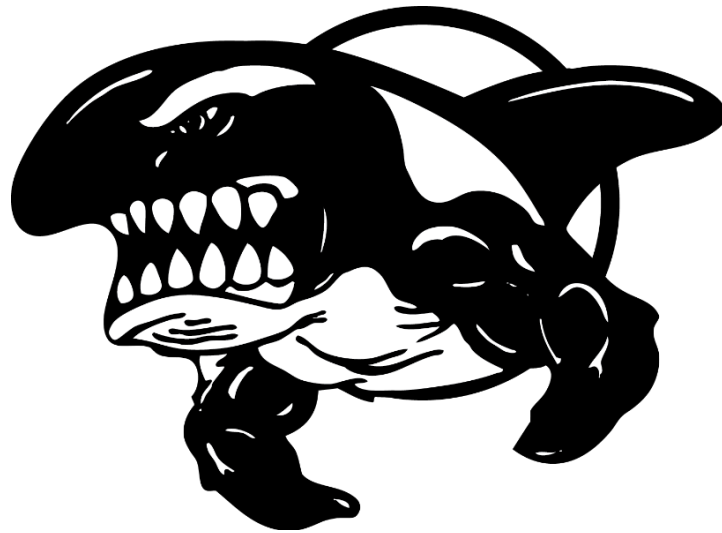


LETHBRIDGE ORCAS

SUMMER SWIM CLUB



2022 PARENT HANDBOOK

www.lethbridgeorcas.com



Contact Information

Executives

President	Jenna Friesen	Jb_friesen@outlook.com
President Elect	VACANT	
Vice President	Julie Matheson	juliem83@telus.net
Past President	Vivien Suttorp	vivien@suttorp.ca
Team Manager	Shannon Bos	shanbos80@gmail.com
Secretary	VACANT	
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Social Events	VACANT	
Officials Chair	VACANT	
Member at Large	Sue Weighill	weighillsue@gmail.com
Member at Large	Kira Martindale	kamartindale9@gmail.com

Website

Check club website for update to the Swim Club Calendar and for Swim Meet details at www.lethbridgeorcas.com.

Facebook, Twitter

<http://www.facebook.com/pages/Lethbridge-Orcas-Summer-Swim-Club/482339265139766>

<https://twitter.com/lethbridgeorcas>

Mailing Address

Lethbridge Summer Swim Club
Box 147 Station Main
Lethbridge, AB
T1J 3Y3

LSSC Fee Structure Policy

Club fees are structured in a fair and considerate way that is not a hindrance to swimmers financially as well as ensuring that LSSC is able to meet its financial obligations. To meet these financial obligations, and ensure the club vision and mission statement is considered, the executive of the LSSC will review the fee structure, including refund amounts of the club annually.

Each swimmer is expected to pay club fees at the beginning of the season as well as any fundraising obligations as set forth by the executive committee (which may include pre-paying for these activities). Failure to do so may result in a swimmer's registration being removed or any other consequence that the executive deems appropriate.

Orca Summer Swim Club 'Out of Town Registrations' Policy (revised 2018)

This policy has been created to both preserve the Lethbridge Orcas Summer Swim Club mandate of serving Lethbridge and area and to recognize that families have a choice in the coaching environment that they wish their child/children to participate in.

Club registration for Out of Town Swimmers* will occur at the same time as registration for new Lethbridge swimmers. There will be a grace period of 1 week to allow the registrants to be sorted and processed, at which time any Out of Town Swimmers will be assessed on a CASE BY CASE BASIS** by the Executive. Registrants will be assessed based on club population and group sizes.

*Out of Town Swimmers are applicants who reside outside of the Lethbridge County limits.

**Previously registered Out of Town Swimmers will be classified as 'returning swimmers' and will register on the returning swimmer night and therefore be exempt from any such assessment.

Please note: The Lethbridge Orcas Summer Swim Club reserves the right to refuse admittance to ANY family and further, reserves the right to expel any members not adhering to club rules or displaying behaviour detrimental to the club.

Request for Refund

A full refund will be given if a swimmer requests to withdraw their registration prior to April 15th.

If the season is cancelled due to covid 19 restrictions swimmers will be refunded at a prorated amount depending on when the season has ended.

Late Registration

Swimmers registering late will be required to pay full registration fee and participate in any fundraising activities that remain in the season. Should they register after fundraising activities, they will be exempt from those activities.

Fees shown are early registration fees and are only in effect until April 30, 2022. Any registrations received after that date increase by \$100.

