the swimmer is disrupting the practice session or is failing to comply with coaching instructions.

**Remember to bring goggles, a water bottle, towel and bathing suit** for every practice. Please make sure goggles are properly adjusted. Water bottles are a **MUST** at every practice. Swimmers should bring appropriate clothing and footwear to a dryland practice. Please be on time for practices as coaches will not let swimmers in the water until they have stretched properly.

## Summer Training Groups

1. **Development:** Swimmers 5-10 years old. 2 days/week. They are comfortable in the water and will begin working on all four competitive strokes and progress to swimming laps. Sessions Mondays, Tuesdays, Wednesdays and Thursdays.
2. **Junior:** Swimmers' 8-12 years old. It is recommended they swim 3-5 times per week. Swimmers are comfortable doing laps in the large pool and many begin to attend swim meets.
3. **Senior:** Swimmers 12-19 years old. They are comfortable being coached in a large group and are mature in their competitive and training attitudes. They have an understanding of the competition rules and the four competitive strokes. It is recommended that they swim a minimum of three times a week. These swimmers often compete in weekend swim meets throughout the season. Seniors must be able to train for 90 minutes.

**NOTE:** Coaches may request a swimmer be moved to a group that better suits their ability. Your child's swim time may change as they improve!

Swimmer (or parent) requested group changes, must be approved by the executive and the head coach.

Swimmers who shift to a new level will be charged the fee attached to that group & prorated for time left in the season.

## **Swim Meets**

The club attends weekend swim meets starting the first weekend in June and continuing until mid-August. The meet schedule is on the website and is updated as more information is received throughout the summer.

Swim meets are fun but may be overwhelming for the uninitiated. We encourage you to ask for help from experienced parents.

A few tips:

1: Swimmers are encouraged to try at least 1 swim meet. Your child and their coaches will discuss what is involved in a meet so that parents and swimmers can discuss whether they wish to compete. Ideally, let your child's coach know your thoughts early in the season.

2: Your child and their coaches decide on the type and number of events they enter. They can enter four-six events per meet, excluding relays. (Most swimmers enjoy being on a relay team.) Coaches must know each swimmer's preferences before the sign-up deadline (approximately two weeks before a meet). Swimmers are entered in meets by computer and a confirmation sheet is sent by email.

4: Please check the confirmation sheet to ensure you are entered in the proper events.

Swim meets are social occasions for the entire family. To help build team spirit, we try to stay together, either camping or in motels. Check emails or the Pikes web site and discuss accommodation with other parents. Book campsites or hotels early; a list of phone numbers will be provided by email.

Meets usually begin at 8:00 a.m. with warm-ups starting as early as 6:30 a.m. Meets are held rain or shine, so families should be prepared for all kinds of weather: sufficient warm clothing, rain gear, hats and sunscreen. Lawn chairs and umbrellas are also a good idea as bleacher seating is limited at most pools.

**Each swimmer should bring the following to a meet:**

- warm sweatsuit, jacket and rain gear
- swimsuit(s), goggles (more than one pair is a good idea) and **club swim cap (which will be provided to each Pikes swimmer at registration each year)**
- several towels – they don't dry if it is rainy
- sleeping bag or blanket
- lunch, or money to buy one
- playing cards, books, games, etc.
- sunscreen, T-shirt and hat
- water, water, water

**At the start of each meet a booklet is available for purchase, listing each swimmer and their lane for each of dozens of heats. An event number is listed for each of your swimmer's races, and it is common practice to write this number on the swimmer's arm or leg with a Sharpie; a scrap of paper would not survive in the pool.**

**Heats are not scheduled at specific times in the booklet as races are simply held consecutively with as little time as possible between each. Pay attention to announcements as the meet progresses so as to move swimmers to the pre-race marshaling area at the appropriate time. Experienced parents will be happy to help with this process as well as any other concerns.**

**Swimmers aged six and under can request the support of an older swimmer or coach swimming in the lane with them.**

***Parents are responsible for their children at a swim meet.*** If parents are unable to attend, an alternate parent must be contacted to supervise a child.

Parents are responsible for monitoring the team tent; please ensure your children are aware of this and respect directions given from other club parents.

Coaching staff has the authority to maintain proper discipline at a meet.

**During a swim meet, swimmers are not permitted to loiter at the coaches' table.**

**Swimmers are required to meet with their coach when they arrive at the swim meet, before each event and after each event.**

### ***Parent Participation at Swim Meets***

**Without the help of parents, swim meets simply could not take place.** At each meet every club is required to supply officials to keep the event running smoothly. A club is usually responsible for manning at least one lane throughout the meet with timers and recorders, and we are also required to supply place judges, stroke and turn judges, and any other qualified officials we have available.

There will be a sign-up sheet for timers, recorders and officials. Again, without parent volunteers, the meets would not be able to happen.

