

Members' Handbook

CLOVERDALE
TRITONS
SWIM CLUB



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Introduction

Welcome to our returning members and a special welcome to our new members! This is a revised member handbook for the 2019 season. You will see some of the sections have been updated or modified which have been approved by the Board of Directors. We hope you find this handbook helpful in navigating through our busy season and family orientated swim club.

Board of Directors 2019

BOARD EXECUTIVE:

President	Ian MacNeil
Vice President 1 (Admin Director)	Vacant
Vice President 2 (Technical Director)	Jason Meyer
Treasurer	John Naunheimer
Secretary	Deanna Silva
Registrar	Shiela Kim
Director of Officials	Chris Miley
Director at Large	Stacey Drummond

OTHER CLUB POSITIONS:

Equipment Manager(s)	Rebecca Fisher and Laurie Seto
Fundraising	Laura Vizza, Alexa Saylor

Our Background

Vision Statement

The Cloverdale Tritons Summer Swim Club strives to create a positive and enjoyable family environment where each swimmer is encouraged to put forth an honest effort to improve their swimming ability and is challenged to meet their full potential.

Philosophy

The club believes in creating an environment where each swimmer can develop to their full potential and grow emotionally, socially and physically. For some swimmers this may mean striving for medals, for others it may mean getting into shape or to achieve or surpass last year's times and others to learn all the strokes. Although there is no guarantee that each individual goal will be reached, everyone can develop self-esteem through the process of striving to achieve a goal.

The club utilizes the strengths of its members to provide a progressive, participative, evaluative and continuously improving organization. We actively participate in the British Columbia Summer Swimming Association (BCSSA).

Club History

The Cloverdale Tritons was established in 1990 by the Pacific Sea Wolves Winter Swim Club and used the PSW name for four years. In 1994, we chose to change our name to the **Cloverdale Tritons Summer Swim Club Society (CLO)** and established an identity separate from the PSW winter club. Our team colours are teal, black and white. Our logo is King Tritons **Trident!**

Club membership includes competitive swimmers between 5 and 19 years old as well as masters swimmers. Our home pool is George Greenaway Pool in Cloverdale from mid May to late August.

Membership & Affiliation

Our Club is one of seventy clubs belonging to the British Columbia Summer Swimming Association (BCSSA). These clubs are divided into the following eight regions:

Caribou	Okanagan	Fraser South	Vancouver & District
Fraser Valley	Kootenay	Simon Fraser	Vancouver Island

We belong to the Fraser South Region. Other clubs in our region include:

Boundary Bay Bluebacks	Richmond Kigoos	Surrey Sea Lions
Crescent Beach Sea Horses	Ladner Stingrays	North Delta Sunfish
White Rock Amateur Swim Association (WRASA)		

BCSSA's Harassment Policy

BCSSA has created the following Harassment Policy, which States:

There will be no tolerance of harassment within the BC Summer Swimming Association. The BC Summer Swimming Association is committed to providing a sport and work environment in which all individuals are treated with respect and dignity. Each individual has the right to participate and work in an environment, which promotes equal opportunities and prohibits discriminatory practices.

Under the policy, anyone with knowledge of abuse of a criminal nature or harassment is obligated to report it to the appropriate authorities. Copies are available from either the club President or the BCSSA office.

Harassment Is Defined As:

Any comments, conduct or gestures which are insulting, intimidating, humiliating, hurtful, malicious, degrading, or otherwise offensive to an individual or group of individuals or which create an uncomfortable environment, or which might reasonably be expected to cause embarrassment, insecurity, discomfort, offence, or humiliation to another person or group, including, but not limited to:

1. Written or verbal abuse or threats.
2. Physical assault.

3. Unwelcome remarks, jokes, innuendoes, or taunting about a persons body, sexual orientation, attire, age, marital status, ethnic or racial origin, religion etc.
4. Display of sexually explicit, racist or other offensive or derogatory material, sexual, racial, ethnic, or religious graffiti.
5. Practical jokes, which cause awkwardness or embarrassment, endanger a person's safety or negatively affect performance.
6. Hazing or initiation rites.
7. Leering or other suggestive or obscene gestures.
8. Intimidation
9. Condescension, paternalism, or patronizing behaviour that undermines self respect or adversely affects performance (or working conditions).
10. Conduct, comment, gestures or contacts of a sexual nature that are likely to cause offence or humiliation or that might, on reasonable grounds, be perceived as placing a condition of a sexual nature on employment or any opportunity for selection, training or advancement (or employment).
11. False accusations of harassment, motivated by malice or mischief, meant to cause other harm.
12. Sexual harassment.

