

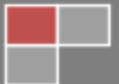
2018

# Parent Handbook

## Nanaimo White Rapids Swim Club

All of the information you will need to navigate through a season of sun, fun, friendship and long lasting memories.

NWRSC  
April 15, 2018



# Nanaimo White Rapids – Parent’s Handbook

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### **Welcome to the 52nd White Rapids Summer Season!**

The Nanaimo White Rapids Swim Club is a non-profit, parent-run, competitive summer swim club with a training season running from May to mid-August. The swimmers are coached in the technical aspect of all four strokes, endurance and fitness, and meet procedure, and are encouraged to participate in swim meets.

The sports of swimming and water polo have many benefits, among which is the people you and your child will meet. The camaraderie amongst athletes and parents in summer swimming is unique, and these friendships last a lifetime.

In addition to the daily positive social interactions within the White Rapids, swimming and water polo are great low impact cross training activities for youth who are involved in other activities. The cardiovascular and overall fitness benefits experienced by our swimmers are unparalleled and the aquatic skills developed can be enjoyed throughout one’s life to stay active.

Possibly the greatest benefits of participating in an organized swim and water polo program are the life skills your child will develop. These skills include time management, self-discipline and sportsmanship. Your child will reap the benefits of swimming long after their participation ends.



## About Our Club

### *History*

Welcome to a brand new summer swim season with the Nanaimo White Rapids. The club has been in existence since 1966, swimming out of the Kin Pool in beautiful Bowen Park. Swimming in the British Columbia Summer Swimming Association (BCSSA), the White Rapids have a rich tradition dating back decades and a culture unparalleled. The club prides itself on its family feeling and focus on each swimmer’s personal improvement. This is the club’s 52nd summer of operation and it is shaping up to be an exciting one! The Nanaimo White Rapids Swim Club operates at Bowen Park Kin Outdoor Pool in a co-management arrangement with the City of Nanaimo. The club is a registered non-profit society S0007439.

### *Club Mission Statement*

The Nanaimo White Rapids Swim Club provides coaching and organizational support for both recreational and competitive swimming and water polo. This family-centred youth swim club fosters social and skill development focusing on each athlete’s personal best, in a safe and fun community-based program.



### **What is the BCSSA?**

BCSSA (British Columbia Summer Swimming Association) is an organization of member clubs that promotes the development of athletes in these four aquatic disciplines: speed swimming, diving, water polo, and synchronized swimming. BCSSA provides opportunities for training through various summer swim clubs and competition organized by those same summer swim clubs throughout BC. A highly competitive summer season runs from May 1<sup>st</sup> to September 30<sup>th</sup> followed by restricted participation in these aquatic sports from October 1<sup>st</sup> to April 30<sup>th</sup>. Check out the BCSSA website for useful information

<http://www.bcsummerswimming.com/>

### ***How are the White Rapids affiliated with BCSSA?***

The Nanaimo White Rapids is one of 60 summer swim clubs affiliated with BCSSA. These 60 swim clubs are divided into 8 regions. The White Rapids compete in the Vancouver Island region composed of the following swim clubs: Powell River Aquatics, Campbell River Salmon Kings, Courtenay Blue Devils, Cowichan Valley Breakers, Salt Spring Stingrays, Pender Island Otters, Gordon Head Gee Gees, Juan de Fuca Royals, Oak Bay Orcas, and Sidney Piranhas.

### ***Who do the White Rapids compete with?***

During the competitive season and prior to Regionals, the White Rapids compete with swim clubs from not only our own Vancouver Island region, but also Vancouver District, Fraser South, Simon Fraser and occasionally Fraser Valley and Okanagan.

### ***What are Regionals and Provincials?***

The most important swim meet of the season for competitive swimmers is the BCSSA Provincial Championships, also known as “*Provincials*”. In order to be able to swim at Provincials, swimmers must qualify at the Vancouver Island Regionals Championships, also known as “*Regionals*”. These are the two most important meets of the season. To swim at Regionals, swimmers must swim one individual race at any other meet during the year (excluding the club’s own Blue and White Meet).

