



WINDSOR AQUATIC CLUB

PARENT HANDBOOK

www.windsoraquatic.com



WELCOME TO WAC!

This Parent Handbook includes important information about the club and other topics about the sport of swimming.

Table of CONTENTS

ABOUT WINDSOR AQUATIC CLUB

- Welcome from Mike Mcwha, Head Coach.....2
- Who We Are and Mission Statement..... 3
- Staff and Board of Directors.....4
- Basic Information and Pool Locations...5
- Account Information and Swim Apps.....5
- Equipment and Clothing Information.....6-7

FAMILY PARTICIPATION IN THE CLUB

- Parent Etiquette.....8
- Communication.....,9
- Codes of Conduct.....10
- Dispute Resolution.....10
- Family Involvement/Participation policy.....11-12
- Officiating.....13
- Fundraising.....14

SWIMMING 101

- Group Structures & Practices.....15-16
- Swim Meets.....17-20
- WAC Welcome Day.....20
- Glossary of Swim Terms.....22-23
- Other Resources.....24

WINDSOR AQUATIC CLUB
SWIMMER AND PARENT HANDBOOK 2025-2026



Dear Parents,

Welcome to the Windsor Aquatic Club! We are thrilled to have you and your child as part of our team. Our goal is to provide a positive, family-oriented atmosphere where swimmers can excel both individually and as a club.

We have an exceptional group of coaches, swimmers, and parents who support each other in and out of the pool. We believe that swimming is not just about winning but also about building lasting friendships, gaining valuable experiences, and having fun.

In this parents' handbook, you will find general team information, policies, and guidelines to help you navigate the world of competitive swimming. We encourage you to familiarise yourself with these resources and reach out to our board members or coaches if you have any questions.

As well as this handbook, we encourage you to familiarise yourself with our website. It has all the information you will need with easy tabs to navigate. We also like to stress that it is imperative to read your emails.

Thank you for choosing our swim team. We are excited to embark on this journey together. GO WAC! GO!

Sincerely,

Mike McWha
Head Coach

WHO WE ARE

OUR MISSION:

"To encourage an environment that promotes the development of competitive swimming for all levels, and to develop a program that is recognized for excellence in Canadian swimming."

GENERAL DESCRIPTION:

Our club is a year-round competitive swim team located in Windsor, Ontario. We offer high-quality professional coaching and technique instruction for all ages and abilities. With a long history of success, we have programs in place to help your child learn new swim skills quickly. With programs for children ages 5 and up, should you wish to join our swim family we will be here to support you at each stage.

Swim Ontario, Swim Canada and World Aquatics are our sport governing bodies. As such we follow their rules and guidelines.

World Aquatics ○ <https://www.worldaquatics.com/>

Swimming Canada (SNC) ○ <https://www.swimming.ca>

Swim Ontario ○ <https://www.swimontario.com>



STAFF AND BOARD OF DIRECTORS

CLUB MANAGER:

Nancy Hanes - Clubmanager@windsoraquatic.com

COACHES:

Mike Mcwha - Head Coach - Senior (mikemcwha@windsoraquatic.com)

Jodi Cortese - Head Age Group Coach - Senior Development & Masters
(jodiscott84@gmail.com)

Steve Gombai - Assistant Senior & Masters (coachsteve@windsoraquatic.com)

Vallery Hyduk - Provincial Group (coachvallery@windsoraquatic.com)

Joel Potma - Seal 3 & Assistant Senior (joelpotma@windsoraquatic.com)

Melinda Novelletto - Age Group (coachmelinda@windsoraquatic.com)

Brendan Oswald - Age Group Development 1&2 (coachbrendan@windsoraquatic.com)

Isabella Gibson - Seal Coordinator - Competitive 1 & 2, Seal 1
(coachisabella@windsoraquatic.com)

Melanie Levack - Seal 2 (levackmelanie@gmail.com)

S4S COACHES

Sneha Chittle - S4S Coordinator (chittle.sneha@icloud.com)

Megan MacDonald

Hazem Al-ashraf

Evan Pereira

Aminah Siddiquie

Madi Shier

Ryan Pereira

Giuliana Castagna

Isidora Sekaric

Lilliana Mottillo

Mady Gray

Rafe Gibson

Fatimah Siddiquie

Maks Miloyevic

BOARD OF DIRECTORS:

Sherry Gibson - President

Stacey Cragg - Officials

Laura Bates - Vice President

Tricia King - Social

Dan Walda - Treasurer

Jen MacEachern - Fundraising

Aaron Arlotti - Secretary

Jun Kim - Fundraising

Natalie Keirl - Officials

Nancy Hanes - Registrar & Club Manager

BASIC INFORMATION AND POOL LOCATIONS

MAILING ADDRESS:

Address: 401 Pitt St W, Windsor, ON N9A 0B2

Website: www.windsoraquatic.com

POOL LOCATIONS:

Windsor International Training & Aquatic Centre

401 Pitt St W, Windsor, ON N9A 0B2

WFCU Community Centre

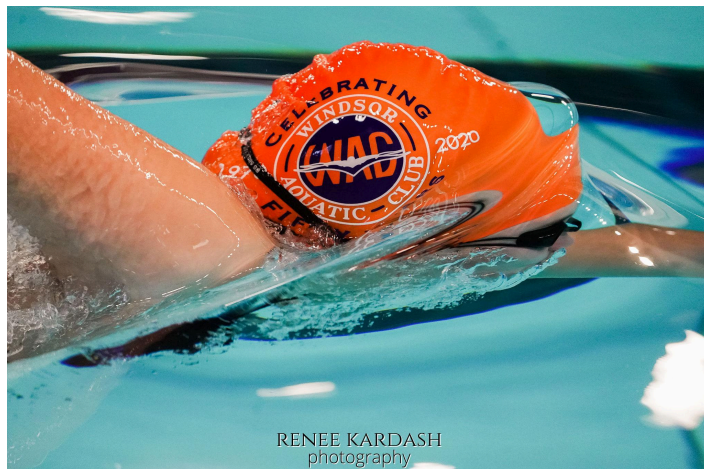
8787 McHugh St, Windsor, ON N8S 0A1

SOCIAL MEDIA:

Facebook: Windsor Aquatic Club

Instagram: @windsoraquatic

Twitter: @swimwindsor



ACCOUNT INFORMATION AND SWIM APPS

To find information please access the following:

- Log in to your account on the WAC website (windsoraquatic.com) to find account information and information pertaining to the swim meets that your swimmer/s have been committed to.
- Download and sign up for the SE Motion app for team and account information. Login using the email credentials that you use to sign into your account on the WAC website. SE Motion is a free app. In the SE Motion app you will be able to access your account and billing information, as well as your swimmer's best times, time standards attained, team information news feed, and much more. The club code is CANWAC.
- Download the Meet Mobile app for swim meet information. Downloading the app is free. However, to access results for all meets you must pay a fee (approximately \$8.99).



EQUIPMENT AND CLOTHING INFORMATION

EQUIPMENT LIST:

Please make sure that you have all of the equipment required for your swimmer based on his or her swim group. Also, put your child's name on each piece of clothing and gear. Swimmers may share equipment, mix up their WAC wear, or leave things behind; having a name on it is the best way to ensure that your belongings get back to you. Water bottles with names should be brought to every practice. All new swimmers are given a WAC cap.



All equipment is available for purchase at LY SPORTS-1315 Wyandotte St. E..

Please advise the sales staff that you are a WAC swimmer to get 20% off your purchase.

Or shop online and use code WAC at lysports.com for an extra 2% off, plus your team gets a 5% kickback.

	S4S/SEAL	Comp	Age Group Development	Age Group	Provincial	Senior Dev	Senior
Equipment	(M=Mandatory O= Optional)						
Goggles	M	M	M	M	M	M	M
Swim Cap *1	M	M	M	M	M	M	M
Swim Suit	M	M	M	M	M	M	M
Mesh Bag	M	M	M	M	M	M	M
Kickboard	M	M	M	M	M	M	M
Fins*	M	M	M	M	M	M	M
Pull Float	M	M	M	M	M	M	M
Hand Paddles				M	M	M	M
Band*				M	M**	M	M
Hockey Puck				M	M		
Skipping Rope	M	M	M	M	M	M	M
Snorkel				O	M	M	M
Yoga Mat				M	M	TBD	TBD
Foam Roller				M			
Training log (book)					M		
reusable water bottle	M						
Team Wear	(M=Mandatory O= Optional)						
WAC Swim Cap	M	M	M	M	M	M	M
WAC T-Shirt	M	M	M	M	M	M	M

Notes:

All WAC swimmers are asked to wear WAC swim caps to all training sessions. Friday afternoon training sessions, (or your last practice for the week) swimmers may wear their choice of cap.

