



Parent and Swimmer Handbook 2023 - 2024

Up-dated July 27, 2023

10 Stoneyhill Park
Conception Bay South, NL A1X 7B3

<https://www.gomotionapp.com/team/cancbsb/page/home>

WELCOME TO ALL RETURNING AND NEW SWIMMERS!

The 2023 - 2024 swim season is here and we're so excited! Welcome to our new members and welcome back to our returning members.

Swimming is an amazing sport. It's an incredible way to keep fit, make friends, and learn life skills. Our goal is to create a positive environment to promote the sport of swimming, as well as the fun and thrill of healthy competition. We're so glad that you've decided to be a part of this upcoming season.

Our Bluefins family is made up of a group of amazing swimmers, along a talented coaching staff, and a dedicated group of parents volunteers. Everyone has an important role to play and we all are part of the Bluefins story. The Bluefins have been deeply rooted in the CBS community for the past 30 plus years and we strive to carry out this legacy with pride for many years to come.

We're so excited for what this season will bring and our coaching team can't wait to being working with our swimmers again. This coaching team is made up of an exceptional group of individuals who have moved through the ranks of the Bluefins family itself. Our Head Coach is a Bluefin graduate, former performance and varsity swimmer and is a Level One Coach. We are fortunate to have a team whose passion for the sport of swimming is evident through their dedication to the success of the swimmers, the team, and the club.

The club also has a tremendously supportive group of parents/guardians who dedicate their time and resources to ensure the continued success of the Bluefins. Everyone has a role to play and we look forward to inviting you alongside us in this work.

Welcome to the new season and congratulations to our returning swimmers for a very successful 2023 - 2024 season! For our new swimmers and parents: we're so happy to have you join the Bluefins family! Welcome aboard!

Go Bluefins!

Mike Ball, President (on behalf of the Bluefins Executive)

ABOUT US

CBS Bluefins swim club is a member of Swimming/Natation Canada (SNC) which is the national governing body of competitive swimming in Canada. Each province has its provincial section of SNC, Swimming Newfoundland and Labrador (SNL) is our provincial section.

The CBS Bluefins Swim Club is a non-profit organization designed to provide aspiring young athletes the opportunity to train and compete in a competitive swim environment. Our club currently has approximately 30 swimmers ranging from ages 7 through 18 that swim at beginner, advanced, and nationally ranked levels.

Our club is broken down into several different training groups which each have their own practice schedule and coaches. Each of these groups is specifically designed to provide the swimmer with the necessary skill set in which he/she will need to either compete or if already competitive, to improve on their swimming capabilities.

Our swim season begins early in September and runs to June for our pre-competitive and competitive swimmers. Our athletes compete on the Provincial, Atlantic, and National Levels.

Established in 1989, the CBS Bluefins Swim Club quickly became one of the premiere swim clubs in the province. Since the club's inception, Bluefin swimmers have continuously put their names in the record books and have qualified for bigger and faster competitions at both Provincial and National levels.

The CBS Bluefin Swim Club strives towards excellence in sport. Our athletes work very hard and are driven by one common goal which is to reach their highest potential. Our coaches are well trained professionals and are there to help develop our inspiring swimmers become some of this province's greatest young talent.

Today, our club is filled with some of our fastest swimmers in club history and has no intentions on slowing down. Our club records page is constantly being update with several long-standing club records falling this past swim year.

