



2018-19



KAMLOOPS CLASSICS SWIMMING
A Guide for Parents

WHAT WE'RE ABOUT



CLUB HISTORY

THE GREATER KAMLOOPS AQUATIC CLUB was originally formed as a diving club in the summer of 1947. Interested children took part in free diving lessons with John Henderson at Centennial Pool.

On August 13, 1947, the club hosted its first competition, which included diving, swimming and surfboard riding events.

The club continued hosting similar events annually for 11 years. The club became a registered society in March 1972. Its name and constitution were amended in 1993. The society is now known as the Kamloops Aquatics Club.

Kamloops Classic Swimming has evolved over the past 45 years. In 1990, with the Canada Games only three years away, the executive laid out an aggressive plan to build a year-round program. Since that time we have grown from a small group of 23 swimmers to one of the leading competitive swimming programs in B. C.

We now have swimmers competing successfully at provincial, national and international levels.

PHILOSOPHY

Our club's motto is Swim For Life! KCS values and focuses on teaching lifelong skills. Fun and friendship in the pursuit of fitness is the pillar of our club.

Our coaches pride themselves on developing community-minded citizens with high integrity. Swimming provides opportunities for all levels to experience team spirit, setting and achieving goals, and the ability to work hard within a team.

The SwimSkill Lesson program is an introduction to competitive swimming. This program deals with stroke development and racing skills. No other program offers this opportunity.

We are a non-profit, volunteer-based society that needs its members to be active to be successful. Offer your services as chaperon or an official or become a board or committee member. By getting involved you can help the club and be part of our success.





WE'RE COMMITTED TO PROVIDE FUN AND EXCITING INSTRUCTION TO SWIMMERS OF ALL AGES AND SKILLS.

OUR CLUB STRUCTURE recruits entry-level swimmers from the community and outlying areas and helps them progress all the way to international swimmers.

The Swimming Natation Canada (SNC) swim program is a year-round national competitive swimming program. This program operates from mid-September until early June for Novice levels, mid-July for provincial levels and early August for national level swimmers.

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COACHING TEAM



BRAD DALKE is the club's Head Coach/Technical Director as well as Pacific Sport Regional Head Coach for Swimming.

In addition to being a fully certified NCCP Level III Coach and Course Conductor for Swimming Levels I & II, Brad holds a Bachelor of Physical Education Degree (BPE) from the University of Calgary and a Bachelor of Education Degree (BED) from the University of British Columbia/ University College of the Cariboo.

Brad had a successful swimming career as an athlete which saw him world ranked in the 200 and 400 IM and winning numerous CIAU team titles.

He began his coaching career in Winnipeg with the Manta Aquatic and then moved on to be an Assistant with the University of Calgary Swim Club. After working with Calgary, Brad moved to Campbell River to become their Head Coach where he immediately had a number of National Qualifiers and a Canadian Record holder in the 12 and Under Boys 100 and 200 meter Breast Stroke events.

While in Campbell River he was selected to coach the BC Team at the 1989 Canada Games in Saskatoon. In 1990 he became the Head Coach of the Saskatoon Goldfins Swim Club and the University of Saskatchewan Huskies Swim Team.

During that time the Goldfins developed into a powerhouse in age group swimming in Western Canada. In 1993 Brad was the Co-Head Coach of Team Saskatchewan at the Canada Games in Kamloops.

Brad came to Kamloops in 1994 as our Assistant Head Coach and Pacific Sport Regional Head Coach. Brad coaches the club's Senior Level swimmers.

We are excited to have previous KCS swimmer and recent university graduate, Dylana Milobar, as coach of our Life Saving Swim Group.



Dylana swam for the Bakersfield Roadrunners and recently graduated with a communications degree from the University of Bakersfield, California. Dylana has been a Senior National Qualifier in Canada and is a breast stroke specialist.

We are fortunate to have additional coaching talent in Kamloops, talented people who are willing to help out! They add considerable value to our programs.



Robert Petrie (top right) is the club's strength training coach while "Doc" (bottom right) helps Brad on the pool deck.





KENT AITCHISON will coach Age Group 2, Junior and Master swimmers. He is joining us from his role as full-time Assistant Coach and Senior Development Coach with the Markham Aquatic Club in Ontario. He worked for this large club for the past three years and

has coached his swim group to the distinction of being Provincial Champions three times in this period.

