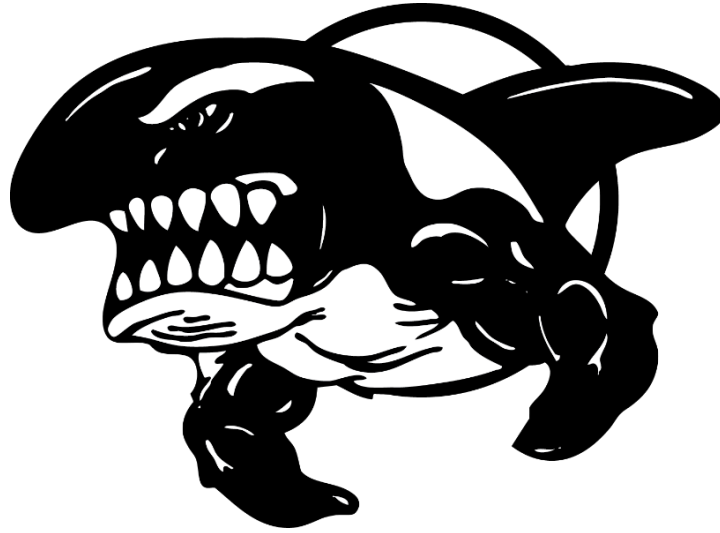


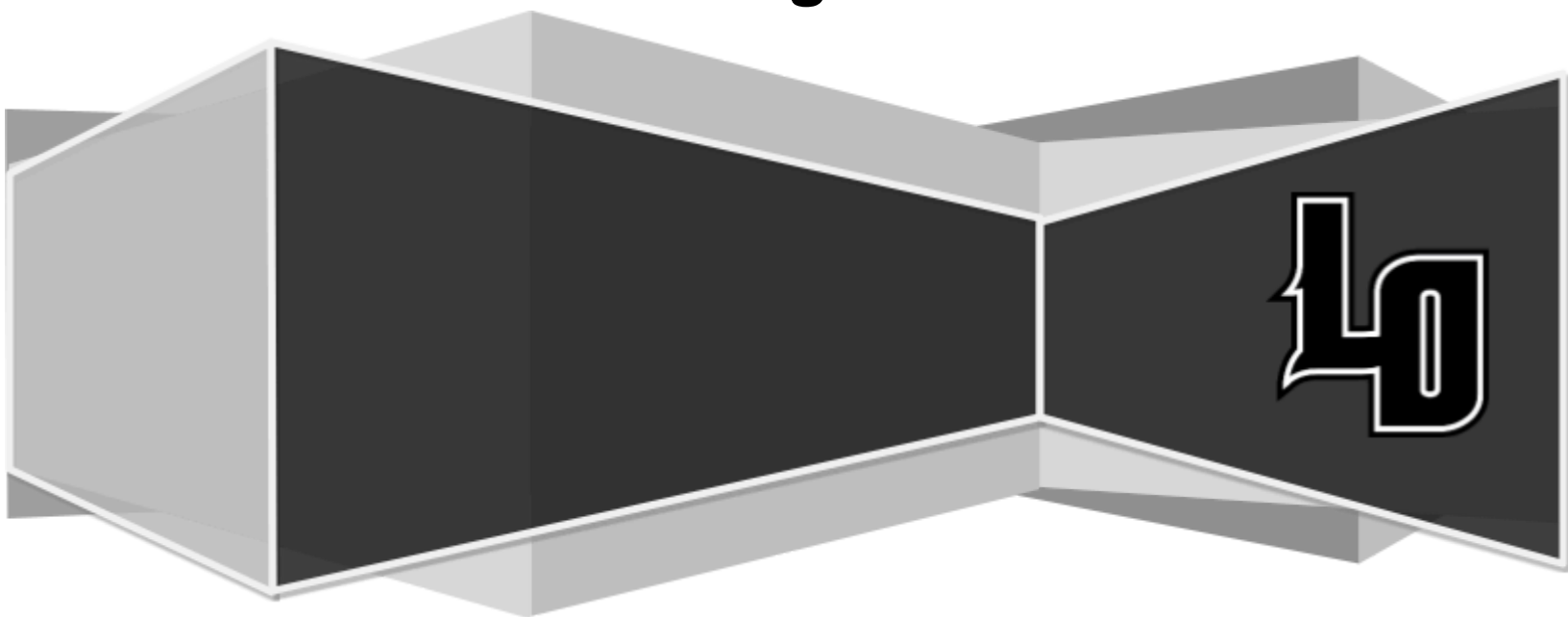
LETHBRIDGE ORCAS

SUMMER SWIM CLUB



2025 PARENT HANDBOOK

www.lethbridgeorcas.com



Executive Committee

President	Jenn Giles	orcasecretary@gmail.com
Vice President	Kristina Gilmore	
Past President	Vivien Suttrop	
Team Manager	Brittany Lee	
Secretary	Cathy Cook	
Fundraising/Casino	Allise Field-Macpherson	
Treasurer	Katrina Brandt	
Equipment Manager	Kelsey Boras	
Social Chair	Patricia Luu	
Officials Chair	Jackie McIntyre	
Member at Large	Paige Peake	
Member at Large	Ashley Wentz	

Website

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

Follow Us On Facebook & Twitter

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

Instagram @lethorcas

Mailing Address

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

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.

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.

2025 Registration

LSSC Fee Structure

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 mission statement is considered, the executive of the Lethbridge Summer Swim Club (LSSC) reviews the fee structure, including refund amounts of the club annually.

Each swimmer is required to pay club fees at the beginning of the season as well as any fundraising or volunteer requirements as set forth by the executive committee (which may include pre-paying for these activities) prior to entering the pool unless alternate arrangements have been made with the board. 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' (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.

Registration Timelines & Dates

Returning swimmer registration begins on March 1st online through our Team Unify website.

New swimmer registration begins on March 10th at our in-person registration evening.

Monday March 10th – 5:00 – 7:00pm @ Nicholas Sheran Arena Lobby

Tuesday March 11th – 5:00 – 7:00pm @ Nicholas Sheran Arena Lobby

Registration will close on May 15th.

Rookie Week

Rookie Week will occur Thursday May 1 and Friday May 2. This week also allows new swimmers to determine interest in participation, ensure swimmers are registered in the correct program, and create training groups for the season. Fee payments can be deferred until after Rookie Week, if this is requested cheques will be cashed on Monday May 5, 2025.