Swimmer Code of Conduct

- Swim for **fun** and not just to please coaches and parents.
- Be a good sport. Cheer on other team members and other swimmers even if they are not a Triton.
- Work equally hard for yourself and your club – your club will benefit and so will you.
- Never argue with an official's decision. Let your coach ask any necessary questions.
- Treat all swimmers, as you yourself would like to be treated.
- Bullying whether verbal, physical, non-verbal, or behavioural is not acceptable or tolerated.
- Co-operate with your coach and other members of the club.
- Remember that the goals of competitive swimming are to have fun, improve your skills and feel good. Don't be a show off.

Parent's Code of Conduct

Parents are a key role in developing a positive team and family environment. Parents are expected to:

- Assist athletes to recognize that personal improvement, honest effort, and sportsmanship are as important as winning.
- Do not force an unwilling child to participate.
- Provide a positive attitude and support for all swimmers, coaches, officials and others.
- Model appropriate behaviour for our children.
- Ensure punctuality of swimmers at practices and swim meets.
- Provide two-weeks notice if a swimmer is not going to attend a swim meet they have signed up for (If notice is not given, the parents are responsible for event fees)
- Accept responsibility for your child's safety and behaviour.
- Recognize that the pool deck is the Coach's domain and parents must not interfere.
- Direct all concerns in a positive constructive manner first to your swimmer's coach, then to the Head Coach, or in the case of unsatisfactory resolution the concern is to be brought to the Vice President 2.
- Do not openly discuss or seek out other parents to discuss your issues/concerns which could create a negative or poisonous environment for the swimmers, coaches, or other parents. *Critical comments that would harm the credibility or effectiveness of the coaching staff or swim club will not be tolerated.* If you have an issue to be raised, you are to follow the guidelines list previously.
- Readily volunteer for timing and officiating or other club activities & fundraising events.

Parent Concerns

New and experienced parents in our club will undoubtedly encounter questions or concerns over the course of the season. Your child's coach or our Head Coach is available to discuss concerns you may have and the Board of Directors encourage you to facilitate this type of communication to the coach before seeking a Board of Director (Vice President 2).

We ask that you initiate contact with your desired coaching staff member **before** or **after** our practice sessions. If you have an issue during a swim meet, you are encouraged to approach your desired coaching staff member at their table and politely request the opportunity to speak with him/her in a private setting when time allows.

Questions or minor issues parents may approach their desired coaching staff member. However, if a significant event or issue has arisen where emotions or feelings are elevated, **the Club asks you to wait a 24 hour period** prior to approaching a coaching staff member. This will allow time for reflection resulting in a more effective and positive encounter regarding the particular issue. This includes actions/issues arising during practices or swim meets.

Discipline Policy & Procedure

A. Swimmers

While behaviour problems are rare, the following policy/procedure has been adapted to deal with the possible problems in as fair a manner as possible. Here is an outline of what a swimmer and/or parents will see if a problem is encountered specific to the swimmers.

Action will be taken if a swimmer is interfering with another child's emotional, social or physical well-being, or distracting other swimmers or the coach from practice or other club event (including swim meets).