EXECUTIVE, COACHES, COMMITTEE MEMBERS

<u>EXECUTIVE</u>				
POSITION	NAME	PHONE	CELL	EMAIL
President	Mike Ball		293-0835	mikecball@outlook.com
Vice President	Valerie Moulton		689-7639	valeriemoulton@gmail.com
Co Treasurer	Laura Critch		351-2598	lauracritch3@gmail.com
Co Treasurer				
Secretary	Renee Walsh		689-9193	walshrenee7@gmail.com
Public Relations	Ashley Rideout		743-2513	ashleyamanda09@hotmail.com
Parent Rep	Chrissy Smith		743-3161	skylarjudy2014@gmail.com
Fundraising	Shane Welcher		730-9592	Shane.w.welcher@gmail.com
Co Events Planner	Robyn Bloomé		986-3626	robynblomme@gmail.com
Co Events Planner	Tara Simms		727-0970	simmstaralynn@gmail.com
Past President	Nancy Morrison			
<u>COACHES</u>				
POSITION	NAME	PHONE	CELL	EMAIL
Head Coach	Jason Warford		728-5829	warford.jason@gmail.com
Coach	Abby Shears			
Coach	Julia Summers			
Coach	Ella Smith			
Coach				_____

COMMITTEES

A number of committees are needed to organize various aspects of the club. Other committees may be struck as deemed necessary from time to time by the executive. A large number of volunteers mean only a little work for everyone; plan to serve on a committee.

RESPONSIBILITY	ELECTED MEMBER
Officials	Denise Pitts
Results	Head Coach
Fundraising	Shane Welcher, Sub-Committee and Executive
Awards	Sub-Committee and Executive
Records	Head Coach
Social Media Up-dates	Ashley Rideout
Swim for Hope	Sub-Committee
Events	Robyn Bloomé, Tara Simms. Sub-Committee and Executive

GENERAL INFORMATION

PRACTICE TIME's are listed on our website.

The Coaching staff will inform you or your child of practice times. The amount of time required by each swimmer is determined by the coaching staff and is solely dependent upon the age and skill of the swimmer. As swimmers mature, they generally require more practice time. To maintain maximum benefit to all swimmers, it is important that the schedule is adhered to.

****Please Note:** Practice schedules and squad roster are subject to change at any time. Coaches review practice schedules and roster on a regular basis and may make changes. However, parents will always be notified in advance of any changes.

MEETINGS

All parents will be contacted via e-mail of the date, time and location of meetings. Special meetings may be called from time to time as outlined in the constitution of CBS Bluefins Swim Club Inc.

FUNDRAISING

There will be a number of fundraising events for the year in which all CBS Bluefins members are expected to be a part of. They may consist of a number of the following: ticket sales (ie 50/50, Grand in your Hand) , veggie hampers, recycling drive and obtaining corporate sponsors when and where possible. Families will be made aware of each in advance. **A fundraising levy may be imposed on families that do not participate in fundraising activities, however this will be notified to families in advance, as it is very important for all swimmers to partake in the fundraising efforts of the club.**

The CBS Bluefin Swim Club is a parent volunteer run organization that relies heavily on all families to ensure club activities and swim meets operations run smoothly. As with all volunteer organizations, ensuring there are enough volunteers to run the program is a challenge. Again this swim season the club will be instituting a volunteer policy for family commitment. The volunteer policy is intended to cover both swim meet officials

and fundraising activities. At the time of registration families will be expected to commit to a volunteer swim meet activity (on deck or in the kitchen) and specific fundraising activities.

SWIMMERS CODE OF CONDUCT

We must ensure that all swimmers are treated with respect and that we project a positive image. Swimmers are expected to adhere to the rules listed below while participating in any Club sponsored function including meets, practices, travel to swim meets and social activities. Failure to do so will result in disciplinary action; this could include suspension from the Club.

