



Stony Plain Shark Parents Guide

As a Parent/Guardian of a Sharks Swimmer, you are specifically responsible for the following:

- Respect coaches, lifeguards on duty, parents, spectators and the decisions made by swim officials
- Encourage your child to participate in all Club activities, stroke lessons and relays, to do their best and to always show good sportsmanship
- Support your child in their desire to swim, the coaches and Club Executive Board in their efforts to establish and maintain a positive training and competitive environment
- Allow coaches to do the coaching. Comments and constructive feedback are welcome, however, refrain until after practice or a swim meet and arrange to meet with two Club Executive Board members. Communication during practice hours with the coaching staff is prohibited. Attention needs to be on the athletes to ensure their wellness and safety. All communications, feedback and concerns must go directly through the Head Coach. Communication to your athletes (unless there are immediate safety concerns) is prohibited during practice sessions as the athletes need to be attentive to their coaches.
- Participate in official training courses as offered by Swim Alberta and ASSA free of charge
- Assist with ongoing success of the Club by taking a leadership role on the Club Executive at some time during your child's summer swimming career
- Volunteer or officiate at the ASSA swim meets your child attends and the Sharks home swim meet or events
- Be on time, always be on time or early as required for all practices, warmups and meet events; notify your coach if unable to attend meets in a timely manner so they can be respectful to the host club of the meet

Failure to comply with the above will be addressed as a minor or major infraction and dealt with as laid out in the club Discipline Policy. The full Code of Conduct and Discipline Policy is found on stonyplainsharks.com

Thunder & Pool Evacuation Policy

All parents/guardians must be available to pick up their swimmers from practice within 10 minutes of the pool being evacuated. As we are an outdoor pool, the pool is evacuated in the event of Thunder/Lightning. In the event of a pool evacuation, the coaches will send out email & SMS notifications advising of the pool evacuation. If swimmers are being sent home, parents/guardians must pick them up within 10 minutes. It is not the coaches' responsibility to wait with swimmers past 10 minutes. Make sure email notifications are on during all scheduled practice times. You can sign up for SMS notifications through your account.

Staying Up to Date

The website calendar will soon be up to date with all the club fun events as well as swim meets. It is a good idea to review the calendar often. You can subscribe to the club calendar from the Team Events page when logged into your account. In addition to the calendar, the club sends out a weekly newsletter



Shark Bytes with information about our swimmers' successes and upcoming events. It is your responsibility to check your email and the calendar to stay up to date.

Volunteering

All families are required to complete 6.0 PTS of volunteering per swimmer. Volunteer points can be earned through Club Events and Meet Events. Volunteer sign up will be available on our Club website and points will be tracked. Failure to complete volunteering will result in \$100 per point charge to your Sharks account. Volunteer Jobs will be posted to stonyplainsharks.com for sign up.

In addition to the Volunteering, Sharks families are required to work or payout bingos for the club. The bingo requirement for 2023 is 2 bingo shifts for the first swimmer and 1 bingo shift for each subsequent swimmer in a family. If you wish to hire a worker for your bingos, Lisa our Bingo Coordinator (sharksbingo@gmail.com) can provide you a list of workers who will work for \$65 per shift. You will contact the worker and arrange them to work and pay the worker fee. If you do not wish to arrange the worker for yourself, bingo payout is \$200 per shift.

Swim Meets

What to bring to a meet:

- Team swimsuit, cap and goggles (label everything with your name!)
- Sharpie/permanent marker, pens, highlighters (all for marking heat sheets and marking swimmers with their events)
- Several dry towels
- Sweats, shorts, shirt to cover up between races (even "rainwear" for outdoor meets)
- A cooler of healthy snacks/drinks and a water bottle (no junk food or pop, please!)
- Games, books, or cards to enjoy between races
- Old sleeping bag or heavy blanket to lay on pool deck for relaxing between events
- Lawn chairs or folding seat
- Extra goggles and swim caps are a good idea for when your swimmer loses or breaks their pair...
- sunscreen/small tent for meets at outdoor pools (Stony Plain, Devon)

Helpful hints:

1. Expect an early start to your day! Most swim meets start between 7:00 and 8:00 a.m., with swimmers needing to be there ½ hour ahead of time for warm-ups. Swim meets typically end around 4:00 p.m.
2. Some meets have a "heat sheet" to buy when you arrive - bring along a highlighter pen, too! These usually range from \$2.00 - \$5.00 and will be invaluable for understanding the day and following the events of your swimmer and other Sharks swimmers. Other meets may send out a PDF the night before for you to print off yourself. Heat sheets are organized in the order the events will be swum. Within each event (e.g., 100m Freestyle) there are girls' and boys' categories. Swimmers are listed in their event by name and ranked with their previous "personal best time". Events can also be viewed through the Meet Mobile App.



