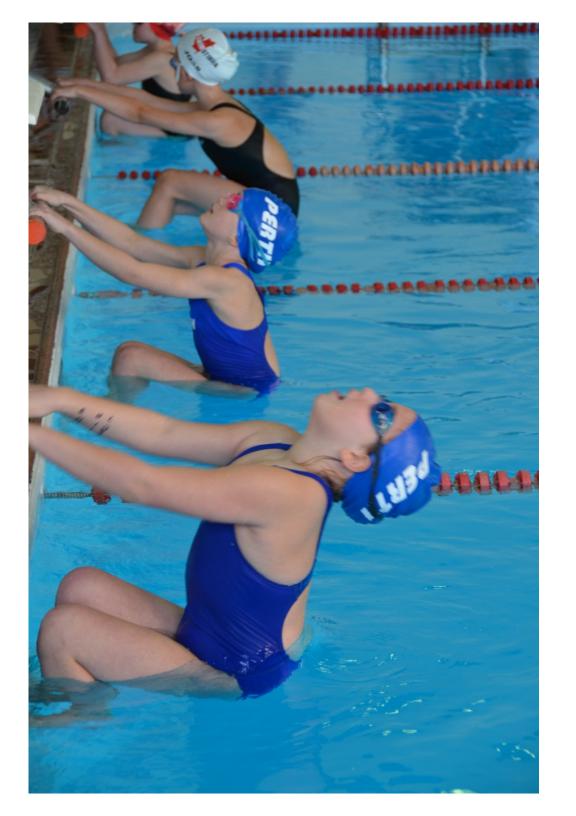# WELCOME TO THE PERTH STINGRAYS AQUATIC CLUB

Getting started in competitive swimming can be overwhelming to a novice swimmer and their family!

On deck and in the stands you'll hear things like "qualifying times", "long course", "short course", "officiating"….. What does it all mean?

Should your swimmer attend any meets this year?

YES!

-Would you take your child to all their hockey practices but skip the games?

-Meets are where your swimmer gets to put all their hard work at practice to the test.

-Meets are the only time your swimmer can swim "Official" times to allow them to qualify for more senior meets.

-Once they get base times for each event, they can work on improving them.

-Meets are chosen carefully by our coaches to be appropriate for the group's (Bronze, Silver, etc) swimming level. Your swimmer will be able to swim in about one meet per month over the season.

-Meet costs are over and above registration fees and cover entry fees and coaches' expenses.

-Progress over the course of the swim season can be very motivating for your swimmer!

Swimming Terms

There are many different terms to get to know once you join the world of competitive swimming....

Here are just a few to get you started.....

Long Course and Short Course

The competitive swim season is divided into 2 parts, Short Course Meets (SC) and Long Course Meets (LC)

Short Course Meets: held in a 25 m pool, such as ours. Short course season runs in the fall and winter.

Long Course Meets: held in a 50 m pool, such as Ottawa University Pool or the Nepean Sportsplex (these pools also host short course meets because they can use a "bulkhead" to shorten the pool length). Long course season runs in the spring and summer.

Swim meets are broken into five basic categories:
development meets
time trials
intra-club meets
invitational meets
championship meets

Invitational Meets

- multi-day competitions
- geared towards more experienced swimmers
- Some invitational meets have preliminaries and finals for swimmers aged 13 & over.
- Quebec allows swimmers under 12 to swim in finals.
- Invitational meets often have qualifying standards and medals and/or ribbons are often awarded to the top finishers in each event.
- Our home meets are examples of Invitational Meets

Development Meets

- swim meets _held for swimmers who are newer to the sport_
- include events of shorter distance and are briefer in duration than invitational meets
- younger swimmers and older swimmers who are new to the sport participate in development meets
- they use the meets to test their skills and get used to racing other swimmers
- these meets usually have entry fees but no qualifying times or "standards"
- ribbons, certificates and/or small prizes are commonly given out at development meets
- Non-Competitive swimmers, such as our Intro to Competitive swimmers are allowed to participate in one meet each year (unless they "bump up" by paying the Swim Ontario competitive fee)

Intra-Club Meets

- competitions held within a swim club usually to introduce novice swimmers to competition in a less stressful setting
- they also serve as spirit building events
- the Perth Stingrays hold four Intra-club meets during the season: one each in the three Intro sessions (December, March & June) and one "Blue-White" meet for all team members.
- the meets are usually offered at no cost to the swimmers participating and are held during regular practice time.