1. I will show respect to all athletes, parents, officials, coaches and pool staff at all times.
2. I will not use foul language.
3. I will not engage in any form of harassment against other athletes, coaches, parents or officials.
4. I will not engage in destructive gossip regarding coaches, staff, parents, athletes or officials.
5. I will not use banned substances, illegal drugs, and alcohol or tobacco products.
6. I will not break any laws.
7. I will not engage in any activities that could endanger or hinder other athletes, or cause damage to property.
8. I will not leave practice or club functions without permission from the coach, official or chaperone.
9. I will listen to my coach.
10. I will know my practice schedule and will be on time. This means being on deck 10 minutes before practice starts.
11. I will help with pool set-up and deck clean up as requested by my coach.
12. I will bring the required equipment to practice as outlined by my coach.
13. To avoid de-hydration, I will bring a bottle of water to practice & to meets.
14. I will maintain a healthy lifestyle, avoiding junk food and ensuring I get enough rest.
15. At swim meets, I am responsible for remembering which event/heat I am in, and will ensure that I get to that event a minimum of 5 minutes before the race begins
16. I will wear CBS Bluefin team attire as described in the Uniform Policy. This includes, at minimum, the CBS Bluefin official cap and Head coach approved swimsuit.
17. When travelling for meets, I will follow rules outlined by the coaches and chaperones. When the Coaches and chaperons deem behavior unacceptable; I can be penalized, up to and including removal

from the competition and being sent home at my family's expense. In extreme cases, dismissal from the Club could result. Examples of inappropriate behavior include: promiscuity, failure to comply with the stated rules and/or curfews as set out by the coaches or chaperons, and any behavior in violation of the criminal code.

18. Internet Web sites, such as, but not limited to Facebook, Instagram, Snapchat, etc. on which people socialize and exchange information, shall not be used to post remarks or pictures that can be considered inflammatory, degrading, or in poor taste toward any other student athlete (CBS Bluefin or otherwise), coach, or volunteer.
19. I will have fun and promise to advise my coach or parents if this isn't the case.
20. I am representing the CBS Bluefin's Swim Club and will always support my team and be a positive role model.

I am aware that failure to fulfill these obligations could result in dismissal from practices and/or meets, up to and including termination of membership.

PARENTS CODE OF CONDUCT

The CBS Bluefin's is committed to providing an environment in which all individuals (athletes, coaches and families) are treated with respect, and provides a supportive environment. As a result, parents/guardians are expected to adhere to some basic guidelines which are provided below.

1. I will conduct myself at all times in a manner consistent with the values of The CBS Bluefins Swim Club, which include fairness, integrity and respect. This pertains to interaction with all athletes, other parents, officials and coaches.
2. I will refrain from comments or behaviors that are disrespectful, offensive, racist, abusive or sexist.
3. I will not engage in destructive gossip regarding coaches, staff, parents, athletes or officials. Internet Web sites, such as, but not limited to Facebook.com, and Instagram, on which people socialize and exchange information, shall not be used to post remarks or pictures that can be considered inflammatory, degrading, or in poor taste toward any other student athlete (CBS Bluefin or otherwise), coach, or volunteer.
4. If I have questions or concerns with respect to my child's swim program, I should contact my child's coach directly. Any further concerns will be directed to the Head Coach. If my concern is still unresolved, I will contact the Club President.
5. I will not approach coaches or officials on the swim deck during swim meets or during practices. Instead, I will arrange to meet with coaches before or after the sessions.
6. I will ensure that my child arrives at practice on-time.
7. I will encourage a healthy lifestyle including nutritious foods and adequate sleep.
8. I will be supportive of my child and the team at all times, regardless of performance level.

9. I understand that volunteer organizations such as The CBS Bluefin's depend on the energy and goodwill of parents to fulfill numerous, essential roles. When I have an issue with meet technical organizers or board members, I will respect that these are all volunteers working on my child's behalf. If I feel the need to take issue with any member of our "team", I will do so privately & directly with the people involved. If resolution is not achieved, I will contact the Club President.
10. I will ensure that my swimmer understands that Internet Web sites, such as, but not limited to Facebook, Instagram, Snapchat, etc. on which people socialize and exchange information, shall not be used to post remarks or pictures that can be considered inflammatory, degrading, or in poor taste toward any student athlete (The CBS Bluefin's or otherwise), coach, or volunteer.
11. I will support my swimmer and the Club by volunteering my time to assist in meets, social events and fundraising activities.
12. I will also have fun!

I understand that failure to comply with these Codes may result in disciplinary action as determined by the Board of Directors, up to and including termination of membership.