3. Be prepared for a crowded and busy atmosphere! Swim meets are lots of fun, but they are quite crowded and noisy. Each pool has a different amount of spectator and swimmer deck space, and you will need to arrive early to “stake your claim”! Bring along an old sleeping bag to lay on the deck for your child and bring along a folding lawn chair for the deck in case there is limited seating. A cooler full of healthy snacks is a must for a swimmer who is working hard.
4. Don’t expect exact times on events! Other than the meet starting time, swim meets do not indicate exactly when events will be swum. Events are swum in the order that they are listed and may move along more quickly or more slowly than expected. The exact time of the lunch break is usually announced later in the morning.
5. Keep your eyes and ears open! Swimmers will be called to a “**marshalling area**” just prior to their race. Either a loudspeaker system or an event board will announce events. Sometimes they will call swimmers by event (e.g., girls, Short Freestyle) but other swim meets call swimmers by their event number (e.g., event #107). Event numbers are listed in the heat sheets. It’s a good idea to write your child’s event numbers on his/her hand or arm so that he/she can be watching and listening for his/her own events. Parents/guardians are not allowed in the marshalling and race-staging areas, but our club often provides younger swimmers with an older “swim buddy” to get them to their race on time!
6. The men and women in white & red shirts are meet **officials**. They work in positions such as: referee, starter, stroke and turn judges, timers. These volunteers (except for some of the timers) have taken courses and are certified to carry out the duties of their positions.
7. A swimmer sometimes receives a **disqualification** from an official. Disqualifications are not meant to be punitive but are simply a way to ensure fair and equitable conditions for all swimmers. Each stroke has specific rules and guidelines that officials are watching.

Heats/Times/Results

Heats - each swimmer is entered into a swim meet with their most recent and available “personal best time” - PB (a swimmer may sometimes be swimming an event for the first time and will have a “no time” - NT). At the beginning of the season, a swimmer’s PB time is carried forward from the previous seasons in the same event/distance. As stated in “Helpful hints”, a heat sheet is available at the meet and will list all the swimmers in each event category with their rank ordered times. Swimmers with “NT” appear at the bottom of the list. Swimmers are organized into “heats” based on their listed times and will typically swim in a heat of 5 - 8 swimmers with times in the same range. There will be several heats in each event category. Each swimmer receives a “race card” just prior to their race on which their race time will be recorded.

During regular season swim meets, there are no “finals” and results are based on the times achieved by swimmers in their heats. However, during the Region B swim meet, swimmers are organized into heats with the “top 8” fastest times advancing to a “final”. The “top 2” fastest times from each final at Regionals will advance to the ASSA Provincial Meet along with the next 4 fastest times in that event across all six ASSA swim regions in the province (i.e., “Wild Cards”).

Times - swimming times are reported in the form: 00:00.00 (i.e., minutes, seconds, tenths, hundredths). When a swimmer “beats” their entry time in a race, they will immediately receive an “I Beat My Time” ribbon from the timers in their lane. The “I Beat My Time” ribbon is an important and



central element to summer swimming in Region B because it recognizes ongoing personal improvement! Our club truly celebrates “I Beat My Time” achievements.

Results - after all the swimmers in an event have raced, the race cards are sent to the office where a “results sheet” is generated and posted. This can take some time, so be patient! There is also a Meet Manager App that will display swimmer unofficial results. The results sheet will list the rank-ordered times of all the swimmers in an event. Individual placement ribbons are awarded based on how many lanes there are in a pool. For example, at Stony Plain Pool, we have six lanes, so we award ribbons for 1st - 6th place. An eight-lane pool will award 1st - 8th place ribbons. These ribbons are not handed out on race day but are given to the coach at the end of the day and will be handed out at the next practice. Placement ribbons are also awarded to each member of a relay team.

In addition to placement ribbons, aggregate medals (i.e., gold, silver, bronze) are awarded to the three swimmers with the highest number of individual points in each age/gender category. Individual points are calculated based on finishes in the various events with points being awarded as follows:

1st place finish: points = number of lanes in pool +1 (e.g., 6-lane pool = 7 points for first)

2nd place finish: points = number of lanes in pool -1 (e.g., 6-lane pool = 5 points for second)

3rd place finish: points = number of lanes in pool -2 (e.g., 6-lane pool = 4 points for third)

Aggregate medal points are calculated at the end of the day and the medals are awarded in a short, informal ceremony following the swim meet.

