



---

## CLUB PHILOSOPHY; EXPECTATIONS; POLICIES AND RULES

The Nanton Marlin Swim Club is a non-profit organization that meets its annual budget through fees and fund raising activities.

The Nanton Marlin Swim Club Philosophy reads:

To promote the sport of competitive swimming through regularly scheduled practices and competitions, thereby developing team spirit, sportsmanship and self-confidence.

---

The Nanton Marlin Swim Club offers four programs: Minnow Marlins, Intermediate, Senior, Masters. Swim club is not meant as a substitution for swim lessons.

- a) A **Minnow Marlin** is a swimmer of any age who is not quite ready either mentally or physically to participate in the swim club at the same level as our Intermediate or Senior swimmers. These swimmers must be comfortable putting their face into the water, float on front and back unassisted, have a basic flutter kick on front and back with or without a flutter board, can tread water, paddle or swim 25 meters above water with or without a flutter board at the end of our trial period, listen well to instruction and have a willingness to learn. The Minnow Marlins are expected to participate in the Nanton Marlin Swim Club home meet (if they meet the requirements to enter swim meets) or one alternate meet and are encouraged to attend the Regional Meet. These swimmers have approximately 45 minute practices either 2 or 4 days per week, Monday through Thursday, throughout the summer which should be attended as much as possible. The purpose of the Minnow Marlin program is to develop the younger swimmer's skills and strengths thus giving him/her the capabilities to progress as a Marlin swimmer. If the head coach, in consultation with the Board, feel that a swimmer is not ready to join the club, they will explain the rationale and encourage the swimmer to try again later in the season or the following year.
- b) An **Intermediate Marlin** is a swimmer of any age who is not quite ready either mentally or physically to participate in the swim club at the same level as our Senior swimmers. These swimmers must be able to swim 25m of nonstop recognizable freestyle and backstroke, be comfortable jumping into deep water, listen well to instruction and have a willingness to learn. The Intermediate Marlins are expected to participate in the Nanton Marlin Swim Club home meet (if they meet the requirements to enter swim meets) and the Regional Meet and are encouraged to attend at least 2 other regular season meets. Intermediate Marlins have approximately 1 hour practices Monday through Thursday throughout the summer which should be attended as much as possible. The purpose of the Intermediate Marlin program is to further develop the swimmer's skills and strengths thus giving him/her the capabilities to become a Senior swimmer.
- c) A **Senior Marlin** is a swimmer of any age who must be able to swim all 4 strokes without being disqualified, have a solid technical foundation, do dives and turns complete with underwater recovery, take a workout and complete it independently, listen well to instruction and have a willingness to learn. Senior swimmers will be expected to participate in the Nanton Marlin Swim Club home meet, 4 other regular season meets and the Regional Meet. Senior Marlins have approximately 1.5 hour daily practices Monday through Thursday throughout the summer which should be attended as much as possible.
- d) A **Master Marlin** is a swimmer 18 years of age or older who must be able to swim 25m continuously and be willing to train independently. Master Marlins will be expected to volunteer at the Nanton Marlin Swim Club home meet if not participating, and are encouraged but not required to attend other meets as well as the Regional Meet. Master Marlins have approximately 1 hour practices 2 days per week (Mon, Wed or Tue, Thu) throughout the summer. The purpose of the Master Marlin program is to encourage swimmers to maintain their ability in a more casual training environment, while still allowing for participation in meets where desired.



There are many levels of ability; swimmers are divided by ability for practices and their practices will be structured accordingly. The purpose of this is to enable the individual swimmer to obtain the utmost from his/her practice. At swim meets, they compete in their age group but are put into "heats" with swimmers with similar ability and times, called "senior seeding".