In the event of a negative behavior that has occurred by one swimmer, the following steps of discipline will occur:

1. Verbal warning by the coach to the swimmer and parent.
2. Written warning by the Head Coach to the swimmer and parent.
3. Swimmer will be suspended from practice for 2 days.
4. Conference with the swimmer, parents, head coach, and Vice President 2 or designate where the behavior and expectations are discussed along with scenarios for continued behaviour.
5. Expulsion from the club without a refund. This action is only performed after Stage 4 (unless a Gross Misconduct occurs described below) and the swimmer has continued to perform negative behaviours. Parent(s)/Guardians have the right to appeal the decision in writing to the Board of Directors within 7 days.
6. Gross Misconduct: For any behavior deemed as gross misconduct (physical, racial, or otherwise behavior deemed dangerous or excessive), the swimmer will be suspended indefinitely until a meeting with the parent(s), swimmer (if appropriate), and 3 members of the Executive can be conducted and a decision of whether that swimmer should continue with the club. Again, Parent(s)/Guardians have the right to appeal the decision in writing to the Board of Directors within 7 days. Please note that in these circumstances of gross misconduct, the Club may be required to contact the authorities (RCMP) to advise of such behavior.

B. Parents/Guardians

Action will be taken if a parent does not adhere to the Parent's Code of Conduct whether that behavior is directed towards another parent, swimmer, or volunteer. If a parent's behavior contravenes the Parent's Code of Conduct, the behavior is to be brought to a member of the Executive so that a response can occur. In the event of a problem or event, the following steps of discipline will occur:

1. Verbal warning from the Vice President 2 to the parent in question (followed up by email to Parent).
2. Written warning from the Vice President 2 (on behalf of the Executive) to the parent in question (followed up by email to Parent).
3. Conference between the parent in question and 3 members of the Executive where the behavior and expectations are discussed along with scenarios for continued behavior.
4. Expulsion from the club without a refund. This action is only performed after Stage 4 (unless a Gross Misconduct occurs described below) and the swimmer has continued to perform negative behaviours. Parent(s)/Guardians have the right to appeal the decision in writing to the Board of Directors within 7 days.
5. Gross Misconduct: For any behavior deemed as gross misconduct (physical, racial, or otherwise behavior deemed dangerous or excessive), the parent will be suspended indefinitely until a meeting with the parent and 3 members of the Executive can be conducted and a decision of whether that Parent, and possibly any swimmers associated to that Parent, should continue with the club. Again, Parent(s)/Guardians have the right to appeal the decision in writing to the Board of Directors within 7 days. Please note that in these circumstances of gross misconduct, the Club may be required to contact the authorities (RCMP) to advise of such behavior.

Training Groups

Swimmers in our club are assigned to training groups that are reflective of their skills and training ability. There are some time standards that are used as a consistent measuring tool which identify important areas for proper sport development. It is quite normal to have a swimmer that excels at competitions but requires a lower training environment to maximize their on-going development. Age ranges are also in place in order to create relative equal social groups.

The following training groups are incorporated into our club:

DEVELOPMENT (3 x / week)

- beginner swimmers to the sport
- under 8 yrs
- able to swim one length unassisted (free and back)
- able to kick one length unassisted
- focus is on learning all 4 kicks as well as 3 of the 4 competitive strokes: free, back, and breast
- swimmers are introduced to grassroots level of swimming drills
- able to participate at Development meets that are hosted around the South Fraser Region
- develop endurance to a point where swimmer is able to tryout for Green

GREEN (4 - 5 x / wk)

- 6 - 10 yrs
- minimum able to swim 50 free, 50 back, 25 breast
- focus on learning all 4 competitive strokes (legal)
- swimmers learn drills to assist in developing their stroke efficiency
- participate in development meets, our home triton meet, and Regionals
- swimmers also develop their endurance in all 4 strokes and kicking

WHITE (5 x / week)

- 7-10 yrs
- able to swim 100 free under 3:00, 100 i.m. legal turns
- swimmers continue to learn more drills to enhance stroke efficiency
- focus continues to be skill development
- the concept of endurance training begins through swimming, kicking, and pulling at varying distances
- swimmers learn rest intervals and initial stages of pace clock
- swimmers are graduating from development meets and participating at regular swim meets

BLACK (5 – 6 x / week + Survival Week)

- 8 - 11 yrs
- able to swim 100 free under 2:00, 100 i.m. under 2:30
- continue to develop stroke efficiency with the goal of performing all of the drills identified in the “triton drill progression program” with proficiency
- focus remains on skill development
- endurance evolves to include all 4 strokes and distances up to 100 m interval sets
- swimmers compete at regular swim meets and are learning time standards

INTERMEDIATE (5 - 7 x / week + Survival Week)