Application & Scope

This policy applies to all categories of members in the CBS Bluefin's Swim Club as well as to all individuals participating in activities of or employed by the CBS Bluefins Swim Club, including, but not limited to, swimmers, their parents, coaches, officials, organizers, managers, volunteers, directors, officers and employees.

This policy applies to harassment including bullying which may occur during the course of all CBS Bluefins Swim Club business, activities and events, including but not limited to competitions, team practices, training camps, exhibitions, meetings and travel associated with these activities.

Within this policy, the words harassment and harass shall include bullying and bully.

What is Harassment?

Harassment is behavior, by one person towards another, which is insulting, intimidating, humiliating, malicious, degrading or offensive. It creates negative and uncomfortable feelings for the person, or group of persons, to whom it is directed. Such a person may feel anything from discomfort or embarrassment in the presence of the person or group of people displaying the behavior, to a feeling of terror or even fear for their safety. Harassment can take many forms whether physical, verbal, sexual, or emotional, and most often involves a combination of these elements. One of the defining characteristics of harassment is that it usually takes place where one person is in a position of power over another, or has the trust of another, and then abuses the relationship. It doesn't matter that a person did not mean their behavior to be harassing or did not intend to abuse their position of power or trust. It is the effect of the behavior that is most critical. Types of behavior which constitute harassment include, but are not limited to,

- Unwelcome remarks, innuendo or teasing about a person's looks, body, attire, age, race, religion, sex or sexual orientation
- Written or verbal abuse or threats
- Condescending, patronizing, or threatening behavior that undermine self-esteem or diminish performance

- Practical jokes that cause awkwardness or embarrassment, endanger a person's safety, or negatively affect performance
- Unwanted or unnecessary physical contact including touching, patting, or pinching
- Unwelcome flirtation, sexual advances, requests, or invitations
- The display of visual material which is offensive or which one ought to know is offensive
- Leering or other suggestive or obscene gestures
- Any form of hazing
- Any form of physical assault
- Any sexual offence including sexual assault
- Behaviors such as those described above that are not directed towards individuals or groups but have the effect of creating a negative or hostile environment

What is Bullying?

Bullying is defined as hurtful interpersonal mistreatment of a person and is an act of intentionally hurting someone in order to insult, humiliate, degrade or exclude him or her. Basically, it is "mean" behavior.

Hurtful actions include, but are not limited to,

Physical – i.e., hitting, kicking, grabbing, shoving, spitting on, beating others up, damaging or stealing another person's property.

Verbal – i.e., name-calling, humiliating, degrading behavior, hurtful teasing, threatening someone (this may happen in notes or in person, over the phone, through text messages or a chat room).

Relational – i.e., making others look foolish, excluding peers, spreading gossip or rumors (this may happen in person, over the phone, or through the computer).

Reactive – i.e., engage in bullying as well as provoke bullies to attack by taunting them.

2023-2024 CBS SWIM TEAM & SNC / SNL FEES

Billing Group	Sub Billing Group	Chart of Accounts	1st Active Member	2nd Active Member 10% Discount	3rd Active Member 20% discount
Blue I and II (previously Precomp):					
	» Annual	Annual dues	\$950.00	\$855.00	\$760.00
	» Monthly	Monthly Dues	\$95.00	\$85.50	\$76.00
	» Semi-Annual	Semi-annual	\$475.00	\$427.50	\$380.00
White I and II:					
	» Annual	Annual dues	\$1250.00	\$1125.00	\$1000.00
	» Monthly	Monthly Dues	\$125.00	\$112.50	\$100.00
	» Semi-Annual	Semi-annual	\$625.00	\$562.50	\$500.00
Yellow I and II:					
	» Annual	Annual dues	\$1,350.00	\$1215.00	\$1080.00
	» Monthly	Monthly Dues	\$135.00	\$121.50	\$108.00
	» Semi-Annual	Semi-annual	\$675.00	\$607.50	\$540.00
Gold II:					
	» Annual	Annual dues	\$1,500.00	\$1,350.00	\$1200.00
	» Monthly	Monthly Dues	\$150.00	\$135.00	\$120.00
	» Semi-Annual	Semi-annual	\$750.00	\$675.00	\$600.00
Gold I:					
	» Annual	Annual dues	\$1650.00	\$1485.00	\$1,320.00
	» Monthly	Monthly Dues	\$165.00	\$148.05	\$132.00
	» Semi-Annual	Semi-annual	\$825.00	\$742.50	\$660.00

