



Approaching Our Inaugural Season



Welcome Silver-Ray Swimmers & Parents to the 2020/2021 swim season!

This document will outline how the Strathcona County Swim Club will approach its first swim season come September.

We will ensure the strictest safety protocols are being followed for Covid-19 prevention by following a well thought out and implemented “Return to Swim” plan, integrate two swim clubs who swam two different swim programs into one cohesive team, operate out of the Kinsmen Leisure Center due to unexpected maintenance issues at Millennium Place, and finally, our Head Coach will begin leading the Silver-Rays on-deck and commence the new swim program for our athletes.

Sit tight & fasten your seat belt because the Silver-Rays are coming in hot for this unique and challenging yet very exciting inaugural season!

Safety Measures & Protocols

The Strathcona County Swim Club will be following its “Return to Swim” plan for all operations at the Kinsmen Leisure Center. Please visit the swim club’s website to read through and familiarize yourself with the SRAYS plan when it’s made available.

The SRAYS President & Head Coach have met with Strathcona County council and Kinsmen Leisure Center coordinators to ensure we are using the facility in the safest way possible. The most notable safety measure will be taken is the blacking out of public swimmer access at the KLC. The KLC will be the primary location of team, clubs & user groups while Millennium Place is under construction.

August Registration

After months away from the pool, while simultaneously coming together as a new team and adhering to strict cohorts, the SRAYS have decided to open Sept-Dec registration to the majority of our members via “Aged Cohorts”

- 13&O *Full Commitment (Up to 7 weekly practices)*
- 13&O *Part-Time (Up to 5 weekly practices)*
- 12&U
- Mini Rays *Schedule A*
- Mini Rays *Schedule B*

This makes group descriptions & placements extremely easy for the first months. Our newer and/or lower ability swimmer still learning the very basic fundamental swim skills will be placed in the Mini Rays. Other swimmers will join their “Aged Cohort” for September.

Exceptions to 13&O’s choosing full commitment or not, A & B schedule options offered to Mini Rays



August Registration (con't)

Our groups will allow the SRAYS to roll-out its entire competitive program ensuring our swimmers are coming together with teammates of similar ages, swim abilities & swim goals to promote an optimal team building experience.

The SRAYS coaching staff acknowledge this is truly a clean slate for all swimmers to start a swim season. For months the swimmers have been out of the pool, a new team has been created and our new Head Coach will run a new swim program. The “aged cohorts” provide all members equal opportunity to work hard, re-establish & develop good training habits, improve their technique & skills while having months to provide evidence to the Head Coach where the most appropriate group to be placed within the new SRAYS club structure. The new club structure & group formatting will be implemented upon our return to Millennium Place in 2021.

SRAYS Swim Programming

A wide range of abilities within each cohort will be present and some swimmers will have been more physically active than others during their time off. With this in mind, each cohort will have an appropriate amount of lane space at KLC. The SRAYS staff will run multiple variations of every activity or swim set that is planned. This will increase the likelihood all swimmers are being provided appropriate swim programming relative to their ability level while simultaneously being able to spend time with the teammates their age.

For example, a simple kick set for our 10-12 cohort.

Lane 1: 16 x 50m SL Kick (Odd: front w/ snorkel Even: on back w/ 6 UW DK's each wall) @1:00

Lane 2: 16 x 25m Fast Kick! (Swimmers push-off in pairs, race your teammate!) @1:00

Lane 3-4: 12 x 50m (Odd: 1st 25m! Even: 2nd 25m!) 1-6: SL w/ snorkel 7-12: w/ board @1:20

Lane 5-6: 10 x 50m ((Odd: 1st 25m! Even: 2nd 25m!) 1-5: SL w/ snorkel 6-10: w/ board @1:40

All swimmers in the pool are focusing on their flutter kick. All swimmers have a set relative to their ability level providing an appropriate challenge to promote optimal improvements. Most importantly, all swimmers are with teammates their age which increases the likelihood new friendships can be created as we come together as a new team.