## Letter from the President

Congratulations on joining the Nanaimo White Rapids Swim Club at Kin Pool in beautiful Bowen Park. Please accept a warm welcome from myself and the Board of Directors. We have a great season to look forward to!

For families new to the club, the Nanaimo White Rapids is a summer club that promotes competitive and recreational (fitness) swimming, as well as water polo. Though the summer swim season is only 3.5 months long, top White Rapids swimmers take competition seriously, and place well in the BCSSA Provincial Championships in mid-August. Although the White Rapids can be competitive, we also place equal emphasis on White Rapids swimmers having a FUN season, not just all hard work!!!

We encourage White Rapids swimmers to try swim meets. Our Blue and White meet is a good introduction to a swim meet. Achieving personal best (PBs) times throughout the season is our primary goal. Winning is secondary. Our coaching staff strives to make the Nanaimo White Rapids a strong contender in the province.

We are very fortunate to have Baylee Munro as our Head Coach this summer with Steven Moore as Assistant Head Coach. The coaching staff is made up of returning and new staff, all with many years of competitive swimming and coaching experience. They are enthusiastic and passionate about swimming and they are eager to pass their energy on to our swimmers.

Our club would not exist without parents performing all the tasks needed to run a non-profit organization. Parents are vital. They fill all the roles other than coaching and lifeguarding. Parents are expected to provide a minimum number of service hours. There are many varied opportunities to get involved. As the saying goes “Many hands make light work”. Please consider where your skills, experience, interests and talents can best help the White Rapids thrive. Additionally, when your child attends swim meets, you will be expected to take timing shifts. Look on the website under each event to sign up for service jobs. Talk to our Service Coordinator, Nicole Barberie, if you’d like to take on a bigger role, or have any questions.

Please refer to this handbook or the Nanaimo White Rapids website [www.teamunify.com/cannwrsc](http://www.teamunify.com/cannwrsc) for information. Other information will be emailed. If you have questions, please contact a board member. Emails are located on the club website.

We look forward to meeting you and to a successful 2018 swim season for all our members.

Laurel Laturus  
NWRSC President

## Letter from the Head Coach

Welcome to the 2018 Summer Swimming season!

This is the start of an exciting new era for the White Rapids. My name is Baylee Munro and I am very excited to be taking on the role of Head Coach for this year. Our coaching staff is already hard at work making sure that the 2018 season will be one to remember. Whether it’s a run around the duck pond, or a day at Rathtrevor Beach, we will always have something fun in store for your swimmers. Join us on our summer club adventures, en route to BCSSA Provincials!

Our enthusiastic coaches provide a fun and safe environment for your swimmers to experience tremendous growth in and out of the pool, learning both swimming skills and valuable life lessons. Whether you’re finishing your first length or setting a relay record with your best friends, reaching a new personal best is a tough feeling to beat. Your swimmers will enjoy a magical summer experience that can only be found in the wonderful world of the Nanaimo White Rapids.

Every summer creates memories that will last a lifetime, and this year will be no exception. With Provincials in Surrey, the newly renovated Guildford Recreation Centre will play host to this year’s “Summer Swimming World Championships” where Nanaimo will be competitive once again. Looking forward to another season of good friends, fast swims, and lots of personal bests.

See you on deck!

Baylee Munro  
NWRSC Head Coach

# Nanaimo White Rapids – Parent’s Handbook

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## 2018 Board of Directors

Position	Name	Email
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### Executives

President	Laurel Laturus	nwrsc.president@gmail.com
Vice-President	Chris Boulding	nwrsc.vicepresident@gmail.com
Treasurer	Sean O’Toole	nwrsc.treasurer@gmail.com
Secretary	Sarah Segal	nwrsc.secretary@gmail.com
Registrar	Rob Richards	nwrsc.registrar@gmail.com
Past President	Leah Johnson	nwrsc.pastpresident@gmail.com

### Members at Large

Service/Volunteer Coordinator	Nicole Barberie	nwrsc.volunteer@gmail.com
Director	Travis Telfer	nwrsc.parentliason@gmail.com
Director	Kate Palmer	
Director	Susan Schellinck	
Director	Nicole Zult	