All swimmers will complete the Competition Readiness Testing and Dive Readiness standards which will include the following:

### **Competition Swim Test**

Swimming independently requires breath control, water agility and the ability to swim a minimum of 50m continuously. Swimmers who do not have these swimming skills shall not be entered in competition. To test for these skills, coaches are to ensure swimmers complete the following continuous sequence:

1. Safe shallow water entry (sit or slip in)
2. Swim 25m of any style without stopping or resting
3. Exit the pool from deep water
4. Jump foot first into deep water and recover
5. Tread water for 30 seconds, mouth and nose above the water at all times
6. Finish by swimming 25m of any style without stopping or resting

Swimmers using starting blocks at competitions must also complete skill #7 of the Diving Readiness Progression.

### **DIVING READINESS STANDARD**

#### **Purpose**

Diving is the act of entering the water with the hands, arms, and headfirst. There is a high degree of danger associated with diving because the swimmer could impact the pool bottom or other swimmers – causing injury to the head or neck. The Diving Readiness Progression is a step-by-step process to teach swimmers how to dive safely from the blocks. The Diving Readiness Progression is an integral part of Swim Alberta's Diving Readiness Standard. Swimmers who use starting blocks at a competition must complete skill #7 of the Diving Readiness Progression.

Excellence, Integrity, Innovation, Collaboration

#### **Safety Note**

It is recommended that the initial teaching of diving should only occur in pools a minimum of 2.0 metres deep. Once swimmers can demonstrate the ability to consistently perform skill #6, which is a shallow dive with arm swing from the edge of the pool, they may move to the starting blocks in skill #7 of the Dive Readiness Progression. Diving must always be taught with hands and arms in the streamline position, meaning the hands and arms must enter the water before the head.

Always protect the head.

#### **Dive Readiness Progression**

There are eight skills to the dive readiness progression. After skill #2, swimmers must be able to maintain their arms in the streamline position following each dive. Before a swimmer progresses to any skill after skill #2, the coach must observe the swimmer complete the current skill by entering the water at approximately a 45-degree angle and at a depth of less than 1.0 metres. Before a swimmer can move to the starting blocks, they must complete skill #6 (shallow dive with arm swing). Before recording skill #6 as complete, the coach must observe the swimmer entering the water at approximately a 45-degree angle and at a depth of less than 1.0 metres. Each skill is described in more detail within Appendix "A" on the next pages of this document.

#### **Diving at Competition**

During competition, swimmers should dive at the Dive Readiness Progression skill level they have achieved. Skill #2 is not permitted at competition. Swimmers who have not completed skill #3 (kneeling dive) may be required to do an in-water start.



## Nanton Marlin Swim Club

Box 281  
Nanton, AB  
T0L 1R0

---

There will be a trial period for new swimmers at the beginning of each season. This period is for children to try out swim club to see if they like it and give the coaches a chance to see if:

- a) The kids in the Minnow Marlin group or new swimmers meet the requirements to join the club.
- b) Which group to place other new swimmers into.

**DRYLAND TRAINING** will be offered to each swimmer. Attendance at dryland training is mandatory for Senior swimmers and strongly encouraged for Intermediate swimmers. Times and duration of dryland training to be determined by the Board in consultation with the coaching staff.

### 1. EXPECTATIONS OF SWIMMERS

- 1.1 To obey all rules and regulations of the Club, Coaches, ASSA, Swim Alberta and all Pools.
- 1.2 To listen to and respect their coach(es) during practices, meets and other club functions.
- 1.3 To be on time for practices and meets.
- 1.4 To participate as a team member in meets.
- 1.5 To notify the Coach which swim meets they wish to attend.
- 1.6 To attend practices.
- 1.7 To attend as many meets as possible, with the Nanton meet being mandatory. The Regional meet is mandatory for Intermediate and Senior swimmers to attend and all other swimmers are encouraged to attend.
- 1.8 To represent the Club in an honorable manner when attending practices, meets and other club activities.
- 1.9 To make sure the deck and other areas the club is utilizing at meets is kept clean and tidy.