Kent coached throughout high school and into university where he swam with the University of Alberta Golden Bears while in pursuit of his Bachelor of Physical Education with a concentration in Sport Performance & Physical Activity. Kent was a CIS and Senior National Qualifier.

Kent spent five years as a Head Coach and rejuvenated the Lethbridge Orcas Summer Swim Club from provincial mediocrity to multiple Large Team Provincial Championships and team podium finishes. Kent was the personal coach of three differ-

ent ASSA Female Athletes of the Year and multiple swimmers who broke dozens of ASSA provincial records.

Kent's performance and team-building efforts were recognized by the City of Lethbridge and he was named Coach of the Year in 2013 by the Lethbridge Allied Sports Council.

Kent and his wife Carlee join us from Markham, Ontario and look forward to living closer to family.

"I am really excited to work with Brad because he has put Kamloops on the map with teams from much larger cities and he is known across Canada for his provincial, national and international results."



SARAH MCCHESENEY will coach Novice and Age Group 1 swimmers. Many of you will know Sarah as the enthusiastic coach who

worked with our younger swimmers last swim season.

She is a TRU student working on a teaching degree and comes with an 11-year competitive swimming career. The Prince Rupert native swam for the Points North swimming club before joining the TRU Wolfpack Swim Team and was named Points North swimmer of the year three years in a row.

Most recently she was one of the key swimmers on the TRU Wolfpack swim team.

Sarah is excited to get back onto the TCC pool deck and to work with KCS swimmers.

"I love kids. This is what it's all about for me. Encouragement, feeling good about yourself and doing something that gives you an inner spark."

She is also looking forward to being a role model within the Kamloops community.

"I've always thrived on being a role model for young athletes."

COMPETITIVE SWIMMING – WHAT IT'S ALL ABOUT



Swim Meets are fun! Swim meets are the reason for practising. At a swim meet, swimmers get a chance to win in three ways:

- By racing competitors,
- By improving their best times, and
- By meeting new friends.

The swim season is divided into two distinct periods – the short-course (25-metre) season is between September and early March. The long-course (50-metre) season is between April and July.

The Canada Games pool is 50 metres long. With the bulkhead in the middle of the pool there are two 25-metre pools.

WHAT'S THE DIFFERENCE BETWEEN SHORT AND LONG COURSE SWIMMING?

Generally, times in long-course meets are slower than those in a short-course competition, particularly for the 11 and over athletes.

As rule the short-course time is roughly 97.5% of the long course time. Therefore a 1:08.00 for 100M LC freestyle is approximately equal to a 1:06.30 in a short course pool.

Parents should note, however, that some swimmers are inherently short-course specialists while others are more proficient in long-course meets.

Swimmers should know both their SC and LC best times.

WHO CAN SWIM IN MEETS?

Everyone can compete, but entry into some competitions is dependent on an athlete's ability to achieve set swim time standards in specific races.

In B.C., there are now Tier I, Tier II and Senior Open time standards. There are also different national level time standards.

Swimmers are encouraged to attend meets for which they are eligible. Doing so keeps the 'playing field' level for all swimmers at a competition.

WHERE CAN I FIND THESE SWIMMING TIME STANDARDS?

On our club's website under the "Swimmers" tab. Look for Time Standards there.



WHAT ARE THE DIFFERENT KINDS OF SWIM MEETS OUR KIDS WILL ATTEND IN THE YEAR?

JAMBOREES – For all young swimmers who have not yet swam 200 IM in four minutes or less. Once swimmers pass this milestone, they can compete in many more meets. Jamborees are a great way for younger swimmers who may be nervous to get a taste of competition in a fun, supportive environment.