Prior to the end of Rookie Week, if your swimmer will NOT be joining swim club for the 2025 Season, you are required to inform the Executive Committee in writing on/or before May 3, 2025. Please submit this information to orcasecretary@gmail.com. Withdrawal after this date will result in fees; once a swimmer is registered with ASSA & Region F, there will be a \$100.00 non-refundable fee. Due to liability & insurance requirements, no swimmer can enter the pool until all registration paperwork is completed & all fees have been paid, or payment schedule is finalized. Any questions or concerns can be directed to the Orca Executive orcasecretary@gmail.com.

Request for Refund & Late Registration

A full refund will be given if a swimmer requests to withdraw their registration prior to April 15th. Unless fee payment has been requested to be deferred until after Rookie Week. If the season is canceled due to health restrictions swimmers will be refunded at a prorated amount depending on when the season ends.

Swimmers registering late will be required to pay an additional \$100 registration fee and participate in any fundraising and volunteering activities that remain in the season. Should they register after fundraising activities, they will be exempt from those activities. Registration will close on May 15, 2025, after this time registrations will not be accepted.

Fund Collection

LSSC is a cashless organization. All funds for registration, team equipment, raffles, etc can be paid by cheque, e-transfer to lethbridgeorcas5@gmail.com, or by credit card with an added fee of 2.8% plus \$0.30 per transaction.

2025 Registration Structure

Mini Orcas

The Mini Orcas program is designed for 5–6-year-old children but can accommodate new competitive swimmers up to 8 years old. Emphasis is placed on learning technique and being part of a team. Mini Orcas are encouraged to attend the Lethbridge Swim Meet to experience a meet and team environment. Pending registration, the Mini Orca program typically runs 4 sessions per week in the tech pool, with the opportunity to experience lane swimming once the coach is confident that the child is safe to do so. The minimum age to register your child as a Mini Orca is five as of January 1, 2025.

Prior to registering your child as a mini orca, your child MUST be able to complete a 15m swim unassisted. If your child is unable to meet these requirements, they would benefit from more swimming lessons prior to starting Swim Club. The maximum number of swimmers per class is eight and preference will be given to existing families and returning swimmers. The prerequisites listed above must be met during Rookie Week or the child will be asked to try again next season.