Fins: Arena powerfin pro preferred

Provincial: Resistance bands (straight & looped)

WAC TEAM APPAREL

Team apparel is a great way to build team identity and spirit. Having our athletes wear WAC team wear reinforces a sense of unity from our Seal right up to our Senior swimmers. This team unity will inform our swimmers that they are ALL equally part of our team and to be proud to represent Windsor Aquatic Club. With strong team unity and athlete identity, we all become better. We will demonstrate to ourselves and to other clubs, that we are unified and part of something really special.

Mandatory Items for the WAC Team Apparel

Senior, Senior Development Provincial and Age Group	Age Group Development, Competitive and Seal
<ul style="list-style-type: none"> • Thermal Vest • Nike Fleece Hoodie • T-Shirt 	<ul style="list-style-type: none"> • Fleece Hoodie • T-Shirt • Thermal Vest (Available but not mandatory)

Swimmers are expected to purchase the appropriate uniform required for their respective group. Additional swag is also available for purchase but not necessary.

Swimmers are expected to wear their team apparel and caps at all competitions. As well, swimmers are to only wear WAC caps at practice. (Fun Cap Fridays (or last practice of the week) is 'wear any cap' day.

We have orange and blue caps which are available for purchase anytime. Just contact our club manager and she will get the cap to your child's coach and bill your account. We also have basic WAC t-shirts for sale. Both caps and shirts are \$10.00 each.

WAC STORE

The WAC store also has pop-ups throughout the swim season with additional WAC team apparel for swimmers and parents. The pop-ups usually are scheduled before the holidays and in early spring. Look for an email when the store is open.

All proceeds from the WAC store will support team travel & training camps costs. We also sell merchandise for all our hosted meets through another pop-up store.

PARENT ETIQUETTE

Our coaches deal with the “in water” side of the WAC program

Parent's role:

- love your kid(s)
- praise your swimmer's effort (not necessarily the result)
- support by getting swimmers to the pool on time, providing nutritious food, etc.

Coach's role:

- provide technical expertise in swimming
- mentor, guide and encourage



REMINDERS

- No parents on deck at practices
- The pool deck is reserved for participants (coaches and swimmers).
- Spectators can become a distraction not only to the swimmer but the Coaches and fellow swimmers of that group.
- If you need to speak with the coaches please do so by email or setting up a meeting outside of coaching hours.

During Swim Meets

- Swimmers must remain on deck while at meet attendance.
- Promotes team building and focus.
- Swimmers MUST speak with Coach in person before leaving the deck/meet.
- Parents & Swimmers MUST review what they are swimming before meet attendance.
- Coaches will prepare swimmers for what is happening on deck.
- If you are officiating, communication with your swimmer should take place after the session is finished.



RENEE KARDASH
photography

COMMUNICATION:

Open, two-way communication is essential to the success of any program. Please communicate with the coaching staff about issues regarding scheduling conflicts, injuries, personal issues, etc. **The best way to contact a member of the coaching staff is through email.** All coach email addresses can be found on the Team website.

If you prefer a one-on-one conference, please contact the appropriate coach via email to set up an appointment before or after practice. **During practice is never an acceptable time to have a conversation.** Should you have any other questions (non-coaching), please contact our club manager and she will be able to help you or forward your inquiry to the appropriate person.

Tips for efficient and effective communication:

- Always contact your swimmer's group coach first. If an issue cannot be resolved satisfactorily by your swimmer's group coach, please contact the head coach.
- Be sure that the email address you provided at the time of registration is accurate. Email is used for most team communication, including billing, meet information and entry, and schedule changes.
- It is important to read ALL emails sent out by the club.

Competitive swimming programs provide many benefits to young athletes. They develop self-discipline, good sportsmanship, and time management skills. Competition allows the swimmer to experience success and learn how to deal with defeat while becoming healthy and physically fit.

As a swimmer's parent, your major responsibility is to provide a stable, loving, and supportive environment. This positive environment will encourage your child to continue in the sport.

Parents serve as role models and their children often emulate their attitudes. Be aware of this and strive to show good sportsmanship at all times toward coaches, officials, opponents, and teammates. The coach is the only one qualified to judge a swimmer's performance and technique. Your role is to provide support. The best way to help children achieve their goals and reduce the natural fear of failure is through positive reinforcement. No one likes to make a mistake. If your child does make one, remember that this is a learning experience. Encourage all efforts, and point out the things done well. As long as the best effort was given, you should make the child feel like a winner.