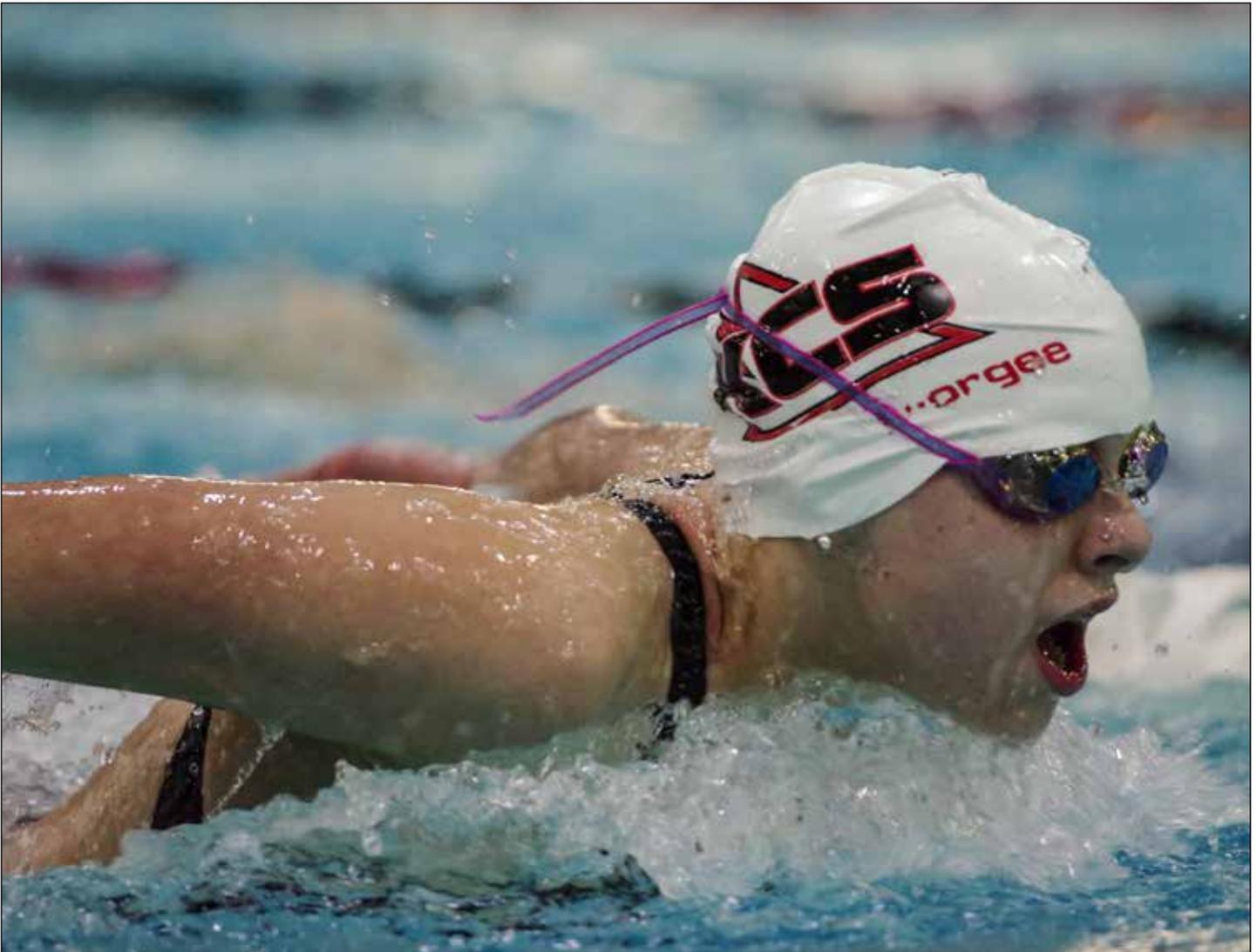
ALL-LEVEL MEETS – Most of the regional meets are "all level." Swimmers are not restricted because of their personal best times. Some of the longer races offered to younger swimmers do have time standards. This is to ensure that swimmers are not being asked to compete above their level, and to keep the length of the swim meets predictable and shorter.

INVITATIONAL MEETS – Competitions hosted by an affiliated club who "invite" other clubs to participate. The entry standards vary although most require a Tier I standard or higher to participate.

PROVINCIAL CHAMPIONSHIPS – The competitions are held in February/March for and in July. There are both Tier I and Tier II swim meets. Swimmers must have attained at least three Tier II standards in order to qualify to attend the Tier II meets.

NATIONAL MEETS – There are a number of national level swim meets that athletes can attend if they achieve the required national time standards.

INTERNATIONAL MEETS – These are what we aspire to! Selection is normally based on performance at national championships or special trials meets.



HOW DO SWIM MEETS WORK?

Most swim meets are multi-day events (often three days) with different events on different days. Swimmers usually swim three to five different events each day. Most days have two swim sessions – morning preliminaries and afternoon finals. Swimmers who do well in the morning preliminaries compete in the finals in the afternoon.