### 2. EXPECTATIONS OF PARENTS

- 2.1 To participate in fund raising activities.
- 2.2 To attend official's clinics when offered to be able to help at all meets attended.
- 2.3 To provide transportation for swimmers to meets.
- 2.4 To officiate at meets.
- 2.5 To encourage their children to participate in all Club activities.
- 2.6 To allow the Coach(es) to do the coaching. Comments and complaints are welcome only after practice or meets through the Coach, or Executive. To not take concerns to those not directly involved. A negative effect from talk behind the scenes is harmful to the Marlins morale and unity.

### 3. EXPECTATIONS OF COACHES

- 3.1 To take into consideration the directives of the Club Executive.
- 3.2 To provide a training program outline to the Club Executive.
- 3.3 To carry out the program or arrange for a competent and qualified substitute as per ASSA and Swim Alberta coaching guidelines.
- 3.4 To communicate with the Club Executive regarding comments or complaints.
- 3.5 To encourage full participation of swimmers in practices and meets.
- 3.6 To prepare entries for swim meets.
- 3.7 To be attentive to all swimmers at practices and meets.
- 3.8 To attend all swim meets OR arrange for a competent and qualified substitute as per ASSA and Swim Alberta coaching guidelines.
- 3.9 To provide constructive feedback after each event at swim meets.
- 3.10 To keep the swimmers Best Times Sheets up-to-date or delegate to a Club Executive member.
- 3.11 To implement pool side discipline.
- 3.12 To represent the Club in an honorable manner always.

### 4. CLUB POLICIES



## Nanton Marlin Swim Club

Box 281  
Nanton, AB  
TOL 1R0

- 
- 4.1 All swimmers will begin training on or around May 1<sup>st</sup> of each season. These practices will be three days a week (days to be determined each season) and held in another pool, either in Claresholm or High River. Length of practices will be determined by how much pool time is available to the Marlins. Our regular schedule will begin once the Nanton pool opens, normally the Tuesday after the May long weekend each season.
- 4.2 There will be a trial period for new swimmers at the very beginning of the season. All registration fees are to be paid in full or arrangements made at the end of this period if the swimmer wishes to continue with the club.
- 4.3 Registration fees are non-refundable once the season has commenced without a note from a doctor.
- 4.4 The Club will offer four programs: The Minnow Marlins, Intermediate Marlins, Senior Marlins, and Master Marlins. All swimmers must complete the competition readiness test before being allowed to enter meets and diving readiness standards will be done by the coaches.
- 4.5 Swimmers will be kept up to date of proposed activities, meets, etc. throughout the year on our club bulletin board, via email and through the club Facebook page. Information outlining meet details, etc., will be posted on the bulletin board at the pool. Swimmers are expected to confirm their participation in the meets via sign-up sheet posted on bulletin board or with the Head Coach prior to the date specified for each meet.
- 4.6 Regarding relay events – if a swimmer misses a relay and causes the team to be scratched, this swimmer stands the possibility of not being selected for future relay teams.
- 4.7 At the Regional Meet, each member may swim their four individual events. Swimmers are chosen to swim “A” relays according to their recorded times. Every effort will be made to include all other swimmers on the other relay teams.
- 4.8 All members are encouraged to attend all practices and meets. Swimmers are to notify the Coach in writing (via email) of holiday plans and known extended absences. Also, it is expected that a swimmer will notify the Coach via telephone if s/he is entered for a meet but must withdraw.
- 4.9 If a swimmer is withdrawing from a meet for which an individual entry fee is paid, it will be the responsibility of that swimmer to reimburse the Club for this expense before s/he can swim in the next meet.
- 4.10 Swimmers and their families are expected to participate in all fund-raising activities, including but not limited to, the Casino.
- 4.11 Parents are expected to help at all swim meets. Official certification clinics are offered online so that parents may be qualified to work on deck at swim meets. One parent from each family must take the timer’s course (level 1).
- 4.12 At the beginning of the season the executive requires a \$100 cheque per family, made payable for August 31 of that year, for volunteering. This cheque will be returned to each family if volunteer commitments are fulfilled. Duties include, but are not limited to:
- Executive Positions
  - Fundraising coordinator
  - Club Reporter
  - Year-end wind up – set up, take down, etc.
  - Trophies and gifts
  - Our home swim meet duties – set up, take down, food chairperson, food helpers, runners, office people, marshals, safety marshals, timers, announcers, raffle tables, 50/50, etc.
- IN ADDITION TO THE ABOVE VOLUNTEER DUTIES ALL FAMILIES MUST SEND FOOD OR MONEY TO HELP WITH OUR HOME SWIM MEET AND THE REGIONAL SWIM MEET**
- 4.13 The Club t-shirts are provided to all swimmers as part of the registration fee and must be worn at all times (outside of the pool) at every swim meet. Club caps are included in the fees and additional caps are available to purchase throughout the season and it is mandatory for the club caps to be worn at all meets. It is recommended for the swimmers to have one piece training suits for practices.
- 4.14 Fundraising pays a large portion of coaching, pool rental, equipment and other expenses. All Marlin Swim Club Families are required to support fundraising efforts by participating in each fundraising event or paying the \$250 opt-out fee.
- 4.15 Parents are welcome to watch daily workouts quietly from the observation area, leaving the coaching to the coaches. Disruptive parents will be asked to leave. Repeated disruption could mean a lengthy leave from the observation area and/or a behavioral discussion with the Head Coach and the Swim Club Executive.
- 4.16 Training and practices will end for all swimmers, except for those who will be participating in Provincials, at the end of the last practice prior to the Regional Meet each season.
- 4.17 The Coach/Swimmer relationship is one of trust, and any inappropriate behavior and/or relationship between a coach and a swimmer will be reported to the authorities and may lead to immediate dismissal.