- 9 - 12 yrs
- able to swim 100 free under 1:30, 100 i.m. under 2:00, 100 free kick under 2:30
- swimmers begin to train mornings
- may have 2 practises in one day
- focus remains on skill development
- swimmers are able to perform basic drills under the “triton drill progression program” for each stroke with proficiency
- longer distance sets are introduced while maintaining stroke efficiency

SENIOR 2 (5 - 6 x / week + Survival Week)

- 11- 14 yrs
- this group is for newer swimmers to club that are learning their competitive strokes
- stroke ability is similar to white level
- swimmers in this group are able to participate in drylands activities with intermediate and Senior 1 but swim practises that are separate with the training program similar to white level
- this group is no more or less competitive, just swimmers that are starting the sport a little later that require grassroots skill development while socializing with other swimmers of the same social calibre

SENIOR 1 (6 - 8 x / week + Survival Week)

- 13 - 18 yrs
- swimmers are able to perform the basic and intermediate drills identified in the “triton drill progression program” with proficiency
- swimmers are competing at local and invitational meets with the goal of qualifying for provincial championships in individual or relay events
- swimmers learn leadership, time management, and coping skills with the heavy training workload
- swimmers take active roles in team functions interacting with all of the younger swimmers in the club

MASTERS (3 x / week)

- Any person 18 years and older may join
- Able to swim a length unassisted (the coaches will do the rest!)

Advancement Protocols

Advancement from one group to another is based on a number of criteria and is conducted on an on-going basis. It is not simply based on swim meet results. The most important criteria are stroke proficiency, attitude, and ability to keep up with the training group without sacrificing quality of stroke. The coaching staff also believes that team spirit is an essential element of the summer swim experience and therefore believe in keeping children of the similar age together.

The decision to move a swimmer up to any group is the responsibility of the coaching staff. The suggested advancement will be reviewed with the parents of the identified swimmer before the swimmer is told or moved. Advancement can take several forms; part-time, mornings only, or trial period.

Private Coaching

Recently, a number of clubs brought forward some concerns around the private coaching of swimmers from coaches other than those with their club. The Triton Swim Club cannot prohibit a Triton swimmer and family from seeking out extra coaching. The Club, however, believes that it is important to consider the main issue surrounding the conflicting feedback your swimmer may receive from seeking a 'second opinion'. This can occur around skill execution of a stroke or even race strategy. If such conflicting feedback does occur and the Triton coach realizes the situation, he/she will speak with the swimmer's parents to go over the issues around this situation. The coach will also advise that the swimmer's performance will likely suffer, or, in the case of a swimmer disregarding a Triton coach's advice, *any lack of performance or success will lay solely with the swimmer and family*. Such a situation will also impact the swimmer's opportunity to compete on relays, whether at an in-season meet or even end-season meet.

To avoid this scenario of conflicting feedback, all Triton coaches are prohibited from conducting private lessons for any Triton swimmer while the summer season is occurring.

Types of Swim Meets in BCSSA

There are six different categories of meets. They are: Developmental, “B” meets, “A” meets, “A/B” meets, Regionals, and Provincials.

Development Meets

These Meets are generally held in the evenings. They are for swimmers who have not reached the level of swimming where they are familiar with most of the rules. The divisions that you would normally expect to see at one of these meets are 6 & under and Divisions 1 to 3. The officials are certified but in these meets they usually do not disqualify the swimmer for improper technique. If the swimmer does something improper, they will talk to the swimmer and explain to them what they did wrong. The emphasis of these meets is fun and development. Most younger and first time swimmers should attend one of these meets before they attend a more advanced meet.

B Meets

These meets are usually two days and are held on the weekends. These meets are set up to qualify a swimmer for “A” meets or Regionals. Once the swimmer has become comfortable with developmental meets they move on to B meets. For a swimmer to be a B swimmer, they must have no more than 2 A times and can only swim in those events that are “B” times. Each region designates the “A” times. These times are the cut off point, which separates the faster A swimmer from the B swimmer. The reason for this separation is to allow swimmers of similar speeds to compete against each other. The officials at these meets do disqualify the swimmers who have broken the rules. However, the meets are still a lot of fun.