CODE OF CONDUCT

The goals of the Windsor Aquatic Club are to develop a strong team and community spirit founded upon teamwork and good sportsmanship. Our Club must strive to project an image that will make all of its members proud of the team and of the sport of swimming and to represent our community responsibly when at home or travelling.

For the current Code of Conduct please visit the WAC website under Parent Info.

SWIM ONTARIO CODE OF CONDUCT

Swim Ontario is committed to providing an environment in which all individuals are treated with respect. Participants are expected to conduct themselves in a manner consistent with the values of Swim Ontario that include fairness, integrity, open communication and mutual respect.

The purpose of this Code of Conduct and Ethics procedure is to ensure a safe and welcoming environment for all participants, by making all individuals aware that there is an expectation of behaviour consistent with the values of Swim Ontario.

Conduct that violates this procedure may be subject to sanctions pursuant to Swim Ontario's Complaint Dispute and Appeals Procedure

DISPUTE RESOLUTION

Swim Ontario has a robust Complaint and Discipline Procedure that is run separate and independently from the organisation. The administration of complaints is tasked to the Dispute Resolution Officer. Conduct that violates the Swim Ontario bylaws, policies, procedures and comprehensive code of conduct and ethics may be subject to filing a formal complaint.

Swim Ontario can only act, investigate, begin its process, etc. when a formal complaint is made. Swim Ontario is not allowed to act on incidents, issues, reports, etc.



For full policy details please visit the Swim Ontario website

<https://www.swimontario.com/sport-safety/>

FAMILY PARTICIPATION IN THE CLUB

Windsor Aquatic Club is a member-run, not-for-profit organization that depends on active parent/family volunteering and fundraising for the success of the club and to maintain a positive level of team and club spirit.

WAC hosts different events throughout the season and we need your help!

- Swim Meets (Officials)
- Fundraising
- Team Builders (Welcome Day, Sink or Swim, WAC CUP)
- Awards Banquet

Family Participation Point Requirements have been established to set clear expectations around volunteer commitments required from our member families.

FAMILY PARTICIPATION POLICY:

It is expected that each family carefully reviews the Family Points Requirements each year and is aware of all expectations that are outlined in the Family Participation Point Requirement Policy. This policy is non-negotiable. At least one family member is required to be registered as a swim official for all competitive swimming families.

GROUP FAMILY POINT REQUIREMENTS:

- Swim 4 Success - 0
- SEAL - 8
- Competitive - 10
- Age Group Development - 13
- Age Group - 15
- Provincial - 17
- Senior Development - 19
- Senior - 19

WHO PARTICIPATES?

All families in the competitive stream will have a point requirement based on the highest level of registered swimmer (For example: If you have swimmers in Seal and Provincials, your point requirements would be based on the provincial points allotted).

Swim 4 Success swimmers are registered as non-competitive. If Swim 4 Success swimmers move up into the competitive stream, point requirements will be applied on a prorated basis.

****FAMILY PARTICIPATION POINT REQUIREMENTS ARE BASED ON THE GROUP THAT YOUR SWIMMER IS IN AS OF DECEMBER 2025****

FAMILY PARTICIPATION POINT REQUIREMENTS

Please note that each Family point has a \$50 value. All points that have not been earned by June 15th of each year will be billed the balance of the family points.

It is expected that if your swimmer is participating in a meet, a volunteer will be representing them on deck, for each session that they swim in (e.g. a 6-12-year-old who is participating in a 2-day meet would swim in 2 sessions. A 13+ swimmer who is swimming in a 2-day meet would likely swim in 4 sessions).

Why Does the Windsor Aquatic Club Have a Family Participation Point Requirement?

The Windsor Aquatic Club relies on families with swimmers in the competitive stream to actively engage in supporting club operations. This includes support from all families in running Windsor Aquatic Club-hosted meets.

Hosting meets is a significant revenue source that helps offset Club expenses including coach salary, pool rental fees, club operations, etc. Hosting swim meets at the WIATC provides an opportunity for our swimmers to compete in our home pool and also reduces travel costs and requirements for swimmers and their families. Host Clubs are required to staff their meets with qualified officials/volunteers. Hosting meets provide us with the opportunity to support our parents in moving through the Swim Ontario Officials program and establish a strong pool of qualified OFFICIALS at each level.