****Please Note: A family with two (2) or more swimmers discount rate...*****

The first swimmer (starting with the highest fees) will pay full swim fees and each additional swimmer in descending order will get a 10% discount of the cost for their annual/monthly/or semi-annual fees. See the above chart to be clear on what needs to be paid if you have more than one swimmer registered. SNC/SNL fees as issued by Swim NL.

SNC/SNL fees as issued by Swim NL

Swimmer Fees:

Type	Category	Fee
Pre - Competitive	Pre - Competitive	\$53.50
Competitive - Fundamental	Competitive (8&U)	\$132.50
Competitive – Skills	Competitive (9-10)	\$152.50
Competitive – Development	Competitive (11-14)	\$172.50
Competitive – Open	Competitive (15&O)	\$192.50
Varsity - Open	Open - Varsity	\$145.75
Varsity – Year-Round	Varsity - Year-Round	\$192.50
University – Varsity	University - Varsity	\$145.75
Masters – MSC	Masters MSC	\$51.50
Masters - MSC-Open	MSC - Open	\$139.00
Summer	Summer	\$36.50

Note: Swimmers who wish to apply for Swimming NL, Provincial Government, and Sport NL funding programs or award programs must be registered members in good standing with Swimming NL

SNC & SNL Annual fee is required to be paid in full at time of registration.

MEET FEES

All competitive swimmers are expected to compete in swim meets. When a meet is posted it is mandatory to commit on line or your swimmer will not be registered. The opt-out date for meets will be posted on www.bluefinswimming.com and also sent to each family via email. However, as an exception if for some reason the date is missed it will be the responsibility of the swimmer/parent to contact the Head Coach or a member of the executive; if not contacted and not committed on-line then the child will not be registered for the meet. Reimbursements for missing a meet may be given for medical reasons or extenuating circumstances **if the host club is offering a refund**. A medical note / documentation is required to be submitted in writing to the treasurer of our club. Meet fees will be subject to a surcharge to offset coach's' expenses and salaries. The surcharge is non-refundable.

SwimNL have updated the meet fees for 2023-2024 and they are as follows:

Short course fee - \$50
 Long course fee - \$100

The Club has set coaching meet fees for 2023-2024 as follows:

Local meets - \$20
 Carbonear - \$40
 Gander - \$50
 Out of Province - \$150

2023 - 2024 REGISTRATION CHECK LIST
Everyone will need to register online

Just go to our website <https://www.gomotionapp.com/team/cancbsb/page/home> and click on the registration tab.

Accepted method of payment are Credit Card or EMT to cbsbluefinstreasurer@gmail.com.

The first payment for the season will include your one-time SWIM NL fees and your first registration payment. This amount depends on your selected frequency of payment: monthly, semi-annual or annual.

*Additional transactions can be paid via your credit card upon request. i.e. Meet fees, SNC/SNL fees, fundraising fee, etc.

Please note: If you use your credit card there is a \$0.30 Transaction fee along with a 4% surcharge per credit card transaction.

If you wish to use any funds from your account, please advise the treasurer before registration so the credit can be applied to your account.

The following signed forms can be found under the Documents section on the CBS Bluefins website:

- Liability Waiver
- Medical Release Waiver
- Swimmer Code of Conduct
- Parent Code of Conduct
- Volunteer Policy
- Personal Information Protection and Electronic Documents Act

The Swimmer Account Policy has been developed to help manage funds raised and how these funds can be used for a swimmer(s) account.