A Meets

For swimmers to attend A meets, they must have 2 or more A times. Once again, these meets are usually two day meets held on weekends. Usually A meets have finals in each event. The officials at these meets do disqualify swimmers for improper procedures.

A/B Meets

Many meets are a combination of A and B meets. Swimmers are placed into heats consisting of similar times. These meets may have timed finals where there will not be a finalist’s event or there may be finals for the fastest swimmers of the heats.

Regionals

Regionals are the qualifying meet for Provincials and are held one to two weeks prior to the Provincial Championships. In order for a swimmer to be eligible to swim at Regionals, they must have competed in a least one A, A/B or B meet and must have been registered with the club prior to the regional’s cut off date. Regionals are held as a heats and finals swim meet with an A division and B division for medals and points.

Depending on their race times for each individual event, swimmers race in either an “A” heat or a “B” heat. A swimmer with a “B” time in an event may choose to compete on the “A” side but a swimmer with an A time in an event cannot swim on the “B” side in that event. In our

region both A and B Regionals are held the same weekend under the same venue. For “A” Regionals there are heats and finals. In the finals, the top three finishers in each event move on to represent the Region at the Provincial Meet. If the swimmer does not finish in the top three spots but meets a Provincial Qualifying Time (PQT), they will also advance to the Provincials. “B” Regionals are run with heats only and timed finals. Medals are awarded to the top three finishers in each event and ribbons from 4th to 8th place.

There are circumstances where a swimmer did not place in the top 3 at finals or did not achieve a PQT time and still may be able to qualify for provincials: if one of the 3 qualifiers declines or “Wild Card” spots are awarded based on results from the other regions and how many of their qualifiers are planning to attend provincials. These notifications are usually a couple of days after Regionals and the clubs would be notified in such an event where the coach would then notify the swimmer and family.

Provincials

The Provincial meet is a three-day meet (Friday to Sunday). The top swimmers of each region attend. There are heats, which are swum by all swimmers. The top 16 swimmers move to the finals. Swimmers finishing from 9th to 16th swim in the consolation finals. Swimmers in positions 1 to 8 swim finals. The top three swimmers receive medals and the remainder of the finalists (4 to 16) receive ribbons. This meet is the biggest meet of the season and is the most competitive.

Swim Meet Overview

Swim meets are run by volunteers, which mean that each invited club will be involved in helping run the meet. Every club is expected to look after timing for a lane. This means that the club must provide enough timers and recorders for that lane to function at the proper level for the day. At some meets there will be three timers and one recorder, and at others, there will be three timers and one has to serve as a recorder as well. The positive side of volunteering is that you get free food, hot coffee or other beverages and *the best seat in the house!* Along with timing and recording, we are also asked to supply officials for the deck. These jobs are: Stroke and Turn Judge, Place Judges, Starters, people for Marshalling and Crash Desk Officials. None of these jobs are difficult, but do require some training. All positions offer the opportunity to shadow a senior official before you are on your own. Please feel free to come forward and volunteer.

The people responsible for the organization of a swim meet are called the ‘officials’. There are different levels of officials with different functions and degrees of responsibility. Given that swim meets are completely run by volunteers, parents are expected to learn the various functions and volunteer. None of the functions are difficult. They do require some training and experience but all are fun. Each year experienced officials provide training for interested parents. The following are the various officials and their functions.

Timers

There are 3 timers per lane and they are responsible for timing the swimmer in each event. This function requires little training.

Lane Recorders

Record the official time of the swimmer as reported by each of the three timers.

Clerk of the Course

This official is responsible for seeing that swimmers are in marshalling area prepared for the upcoming race. He/she informs the swimmer of their heat and lane assignment.

Marshall

The Deputy Clerk of the Course. He/she has full control of the swimmers once they enter the marshalling area.

Referee

The referee has full responsibility over all officials and swimmers on the deck and in the waiting areas of the meet.

Starter

Begins each race by announcing the event to the swimmers on the starting blocks and overseeing them until an official start has been accomplished.

Judge

Stroke Judges observe the swimmers in the water and determine the legality of the stroke being swum. They usually walk on either side of the pool during an event.