GGROUP/TIER SUMMARY

Tier	Group	Approx Age	Pre-Requisites	Registration Fee
Tier I	Performance I	14+	Complete a 100m swim in 1:15.00 Competently swim all four strokes Be committed to dryland training. Be prepared to be leaders for other members of the club	\$550*
	Performance II	12+	Complete a 100m swim in 1:25.00 Competently swim all four strokes Be committed to dryland training	
Tier II	Gold	11+	Complete a 100m swim under 1:40.00 Competently swim freestyle, backstroke, breaststroke & butterfly	\$415*
	Silver	10+	Complete a 50m swim under 50.00 Seconds. Competently swim free, back & breaststroke. Be able to attempt butterfly	
	Bronze	8+	Complete a 25m swim under 25.00 Seconds Competently swim freestyle and backstroke. Be able to attempt dive off starting blocks. Have a good understanding of breaststroke and be able to attempt butterfly.	
	Bronze Whales	7+	Complete a 25m swim under 40.00 seconds Familiar with freestyle and backstroke. Be able to attempt breaststroke	
	Killer Whales	6+	Complete a 25m swim on front or back within 55.00 Seconds	
Tier III	Mini Orcas	5+	Complete a 25m swim unassisted Safely be unattended in shallow end (float or touch bottom)	\$275*
Masters	Masters	18+	Ability to swim 200m continuously (no time standard!) Basic familiarity with various strokes and training methods	\$200*

2022 LSSC Training Schedule

Currently we have no updated training schedule. Swim times may differ from previous years due to restrictions on number of swimmers allowed in the pool and social distancing rules. Training may include a combination of pool and dry land instruction.

The following code of conduct policies from the Alberta Summer Swim Association and Lethbridge Summer Swim Club are put in place to protect our swim club members.

ASSA - Code of Conduct and Harassment Policy

The following excerpt is from the Alberta Summer Swim Association (ASSA) handbook, which all senior officials and executive ASSA members use as a guideline in matters of discipline and harassment:

The ASSA is committed to designing and providing a healthy swim community for its athletes, coaches, officials and volunteers. The harassment policy applies to all members and all events/activities related to ASSA. The ASSA shall not tolerate any form of harassment and undertakes to protect all members. Harassment is a form of discrimination and is prohibited by the Canadian Charter of Rights and Freedoms and by the Human Rights legislation in Alberta.

All members, staff and clubs are responsible for supporting this policy and actively contributing to create a healthy swim community and awareness of harassment prevention and elimination.

The person who experiences harassment may make a formal complaint. There is a formal process to lodge a complaint, which is stated in the Alberta Summer Swim Association Harassment Policy and Procedures document. The ASSA has a Harassment Officer(s) who will receive complaints and conduct the process to resolution. It is recommended that complaints start at the club or individual level and if necessary be elevated to the Regional and/or Provincial level, at which point the ASSA Harassment would become involved. All formal complaints shall be made known to the ASSA Harassment Officer.

Disciplinary Action

Members or employees of the ASSA against whom a complaint of harassment is substantiated may be severely disciplined, up to and including employment dismissal or termination of membership.

Confidentiality

ASSA understands that it can be difficult to come forward with a complaint and that it can be devastating to be wrongly convicted of the harassment. Therefore, ASSA recognizes the interests of all parties and the need to keep the matter confidential. ASSA and its members will not disclose any information as outlined in the policy.

If you have any questions regarding the policy or procedures please contact your Club President. If necessary you may contact ASSA directly.

This policy is to protect coaches, officials, parents and children.

LSSC - Code of Conduct Policy

This policy was developed by the LSSC Board to promote an enjoyable and safe environment for all club members to develop competitive swimming skills. Successful athletic programs all have a basic understanding of acceptable and cooperative behavior among athletes, parents and coaches. Therefore, upon acceptance to the Lethbridge Summer Swim Club, all members will be expected to conduct themselves in accordance with the LSSC Code of Conduct.

Athletes will

- Respect teammates, competitors, coaches, parents, officials, and property.
- Not use alcohol, tobacco or drugs.
- Behave in such a way that actions reflect positively on the team.
- Strive to be punctual for practices and meets.
- Play fair and display good sportsmanship including yielding to a faster swimmer during practice.

Consequences

Failure to meet LSSC Code of Conduct requirements may result in the following:

Time Out – Swimmers will be asked by the Coach to sit on the deck edge. Parents will be contacted by the Coach to discuss the situation and a member of the Board will be notified.