Time Trials

- events held by swim clubs to allow one or more swimmer to swim a specific event or events to qualify for a higher-level meet, usually an invitational or championship meet
- more than one club can be involved in a time trial but the events swum are not scored or ranked and no ribbons or medals are awarded
- the Perth Stingrays may hold a couple of time trials throughout the season to allow swimmers the opportunity to qualify for Regional Championships
- there is usually an entry fee associated with entering a time trial.

Championship Meets

- Are multi-day competitions that occur at many levels within Swim Ontario, Swim Canada, and FINA, the international governing body for all aquatic sports
- Swimmers are required to meet qualifying standards in order to compete at championship meets
- The qualifying standards are commonly based on results from the meet's previous years

Regional Championships...you will hear about this a lot!

- Swimmers **_must qualify_** for Regionals in order to compete
- The qualifying standards differ depending on the swimmers age and sex
- Qualifying for Regionals is often a first major goal for many young swimmers
- Qualifying standards for Regionals and other higher level competition can be found on our bulletin board at the pool as well as on our website.
- Swim Ontario and Swim Canada also have qualifying times listed on their sites.
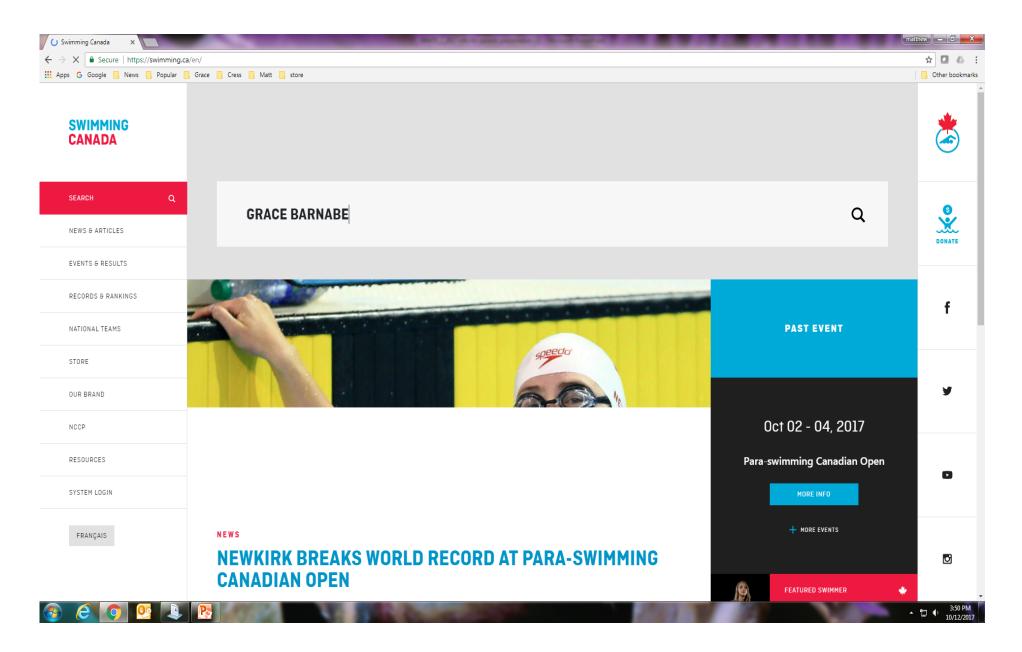
Our website: www.perthstingrays.com

- All team functions and alerts/updates are posted on this website

- Please sign up for email alerts to keep up to date on your group's activities

- Further information is listed on the site under the "Documents" tab

- This site is used for all registration (regular season and meets) and billing.