Funds raised through the annual Swim for Hope can only be used to cover registration costs. Funds raised through other fundraising efforts can be used to cover meet fees, purchase swim hats, and other event costs. If a swimmer leaves the club during the swim season, funds in the swimmer account will revert back to the swim club at the end of the current swim season. If a swimmer fails to register for the new season, funds in the swimmer account will revert back to the club December 31st of the current year.

SUPER SKILLS

Super Skills is specifically designed to give our new team members the opportunity to achieve the necessary skill set required for them to succeed in a competitive swim meet. Swimmers participate in six different skills designed to help teach proper stroke mechanics.

The six skills included are:

1. Dive and Glide
2. 25m Flutter Kick
3. Push and Glide
4. Flip Turn for Time
5. 25m Freestyle + Stroke Count
6. 100m or 200m Free for Time

Super Skills is an ideal opportunity for our Precompetitive swimmers to obtain a sense of a competitive swim meet environment during which time they are learning the essential skills required to excel during a competition. All applicable swimmers are encouraged to participate in all super skill events. Senior team members will also participate in Super Skills by encouraging young swimmers, assisting coaches, etc.

BENEFITS OF COMPETITIVE SWIMMING

Competitive swimming is an ideal activity for young people as it meets the goals for youth organized sports cited by many experts:

- Learning motor skills.
- Increasing physical activity levels.
- Learning social skills.
- Learning good sportsmanship
- Having fun.

Swimming is considered the ideal physical activity because:

- Swimming is a low impact activity and reduces stress on the joints – it is the most injury-free sport for young people
- Swimming develops coordination by requiring complex muscle movement involving all parts of the body.
- Swimming builds cardiac and respiratory fitness and develops aerobic endurance.
- Swimming promotes muscle development and burns calories, a particular concern with increasing rates of childhood obesity.
- Swimming can be continued for a lifetime.
- Swimming is a sport that children with disabilities can participate in.

In addition to the extensive physical benefits, competitive swimming also benefits young people by:

- Providing a supportive, wholesome social outlet.
- Learning sportsmanship, including dealing with winning and losing.
- Developing team camaraderie and close friendships, many for life.
- Learning goal setting, self-discipline and self-confidence.
- Time-management: competitive swimmers are among the best students.

Aside from the physical, social and developmental benefits, competitive swimming is a FUN and EXCITING sport for young people.

SWIM MEET RULES AND REGULATIONS

Our club participates in age group competitive swim meets both provincially and nationally. The age group swimming for invitational swim meets are normally 10 & under, 11 & 12, 13 & 14 and 15+. Boys and girls compete separately. Swimmers change age groups on their birthday. In the case of a swimmer's birthday falling on the date of a meet, the swimmer will swim in the older age group. If the swimmer's birthday occurs after the first day of a multiple day meet, then he or she will compete in the younger age group for the duration of the meet.

- To attend a swim meet you will need to “ACCEPT” the meet on the on-line system. To be discussed further at the Parent-Meet the Executive meeting.

- Meet entry fees are due 10 days prior to meet and are non-refundable unless proper medical documentation or a plausible explanation of extenuating circumstances is provided prior to the first day of the meet. Please ensure that you inform the head coach or a member of the executive if you are not attending a meet prior to the 10 day deadline.
- The use of drugs, smoking, drinking, performance enhancing drugs and gambling will not be allowed. The SNC rulebook states: Using obscene or abusive language in the pool area, including the dressing rooms or the willful damage shall warrant disqualification from all remaining events in the meet. This also applies to all activities where you are representing the CBS Bluefins.
- There is to be NO RUNNING or HORSEPLAY in the stands or on the pool deck. Pool decks are slippery. Always walk with caution DO NOT RUN.
- Generally, in any pool facility all areas are out of bounds other than pool deck, changing rooms, wash-rooms and canteen.
- All rules laid out by the coach or chaperon must be obeyed.
- A chaperon report will be made after each away meet and infractions of these rules will be reported to the parents of the swimmer involved and the club president for appropriate action.
- All swimmers competing, are required to wear the Team colors (swimsuit and hat) during the Meet.
- High performance suits are permitted.
- Swimmers are required to stay on the pool deck in their designated area during the meet unless approved by the coaching staff. Stay with your team. Support team members. Cheer them on in the spirit of good competition.
- Stealing of any items, regardless of size or cost including souvenirs taken from motels or restaurants will not be tolerated.
- A reasonable hour for curfew will be set for each meet, depending on the nature of the meet and the age of the swimmer. All swimmers will be expected to comply with curfew as set by coaches and/or chaperons.
- When in hotel/motels or coed accommodation boys and girls will not be allowed in each other's rooms after curfew.
- The coach and chaperon have the ultimate authority, to send a swimmer home at the expense of their parents, should the behavior of the swimmer warrant such action.
- At club hosted swim meets, you are not only a competitor but a host or hostess. Help visiting swimmers feel at home, as they will surely return the favor when you visit their club. Some of you will make lifelong friends.