Turn Judges determine the legality of turns at both ends of the pool and finishes at the end of the race.

Place Judges record the swimmer's order of finish

Announcer

Calls swimmers to their heats and may announce results

Chief Meet Recorder

Receives and processes all timer's and judge's reports. He/she compiles lists of competitors and records their ranks.

Club Expectations for Swim Meets

Swimmer Responsibilities

Communication between swimmer and coach is critical for their success. Swimmers should see their coach **before** and **after** each race for strategies and feedback. Keep your ears open for announcements including which race event they are calling next.

Swimmers must check with the coach before leaving the venue to ensure that all their events are done for the day.

Swimmers are expected to wear Triton gear – suits, caps, and clothing at swim meets. These are ordered at the beginning of the year through our Equipment Manager (emails will be sent out). In addition, **depending upon the type of competition, the coaching staff may direct swimmers to wear certain suits** (eg. Non shark skin or competition suit). This is done with strategic considerations following the bigger seasonal plan for the swimmer and group.

What to Bring to Meets

Besides your team gear and swimming accessories there are several suggestions for your family to consider to set your swimmer up for success at a swim meet.

Be prepared for all types of weather, it is summer swimming but the BC weather is not that reliable. *Do not trust the weather reports.*

Know the location of the meet and whether it is an indoor or an outdoor pool. The equipment will vary according to the location.

Ensure that you know what time to be there for warm ups.

The following are suggestions for swim meets:

- Food:** Bring a light lunch and light snacks. Bring high-energy food that digests easily such as fruits and vegetables. (Pop, hamburgers, chips and chocolate bars are **NOT** suggested or encouraged – basically everything at the concession)
- Water:** Swimmers should be carrying a bottle of water with them throughout the day. If a swimmer is thirsty, their body is already dehydrated and will negatively affected their performance.
- Equipment:** Coolers for food, lawn chairs, family tent or pop up, umbrellas, 3 to 4 towels per swimmer (Don't rely on the sun to dry wet towels and clothing), a few changes of clothes, sandals or flip flops, shoes and socks (feet should always be protected and warm), sunscreen and hats, games, books, cards etc.

Please label clothing, towels, goggles, suits, chairs, and sleeping bags.

Note: Most swimmers bring a sleeping bag and pillow so that they can curl up in a tent after their events or rest as they wait for the next event. We share EZ ups for swimmers to use but they are not put up at every meet as most families bring their own tent.

Relay Policy

Relays are some of the most exciting events in summer swimming. Groups of swimmers work together for success and making the Tritons look good! They can be integral part of positive experiences which swimmers obtain from the summer season.

Traditionally, the Cloverdale Tritons have been a relatively small club where most divisions did not have enough swimmers to form a relay team. This has changed somewhat resulting in the relay policy being modified with this in mind. The relay policy is now separated into two parts: In-season & End-season.

In-Season

During the summer season, our team participates weekly in swim meets around our region. As we encourage all of our swimmers to compete as often as their schedule permits, the relay policy during June and July is centered around participation and equal opportunity for success. This means that the coaching staff will endeavor to create as many relays as possible based on the number of swimmers entered on a particular day. Some swimmers may move up to help form a team. Relays at this stage focus more on team building, experience, and social interactions amongst our team. Swimmers often may not swim their best event but what perhaps make the relay the best chance at being successful (eg. Butterfly for swimmer 'A' is their weakest stroke but is the strongest compared to his/her relay partners). Results are less important at this time of the year. The swimmers moving up are not necessarily the fastest in their age group. Rather, the coaching staff will create relays to ensure each age group is set up for a positive experience as best as possible.

End-Season

This time of year includes Regionals, Provincials, and perhaps an 'A' meet at the end of the season which the club travels to participate. In these circumstances, the coaching staff will endeavor to create the fastest relays possible in order to try and qualify the most relays as possible to either make finals at a meet or more importantly, qualify for provincial championships. Coaches will use results from the season and compare with times achieved by other clubs during the season in order to strategize the best relay combinations. A swimmer's consistency over the season is also taken into account along with other relevant criteria the coaching staff applies equally. A swimmer from one age group will not be moved up in if that swimmer's age group has a chance at qualifying for provincials or achieving a medal.