HOW CAN POINTS BE EARNED?

- Working at a WAC-hosted swim meets
- Take Official Clinics and get a deck evaluation
- Working a Bingo session (Carrie Andrew is our Bingo Rep and can be reached at bingocoordinator@windsoraquatic.com) Bingos are run twice per month and are a constant source of revenue for our club. All information can be found online under [Sponsorship & Fundraising](#)
- Active participation on a committee (Team Travel, Meet Management, Fundraising, Bingo Coordinator etc.)
- Points cannot be carried over from year to year.

MEET OVERVIEW AND SWIM MEET OFFICIALS INFORMATION:

There is no better place to be than on deck at a competitive swim meet!

Swimming Officials are crucial for the running of any swim meet. In order to be able to host multi-day, multi-session WAC must have a minimum number of experience, senior officials to support the meet. Becoming a Swimming Official can be a very rewarding experience and is also a necessary one for our swimmers.

Every session your work as a volunteer earns you a Family Participation Point. The sessions typically are Morning (13 and over); Afternoon (12 and under), Evening (Finals for 13 and over). This will vary based on the structure of the meet. During a meet, we require officials to work in a variety of positions.

Families are encouraged to spend some time learning more about the officiating process by visiting the Swim Ontario website.

NEW FOR 2025-26 SEASON

WAC Officials attaining the following Officiating Levels will receive the following:

- Level 2 Official – receives a Red Shirt, a name tag, and \$200 credit off swim fees.
- Level 3 Official – receives a \$300 credit off swim fees.
- Level 4 and 5 Official – receives a \$500 credit off swim fees.

The credit will be applied to the next swim season and will be based on the swim official level as of June 30. The swim official will be a registered WAC official.

How to move up the ladder and become an experienced Senior Official:

- Learn more about OFFICIALS positions at:
<https://www.swimontario.com/officials/positions/>
- Take as many clinics as possible - some prerequisites are required
- Get a deck evaluation at sanctioned swim meets that meet the time and event requirements.
- Volunteering at other meets is a great way to get involved and build the experience needed to move up the ladder.
- New to officiating or need additional information regarding swim official levels, please contact officials@windsoraquatic.com

FUNDRAISING

Each swim family is responsible for contributing \$200.00 towards their Fundraising Obligation. WAC has 2 main fundraising activities during the season to allow you to recover this amount but we are always open to new ideas! Don't hesitate to contact us with suggestions. We can also provide a sponsorship package to offer our possible new and returning sponsors. Many local companies have been very generous to our Club and we appreciate their support.

Fundraising activity participation is strictly voluntary, and you can opt out by simply paying your obligation if you choose to do so. Fundraising Obligation amounts will be billed on November 1st.

WAC has 2 main fundraising activities during the season:

1. Calendar Raffle: Each family is given 10 tickets to sell (\$20 each). You will keep all the money sold for the tickets (to earn back your \$200)
1. Sink or Swim swim-a-thon : We have a swim-a-thon in the spring and our swimmers collect money from sponsors. Swimmers bringing in the most money win prizes.

SWIMMING 101

GROUP STRUCTURES

Group movements typically happen at the beginning of the swim season. Returning families should expect to hear communication regarding group placement at the end of July each season. In rare cases, group movements can happen during the course of the season for various reasons. If a swimmer is dissatisfied with their group placement the correct course of action is to have the swimmer speak directly to their coach, who will in turn address the concerns with the head coach if necessary.

SWIM 4 SUCCESS

Our pre-competitive program starts with Swim for Success. (S4S). Here we teach children basic swimming skills – the stepping stone to competitive swimming and where they hopefully develop a love of the sport.

SEAL GROUP

This is our 1st level of competitive swimming. This group will be expected to go to local developmental meets. The focus is on improving the basic competitive swimming skills.
Hours per week - 3 in the Pool

COMPETITIVE GROUP

This developmental group will compete at the local level with the opportunity to attend invitational meets outside Windsor-Essex. Continued focus on improving competitive swimming skills.
Hours per week - 4 1/2 in the Pool

AGE GROUP DEVELOPMENT

This group is for swimmers who are competing at the Regional and Provincial level. Swimmers will learn to develop their competitive swimming skills.
Hours per week - 6 hrs the Pool + 1 hour dryland

AGE GROUP

This group is for swimmers who are competing at the Regional and Provincial level. Swimmers will learn to master their competitive swimming skills.
Hours per week - 8 hrs H2O + 2 hrs Dryland

PROVINCIAL GROUP

This group is for swimmers at the Regional & Provincial level. The main focus is on mastering skills & introduction to training principles.