### Committee Chairs

Coaching	David Say	nwrsc.coachingcommittee@gmail.com
Parent Liaison	Travis Telford	nwrsc.parentliaison@gmail.com
Apparel	Renate Simmons	nwrsc.apparel@gmail.com
Officials	Dave Morch	nwrsc.officials@gmail.com
Winter Maintenance	Cheryl Morch	nwrsc.maintenance@gmail.com

### Coaches

Head Coach	Baylee Munro	nwrsc.headcoach@gmail.com
Asst. Head Coach	Steven Moore	steven.moore2596@gmail.com
Senior Coach	Lee Vanden Ham	
Senior Coach	Em McGibbon	
Junior Coach	Dima Bobkov	
Junior Coach	Finn Bodnar	
Junior Coach	Ava Johnson	
Developmental	Arada Barclay	
Developmental	Connor McIntyre	
Developmental	Sophia Schellinck	
Developmental	Abby Pallard	
Developmental	Cam Laturus	
Developmental	Eric Labas	
Developmental	Kayley Morch	
Developmental	Nyah De Pol	



### **New White Rapids Parents and Families**

You are beginning your first of what we hope will be many summer seasons with the White Rapids. The first couple of weeks can be overwhelming. We have all been through it and we hope that the information in this handbook will help you be prepared and know what to expect. If you have any further questions, please do not hesitate to ask any of the coaches, club board members, or “experienced” parents around the pool deck.

One of the first things you need to know is “When and how can I talk to my child’s coach?” Coaches are available after practice in the bleacher area of the pool. Feel free to introduce yourself or bring up any questions or concerns you may have.

If you can’t make it to the pool you can always email the coaches. You can usually expect a reply to your email within 24 hours. Each group coach will provide this contact info within the first couple of weeks of the season. The Head Coach and Associate Head Coach’s email addresses are available on the club website and they are always happy to answer questions.

Please DO NOT attempt to speak with a coach while he or she is on deck coaching. This is very disruptive to the practice session. If you have any concerns that you do not feel comfortable discussing with your child’s coach you can always talk to the Head Coach, a Parent Liaison Committee Member, or the Club President.

See the Contact Us page on the White Rapids website at [www.teamunify.com/cannwrsc](http://www.teamunify.com/cannwrsc) for a full list of contacts.

## Parent Expectations and Responsibilities

We hope that parents participate in both team and club activities. We believe this adds to team cohesion and builds special bonds. Parents who support the coaches, the Board of Directors, the team, opposing team members, the officials and their own children are positive role models. The children become better athletes and citizens modeling those behaviors.

Moreover, the White Rapids cannot function without the fantastic efforts of our parents.

The club expects that parents will do the following:

- Provide emotional and moral support for their children;
- Ensure athletes arrive to the pool on time for practices and competitions;
- Work with the coaches to stress the importance of personal best and personal improvement;
- Leave the coaching to the coaches, who have experience and qualifications necessary to create a positive, competitive and fun experience for all athletes;
- Read team communications;
- Communicate with coaches on a regular basis and voice concerns at the appropriate time;
- Complete your family’s service hours to help out with the club activities and operations. Please see the “Volunteer Opportunities and Requirements” section in this handbook;
- Participate in fundraising activities;
- Follow the “Parent Code of Conduct” included in this book.

## Your Role as a Parent

Competitive swimming programs provide many benefits to young athletes. They develop self-discipline, good sportsmanship, and time management skills. Competition allows the swimmer to experience success and to learn how to deal with defeat, while becoming healthy and physically fit.

As a parent, your major responsibility is to provide a stable, loving, supportive environment. This positive environment will encourage your child to continue.

Show your interest by ensuring your child’s attendance at practices and by coming to swim meets.

### ***Be Enthusiastic and Supportive***

Remember that your child is the swimmer. Children need to establish their own goals, and make their own progress towards them. Be careful not to impose your standards and goals.

Try not to overburden your child with winning and achieving best times. Not every swimmer will take time off at every meet. The most important part of your child’s swimming experience is that he/she learns about themselves while enjoying the sport. Feeling good about the effort made is a goal for every meet and practice. This healthy environment encourages learning and fun, which will develop a positive self-image within your child.