Dismissal from practice or meet – This will occur if a swimmer repeatedly violates the Code of Conduct or if any action is deemed to warrant a more serious punishment. The length of the suspension will be determined by the Board.

Expulsion from LSSC Swim Club – This is for any swimmer continually creating a disturbing environment by repeated violation of the aforementioned code.

Examples of infractions include verbal abuse such as swearing or other inappropriate language or gestures. Also included are physical actions such as pushing, hitting, spitting, or any other action that would infringe upon a swimmer's personal space either in or out of the pool and intentional interference with a swimmer's movement in the pool.

Finally, the dressing rooms have been the site of unnecessary horseplay and bullying. Change rooms are for changing only. Several complaints have been reported to the swim club regarding behavior in the change rooms and this behavior will not be tolerated. If there is any bullying, a suspension is automatic. Other horseplay will be punished also and it is the parent's responsibility to ensure that their children act appropriately. Remember that you represent the Lethbridge Summer Swim Club and the City of Lethbridge and that your actions will reflect positively and negatively on the club.

Your Role/Responsibility as a Parent

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 how to deal with defeat while becoming healthy and physically fit.

As a parent, your major responsibility is to provide a stable, loving and supportive environment. This positive environment will encourage your child to set personal goals without fear of criticism, and allow them to strive for higher standards. Show your interest and support by ensuring your child's regular attendance at practices and meets.

Parents are not participants on their child's team, but contribute to the success experienced by the child and his/her team. Parents serve as role models, and their children often emulate their attitudes. Be aware of this and strive to be a positive influence. **Most importantly, show good sportsmanship at all times toward coaches, officials, opponents and teammates.** Contact LSSC Team Manager/Liaison, if a situation arises which requires the attention of the executive or the coaching staff, should you decide not to approach the coach(s) directly. Coaches welcome discussion of your child's progress after practice or after a meet. It is not appropriate to discuss concerns on deck while the coach is busy with other swimmers.

Remember, your child is the swimmer. Children need to establish their own goals and make their own progress towards meeting them. Be careful not to impose your own standards and expectations. Each child will set seasonal goals at the beginning of the summer swim season and frequently review these goals with their coach.

Do not overburden your child with winning or achieving best times. The most important part of your child's swimming experience is that they learn about themselves while enjoying the sport. This self-discovery encourages learning and promotes self-awareness, which develops a positive self-image within your child.

The best way to help a child achieve his/her goals and reduce the natural fear of failure is through positive reinforcement. If your child gets discouraged because of a disappointing result or a disqualification, remember that they are still learning and you should encourage the effort made and point out the things that went well. As long as the child participates to the best of their ability, make them feel like they have accomplished something.

As in all sports, there are many events that your child must attend: practices, team meetings, competitions (as specified by the coach), special events etc. The coach wants your child to enjoy the experience of swimming and being part of a team as much as possible. The coach also has a responsibility to look after the team as a whole. Start times are critical to get the most use out of pool time. Please adhere to arrival times whether for practices or for meets, and if your child is going to be late or miss, let someone know.

It is expected that your child be on deck at the pool 15 minutes prior to practice time and half an hour prior to the start time at a meet in order to stretch and warm up. Cold muscles produce injuries!

NOTE: Bring children 12 years of age or younger to the pool deck. This is a liability concern. Do not drop your children at the building entrance. You are responsible for your children until they reach the pool deck.

Become involved. This does not mean you have to run for president, but try to get involved in some aspect of the club. Ask a member of the executive how you can help or how you can sign up to begin an official's course. Officials Chair should be contacted for information regarding upcoming official's clinics. Usually two or three are held throughout the summer. Officiating can be fun and you can progress fairly quickly through the levels. As an official timer, for example, you have the best view in the pool while offering valuable assistance. It is important that you try to attend your club's General Meetings. You need to be aware of the club's business affairs. You may also have expertise in some area that may be valuable to the club.

Social Activities

At this time social activities are TBD depending on Covid 19 restrictions

LSSC is planning a few social activities throughout the season. The first will be a Mini Meet/potluck which will take place (TBD). The potluck dinner will follow the mini meet from 7-8PM in the Fritz Sick gym. This meet gives new swimmers and their families an opportunity to find out what happens at swim meets, and is also a good time to meet other parents and swimmers. Each family is expected to bring a dish (as outlined in an information sheet that will be circulated by the Activity Coordinators) – enough for your own family as well as 8 to 10 others. Remember, our kids have tremendous appetites after swimming.