OUT OF PROVINCE SWIM MEET TRAVEL POLICY

- When swimmer(s) qualifies to compete at an out of province meet the swimmer will be required to pay the prescribed fee in Section Meet Fees above, or as otherwise set out as follows: the coach's costs will be absorbed by the number of participating swimmers less 1/3 that will be paid by the club for all out of province meets. (i.e.: plane tickets, accommodations, meals, etc.), however this will be communicated with the families in advance.
- Fundraising is an option to reduce the costs of travel meets

Team Travel Policy

Swimmers who are qualified to attend meets at the Provincial Champs level and above will be required to travel as a team to the competitions.

This may involve transportation by a car, van, coach bus or plane as well as hotel accommodations, food and restaurant meals. In order to ensure the safety of the group, each swimmer will be required to travel and stay together with the team at all times while away from home. This will ensure the success of as well as minimize the overall trip costs for the group. Any exceptions to the team's travel plans (e.g., health issues, final high school exams) must be requested in writing to the Head Coach before the cancellation deadline for each meet (as posted on our website). Each request will be considered on an individual basis. The Executive will review the request with the Head Coach and reply directly to the family requesting the exception. Should a swimmer leave the team accompanied by a parent/ legal guardian and has previous approval, they (parent/legal guardian) will assume immediate and full responsibility for the swimmer and thereby release the club from any liability and/or obligations related to the swimmer. Should a swimmer violate the Code of Conduct or leave the group during a meet without any prior communication with BOTH the Chaperone and the Coach, he/she will be subject to immediate disciplinary action (as deemed appropriate by the Chaperone and Coach).

OFFICIATING/VOLUNTEERING

Swimming like many other group sports relies upon the commitment of a strong volunteer group. Without the commitment from these volunteers, the program cannot run.

Meets are probably the single most demanding part of the program in terms of person-hours required to successfully complete this necessary facet of the program. Without officials, we could not run a meet; without meets, the children would not be able to compete in an atmosphere conducive to competition. Without competition, the swimmers cannot fulfill their reason for belonging to a competitive swim team. Competition is the chance for swimmers to challenge themselves, improve their technique and skills - the main reasons they train so hard.

What this all comes back to is you, the parents, who are the volunteer force whom we call on to become officials. In short, we cannot run a meet without you. Please support our club and your swimmer by becoming an official.

Officiating gives the parents a chance for involvement with their child's chosen sport. Many times, parents sit in the stands to watch one or two races per day. If the parent is not very familiar with the sport, being a spectator at swim meets can be very boring. Officiating gives parents a chance to do something constructive and interesting. Many parents enjoy working with and getting to know other parents and swimmers. Others also like the challenge offered by the different levels of officiating.

To run a meet can take upward to forty or more people, including referees, starters, timers, meet managers, stroke and turn judges, etc. The club's Chair of Official's will be organizing and conducting officials' clinics as required. A schedule will be made available.

We look forward to seeing all our swimmers in the water this season!!