Hours per week - 9 1/2 hrs H2O + 2 hours dryland

SENIOR DEVELOPMENT GROUP

This group is for swimmers at the Regional & Provincial level. The swimmers will hone their skills and start to apply the training principles learned in the previous groups.

Hours per week - 11 hrs H2O / 3 Dryland

SENIOR GROUP

This group is for swimmers who have shown the ability to train properly & are competing on the Provincial & National level.

Hours per week: 15 hrs H2O + 3 hours dryland

PRACTICES

Practice schedules can be found by visiting the WAC website under the [Swim Programs](#).

- Swimmers will activate and warm up for the first 15 minutes of the practice before the H2O workout. It is important to activate to reduce injury.
- Swimmers should be picked up no later than 15 minutes after the conclusion of their practice.
- Coaches are not expected to wait for swimmers to be picked up.
- Swimmers should plan to stay the entire practice. If a swimmer needs to leave early, he or she must provide a note from a parent.
- At practice, swimmers are the responsibility of the coaching staff. Swimmers are never to leave the pool area without the coach's permission.
- On occasions, most of a swim group may be attending a meet. In these instances, swimmers and parents will be notified in advance of any practice changes or cancellations.
- Parents are not allowed on the pool deck or in the locker during practice unless it is an emergency. Parents may observe practice from the mezzanine area.
- Swimmers and parents are required to respect the facility, the coaching staff, and each other. Violation of this policy can lead to suspension or dismissal from the team.

SWIM MEETS

A tentative Meet Schedule for the season can be found on the website under **Meet Schedule**. It is expected that your swimmer will attend all meets listed for your swimmer's training group. **If you do NOT decline the meet before the registration deadline (typically 2 weeks prior to meet start) you will be charged any applicable entry fees even if you choose not to attend.**

Race events will be preselected by your swimmers Coach, please ensure you go over the events with your swimmer and if changes need to be made encourage your swimmer to talk to their Coach before the Registration Deadline for the Meet.

If a family chooses not to attend a swim meet due to inclement weather, they need to let their swimmers coach know ASAP so Meet Management can do heat and lane adjustments. Swimmer(s) will still be responsible for Meet Fees as Swim Meets are prepaid by the Club.

MEET & SPLASH FEES

Each swim meet has an entry fee. Entry-level meets (Fins up meets) fees are \$60. Other meet fees are determined by the host club and it includes a per-race fee. The actual cost will vary depending on that particular meet and the number of events swum at that meet. Your account will be invoiced accordingly. You will also be charged a splash fee which covers the cost of the attending coach(es) and relay entry fees.

WHAT TO BRING TO MEETS

Swimmers are expected to minimally have a swimsuit, goggles (plus backup goggles), cap, water bottle, towel and warm clothes to wear between races. Fastskin or Tech Suit swimsuits are not required, although many swimmers do compete in them, particularly at the higher levels.

Additionally, swimmers must wear their team apparel, which are available for purchase at specific times throughout the year. Swim meets sessions are typically 4.5 hours long, so swimmers should have appropriate snacks such as fruit, granola bars, and other easily digested foods.

MEET INFORMATION

- A schedule of events will be provided in the meet information package. Generally, meets will be divided into morning and afternoon sessions based on the swimmer's age. **It is recommended that you read the meet package before the meet for important information about the event.** The meet package can be found on the host clubs website, the WAC website and the Swim Canada website.
- Swimmers age 12 and under compete in timed finals (usually in the afternoon)
- Swimmers age 13 and over compete in morning prelims (heats) and evening finals (if they qualify).
- Relays will be determined by the coaching staff after all individual entries are received. Swimmers registered for a meet are expected to be available to swim on relays.
- Heat Sheets will be emailed or posted in the Meet Event on our website before the swim meet. You can also typically find this information on the host club's website.

The Heat Sheet includes:

- Event Number
- Event Name
- Heats Lanes
- Swimmer Names, Times, Age Group and Club
- Estimated Start Time
- Swimmers Entry Time

What does this mean?

- NT- no time, swimmer has not swam this event yet
- PB- Personal Best, swimmer has improved on their best time
- DQ- Disqualification, these do happen and not to worry. DQ's are given to your swimmers coach, their coach will discuss this with the swimmer and work on corrections.