Other events will be planned throughout the season, please watch the newsletter for dates and times.

Our final social of the year will be our wind-up BBQ, Awards Night and AGM on (TBD). On this night, we recognize our top age group swimmers, as well as those swimmers who consistently exhibited sportsmanlike behavior and commitment throughout the season. Families will bring their own main course as well as one other dish as requested by the Activity Coordinators.

There may be additional social events as arranged by the coaching staff. If you can offer assistance, please call one of the Activities Coordinators to help. Your commitment will be minimal.

Fundraising

Fundraising is necessary in order to meet our yearly expenses. Registration fees would have to be increased to an unacceptable level should fundraising be eliminated. Our aim is to keep this activity to a minimum, but all families are expected to participate.

Please visit www.lethbridgeorcas.com/fundraising for more information.

Our club also welcomes sponsors to contribute to the club.

Please contact Kathy Kremenik, our Fundraising Coordinator, if you are interested in becoming a sponsor.

Communication

Throughout the swimming season the coaches and the LSSC executives will use various ways to communicate to you.

Email

Email is the primary form of communication that our club operates with. It is wise to check your email daily to keep up with our day to day events and notices.

Bulletin Board

Watch for notices on the bulletin boards located at the Fritz Sick pool in the viewing gallery.

Mailbox

The mailbox contains separate folders titled with the names of the coaches and the families. The coaches and parents can use it to pass on information. Please check the mailbox regularly.

Newsletters

Newsletters from the coaches and the LSSC executive will come out periodically to let parents know about upcoming events and important information. Make sure you read these newsletters or notices as your child might forget to tell you what is going on.

Meetings

There is an Annual General Meeting (AGM) held at the end of the swim season. This AGM will be held on (TBD) at our wind-up BBQ before the Awards Night Presentation. You are encouraged to attend the AGM, as this meeting is informative, a good chance to ask questions, compare notes and bring up any concerns or to offer suggestions.

Talking to the Coaches

Parents are not allowed on deck during swim time to discuss their child's performance as this deprives all swimmers of the coach's attention. Our coaches have made the commitment to instruct your child to the best of their ability. Should you feel that a coach is not fulfilling his/her obligation, mistreating or not communicating with you or your child in a positive way, arrangements should be undertaken to meet with your child's coach to discuss your concerns. On deck confrontation about your child during practice time or at a swim meet will not be allowed as this can be hazardous to the other swimmers (the coach's attention is taken away), not to mention embarrassing for the swimmer in question. Often, parents misunderstand a coach's strategy and are therefore unhappy with a child's performance in the water. Please do not hesitate to speak with your child's coach after swim time or by phone or email to clear up any concerns. **Remember, your child is swimming to gain experience as a team member, to realize a certain level of fitness, and to have fun!**

Important - If you have registered your child for a swim meet and do not intend on going (or need to make special arrangements, for example coming late or leaving early) you must notify and confirm with the head coach before 9:00 p.m. on the Thursday night prior to the meet. Failure to do so will result in the swimmer automatically being scratched from all individual events and any relay teams they were placed on.

Region F Swim Meet Schedule

Region F is one of the six Summer Swim Club Regions in Alberta. It currently has 10 active clubs: Brooks Barracudas, Claresholm Kraken, Crowsnest Pass Piranhas, Fort Macleod Swim Club, Lethbridge Orcas, Medicine Hat Mantas, Nanton Marlins, Pincher Creek Dolphins, Raymond Swim Club and Taber Vipers. The meets highlighted in orange are extremely important and we hope you can adjust your summer schedule to ensure attendance at these meets.

Date	Event	Location
June 3-4	Swim Meet	Pincher Creek
June 10-11	Swim Meet	Medicine Hat
June 24-25	Swim Meet	Lethbridge
July 8-9	Swim Meet	Crowsnest Pass
July 22-23	Swim Meet	Fort MacLeod
August 5-7	Swim Meet, Region F Championship	Lethbridge
August 12-14	Swim Meet, ASSA Provincials	Edmonton

Mission Statement

Swimming is a lifelong sport that can be used to achieve personal growth and development physically, psychologically and socially. The Lethbridge Summer Swim Club is a local non-profit organization that offers a swim program presenting this opportunity for your child to experience.