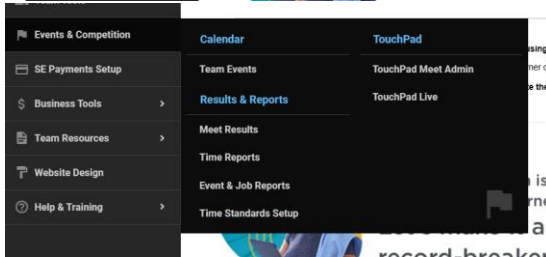
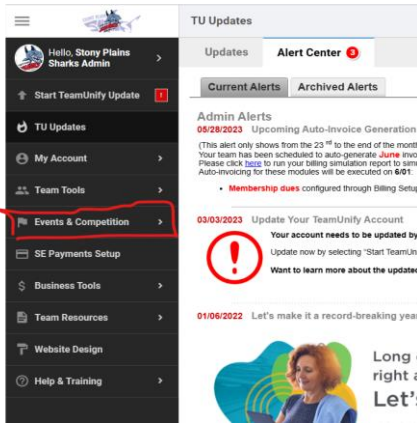
Club points are also calculated based on placement finishes. Total club points are then divided by the number of swimmers registered in a club to determine club standings. At the final Region B Swim Meet there are two club trophies awarded, one for the club with the most overall “aggregate points” and one for the club with the highest “average” number of points (i.e., aggregate points divided by the number of registered swimmers).

Meet Sign Up

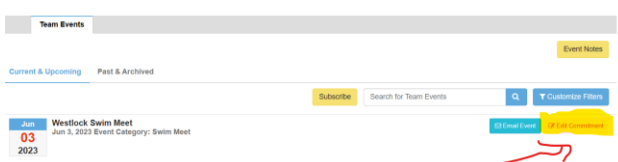
Coach Kennedy’s address lists all the deadlines for meet sign up. NO EXCEPTIONS. Meet sign up is done through your sharks account and must be completed for each swimmer. Please follow the instructions below for signing up through the webpage and ON DECK APP

WEBPAGE

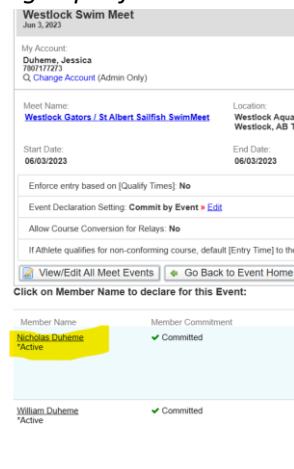
- After logging into your account, navigate to Events & Competition



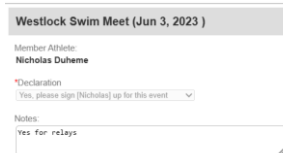
Click on Team Events



Click Edit Commitment **Note, volunteer sign up is found here too. You will see a button for Job Sign Up**



Click on swimmer's name



Please choose YES or NO in the declaration. If you are not planning on attending, please still log in and choose NO. That way Coach Kennedy is not wondering if your athlete is coming or not. In the notes box you must put YES for Relays or NO for Relays. If you put nothing, your swimmer will not be placed on a relay. There are too many



entries for Coach Kennedy to ask every swimmer with an empty notes box. You can also put in the notes, any other information Coach Kennedy will need, such as only doing morning events.

Event Time	Entry Time	Notes	Exclusion	Approval	Event	Swim	Event	Qualify Time
24.300	24.300		☐	Approved	5B	B	9-10 25 Fly	
25.425	25.425		☐		9C	B	9-10 50 Back	
25.425	25.425		☐		13B	B	9-10 25 Breast	
2:05:205	2:05:205		☐	Approved	19A	B	9-10 100 Free	
N7			☐		21B	B	9-10 100 Medley	
8:20:075	8:20:075		☐		24A	B	9-10 200 Free	
N7			☐		26	B	9-10 50 Fly	
27.855	27.855		☐	Approved	30C	B	9-10 25 Back	
N7			☐		34B	B	9-10 50 Breast	
52.405	52.405		☐	Approved	40A	B	9-10 100 Free	

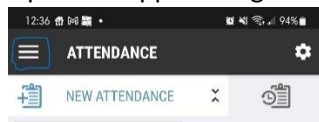
- Scroll down and choose 4 entries. ***THESE CAN BE CHANGED BY COACH KENNEDY AT HER DISCRETION*** Coach Kennedy will see what your swimmer would like to swim and either approve or change the entry. Please DO NOT contact Coach Kennedy if your swimmer's entry has been changed unless there are safety concerns. Entries are listed in order they will happen in the day.