For parents reading this thinking those swim sets look like a bunch of hieroglyphics and I have no idea what any of that means. Please don't worry, I'm your child's swim coach and I know exactly what they mean. This is just to reinforce the notion that we have a plan and we know how it will be executed.



SRAYS Coaching

Looking at the mentioned kick set, there is clearly a lot going on in the pool at one time. To ensure we can effectively run a swim program like this, each cohort will have a lead coach who will be supported by assistant coaches. With multiple coaches on-deck, who will physically distance themselves from swimmers, all swimmers can be provided appropriate coaching & feedback to ensure optimal improvements are made and practice runs smoothly.

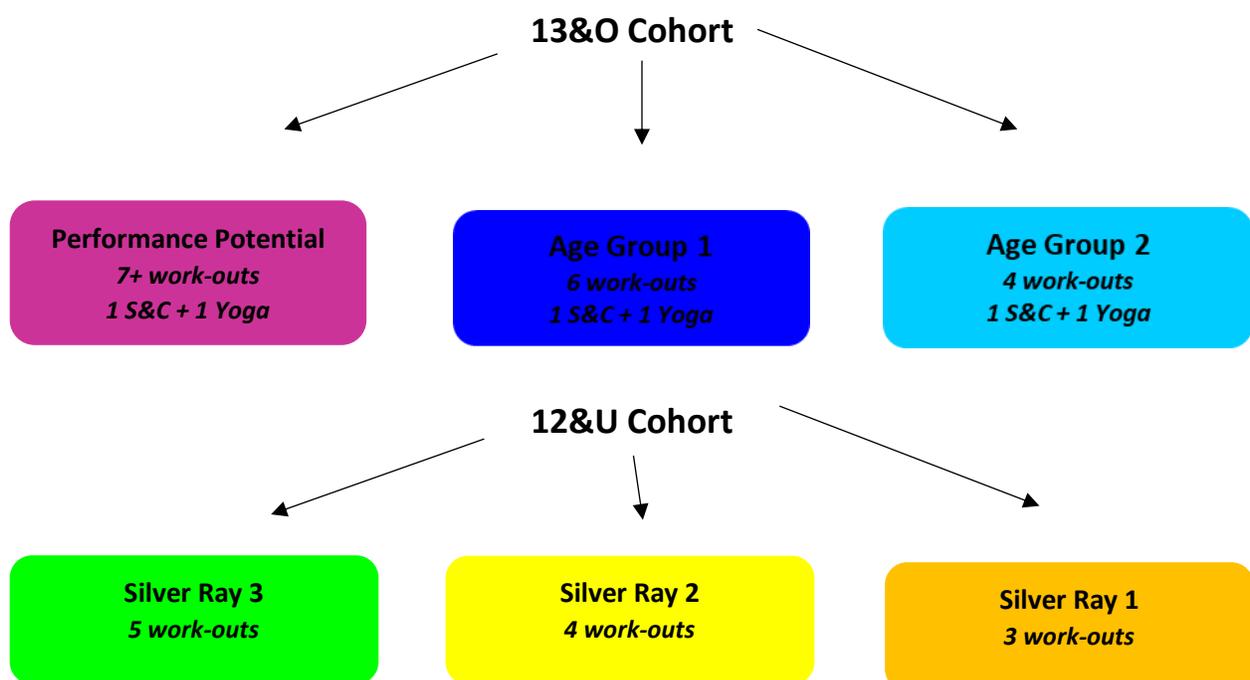
The **SRAYS Head Coach**, Mark Chantaj, will lead the 13&O and 12&U cohorts creating their training plans and daily work-outs for the first 4 months of the season. Mark will be supported on-deck by assistant coaches who have taken their NCCP level 1, 2 & 3 courses.

The **Mini Rays Lead Coach**, Laura Vriens, will lead both 9&U cohorts creating their swimming plans and practice sessions for the first 4 months of the season. Laura will be supported on-deck by assistant coaches who have taken their NCCP level 1 course & the SRAYS Head Coach.

The **Silver-Ray Swim School Coordinator**, Jillian Jerome, will lead our Swim Schoolers ensuring they have a fantastic experience in the pool learning loads of new swim skills. Jillian will be supported in the pool by swim school instructors who have taken their NCCP level 1 or Community Coach courses.