Swimming provides one of the most beneficial forms of exercise for the cardiovascular system and for overall fitness. This exercise can be enjoyed throughout one's entire life whether it is for competition or recreation.

Participating in an organized swim program provides the opportunity for your child to develop life long skills. These skills include time management, self-discipline, commitment and sportsmanship. Your child will reap the benefits of swimming long after participation ends, as these skills are transferable to all aspects of life such as education, work, or maintaining a healthy lifestyle. Most swimmers go on to be very successful and productive adults largely due to what they have gained from swimming.

Possibly one of the greatest benefits of swimming is the opportunity for your child to develop socially. The camaraderie among swimmers is unique; many swimming "buddies" become lifelong friends in and out of the pool. It is these social interactions that help develop a child's confidence and personality.

An Introduction to Competitive Swimming

We would like to welcome you to the exciting world of swimming. By joining Swim Alberta, your child has just become a member of one of the country's largest and most organized youth sports. The following will give you a good working knowledge of the sport and answer some basic questions.

Swimming can be fun, exciting and rewarding. Many children improve rapidly at the beginning, and it's not unusual to see big time drops during this phase. Children are learning and growing at a greater rate than at any other time in their careers. It is difficult to avoid the tendency to push young athletes at this stage. Although a child of 11 or 12 can handle the physical demands of serious water training, most coaches feel that the workload should not be too great until a child reaches puberty. The emphasis should be placed on improving stroke technique. It is strongly recommended that these young athletes participate in other sports during this period as a variety of physical activities can help prevent burnout. Many swimmers train for more than 15 years during their swimming career, so swimming should be fun and relatively pressure free, especially at the entry levels.

After a child reaches puberty, it is felt that serious training can begin. This can be a particularly frustrating time for swimmers. During this transition, an athlete may experience a plateau or what appears to be a setback. Chunks of time are no longer being dropped, and training requires more time and dedication. Many parents begin to question whether a child's swimming career is over at this point. This, coupled with the normal demands of teenage life, causes many swimmers to leave the sport prematurely. It is critical that parents and coaches be supportive during this period of adjustment, realizing that it will pass. Future performance improvements generally follow.

LSSC swimmers will have the opportunity to train five days per week for three and one-half months. Swimmers are recommended to attend as many workouts in the first month as this will help gradually ease them into the workload. Also during the first month, technical aspects of swimming (dives, turns, stroke mechanics, etc.) will be the main focus of each workout setting a necessary base for later success. Parents should monitor the first few weeks of training to ensure that their child doesn't overdo it, however be prepared for sore muscles and huge appetites!

Remember, not every swimmer becomes a world record holder, but every swimmer gains from their swimming experience. Supporting your child in swimming can be one of the most rewarding experiences of your life. You may soon find yourself cheering at competitions, timing during meets or even going on to become a Swimming Canada certified official. Whatever your role, your child's experience in swimming has much to do with your positive support. Please ask questions of your coaches, officials and fellow parents. We all have the same goal – to provide your child with the best possible swimming experience.

What Do I Need For a Swim Meet?

Whether you are a first time participant, or a veteran, please keep this essentials check list handy for easy reference:

Swimmers Need:

- Team bathing suit, cap & goggles.
- Warm clothes to keep those big muscles warm (sweats, sweaters, t-shirts, shoes, hat.) Don't bring designer clothes or any valuables.
- Two or three towels to keep warm, dry, and sometimes for use as shade.
- Sunglasses & sunscreen for outdoor meets
- Well-balanced lunch: fruit, vegetables, sandwich, nuts, juice. (No junk food until after the meet!) Swimmers should eat breakfast prior to the meet, e.g., cereal, banana, orange, and cheese. Save the heavy greasy foods for another time.
- Healthy snack food: granola or fruit bars, nuts, fruit, crackers & cheese, - eat small portions well before events.
- Water bottle – water is the best fluid to keep hydrated. Drink at least one litre throughout the day. Do not overload on sports drinks as they can do more harm than good if improperly taken.
- A positive club attitude to cheer on teammates!!!
- Any cool games, books, or cards to pass the time. Label all belongings as a swimmer's equipment gets scattered throughout the pool.