			5A	B	7-8 25 Fly
			9B	B	7-8 50 Back
8A	G	6 & Under 50 Back	13A	B	7-8 25 Breast
16A	G	6 & Under 50 Free	17B	B	7-8 50 Free
22A	F	6 & Under 25 Free	21A	B	7-8 100 Medley
29A	G	6 & Under 25 Back	22D	M	7-8 25 Free
37A	G	6 & Under 25 Free	30B	B	7-8 25 Back
			34A	B	7-8 50 Breast
			38B	B	7-8 25 Free

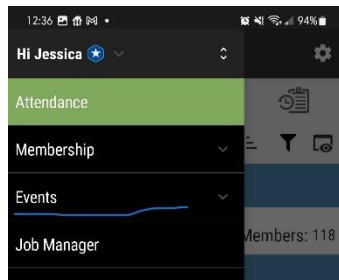
- For 6 & Under and 7&8 entries, you will see two 25m Free, the one in the middle of the list (Event 22) is 25m Flutter board, the one at the end of the list is 25m Free. Any swimmers with a time in a 50m Free or Back event are no longer eligible to sign up for the Flutter board event.
- After choosing your entries, click Save Changes. Each Swimmer must be declared for the meet.

ON DECK APP

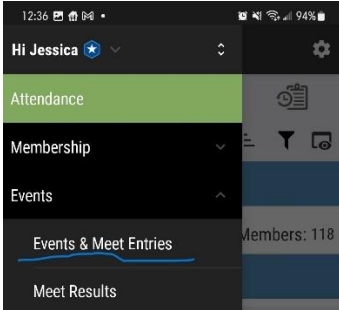
- Open the app and log in



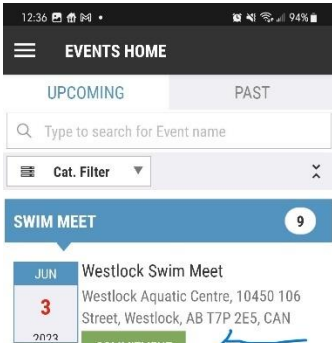
- Search for location or roster Tap the 3 lines in the left-hand corner to open the menu



- Tap on Events **Note, for volunteer sign up Tap Job Manager**



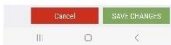
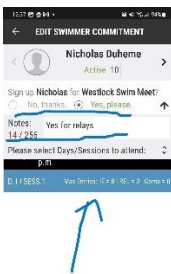
Tap on Events & Meet Entries



Under the meet you want to enter, tap COMMITMENT or DECLARE



Tap the Swimmer you are entering into the meet. You must do each swimmer individually.



Choose No, Thanks or Yes, Please. Enter in the Note Yes for relays, No for relays and any other pertinent notes. Empty notes boxes will not be put on a relay. Then tap the blue bar indicated to open the events.



EDIT SWIMMER COMMITMENT

Nicholas Duheme
Active 10

Sign up Nicholas for Westlock Swim Meet?
☐ No, thanks. ☒ Yes, please.

Notes: Yes for relays
14 / 255

Please select Days/Sessions to attend: 0 p.m.

0.11 SESS. 11:00 AM FRIDAY, IF = 01 FRIDAY, IF = 01 DATED = 11

☒	#58	25 FL	BEST TIME: 24.385 ENTRY: 24.38Y	Approved
☐	#59	50 BK	BEST TIME: 59.425 ENTRY: 59.42Y	
☐	#138	25 BR	BEST TIME: 43.165 ENTRY: 43.16Y	
☒	#13A	100 FR	BEST TIME: 2:00.395 ENTRY: 2:00.39Y	Approved
☐	#218	100 IM	BEST TIME: NT ENTRY: NT	

Cancel SAVE CHANGES

- Choose 4 events. Reminder, as mentioned above, entries are subject to change at Coach Kennedy’s discretion. Once you have chosen 4 events, tap the Save Changes button at the bottom.

We are looking forward to a fun and successful swim season!