



New Langley & Abbotsford Olympians Swim Club Members



Welcome to L&A OSC. We hope you find our swim club to be exciting, enjoyable, fun and that it offers the skills that you and your children are looking for. This is a brief letter outlining some of the expectations of L&A OSC and information about swimming.

LOSC and AOSC are member clubs of Swim B.C. that in turn is a member of Swimming Natation Canada (SNC). There are over 50 clubs in B.C. consisting of 8000 members. You will notice most of our correspondence L&A OSC as this is the Langley & Abbotsford Olympians Swim club which we work closely with in most areas.

LOSC was founded in September of 1997. LOSC is a competitive swim club that has groups for all levels and abilities of swimmers from learn to swim through to adult programs. LOSC provides two full time and eight part time professionally paid coaches. AOSC was started in January of 2004. AOSC is a year round competitive swim club that offers a program for all levels and abilities of swimmers from ages 5 years old to 18 years old. AOSC provides two part time professionally paid coaches. We teach swimming skills and life skills to the swimmers that join LOSC and AOSC. We run from mid September through to the end of July.

When coming to the pool please tell the front desk staff you are a member of LOSC or AOSC as they have a list of swimmers. Proceed onto the deck and wait for further instructions from your coaches. Swimmers should wait on deck for coaches and not go public swimming. We only rent the pool for our workout time.

Communication takes place in several of ways. News bulletins are a way communication takes place between the Swim Club and its members. We also have a web site www.langleyolympians.com and www.abbotsfordolympians.com with a password to get into restricted sites. You will receive an email from the website with your password. Please email laoscadmin@telus.net if you forget the password. Most information in coming out via email so make sure we have your most current email addresses. Please check all options of communication, bulletin boards, news bulletin and web site on a regular basis, at least once a week. Coaches can certainly be spoken to by email or in person but please be considerate of their time when coaching the children as it is their first priority. Please speak with a coach after a workout should the coach be available. Email is probably the most convenient way to get a hold of a coach for simple questions.

Equipment needed by swimmers; red bathing suit, club bathing cap, goggles, fins/flippers and team T-shirt for workouts and swim meets (sweat suit is needed by swimmers attending Regional Meets and above). If a child does not wear a bathing cap that is ok but hair needs to be out of the swimmers face. We expect our swimmers to wear our team outfits in workouts and at swim meets to show LOSC and AOSC off to the local community and beyond. The equipment offered is of good quality and at affordable cost. All can be purchased from the swim club. A price list is available on the website and at the pool. Swimmers in some groups may need additional equipment which the coach will let parents know about.

Swim meets usually occur every 4-6 weeks depending upon your skill level and commitment level. L&A OSC expects swimmers joining both teams to participate in the meets they qualify for and have to have parents attend most meets and help out for a couple of hours at each meet. Intra Club meets are for all L&A OSC members. Intra Club meets are intended to bring all swimmers together and see the team as one. Intra Club meets usually occur in Oct, Dec, & June on a Sat 8:15am-12:30am at Walnut Grove Pool. Novice meets for swimmers are usually 4 hours in length on a Saturday morning from 8:15am-12:30pm at the Walnut Grove Pool. Regional swim meets for swimmers past the Novice swim meet stage are usually 4 hours on both a Saturday and Sunday within the lower mainland. Invitational swim meets for the more experienced swimmers occur throughout the Province and beyond and are usually Friday, Saturday and Sunday. Swim meets are the way swimmers, parents and coaches can evaluate swimmer progress and determine what skills need to be improved and worked upon. Swim meets are fun and teach swimmers (even beginners) how to set goals in workouts and achieve personal goals. Many life skills are learnt through swim meets. We do not just look for who is winning; we also look for who is improving!

Parents please watch your child swim from the viewing areas and not on deck. The deck is for the swimmers and the coaches to work together in an environment free of others so trust and learning can occur between coach and swimmer.

Please feel free to ask questions and become involved in swimming. Please stay informed and check the bulletin boards, news bulletin and web site so you and your child are informed.

Thank you and enjoy