Parents Need:

- **To bring any children 12 years of age or younger to the pool deck.** This is a liability concern. Do not drop your children at the building entrance. You are responsible for your children until they reach the pool deck
- To have children at the pool early for warm-ups. (Warm-ups are 1/2 hour prior to start time.) Even though kids complain about being too tired, a warm-up is essential to wake up those muscles.
- A well - balanced lunch. Set a good example by not eating junk food until after the meet. This is a great time to check in with your kids and spend some time together sharing in their excitement as well as their disappointments.
- Equipment that may be useful at the meet - umbrella, tarp, blankets.
- To maintain a great spirit and to be a team supporter. Cheering is great, but remember that being **too** loud can be annoying and offensive to some.
- A camera for great memories. **No Flash it will interfere with the starting device!**
- Stop watch for your own enjoyment.

Remember, you're not allowed at poolside during a meet as there are many officials and swimmers and you might interfere. Become an official timer instead.

Try to refrain from offering suggestions to your child after they've swum their event. It is the role of the coach to suggest ways for the swimmer to overcome difficulties or to focus on some aspect of their swimming. You are there to offer support and encouragement for your swimmer, not to criticize, give pointers or offer ways to change. Your coach may be asking your child to perform or race a particular way for a reason that is evident only to the swimmer and the coach such as a strategy for long term goal setting. **Children are asked to check in with their coach after every race for an evaluation.**

After a disqualification, which can be common for a beginning competitive swimmer, the coach/and or swimmer will be notified of the infraction by the stroke and turn judge. Official times will not be posted for any DQ but your coach may keep an unofficial time anyway. Try to highlight the positive of that swim and understand that your child will be disappointed and will need to hear something encouraging. It is a big deal to the swimmer, and making light of the situation is not recommended either, so acknowledge the mistake and then carry on. A DQ alerts the swimmer and coach to what portion of the swimmer's stroke that needs further practice. It should be considered in the same light as an incorrect answer in schoolwork – pointing out areas in which further practice is needed What to Watch at a Swim Meet

The Racing Course

The length of the pool is 25 meters. In our region there are from 5-8 lanes in a pool depending on which town/city you're in. Ribbons are given for placing up to the number of lanes in that particular pool. Aggregate medals are awarded for the first, second and third place overall swimmers as determined by a point system at the end of each meet.

The Meet

There are 10 individual events and two relay events. Boys swim against boys and girls against girls. The following are the events for each age group:

Age	Butterfly		Backstroke		Breaststroke		Freestyle		IM	Distance Freestyle			
	Short	Long	Short	Long	Short	Long	Short	Long		200	400	800	1500
6&U	-	-	25m	50m	25	-	25m	50m	-	10&U	12&U	14&U	17&U ¹
8&U	25m	-	25m	50m	25	50m	25m	50m	100m				
9&10	25m	50m	25m	50m	25	50m	50m	100m	100m				
11&12	50m	100m	50m	100m	50	100m	50m	100m	100m				
13&14	50m	100m	50m	100m	50	100m	50m	100m	200m	13&14	13&14		
15-17	50m ¹	100m ¹	50m ¹	100m ¹	50m	100m ¹	50m ¹	100m ¹	200m ¹	15-17 ¹	15-17 ¹	15-17 ¹	
18&O	50m ¹	100m ¹	50m ¹	100m ¹	50m	100m ¹	50m ¹	100m ¹	200m ¹	18&O ¹	18&O ¹	18&O ¹	18&O ¹
Para	50m ²	-	50m ²	-	50m	-	50m	100m	-	-	-	-	-

For more information please refer to ASSA Event List online at <http://www.assa.ca/web/events.php>

Swimming Events

Freestyle (Free)

In the Freestyle, the competitor may swim any stroke, but the usual stroke used is the front crawl. This stroke is characterized by the alternate overhand motion of the arms along with a flutter kick. The Freestyle is swum in 25, 50, 100, 200, 400, 800 and 1500 meter distances.

Backstroke (Back)

In this stroke, the swimmer must stay on the back except for the turns. (The swimmer is allowed to turn over and take one single or double overhand pull before going into a tumble turn.) On coming out of the turn, the swimmer must remain on the back until the final touch. Swimmers must surface within 15 meters after their turn and at the start of the race after their push off. Backstroke distances are 25, 50 and 100 meters. Flags strung across the pool help to identify distances and boundaries.