## Nanton Marlin Swim Club

Box 281  
Nanton, AB  
T0L 1R0

- 
- 4.18 The Head Coach is available to address concerns – if the problem(s) persist a letter to the Club Executive is required and will be handled with the utmost confidentiality and concern.
- 4.19 The meet schedule will be decided upon by the Coaches and Executive prior to the start of each season. Swimmers are not permitted to attend any meets outside of this schedule, unless a swimmer makes the ASSA All Star team or qualifies for Alberta Summer Games.
- 4.20 In regards to the Swim Club Executive, if a member with an executive position fails to attend three consecutive meetings another executive member will contact the individual to give them the option to begin attending meetings or step down from the executive. If the member steps down their position becomes vacant to fill at the next scheduled executive meeting.
5. **RULES**
- 5.1 Pushing or throwing a member in the pool at a practice or meet could result in automatic suspension for that practice or meet.
- 5.2 Swimmers will be disciplined by the Coach(es) at their discretion if constantly fooling around in the pool or not training as per the Coach(es) instructions.
- 5.3 Each swimmer is required to have a pair of swim goggles, a cap and proper one piece suit for all practices. For swimmers participating in dryland, proper dryland attire (comfortable clothing – t-shirt and stretchy pants or shorts, socks and running shoes) is required.
- 5.4 Swimmers are responsible for making sure they are adequately stretched or warmed up at a meet.
- 5.5 All swimmers will obey all instructions from the Coach(es). A 3-strike rule will be implemented for disruptive swimmers. 1<sup>st</sup> strike = warning, 2<sup>nd</sup> strike = warning and a time out, 3<sup>rd</sup> strike the swimmer will be asked to leave the practice or meet for the day. If disruptive or inappropriate behavior continues possible suspension or expulsion may occur. The coach(es) shall communicate with the swimmer's parent(s) (where applicable) at each stage of this process.
- 5.6 Swimmers' and Parents' complaints or questions may be taken up with either the Coach or the Coach Liaison outside of practice or meet times, unless deemed to be a safety issue.
- 5.7 Swimmers are responsible for deck tidiness and for looking after their own belongings.
- 5.8 Swimmers must inform the Coach as to their whereabouts if they leave the Club area at a meet.
- 5.9 Swimmers are required to wear the club t-shirts and caps at all swim meets.
- 5.10 A swimmer cannot be entered in a meet unless they can swim 25m (one length) of the pool unassisted and above water.