In general, the coaching staff will post the relays for the upcoming meet the day before and again in the morning after warm-ups by the club tent. This will allow parents time to prepare to stay for the relays which are usually at the end of the heat session.

Parents that have questions regarding the relays make-ups, they are to approach either our Assistant Head Coach or Head Coach keeping in mind the Parent Code of Conduct. If parents are not satisfied with the answer provided by the Head Coach, they make speak to the Vice-President 2 (Technical Director). The coaching staff endeavors to provide the best relay experience possible for our swimmers. Their decisions are final.

NOTE: Relays at Provincials will be made using the fastest combination of swimmers at the meet (ie if an original relay member was not attending, another swimmer can take his/her place).

Disqualifications

Everyone gets disqualified at least once in their swimming career, often several times in the same event. Don't sweat it. The coaches will work with your swimmers to learn from their mistakes. Don't feel bad about it, it is all a part of the learning process.

A disqualification can occur when any of the strokes, turns or touch procedures are not executed properly or in a manner which is interpreted as giving that swimmer an unqualified advantage over other swimmers. An official must record disqualification on the time card and advise the swimmer and/or coach. Officials will not notify your swimmer. A designated official will attend the coaches' table and advise them of the details. This can take a bit of time, a heat or two. Most of the time the coaches will know the DQ is coming and will speak to your swimmer before it's official. Otherwise, your coach will follow up with your swimmer and go over how to fix it for next time.

Some other reasons for disqualification: Failing to go to the marshalling area on time, reporting to the starting block too late, interfering in another swimmer's lane, walking on the floor of the pool, not finishing the race, false start, or using abusive language or impeding the progress of the meet.

Protests

A coach may protest a disqualification or other decision made by a BCSSA official.

Example: A swimmer touches the wall with both hands and does a proper turn, however, the turn judge rules that the turn was improper and disqualifies the swimmer.

When the coach is notified by the DQ official, he/she has a decision to make. If he/she feels the judge's decision was incorrect and the meet is an important one, the coach can protest the disqualification and hope to have the decision overruled.

The coach cannot, and will not, protest if the he/she was not in a good position to see the turn, (note that the turn is only an example), or if the he/she did not see the turn.

Once the decision has been made to protest, the coach must make a verbal protest and then submit a written protest. A Jury of Appeal reviews the written protest. The jury makes the final decision.

Parents may ask for their coach to protest however the final decision rests with the Head Coach in consultation with the Vice President 2 (Technical Director) and, if necessary, 3 members of the Executive.

Club Activities

BACK TO THE HOOD - This is a special party/potluck dinner we have to welcome the swimmers and families back to Greenaway Pool and to start the Summer Season off with a celebration.

SWIMMER OF THE WEEK – Every Monday after the swim at Greenaway Pool a swimmer, from each group, is rewarded for working hard the previous week!

TEAM PHOTO DAY – near the start of the season

GROUP SPECIFIC EVENTS – Senior Movie Night, Intro Graduation, coaches to decide

TEAM SPIRIT EVENTS – Lazer Tag, Movie Night, Theme Days ie Crazy Hair, Pajama, Twin Days

ANNUAL CAR WASH/HOT DOG SALE - fundraising event (parents and swimmers participate to raise \$\$ for the team)

BLACK AND TEAL MEET– a fun family party with some food and a bit of “competitive” swimming

TRITON OLYMPICS – a team event with games and ‘country teams’ competing for the coveted gold cup!

REGIONALS AFTER PARTY! – Dinner/BBQ/Pizza Party and awards presented to the swimmers after Fraser South Regional Swim Meet

Awards Night

The Cloverdale Tritons hold an annual Awards night, sometime in September, where all our families gather to recognize our swimmer's achievements over the summer. It's a pot-luck style food event.

The following awards are handed out:

Barb Carrelli Memorial Plaque

This award is presented to a swimmer who displays outstanding courage, strength, sportsmanship, and leadership. Barb Carrelli was that kind of person. She was the President of the Cloverdale Tritons for many years, and was one of the founders of the club. After fighting cancer for many years, she passed away in 1997. For those of us who knew her, it was a great loss. She will not be forgotten for all her efforts, leadership and friendship. For that, this award was created so her legacy would live on.