Junior Orcas

The Junior Orca program is designed for 6 years and up and can accommodate new competitive swimmers up to 10 years old. The program is focused on learning technique, fitness and being part of a team. The Junior Orcas program runs five times a week for 60 minutes in the lane pool and are encouraged to attend swim meets.

Prior to registering your child as a Junior Orca, your child MUST be able to safely swim 25m length without assistance or touching the walls or bottom of the pool.

If your child is unable to meet these requirements, they may benefit from our Mini Orca program. The schedule for the Junior Orca program will be determined following Rookie Week. The prerequisites listed above must be met during Rookie Week or the swimmer will be asked to join Mini Orcas or try again next season.

Orcas

The Orca program is designed for swimmers who are focused on improving technique, fitness, team spirit, and attending swim meets throughout the season. The Orca program runs five days a week with 90 minutes of training Monday thru Thursday in the lane pool and 60 minutes on Fridays. Times range between 5-8 PM Monday through Thursday and 5-7 PM Friday and training schedules will be determined in collaboration with the team manager and coaches during Rookie Week.

Master Orcas

The Master Orcas program does not provide formal coaching or formal pool training opportunities but allows Master swimmers the opportunity to compete as an Orca at swim meets. Fees cover ASSA insurance, registration and Region F swim meet fees.

2025 Season Fees & Requirements						
Swimmer Type	Pool Schedule	Age Requirement	Swimming Requirement	Fee Requirement	Fundraising Requirement	Volunteer Requirement
Mini Orcas	30 mins Mon-Thurs	5-6 years	Complete a 15m swim unassisted	\$350	\$125	none
Junior Orcas	60 mins Mon-Fri	6-10 years	Complete a 25m swim	\$500	\$250	8 points \$80 post-dated
Orcas	90 mins Mon-Thurs 60 mins Friday	6 years & up	Complete a 50m swim	\$600	\$250	8 points \$80 post-dated
Master Orcas	none	18 years & up or exhibition	\$200	Masters fees cover ASSA insurance, registration and Region F meet fees; formal coaching and training are not available to Masters.		
*payments by credit card will have an added fee of 2.8% + \$0.30 per transaction						
*registration fee includes an Orca t-shirt for every swimmer.						
*registration fees includes all meets EXCEPT for Summer Games. An extra fee to participate in Summer Games will be required.						
*fees shown above are early registration fees and are only in effect until April 15/2025. Any registrations received after this date increase by \$100.						
*there is a registration fee credit up to a maximum of either \$75 for the day shift at the casino or fee credit of \$100 for the evening shift at the Casino.						
*no post-dated cheque for the fundraising requirement at time of registration if corporate sponsorship cheques are provided. Corporate sponsorship cheques are due May 10, 2025, to be included on the back of the Orca shirts.						
*fees, fundraising and volunteer deposit must be submitted at time of registration						

Fee Subsidy Programs

City of Lethbridge - offers funding for individuals and families that face financial barriers. The program subsidizes the cost of recreation and culture programs. Funding is available for one program/activity, to a maximum of \$150 per person, per season, while funds are available. [Fee Assistance Program](#)

KidSport - provides grants for children 18 and under to participate in a sport season of their choice. KidSport works to fulfill its mission of eliminating financial barriers to sport participation, So ALL Kids Can Play! Once you have registered your child in their sport program, you can apply online or by paper. KidSport Lethbridge provides 50% of registration fees to a maximum of \$250 per eligible child, per year (January 1st - December 31st) towards sport registration fees. [KidSport Lethbridge](#)

Swimmer Classifications

Age Group: Permitted to participate in ASSA sanctioned swim meets in all events except para-swimming; times eligible to be considered for race placing and records. Swimmers' age on May 1, 2025, determine the age group entered for the season.

Masters: Permitted to participate in ASSA sanctioned swim meets in all events except Para-Swimming events; times are eligible to be considered for race placing and Alberta Masters Swimming Association records.

Para: Permitted to participate in ASSA sanctioned swim meets in all events, including Para-Swimming events; times are eligible to be considered for race placing.

Exhibition: Permitted to participate in ASSA sanctioned swim meets except Regional and Provincial Championships, in all events except Para-Swimming; times are not eligible to be considered for race placing and/or records.