Breaststroke (Breast)

Perhaps the most difficult stroke to master as the Breaststroke requires simultaneous movement of the arms on the same horizontal plane. The hands are pushed forward from the breast under the surface of the water and brought backward in the

propulsive stage of the stroke simultaneously. The kick is a simultaneous thrust of the legs called a frog kick or Breaststroke kick. No flutter or dolphin kick is allowed. At each turn, a swimmer must touch the wall with both hands at the same time at the same level. Breaststroke races are in distances of 25, 50 and 100 meters

Butterfly (Fly)

The most beautiful and physically demanding stroke, the Butterfly features the simultaneous overhead stroke of the arms combined with the dolphin kick. The dolphin kick features both legs moving up and down together. No flutter kicking is allowed. The swimmer must touch the wall with both hands at the same time at the same level, and is swum in distances of 25, 50 and 100 meters.

Individual Medley (IM)

The Individual Medley features all four competitive strokes. The swimmer begins with the Butterfly, changes to the Backstroke, then Breaststroke, and finishes with Freestyle. The Stroke & Turn judges scrutinize the swimmers carefully making sure they contact the wall and turn properly. These touches and turns are commonly where competitors are disqualified. The IM is swum in 100 and 200-meter distances.

Relays

Relay teams will be determined based upon swimmer's attendance at practice and meets, attitude and performance.

Relay teams will be determined by the coaches. Remember, a relay is a **TEAM** event, and the swimmer's preference of stroke will not necessarily be granted.

To be chosen for a provincial relay team a swimmer must have one of the four fastest times in the 50m event on the ASSA data base within the current swim season.

Starts & Turns

Many races are lost because of poor starts and turns. At the start, the swimmer is called to the starting position (standing on the blocks) by the starter who visually checks that all swimmers are down and still. Then, once the starter is satisfied, the race is started by either a gun or an electronic beep. If any swimmer starts before the starting signal has been given, the swimmer shall be disqualified. There is not a two start rule, disqualification will happen on the first false start.

Quick turns are essential to a successful race. In all events, the swimmer must touch the wall, but in the Freestyle, the swimmer may do a tumble turn as they reach the wall, touching only with the feet. In Backstroke, the swimmer may also execute a tumble turn and touch with the feet but they must be on their back after the turn when submerging. In the other competitive strokes, the swimmer must touch the wall with both hands at the same time before executing the turn.

Strategies

Sprint races (25, 50 and 100 meters) are all-out scrambles from start to finish. The 200-meter events require the swimmer to have a sense of pace as well as the ability to swim a controlled sprint.

The 400, 800 and 1500 meter Freestyles require the swimmer to constantly be aware of where they are in the water and how tired they are becoming. Swimming the first position of the race at too fast a pace can zap a swimmer's strength and cause a poor finish. Swimming the first portion too slowly can separate the swimmer from the pack and make catching up impossible.

There are two ways to swim a distance race: swimmers elect to swim the race evenly (holding the same pace throughout the race) or they may negative split the race - when the swimmer covers the second half of a race faster than the first half.

Event Selection

Coaches have the option to select up to one half the maximum number of events for each meet. Swimmers have the responsibility to select the remaining events.

Coaches have expressed a desire to expand a child's participation in all swim strokes and distances to produce a well-rounded

swimmer. It is the coach's responsibility to bring an athlete up to the best possible level of swimming. Except in cases of intense opposition, injury or illness, parents and swimmers should endeavor to adopt this event selection policy. Coaches have the best interests of the children at heart!

Results

Swim Meet Results, Swimmer and Club Statistics and Province-Wide Comparisons can be found on the Alberta Summer Swim Association website.

ASSA Results Database - <http://www.assa.ca/web/database/default.php>

Personal Equipment

Swim Suit

The swimmer usually wears Practice suits during training sessions. They are generally made of nylon, Lycra or stretch nylon. These suits are usually loose fitting, and many swimmers train wearing several suits for the purpose of creating drag. It is **not** recommended that swimmers wear their swim club suits during practice time as the material will fade and wear out quicker than usual. Saving the swim club suit for meets will allow the suit to be worn for two years.

Caps

A latex or silicone swim cap should be worn at all times during practice and meets to keep the effects of treated water to a minimum. Hair should be washed after every practice as chlorine build up can dry, damage and discolor the hair (assuming one has hair!) Swim club caps (with our Orcas logo) and suits are available through our equipment manager. Swim club suits and caps should be worn at all meets making it easier for parents and coaches to identify their children in the water.

Goggles

Goggles are worn by the swimmer during practice and competition to enhance vision and to protect the eyes from chemicals in the water. Have your child try different styles during practice time to determine which one is best suited to their face. No particular brand is recommended – only wear what feels comfortable and doesn't leak or fall off. Make sure to keep the goggles tight enough to prevent them from falling off during dives and turns, although most goggles fall off because the swimmer doesn't keep their chin down.