On every day there are warm-ups before the races. Swimmers join all the other competitors and their teammates in the pool. {It's chaotic, but a part of the experience.} Swim meets mostly rely on electronic timing to record swimmers' times. All times at sanctioned swim meets (meets that are approved by Swim BC and Swim Canada) are recorded and become part of the swimmer's competitive record. Swim meets are always competitive, mostly because

swimmers are always competing against the clock. Swimmers can have great meets and never win a medal because they are mostly competing against their past times.

WHO RUNS SWIM MEETS?

The short answer to the above question – parents and supporters of the kids in the water make swim meets happen, no matter the level of the meet. Swimming is a sport that requires tremendous commitment, especially from parents!

There are two kinds of swim meets – home meets and "away" meets in other pools. While all meets work the same way, your experience at away meets will be much different than at home meets for one main reason – *home meets require your participation!*

(Sometimes, other clubs ask parents from visiting teams to help out with some jobs but taking part as an official at away meets is not mandatory.)

Helping host our home meets, however, is mandatory and a requirement of KCS club membership!!

If you have a child in the water at a Kamloops swim meet, plan on being on the pool deck for some part of the meet. Typically, parents should expect to volunteer for three or four of the meet's six sessions. Each swim session typically averages about four hours, so parental commitment for every meet is about 12 hours.

WHY DO WE HAVE TO VOLUNTEER SO MUCH?

It takes a tremendous amount of coordination and effort to organize a three-day swim meet. Because every swim meet provides athletes with the opportunity to achieve important time standards, we must follow set rules governed by Swim BC and Swim Canada about how to operate our swim meets, including how many people must be on the pool deck fulfilling specific kinds of job such as timer, stroke and turn judge, starter and referee.

A typical race session requires approximately 36 volunteers. Our swim meets typically run two short course or two long course swim meets simultaneously,

meaning we need 60 to 80 parents for each of the swim sessions! And there are six swim sessions, for a grand total of approximately 900 volunteer-person hours!

It's a big job! The payoff? You get the best seat in the house to watch your child swim, you will meet many other like-minded and committed swim parents on the pool deck, and we'll feed you!

WHEN ARE THE SWIM MEETS?

This year's schedule of swim meets is on the back cover. There is a club big swim meet in December and June, and some smaller single-day meets. As well, we are also hosting at least one provincial meet this year – a Tier II SC meet in March. We need volunteers for this event, too.

Please plan to volunteer at every local swim meet. We need your help!!

HOW DO I LEARN TO BE A VOLUNTEER?

Official's clinics are offered on an ongoing basis. You will be notified through the club website and through email about upcoming officiating clinics.

We will teach you all you need to know. All family members can help. Adults and teens can be timers (the most straightforward job) while children can be "runners." And we always need help to setup and take down the pool as well!



GET INVOLVED!

KCS IS A GREAT CLUB with a tremendous record of success but to continue to do so we need people to help out! There are two main ways you can help our club succeed:

- Take part in our fundraising initiatives
- Volunteer at swim meets



FUNDRAISING

The Kamloops Aquatics Club is a non-profit society and we have managed to keep the overall cost of swimming amongst the lowest in the province. To help keep training fees low, fundraising events will be organized. There will be on-going projects and participation is expected. We expect the fundraising efforts of our swim families to contribute approximately an extra \$100 per family to the club. Taking part in these efforts is important. It costs more than \$450,000 a year to operate the club, only half of which comes from swim fees.



VOLUNTEER COMMITMENT FEE

This season, the club will host at least three major swim meets. These swim meets are one of our largest fundraising activities. With the Canada Games Pool and a great competition committee we are capable of raising more than \$10,000 per meet or more than \$20,000 per season (approximately \$200 per swimmer).



