

Nechako Valley Swim Club Update April 2019 – Assessment and Summer Season 2019

Good news! We are finally able to book swim club lanes and our club can begin swim assessments this week. Our competitive summer season is fast approaching (begins on May 1st) and we will be finalizing our registration fees, practice schedule, and hopefully securing a coach for the season this week.

Although we tried to book more lane space, unfortunately the Vanderhoof Aquatic Centre can only accommodate limited lane times for our club while their operational hours are not at full capacity. Regardless we are pleased to offer our inaugural season!

What does this mean for your potential swimmer? We may have a small club in our first season and we expect that we will not be able to accommodate all the potential swimmers that may want to join. If we receive an overwhelming response, perhaps we'll be able to negotiate more lane space with the Vanderhoof Aquatic Centre. Nonetheless, all swimmers must be assessed prior to registering.

As a general minimum requirement, swimmers must be able swim 25 meters (one length of the pool, in any stroke) without a floatation device and in deep water. They will also have to be able to swim multiple lengths in one session.

Why do swimmers need to be assessed? Swimmers must meet the general minimum swimming requirement because our club will never be guaranteed that we will have a practice lane closest to a wall. Swimmers must be able to swim comfortably without stopping or hanging onto a lane rope. We will begin our first assessment session on **Wednesday, April 17th 3:30 – 5:30pm**. We will have another assessment session on **Wednesday, April 24th 3:30 – 5:30pm** if required. You will need to book an assessment time with our registrar, Sarah Barr at nvsc.otters.registrar@gmail.com. Please provide your name, swimmer's name and age, your email and phone number. The assessments will be approximately 30 mins. Swimmers should come to the assessment and all future swim practices with goggles, a swim suit, and swim caps are highly recommended for anyone with longer than chin length hair. Swimmers should be on the pool deck and ready to swim at least 5-10 mins before their actual swim time.

At the assessment, check in with one of the swim club executive members in the lobby and you will need to pay \$5.00 to help pay for the coaching costs that day and lane rental. At this time, swimmers will have to pay admission to the aquatic centre or have a YMCA swim membership. We are still working with the aquatic centre to work out a reduced rate or no charge system for our swim club members when at their practice time.

Swimmers should then meet the coach on the lap pool deck at the shallow end. The coach will evaluate the swimmers on their stroke technique, endurance and positive attitude to join the club. After the assessment, we will notify the parent/caregiver via email which group their swimmer is eligible to register for or if their swimmer is not quite ready yet for swim club, we will offer some tips of swimming skills that they can work on with their swimmer so that he/she can be ready the next time we hold assessments.

What will the costs be? We still need to finalize our registration fees however we expect the fees will be as follows:

- Development Group - \$375
 - Intermediate & Advanced Group - \$450.
- All group fees include the BCSSA and Cariboo Region Fee (\$48)

These fees are comparable to other swim club fees in the region and as we are a new club we still need to purchase some essential equipment this season. We plan to offer discounts for families registering more than one swimmer and a payment installment plan will also be an option. Registration is online only.

Swim Meets – there are no additional fees to attend swim meets. Meet fees are included in our BCSSA and Cariboo Region fee.

Swim suits – we will be ordering team suits the first week of May. We have sizing kits available to try on if you wish to order a suit. Suits will cost approx. \$60 – 80, depending if it's a male jammer or female suit and a \$25 deposit is required at the time of ordering. Team suits are not mandatory however team swim caps will be provided with your registration fee.

When will the practice times be? After we complete the assessments, we will have a better idea of how to group our swimmers. Ideally for the safety of all swimmers, we should not have more than 6-8 swimmers per lane, depending on their skill level. This is our **TENATIVE** schedule and may be subject to some changes.

Wednesday, May 1st – August 2nd, 2019*

- Development Group – Wed & Fridays 5:00 – 6:00pm, Saturdays 10am – 11am, and Sundays 1:30 – 2:30pm
- Intermediate & Advanced Group – Wednesdays & Fridays 6:00 – 7:00pm, Thursdays 7:15 -8:15am, Saturdays 11am –12:30pm and Sundays 12 – 1:30pm. Dryland practices will also be added for these groups.
- *Potential swimmers qualifying for provincials will practice until the third week of August.

If the aquatic centre's hours increase to be open on Monday and Tuesday over the summer, the club will ideally move their practices to a Monday – Friday schedule (Times: TBD).

Swim practices will be cancelled on swim meet weekends as we hope as many swimmers as possible will travel to swim meets.

What other information should I know? We have a team website where we will be posting updated information, registration, swim group descriptions, swim meets and practice schedule. We will try to share information quickly so please check out our website regularly <http://nechakovalleyswimclub.teampages.com/> We also have a Facebook page called Nechako Valley Swim Club.

Thank you for your interest in swim club in our first season. We wish we could provide you more concrete information to you however there are still a few unknowns that we cannot account for yet. We hope that you will continue to be patient with us as we try offer this new and exciting sport in our community.

If you have any questions or concerns, please contact Andrea Grady or Sara Lazaruk.

Thank you kindly,

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