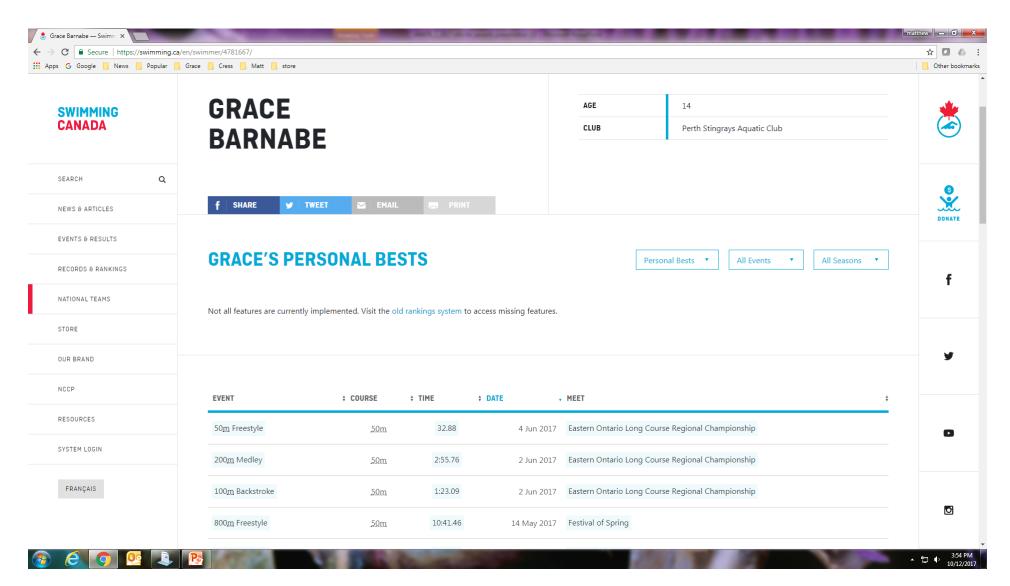- You can request help using the "contact us" field.

Swim Canada keeps an up to date record of every swimmer's best times

www.swimming.ca

Go to swimming.ca and click the "search" box. Enter your (or any) swimmer's name. Then click through.

You will be able to see your swimmer's times and can sort by season/event/etc. All Official times from your swimmer's career can be found here.

Your Obligations as a Swim Parent

- Qualify as an official (more on this on the next slide—***don't worry…it's really a lot of fun and helps you understand the sport much better!***

- Stay informed by signing up for Updates at teamunify.com/canpsac

- Participation in other fundraisers is greatly appreciated!

Officiating

Swim meets are our club's major source of fundraising!

✤ It takes 30 - 40 people to put on a meet (everything from timers, stroke and
turn judges, starter, referee, meet manager, data clerks etc).

✤ We're a small club with about 35 families. Each family is expected to have at
least one official. Working at our 2 home meets is mandatory.

✤Courses for officails' positions will be held throughout the year. Please sign up and attend.
These courses will help you understand what is happening in the pool. The goal is to
master one officials position before moving on to more senior roles. Sign up for officials
positions at our meets is through signupgenius.com. A link to the appropriate page will be
sent out before each home meet.

 ✤ On deck officials have the best seat in the house! The swimmers rely on us
to provide the support so that they can shine.

✤ Our club officials chairperson is Siobhan Muldowney. Feel free to contact her
any time at psacofficials@gmail.com

Hospitality at home meets

- at each meet, the team provides food to sell to swimmers as well as snacks or meals (if it's a big meet like the Mike Brown Meet) for officials and volunteers.

- Parents provide this food –there will be a sign up beforehand.

Swim Gear

- Most swimmers wear any suit that they are comfortable in for practice

- It is advisable to buy a suit made from polyester such as the Speedo Endurance line (other companies also carry polyester suits) just because they last so much longer in the chlorine

- Goggles and cap

- Swimmers in Bronze and up will be expected to also buy fins and a pull buoy (older swimmers may need other equipment)

- Team gear is available to order now and usually once again around January

- Older swimmers often have another suit that they use only for competition

Finally, please feel free to email your child's coach or ask him/her questions <u>after</u> practice.

There are often "veteran" swim parents hanging around on the bleachers during practice and any one of them would be happy to answer any questions you might have!

The Perth Aquatic Swim Club is a fantastic way for your child to learn cooperation, discipline, sportsmanship, teamwork and have **a great time doing it!**