NOTE: A swimmer will not be allowed to register with Alberta Summer Swim Association (ASSA) if they are a member of a year-round swim club. A swimmer 14 years old or younger who swam with a Year-Round Swim Club more than 10 days September 1, 2024, to March 31, 2025, must cease to be a member of a year-round swim club for 8 continuous months prior to registering as a competitive swimmer with ASSA.

2025 Fundraising Requirements

Fundraising is necessary to meet our yearly expenses and keep registration fees down. Our aim is to keep this activity to a minimum, but all families are expected to participate. To ensure that fund development is shared by all, the club does require each family to submit a post-dated cheque at the start of the year depending on the group they have registered for. At the end of the season, if families haven't obtained the necessary fundraising requirement, they will be offered two (2) options: The club cashes the fundraising cheque and provides reimbursement for the amount you fundraised; or you may request the fundraising cheque be returned and replaced with a cheque or cash for the amount owing.

Our club welcomes sponsors and swimmers who collect sponsorship can use the funds towards their fundraising requirements. The 2025 sponsorship letter can be found at the end of this handbook.

The specifics of what fundraising activities we will be doing is to be determined. Fundraising requirements will be dollar for dollar based on profit for the club, and not overall sale. Fundraising requirements are transferable between families.

2025 Volunteer Requirements

Lethbridge Summer Swim Club is a not-for-profit organization that is run by parent volunteers. There are many opportunities for parents and swimmers to contribute to the success of the Lethbridge Summer Swim Club. This policy lays out the minimum volunteer requirement for each family.

Families will be responsible for earning 8 volunteer points and providing a post-dated cheque of \$80 at time of registration. Each point has a value of \$10. At the end of the season, if families haven't obtained the necessary volunteer points, they will be offered two (2) options: The club cashes the volunteer hours cheque and provides reimbursement for the dollar amount of points earned; or you may request the volunteer cheque be returned and replaced with a cheque or cash for the amount owing. Points are not transferable and must be earned prior to Regional Championships in July 2025.

Task	Points Earned
Board Member	8
Meet Manager	8
Home Meet Committee Member	4
Home Meet Set-up	2
Home Meet Clean-up	2
Swim Meet Volunteer/Official	2 per session
Club Social Event	2
Club Fundraising Event	2
*a session is the morning OR afternoon of a swim meet. Each meet has a minimum of 2 sessions	
*points may be assigned by the Executive for volunteer opportunities outside of those identified in the table above	

Home Swim Meet

A significant number of volunteers are needed to host a swim meet. All registered swimmers are required to provide at least one (1) volunteer for our home meet, with each volunteer required to work a minimum of one (1) session. Swimmers will not be registered for the meet without fulfilling this commitment. If families are unable to meet this requirement, alternate arrangements may be made with the board.

Casino

Families who provide volunteers for the Casino on Friday April 11 or Saturday April 12, will be offered a credit for the 2025 season. Volunteers for Casinos are responsible for providing a replacement for their shift should they not be able to fulfill their commitment. If the casino volunteer does not fulfill the commitment or find a replacement, the credit must be paid to the club prior to the swimmer entering the pool in May.

\$75 Credit – day shift either Friday or Saturday 11:00am – 7:30pm

\$100 Credit – evening shift Friday or Saturday 7:30pm – 4:00am

Codes of Conduct

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 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

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 the Team Manager, if a situation arises which requires the attention of the executive or the coaching staff. 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 should 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 to stretch and warm up. Cold muscles produce injuries!

NOTE: Children 12 years of age or younger should be accompanied to the pool deck by an adult. 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 might have expertise in some area that may be valuable to the club.

Club Communication

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.

Board email - orcasecretary@gmail.com

Coach Team - lethorcas@gmail.com

Bulletin Board

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

Mailbox

The mailbox contains separate folders labeled 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 LSSC executive with information from the coaches 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 in August 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 suggestions.

Remind APP

Periodically, the Remind App is used to communicate information to families in an expedited way. An example would be at swim meets to communicate when warm-ups will be starting after lunch. The Remind app can be used on a computer or downloaded on your phone from the app store. You can join by one of two ways:

1. Follow this link: https://www.remind.com/join/lethorcas?utm_medium=ios. Be sure to have your notifications turned on.
2. Text "@lethorcas" to (705) 230-3078. This will subscribe you to the text notifications.