## Relay Policy

Relays are the team component of competitive swimming and are often the most exciting races at a swim meet. Please read the following policy on relays and ask the coaches if you have questions:

1. When a swimmer signs up for one or more individual event they are also committed to relays, unless coaches are notified prior to the deadline that the swimmer won't be available.
2. No parents are to be in the marshaling area, as this adds to confusion and distraction. A coach will supervise Div. 1 relay teams and swimmers who are six and under.
3. If four swimmers are available in one division they will be entered in that division's relay before moving any swimmers up from lower divisions. (See #7 re Regional Championships)
4. Each swimmer must meet with coaches by 11:00 am to confirm if they are on a relay team, as relay event numbers may not be on the event sheet. Following individual races, swimmers may not leave the event without this confirmation.
5. All relay selections and combinations made by the coaches are final.
6. Coaches will make every effort to ensure that each swimmer has an opportunity to be on a relay.
7. At the Regional Championships the coaching staff will determine the individual team members and the order in which they will swim to maximize team potential and placement.
8. The qualifying Regional Team will stand for Provincials unless there are events beyond the club's control.

## **Disqualification (DQ)**

A swimmer may be disqualified for not turning properly, not touching the end wall or for doing a stroke incorrectly. It is the policy of the Okanagan Region to disqualify stroke infractions, from Division 1 and up, beginning with the first meet of the season.

If your child is disqualified in a race, a stroke or turn judge will explain the problem to them and/or the coach immediately after the race. The child's name will then appear at the bottom of the race results sheet, with no time indicated, and the initials DQ. The child's coach will also explain to them the reason for the disqualification for future races.

If one member of a relay team performs an infraction, the entire team will be disqualified; they are swimming as a unit, not as individuals.

Disqualification for infractions of the rules is a reality in competition. They are designed as levelers so that no swimmer has an advantage over any other. Look at it as a learning experience for your child rather than a negative experience.

**The first few DQs a swimmer receives can be upsetting to both swimmer and parent. Remind your child of positive aspects of the race.**

## **Divisions (age groups)**

Swimmers compete in divisions which are determined by the swimmer's age on April 30th of the current year. Legal proof of age (birth certificate, passport or care card) is required for all swimmers not previously registered with BCSSA.

<i>Division 1</i>	<i>8 and under</i>
<i>Division 2</i>	<i>9 to 10 1/2</i>
<i>Division 3</i>	<i>10 1/2 to 12</i>
<i>Division 4</i>	<i>12 to 13 1/2</i>
<i>Division 5</i>	<i>13 1/2 to 15</i>
<i>Division 6</i>	<i>15 and 16</i>
<i>Division 7</i>	<i>17 to 19</i>
<i>Division 8</i>	<i>20 and over</i>

## **Parents as volunteers**

We invite you to participate in your child's swimming experience by becoming active in the Pikes Swim Club. Consider joining the executive, helping with a committee, working at swim meets, chaperoning or simply cheering for the swimmers.

These jobs are well within your capabilities and only require a willingness to learn and participate. The club would appreciate any assistance you can offer, and will provide all the training required for you to be able to perform competently.

## **Parent Code of Conduct**

Parents are an essential part of the Penticton Pikes Swim Club. You are asked to participate actively in the club. We could not operate a club like this without the dedication of our parents.

### **1. To let the coach coach**

The coaches are up-to-date in the latest techniques and theories and have only the swimmer's best interests at heart. Our coaches need to focus their attention solely on their swimmers during the practices.

### **2. To recognize you have ONE, the coach has MANY**

While you are focused on your child, the coach is responsible for the entire program. Coaches care about each and every swimmer and they must do what is best for the entire program.

### **3. To make a contribution to the team**

Do what you can to support the team. Your participation in fundraising, organizing social activities, assisting with travel arrangement, helping with equipment, running meets, and other support activities strengthens the program while letting your child know that you care and are there for them.

### **4. To promote the program**

Say nothing but good things about your swimmer's team, the staff, team members, other parents, and especially your children. Serious concerns can be addressed to club administrators.

### **5. To applaud good performance**

Applaud good performances and effort, whether by your swimmer, their teammates or swimmers from another club. Draw attention to the pursuit of swimming excellence.

## 6. To stay off the pool deck

Parents are asked to stay off the pool deck area while their child is swimming. Please watch your children from the viewing areas.

## 7. Officials

Please refer any problems or disagreements with race officials to the coaches. They are trained to deal with disqualifications, protests etc.

## **Swimmer Code of Conduct**

1. Swim for the fun of it!

2. Never argue with official's decisions, let your coach ask any necessary questions.

3. Work equally hard for yourself and for the club. The club's performance will benefit and so will your own.

4. Treat all competitors as you yourself would like to be treated. Do not interfere with, bully or take unfair advantage of any swimmer.

5. Co-operate with your coaches, teammates and opponents. Without them you wouldn't have a competition.

## **Refund Policy**

Full refunds may be requested until May 15, 2018.

The registrar must be informed in writing within this 15-day trial period, after which there are no refunds.

All refunds will exclude the BCSSA fee (\$45) as this must be forwarded to BCSSA.

NSF Fee: There is a \$35 fee for all NSF cheques and Stop Payment requests.