Top Female/Male Trophy

One award for each training group.

Top Female/Male Trophy – OCAT

One award for OCAT swimmers.

Most Sportsmanlike Trophy

One award for each training group.

Most Improved

One award for each training group.

Individual Awards

The Coaching Staff will recognize each swimmer that participated in our summer season. Some awards may reflect a special achievement, others may reminisce a humorous situation all in a positive tone.

The Woolley Award

In honor of the Woolley family, this award recognizes a swimmer who has worked hard all year. He or she may not be a medal winner, but has strived for personal excellence in all things. They have pushed themselves, not given up; striving to meet theirs and their coach's goals. Additionally, they have volunteered above and beyond expectations.

Volunteer Information

Points System

As we are a non-profit organization, we are entirely dependent upon the hours our parents and in some cases, former members invest into each year's success.

We run a volunteer system where each family is required to accumulate 20 points for the summer season. If you have a swimmer who ONLY swims development, you are required to earn 10 points. There are many opportunities to volunteer over the course of the year. A more comprehensive description is found on your Active volunteer tab which outlines our many opportunities to volunteer. If you at any time you are unsure about how to collect points please speak with someone on the executive and they will be happy to help you out. Below are some of the opportunities:

Approximately each hour of volunteering = 2 points.

Ways to accumulate points:

1. *Pool Set up and Take down*

Lead Parent = 20 points

-We ask for a parent volunteer to show volunteers what to do, be at the pool consistently at these times, and be in charge of a sign-up sheet to have people sign up for before and after to make sure there was enough people on deck to take care of pool set-up and take down.

2 days of set-up or take down = 1 point

2. *Swim Meets*

Lead parent = 20 points

-We ask for a parent volunteer to take the lead to coordinate volunteers to perform the following tasks for each meet:

-Breakfast shopping = 4 points

-Transporting of supplies/tents = 2 points for each picking up and bringing back

-cooking = 2 points

-clean-up = 2 points

-Timing = 1 point for each hour

3. *Fundraisers (Fundraising Coordinator Positions)*

-We ask for a parent volunteer (1-2) to take lead on a fundraising event

Each parent that volunteers to participate in each of these events gets 2

points/hour of time

- Krispy Kreme Lead = 20 points
- Krispy Kreme Sales 2 hrs = 2 pts
- Car Wash/Hot Dog Day Lead = 20 points
- Car Wash volunteers 2 hrs = 2 pts

4. *Fun days/Fridays*

- Parent volunteer to take on lead for Pizza Night = 10 points

5. *Spring Pub night*

- We ask for a parent volunteer to take on this event = 15 points
- Each ticket sold = 1 point

6. *Silent Auction Baskets @ Swim Meet*

- Parent volunteer to take on this event = 20 points
- Basket items \$20 spent = 1 point

7. *Bottle Drive: Regional Recycling 5534 176th Street for "Cloverdale Tritons"*

- Each large bag collected = 2 points

8. *AGM Night Coordinator*

- Set up volunteers for potluck items = 5 points
(Volunteer spot should cover off all food/drinks, tables for AGM meeting)

9. *Regionals Dinner Coordinator*

- We ask for a parent volunteer to take on this event = 15 points

10. *Awards night Coordinator*

- Parent volunteer to take lead on organizing this event = 15 points
- Awards night slide show = 5 points
- Awards (trophies and medals) 5 points

11. *Sponsorship*

- Each \$250 sponsorship for the club = 10 points

12. Coffee Sales (November 2019)

- Ask for a parent volunteer to take on lead on organizing this event = 15 points
- For every 2 bags sold = 1 point

If you have not accumulated your 20 points, you will be charged \$400.00 through Active Networks on August 15th, 2019. Failure to pay will result in not being able to register for any of our programs.

Surrey/Cloverdale Swim Meet

There are many opportunities to volunteer for our joint swim meet – this is an “All Hands-on Deck” meet and requires mandatory participation of a minimum of 10 hours over the weekend. (Unfortunately no points are awarded for the swim meet).