Talking to the Coaches

Parents are not allowed on deck during swim practices. If you wish to discuss your child's performance, please make time before or after practice to talk to their coach. 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 email to clear up any concerns. The club's Team Manager can also assist coaches and parents with communication. **Remember, your child is swimming to gain experience as a team member, to realize a certain level of fitness, and to have fun!**

2025 Season Calendar & Activities

Welcome Back Potluck

Friday May 9th at Southminster United Church @ 6:30 PM

Mini Meet

Wednesday May 14th

This mini 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.

Orca Cup

#1 - Wednesday May 21

#2 - Wednesday June 18

#3 - Wednesday July 16

Orca Cups are fun and inclusive team building events planned by the coaching team.

Wind-up BBQ, Awards Night and AGM

Tuesday July 29th at the Rotary Picnic Shelter- Giffen Road North Lethbridge @6:30 PM

If you are willing to help organize and set-up social activities please contact Patricia Luu our Social Coordinator.

Region F Swim Meet Schedule

Region F is one of the six Summer Swim Club Regions in Alberta. It currently has 9 active clubs: Brooks Barracudas, Claresholm Kraken, Crowsnest Pass Piranhas, Fort Macleod Swim Club, Lethbridge Orcas, Medicine Hat Mantas, Nanton Marlins, Pincher Creek Dolphins, and Taber Vipers.

May 30 -31	Pincher Creek
June 7	Lethbridge
June 13-14	Medicine Hat (Co-Host Brooks)
June 21	Claresholm
June 28	-No Meet-
July 4-5	Summer Games Taber
July 11-12	Nanton (Co- Host Fort McLeod)
July 19	Crowsnest Pass
July 26-27	Regionals
August 1-3	Provincials

What Do I Need For a Swim Meet?

Whether you are a first time participant, or a veteran, please keep this essentials checklist 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 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 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:

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

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

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.

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

Results

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

Meet Mobile App

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

Personal Equipment

Swimsuit - 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!

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 underwater; 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

There are various officials' clinics held in Region F throughout the season. Contact our Officials Chair 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.

LETHBRIDGE ORCAS

SUMMER SWIM CLUB

Dear Sir or Madam,

The Lethbridge Summer Swim Club Orcas are a non-profit organization that offers a competitive swim program for anyone ages 5+. Swimming is a lifelong sport that can be used to achieve personal growth and development. Participating in an organized swim program provides the opportunity for children to develop lifelong skills.

The Lethbridge Orcas Summer Swim Club has a longstanding goal of ensuring membership fees do not create a barrier to participation. To help us achieve this goal, we are seeking community support through team sponsorship. Sponsors will receive recognition based on the Tier of sponsorship selected.

Tiered Corporate Sponsorships for the 2025 swim season are available as follows:

Bronze	Up to \$299	Social Media
Silver	\$300 to 599	Social Media & Small Logo on Team T-shirt
Gold	\$600 to \$799	Social Media & Medium Logo on Team T-shirt
Platinum	\$800	Social Media & Large Logo on Team T-shirt
*All sponsors will receive recognition at our Home Swim Meet on June 7th		

Sponsorships must be received by May 10, 2025, in order to be included on the team t-shirts. E-transfers can be sent to lethbridgeorcas5@gmail.com or cheques can be made payable to Lethbridge Summer Swim Club (LSSC) and can be mailed to:

LSSC
Box 147
Lethbridge, AB
T1J 3Y3

Please feel free to contact our fundraising coordinator, Allise Field-Macpherson, with any questions you may have: allise_f@hotmail.com. We appreciate your consideration!

Sincerely,

Lethbridge Summer Swim Club Orcas Board of Directors 2025

**Lethbridge Summer Swim Club
2025 Summer Swim Season
Sponsorship Form**

Company Name: _____

Contact Name: _____

Contact Phone: _____

Email: _____

Please indicate sponsorship amount: _____

Please circle to indicate your selected form of payment: **eTransfer** or **Cheque**

Name of LSSC Swimmer who requested sponsorship: _____

Sponsors are kindly asked to provide a digital copy of your logo in an .eps or .jpg format by email to Allise: allise_f@hotmail.com.

Sponsorships must be received by May 10, 2025, in order to be included on the team t-shirts.

☐ *Check this box if you would prefer your donation to remain anonymous.*

Thank you for your consideration and support!

Lethbridge Summer Swim Club Orcas
Board of Directors 2025