Regarding the roles of parents, coaches and swimmers, Michael Phelps' mother has been quoted as saying:

“To me, there’s a very fine line between the athlete, coach and parent. Everyone has their roles. If you sat here right now and told me you’d give me \$200 million to recite Michael’s world fly record, I could not tell you that. Yet there are parents whose child is trying to beat my son who can spit those things out. I don’t get involved in that. I talk to Michael as a parent.”

Parents serve as role models and their children emulate their attitudes. Be positive, and most importantly, show good sportsmanship at all times toward coaches, officials, opponents, and teammates.

### ***Let the Coach be the Coach***

The best way to help a child achieve goals and reduce the natural fear of failure is through positive reinforcement. No one likes to make a mistake. If your child does make one, remember that they are still learning, and it is the coach’s job to correct errors. Our job is to support the efforts of the swimmer, and let them know that we appreciate their hard work.

As well, parents should always show the swimmer that they support the coach’s decisions and encourage their swimmer to follow the coach’s instructions. We support our swimmers and we also support our coaches.

### ***Club Discipline***

Swearing, fighting, or physical retaliation will not be tolerated. The swimmer will be reminded of the rules and if the problem continues, the child will be asked to leave the pool area, and the parents will be notified of the event.

### ***Pool Deck Etiquette***

Parents are more than welcome to use the pool washrooms however we ask they quickly exit the pool deck during practice to keep the distractions for coaches and swimmers to a minimum. This also keeps the deck clear for groups to use for dry land or other activities.

### ***Questions and Concerns***

The following steps should guide you to the best possible solution or answer to all questions or concerns you may have. Don’t hesitate to ask us anything you want since your feedback is a chance for us to improve the Club. All correspondence will be kept strictly confidential.

1. First speak with your child’s Group Coach at their specified parent communication times. If these are not convenient, write down your question/concern and place it in a sealed envelope with the group coach’s name on the front, in the Comment box. The Group Coach will communicate back to you as soon as possible once they receive your comments.
2. If you are not satisfied with the response you receive, or are not comfortable discussing the issue with the Group Coach, speak directly with or address your written concern to the Head Coach by email to [nwrsc.headcoach@gmail.com](mailto:nwrsc.headcoach@gmail.com).

## NWRSC Parent’s Code of Conduct

The Nanaimo White Rapids Swim Club provides many benefits to young athletes including self-discipline, good sportsmanship, and time management skills. These same skills will also benefit parents of the swimmers. A natural progression to ensure these benefits are realized is the development of codes of conduct for swimmers, employees and parents. The following is the Parent’s Code of Conduct that is to be signed by the parents or guardians of all members of the NWRSC.

- a. Your child participates in club activities for his/her enjoyment only;
- b. Encourage your child to compete by the rules and to resolve conflicts without resorting to hostility or violence;
- c. Teach your child that doing one’s best is as important as winning. Offer praise for competing fairly and giving a good effort;
- d. Do not yell at or ridicule any child at any time, whether at practice or competition;
- e. Children learn best by example. Cheer performances of all competitors at a competition;
- f. Do not force your child to practice or attend competitions if they are not ready or willing;
- g. Respect and support all coaches and volunteers involved in coaching and running various aspects of the swim club;
- h. Respect the officials at competitions as they are all volunteers and are doing their best to give your child a good and fair experience;
- i. Maintain self-control and support a positive atmosphere at all times

If an individual does not adhere to this code of conduct the following may occur at the discretion of the Board of Directors (BOD):

First incident: The offending parent will be required to meet with the Parent Liaison Committee to explain their actions and come to a resolution;

Second incident: The offending parent will be given a week long suspension from the date of the BOD decision. Specifically, the parent may drop off and pick up their child from practice and/or swim meet but may not stay during the event;

Third incident: Expulsion of the offending parent for the remainder of the season will occur from the date of the BOD decision. Specifically, the parent may drop off and pick up their child from practice and/or swim meet but may not stay during the event.