New SRAYS Club Structure COMING 2021

When we move into Millennium Place, we will be rolling out a more in-depth club structure for the Strathcona County Swim Club. The first four months of the season will be used to determine which training squad is the most appropriate placement in the club. This will ensure all swimmers are surrounded by swimmers within their training environment who have similar swim goals and a similar work ethic & approach to their training.





2021 Group Placement

While there is an array of factors that will be taken into consideration for 2021 group placement, an objective factor that will be used is the swimmers practice attendance. Come October, when we have expanded into a full schedule at KLC this will be closely monitored.

If a swimmer within the 13&O cohort consistently attends 4-5 swim practices each week when there are 7 available to them, they will be placed in the “Age Group 2” squad; a group with 4 weekly swim practices + supplementary training.

If a swimmer wishes to be placed within the Performance program, their attendance record needs to be as close to 100% as they can manage. A full commitment (once school commitments are met) and an understanding of what performance swimming entails is necessary for athlete wishing to progress down the “Performance Development Pathway”.

Swimmers will be invited to join a group that gives them the highest likelihood of having an attendance record of 90-100%. We have numerous options for the 13&O cohort with 7+, 6 & 4 weekly practices available and our 12&U cohort has groups with 5, 4 & 3 weekly practices available. We're confident all swimmers will find a group that is just right for them.

Supplementary Training for 2021 programming

Swimmers within the 13&O cohort will be provided Strength & Conditioning and Yoga within the new SRAYS club structure. STSC & SPSC had members of the coaching staff plan & facilitate these sessions. The SRAYS will spend the remainder of 2020 looking to hire a professionally certified ‘S&C’ trainer and a professionally certified Yoga instructor to work with our athletes.

Dry-Land training, while nowhere near as important as the training conducted in the water, can provide swimmers immense benefits which have the potential to be translated back into the pool. Our 13&O SRAYS will likely experience growth spurts and this supplementary training can also assist these swimmers in navigating the years of physical maturation.

If you are reading this and asking yourself “why both?”. Both modes of training complement one another. Strength without mobility & flexibility = Rigidity. Mobility & Flexibility without strength = Instability. Neither of these physical qualities are ideal while attempting to make technical changes to your swim strokes.

These sessions will be developmentally appropriate for our young and growing swimmers. Most S&C sessions will involve body weight exercises focusing on a wide range of athletic abilities from agility, balance to coordination; these are NOT weight lifting sessions.

Final Message from the Head Coach

To Strathcona County Swim Club members,

After reading through this, I sincerely hope you have come to the realization that we have a vision for our swim club as we enter our inaugural season. More importantly, we have a plan to execute this vision.

I have contacted coaches & instructors from both clubs and received an overwhelming response of enthusiasm wanting to get involved with the Silver-Rays; they are all committed to executing this plan.

One thing I ask, which I'm optimistic the vast majority of swimmers & parents will understand, is to expect change. There will be times you may think *"That's not how we did things with Silver-Tide"* or *"We didn't train like this with the Sting-Rays"*. You would be absolutely correct in thinking those things, but please acknowledge that we have all turned a new page and are a brand-new swim club; the Strathcona County Swim Club Silver-Rays!

A final message to future Silver-Ray swimmers, your season can start RIGHT NOW. While we are currently not training together as a team, make no mistake that you can do things today that will have positive impact on your swimming. Go for a jog, find a yoga or Tabata video on YouTube and give it a go, try to incorporate more greens in your diet, or take a moment to reflect on last season and pick one area of improvement you believe you can commit to improving for the 2020/2021 swim season.

We will ease into our first season, making sure we are as organized and communicating as clearly as possible while ensuring all swimmers feel right at home with their new teammates as a member of the Silver-Rays.

Please feel free to reach out to me with any questions regarding the upcoming swim season via email at markchantaj_1@hotmail.com.

I hope everyone is as excited as I am to start up the new swim season!

Your Head Coach,



Mark Chantaj