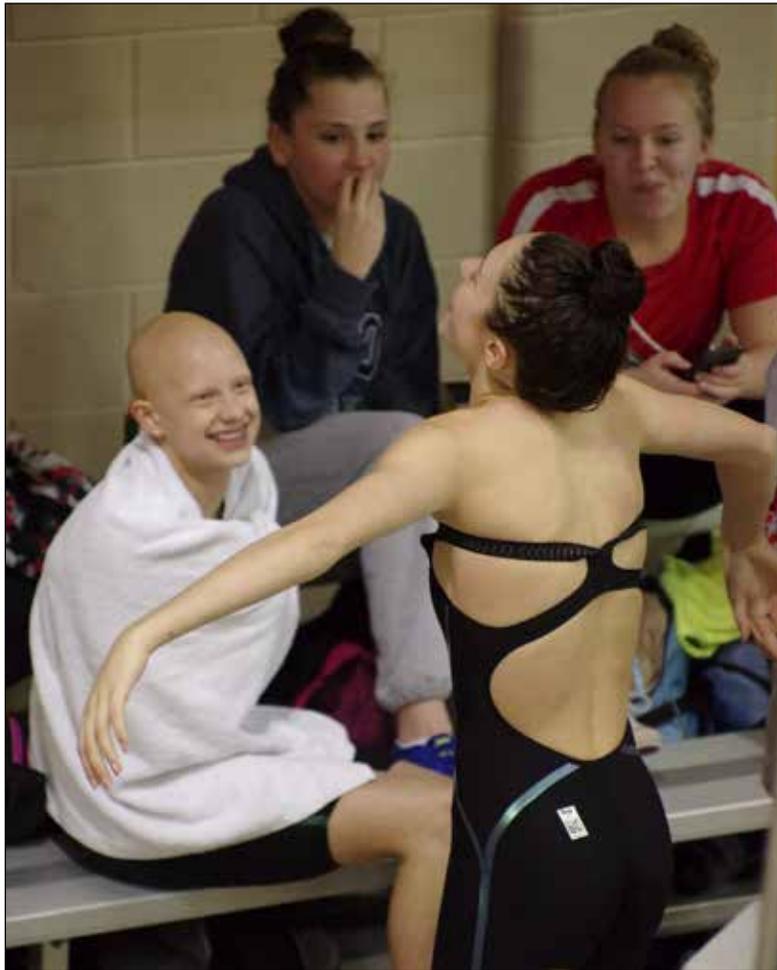
To ensure we run successful meets that will guarantee us this profit margin, we need every club member to participate in the meets. We need a minimum of 60 to 80 volunteers per session (each meet has five to six sessions). Working at our swim meets also saves parents a lot of money in meet travel costs. By hosting three good competitive opportunities at home we are saving each swimmer between \$1,00 and \$1,500 each season, in entry fees and travel/accommodation/food costs.

This season a "*Volunteer Commitment Fee*" of \$500 per family will be charged on top of swim fees. This is a deposit paid against the volunteer hours you will serve at swim meets. If you honour your volunteer commitment, the \$500 will be returned.



HOW TO HELP YOUR SWIMMER FIND SUCCESS!

- Make sure your children know that, win or lose, you support their efforts.
- Try your best to be completely honest about your child's athletic abilities, competitive attitudes, sportsmanship and skill levels.
- Try not to re-live your athletic life through your children in a way that creates pressure. You fumbled too, you lost as well as won.
- Talk positively to your child. It's tough for athletes to be inundated with advice and often critical instruction.
- Teach them to enjoy the thrill of competition, to be "out there trying," to be working on improving their skills and attitudes. Help them develop the feel for competing, for trying hard and having fun. Find out how they feel and tune into their attitude.
- Remember that in many cases the coach becomes a major influence for athletes, someone who can often do no wrong. At first, when the coach is handing out pats on the back and is sympathetic, the young athlete will be very happy. But it will come full circle, once the coach has to correct, criticize, discipline or ask for extra effort or sacrifice. Prepare your athlete for the day when the coach is tougher than they expect.
- Get to know the coaches and their coaching plan so you can be assured their philosophy, ethics and knowledge are such that you are happy to expose your child to them. Coaches have a tremendous potential influence.
- Don't compare the skill, courage or attitudes of your child with that of other members of the squad or team.
- Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reactions to the tales of woes and heroics they bring home even if you feel they are exaggerating. Just take a look at the situation and gradually try to develop an even level.
- Make a point of offering support with no strings attached.
- As parents, we have the responsibility that our children maintain their training schedules. Try to have your children notify the coach for all absences in advance (exams, illness)
- Try to be punctual for all training and competitions. As a rule, you should ensure that your swimmer is on deck five minutes prior to practice time.



2018-19 Kamloops Swim Meets

KCS Distance Meet Time Trial – October 27, 2018

5 KM Swim/Laps For Loonies – November 2018

MJB Law Classic – December 14 to 16, 2018

BC Tier 2 Championships – March 8 to 10, 2019

Pratt's Spring Fling – April 27, 2019

KCS Distance Time Trial – June 1, 2019

TRU Wolfpack Invitational – June 7 to 9, 2019

**Please plan to volunteer at every local event.
Our club's success depends on it!**