## Communications

### How we contact you

- We use email to send out notifications. Please make sure that you have provided the club with your correct email address to ensure that you receive our ongoing updates.
- Group Coaches will provide additional information to families by email throughout the summer.
- A Bulletin Board is located at the pool area in front of the bleachers that will have announcements and updates.
- Our website is updated regularly. Visit [www.teamunify.com/cannwrsc](http://www.teamunify.com/cannwrsc) and check out the *Events* and *News* sections for new information.

### Coaching Communication

- Coaches are generally available before and after practice on the blue bleachers to answer any questions or discuss any concerns you may have. If you can’t catch a coach at the pool you can always email them. Coaches will supply personal email addresses at the beginning of the year during their group’s Parent Meeting in May. The coaches do their best to reply to your email as soon as possible.
- If you have further questions you may contact the Head Coach [nwrsc.headcoach@gmail.com](mailto:nwrsc.headcoach@gmail.com)

### Board of Directors Communication

- Board of Directors email addresses can be found on page 7 of this handbook and can also be found on the clubs website at: [www.teamunify.com/cannwrsc](http://www.teamunify.com/cannwrsc)

Emails will be sent by the Club Executive and your child’s coach containing information about upcoming events, deadlines, social events, and competitions.

**It is critical that you read the emails and notifications thoroughly to ensure you don’t miss any important details or deadlines.**

## Pool Schedule

The schedule handed out at registration is for the first week of the season *only*. After the first week, and all swimmers have been placed in groups a club wide schedule will be released. This schedule will be in effect for all of May and June. A second schedule is released mid June and runs from the start of July through to Regionals. A final post-Regionals schedule is released for practices until Provincials.

## Swim Group Placement Process

At the conclusion of the first week of the season, each swimmer will be placed in a group according to age and swimming level. Our goal is to place swimmers in a group that will provide an environment that fosters a fun and challenging summer club experience. Groups are constantly re-assessed throughout the summer as swimmers improve and changes are made where coaches believe it is appropriate.

**If you feel your son or daughter has been placed in a group that isn’t the best possible fit for them, we ask that you to wait until the end of the second week to bring your concern to the coach.**

By giving coaches one week with their groups, they can make a fully educated decision on swimmer movement and make sure the summer is an enjoyable experience for all individuals involved.

## Missed Practices

Due to lane capacity and assigned training groups, no make-up practices will be offered for practices missed for illness, vacation or other activities. The coach to swimmer ratio is very important in providing a safe and workable environment for our swimmers and coaches. Therefore, we are unable to accommodate make-up practices.

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## Fees

- \$385.00 for first swimmer in a family
- \$360.00 for second swimmer in a family
- \$25.00 discount for each additional swimmer in a family
- \$100 service hours fee – Each family is asked to complete a *minimum* of 10 hours of service to support the club (but hopefully more!) – if the hours are completed, the fee is not charged to your account.
- \$75 Community (Tag) day fee – Each family is asked to participate in a minimum two hour shift on Community (Tag) Day – if a family participates, the fee is not charged.
- All swimmers except Novice Swimmers pay Meet Fees if they swim in any swim meets. Meet Fees vary depending on the meet and are charged to your account throughout and at the end of the season via Team Unify.
- \$130.00 Alumni swimmers (after grade 12)
- \$240.00 “O” Cat swimmers after June 18 with NWRSC coaching. There is No Community (Tag) Day fee however there is a requirement to fulfill a 8 service hours (minimum) or the account will be charged a \$75 Service/Volunteer fee.
- \$85.00 “O” Cat swimmers with coaching in another setting. No regular NWRSC coaching and no Community (Tag) Day requirement.



## Fundraising

Community (Tag) Day on Saturday, May 5, 2018 is our first major fundraiser of the summer swim season. It is an opportunity for parents and swimmers to get out into the community and promote the swim club. We set up booths at grocery stores throughout Nanaimo, staff them with swimmers and parents who engage with the public to make them aware of the club, and hand out free Kin-pool swim passes in exchange for donations. Swimmers are encouraged to wear their White Rapids team shirts.

There is an additional Community Day opportunity for older swimmers to bag groceries at one of the local grocery stores on July 28, 2018.

All families are required to participate in Community Day. If a family cannot participate, a \$75 fee per family is assessed and charged to their Team Unify account.