SHORT COURSE (SC) SEASON

The SC season is spent competing in a 25-metre pool. The season begins in September and concludes at the end of December/January.

LONG COURSE (LC) SEASON

The LC season is spent competing in 50-metre pools. The LC season begins in early January and concludes in late June/early July.

COMPETITIVE STROKES

- There are four competitive strokes: freestyle, backstroke, breaststroke, and butterfly. Events are held in each of these strokes at varying distances.
- Individual medley (IM) refers to all four strokes being swum by one swimmer in a single race.
- Relays include four swimmers swimming together in the same event and can be either freestyle or medley at varying distances.

CLASSIFICATION OF MEETS

Participants compete in different age groups and meets, depending on their achievement level and how old they are – usually on the first day of the meet. Provincially recognized age groups are 10 & under, 11, 12, 13, 14, 15, 16-17, and Senior. Local meets (Invitationals) can adjust the age groups to suit the goals of the meet and/or to accommodate the number of swimmers.

Within each age group, there are different regional classifications (E, D, C, B, A, provincial and national). Time standards for each classification are established and published each year by Swim Ontario and Swimming Canada. In order to swim in a certain classification, a swimmer must have achieved the qualifying time for that particular classification. This permits fair yet challenging competition on all levels.

Western Regional Championships (“Regionals”) – All registered swimmers from clubs part of the Western Region of Ontario that meet the qualifying criteria may compete in the regional winter (SC) and summer(LC) championships.

Ontario Age Group Championships (OAG) - Provincial level junior championships for swimmers age 11 & under to 17 & Older. Standards set by Swim Ontario. Championships are held in the Winter.

Ontario Swimming Championships (OCS) - Provincial level championships for swimmers age 11 & under to 17 & Older. Standards set by Swim Ontario. Championships are held in the Summer.

Swim Canada National Championships (Senior Nationals) – Other than the Olympic Trials and the World Championship Trials, the highest level of competition for our swimmers is the Swim Canada National Championships. Swimmers meeting the national time standards travel to various cities in the country to compete against Canada’s best swimmers.

TEAM TRAVEL:

We try to have at least one team travel per season. Team travel meets are intended as a learning opportunity and usually include swimmers in the Provincial Group and above. There may be qualifying standards for a team travel meet.

If your swimmer is attending the meet, they will be under the supervision of chaperones. Parents can attend as a spectator but are not to come visit the swimmer in his/her hotel room. The coach is responsible for the swimmers while they are on deck. The chaperones are responsible for the swimmers the rest of the time.



WAC WELCOME DAY

At the beginning of each season, we have our WAC Welcome Day. It is a day of fun activities designed to allow our swimmers to get to know each other. Our senior swimmers are paired up with our younger swimmers and they will become their mentor and provide lots of information to the newer swimmers and their families. It is very important for all swimmers to



attend, whether it is your first year with WAC or your last year. Even though swimming is an individual sport, being a part of WAC means you now belong to a big family. We want the younger swimmers to meet and interact with the older swimmers so they can follow their lead throughout the season. This event is free. We encourage all swimmers (and parents) to attend. Lunch will be provided.

GLOSSARY OF SWIMMING TERMS

- **Age Group Swimming:** This is the program through which SNC provides fair and open competition for its younger members. It is designed to encourage maximum participation, provide an educational experience, enhance physical and mental conditioning, and develop a rich base of swimming talent. Nationally recognized age groups are 11-12, 13-14, 15-17, and Senior. Local meets may also include events for 10&under swimmers.
- **Block:** The starting platform
- **Bulkhead:** A wall constructed to divide a pool into different courses, such as a 50m pool into two 25m pools.
- **Circle Swimming:** Performed by staying to the right of the black line when swimming in a lane to enable more swimmers to swim in each lane.
- **Coach:** A person who trains and teaches athletes in the sport of swimming.
- **Cut:** Slang for qualifying time. A time standard necessary to attend a particular meet or event.
- **Distance Event:** Term used to refer to events over 400 metres.
- **DQ (Disqualified):** This occurs when a swimmer has committed an infraction of some kind (e.g. one-handed touch in breaststroke). A disqualified swimmer is not eligible to receive an award, nor will there be an official time in that event.
- **Drill:** An exercise involving a part of a stroke, used to improve technique.
- **Dry-land Training:** Training is done out of the water that aids and enhances swimming performance; usually includes stretching, callisthenics, and/or weight training.
- **False Start:** Occurs when a swimmer is moving at the start prior to the signal.
- **Final:** The championship heat of an event in which the top six or eight swimmers from the preliminaries compete for awards, depending on the number of lanes in the pool.
- **Finish:** The final phase of the race – the touch at the end of the race.
- **Flags:** Backstroke flags placed 5 metres from the end of the pool. They enable backstrokers to execute a backstroke turn more efficiently through being able to count the number of strokes into each wall.
- **Goal:** A specific time achievement a swimmer sets and strives for; can be short or long-term.
- **I.M.:** Slang for the individual medley, an event in which the swimmer uses all four strokes in the following order: butterfly, backstroke, breaststroke, freestyle.