Footwear

You may want your child to wear, aqua shoes, sandals or flip-flops at the pool as the pool deck can get slippery especially during a meet. Also, Athlete's Foot and warts can be annoying and difficult to control. Often, footwear can help in the prevention of these contagious health problems.

Swim Bag

Your child should have a water resistant carrying bag to store all required clothing, equipment and snacks especially for swim meets.

Towels

Two large, thick beach towels are recommended – one for the morning and one for the afternoon during swim meets. You may also want to bring along a blanket for warmth or for lounging. Be sure to mark all your belongings with your name!

Pool Equipment

Fins

Flippers are sometimes worn on the feet and used for stroke technique and speed assisted training. These are available for use at the pools.

Kick boards

These devices are usually made of plastic or Styrofoam and are used to work the kick portion of a stroke.

Pull Buoy

These are usually made of Styrofoam and are placed between the legs to isolate the use of the arms. The pull buoy is used to strengthen the arms and is sometimes used for stroke work.

Finger Paddles

These are small paddles that cover all the fingers but not the palm of the hand. They are used to create sensory awareness and strengthen forearm muscles during technical sets.

Hand Paddles

These are paddles that cover the entire hand. They are used to strengthen the upper body and enhance stroke technique.

The Rules

The technical rules of swimming are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport. Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair competitive advantage over another.

Trained officials observe swimmers during each event to ensure compliance with these technical rules. If a swimmer commits an infraction of the rules, he/she will be disqualified from the event, which means he/she will not receive an official time nor be eligible for an award in that event. DQ's may result from actions such as not getting to the starting blocks on time (although this is rare), false starts, walking on or pushing off the bottom of the pool, pulling oneself along the lane ropes, failure to touch the wall correctly, or for unsportsmanlike conduct.

Technical Rule Violations

Technical Rule Violations May Include:

Freestyle – the swimmer's failure to touch the wall at each turn or at the finish.

Backstroke – turning onto the stomach before the final touch; taking more than one freestyle pull going into a turn; failure to surface after 15 meters onto the stomach after a turn; failure to surface after 15 meters after the initial push off.

Butterfly – alternating movements of the arms of legs; pushing the arms forward under the water instead of over the water surface (underwater recovery); Breaststroke or flutter kick; touching with only one hand at the turns or finish;

Breaststroke – using dolphin or flutter kick; failure of the head to surface before two arm pulls on entry; shoulders not level; alternating movements of the arms; taking two arm strokes or two leg kicks while the head is under water; pulling the arms past the hips; touching with one hand at the turns or finish.

Officiating

Officials are present at all competitions to implement the technical rules of swimming, and to ensure that the competition is fair and equitable. Officials attend clinics, pass a written test and work at meets before being certified. All parents are encouraged to get involved with some form of officiating.

Level I Timer, Finish Judge, Marshall

Level II Clerk of Course, Chief Timekeeper, Chief Finish Judge/Chief Judge, Electronics, Recorder/Scorer, Judge of Stroke & Turns, Head Lane Timer

Level III Starter, Meet Manager

Level IV Referee (Senior), one-year evaluation period in province

WE NEED YOUR HELP!

There are various officials' clinics held in Region F throughout the season. Contact our Officials Chairperson for course information.

Timers – operate stopwatches and record the official time for the swimmer in his/her lane on the swimmer's lane card, which is handed to the timer by the competitor just prior to the start of the swimmer's event.

Judge of Turn – observes from each end of the pool to ensure that turns and finishes comply with the rules applicable to each stroke.

Inspector of Stroke – observes from both sides of the pool, walking abreast of the swimmers to ensure that the rules relating to each stroke are being followed.

Relay Takeoff Judge – stands beside the starting block to observe the relay exchange making sure that the feet of the departing swimmer has not lost contact with the block before the incoming swimmer touches the wall.

Clerk of Course - arranges swimmers in their proper heats and lanes.

Starter – assumes control of the swimmers from the Referee, directs them to "take your mark" and sees that no swimmer is in motion prior to giving the start signal.

Referee – has overall authority and control of the competition, ensuring that all rules are followed; assigns and instructs all officials and decides all issues relating to the conduct of the meet. Violations of the rules are reported to the Referee, and the rules require that every reasonable effort be made to notify the swimmer of his/her disqualification and the reason. All conflicts are resolved by the Referee, or on the advice of the Referee, taken to a higher authority.