- **Lap Counter:** A set of plastic display numbers used to keep track of laps during a distance race. The person who counts for the swimmer is stationed at the opposite end from the start.
- **Long Course or LC:** a 50m long pool.
- **Long Distance:** Any freestyle event over 1500 metres, normally conducted in a natural body of water, such as a lake, river, or ocean.
- **Meet:** Competition designed to measure progress and a learning experience. By implementing what has been learned in practice, the swimmers test themselves against the clock to see how they are progressing.
- **Middle Distance:** Term used to refer to events of 200 to 400 metres in length.
- **Negative Split:** Swimming the second half of the race faster than the first half.
- **Official:** A judge on the deck of the pool at a sanctioned competition who enforces SNC rules.
- **Official Time:** A time achieved in a race during a duly sanctioned competition.
- **Pace:** The often predetermined speed with which a swimmer completes each segment of a race (e.g. 25m, 50m)
- **Pace Clock:** Large clock with a large second hand and a smaller minute hand, used to check pace or maintain intervals in practice (may also be digital).
- **Prelim:** Slang for preliminaries, also called heats – those races in which swimmers qualify for the championship and consolation finals in an event.
- **Q-Time:** Qualifying time necessary to compete in a particular event and/or competition.
- **Relay:** An event in which 4 swimmers compete together as a team to achieve on time.
- **Safety Procedure:** Safety procedures are designed to prevent accidents, and must be followed to the letter.
- **Sanctioned Meet:** All competitions in which records may be set and official times may be obtained, must be sanctioned (= approved officially) by a Swim Ontario Sanctioning Officer.
- **Scratch:** To withdraw from an event in a competition.
- **Senior Swimming:** The program through which SNC and Swim Ontario provide fair and open competition in provincial and/or national swimming championships. It is designed to afford a maximum opportunity for participation, provide an educational experience, enhance physical and mental conditioning, and develop a pool of talented athletes for national and international competitions. There are no age restrictions on senior competitions.
- **Short Course or SC:** A 25-metre long pool in which most competitions during the winter are held.

- **Split:** A swimmer's intermediate time in a race. Splits are registered every 50m and are used to determine if a swimmer is on a planned pace. Under certain conditions, initial splits may also be used as official times.
- **Sprint:** Describes the shorter events (50 and 100m); in training, to swim as fast as possible for a short distance.
- **Streamline:** The position used to gain maximum distance during a start and/or push-off from the wall in which the swimmer's body is as tight and straight as it can be.
- **Taper:** The final preparation phase. As part of this phase, and prior to major competitions, older and more experienced swimmers will shave their entire body to reduce resistance and heighten sensation in the water.
- **Time Trial:** A practice race which is not part of a regular competitions. Time trials may be sanctioned and used to qualify for specific meets.
- **Touch Pad:** A large sensitive board at the end of each lane where a swimmer's touch is registered and sent electronically to the timing system.
- **Warm-down:** Low intensity swimming used by swimmers after a race or main practice set to rid the body of excess lactic acid, and to gradually reduce heart rate and respiration.
- **Warm-up:** Low-intensity swimming used by swimmers prior to a main practice set or a race to get muscles loose and warm, and to gradually increase heart rate and respiration.
- **Watches:** Stopwatches used to time swimmers during a competition. When totally automatic timing equipment is used, watches serve as a back-up method.

RESOURCES:



Swim Ontario

Swim Ontario is the provincial governing body for competitive swimming in Ontario, operating under the national body, Swimming Canada.



Swim Canada

Swimming Canada is the Canadian national governing body for competitive swimming in the country.



Safe Sport

The Canadian sport system is committed to creating safe sport environments that are free from all forms of maltreatment.