Each family is required to sign up for a two hour shift at a grocery store. Sign up for your family’s Community Day commitment online on our website. You can also do this online at Registration Weekend.

There are also opportunities on the May 5th Community Day for service hours towards your minimum 10 hour service commitment if you sign up to be a parent or site supervisor.



## Service Opportunities and Requirements

### How does it work?

The club uses Team Unify to keep track of our service hours. Instructions will be sent out via email by our Service/volunteer coordinator at the beginning of the season to let you know how to sign in and keep track of your service hours as well as to sign up for volunteer opportunities.

**Partially completed hours will not be accepted or pro-rated** at the end of the season; contact Nicole Barberie at [nwrsc.volunteer@gmail.com](mailto:nwrsc.volunteer@gmail.com) if you require service hours. There are many opportunities during the season to complete the minimum 10 hours. Please remember it is the family’s responsibility, not the club’s, to ensure that the minimum number of hours are completed before the end of the season. Opportunities are often sent out via Team Unify so it is important to sign up. Ask a board member if you need help with Team Unify.

Please watch for emails and sign up opportunities. Don’t be afraid to try something new. There is always someone to help you out and offer some training. If you are unsure what a job involves please contact Nicole Barberie and she would be happy to answer any questions. Below are just a few of the possible jobs:

- **Timing, place judging**
- **Committee Work**
- **Photography**
- **Deck Food**
- **Crash Desk**
- **Awards night set-up, take down**
- **Officiating**
- **Hell Week**
- **Silent Auction**
- **Mile Swim**
- **Concession**
- **Spaghetti Dinner**
- **Selling Heat Sheets**
- **Meet Set-up, take down**
- **Lost and Found**
- **50/50 tickets**

For those families attending swim meets, 2 hours of service per weekend, minimum, is strongly encouraged, regardless of hours accumulated through other service events. This is important for meet flow and club harmony. Sign yourself up online before the meet or check in at the beginning of the meet for empty spots.

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## 2018 Swim Meet Schedule

May 26 <sup>th</sup>	Blue and White Meet – Bowen Park Kin Pool
June 2 <sup>nd</sup> & 3 <sup>rd</sup>	Cowichan Valley Breakers– Cowichan Aquatic Center
June 16 <sup>th</sup> & 17 <sup>th</sup>	Oak Bay Orcas – Saanich Commonwealth Place
June 23 <sup>rd</sup> & 24 <sup>th</sup>	Courtenay Blue Devils– Memorial Outdoor Pool
June 29 <sup>th</sup> to July 1 <sup>st</sup>	Nanaimo White Rapids – Bowen Park Kin Pool
July 7 <sup>th</sup> to 8 <sup>th</sup>	Campbell River Salmon Kings – Centennial Outdoor
July 13 <sup>th</sup> to 15 <sup>th</sup>	Salt Spring Stingrays – Rainbow Road Pool
July 21 <sup>st</sup> & 22 <sup>nd</sup>	Sidney Piranhas – Saanich Commonwealth Place
Aug. 3 <sup>rd</sup> , 4 <sup>th</sup> & 5 <sup>th</sup>	Regionals – Cowichan Aquatic Center
Aug. 17 <sup>th</sup> , 18 <sup>th</sup> & 19 <sup>th</sup>	Provincials – Guilford Aquatic Centre (Surrey)



### Signing up for Swim Meets

Sign up for swim meets is done online through the Team Unify system. Log in to your account, search under Events for the meet and indicate if your child is attending and which days if any they will not be participating.

**If you have questions or concerns regarding the Team Unify system, please contact Rob Richards [nwrsc.registrar@gmail.com](mailto:nwrsc.registrar@gmail.com) for details.**

Coaches will assume your child wants to swim on a relay and will make every effort to try and get everyone on a relay team. Please refer to Relay Team formation on page 24 of this handbook for more information on this process.

Swim meet information is available on our website under Events at [www.teamunify.com/cannwrsc](http://www.teamunify.com/cannwrsc).

If you have any further questions regarding swim meets or how to sign up for a swim meet, please talk to your child’s coach or email the Head Coach at [nwrsc.headcoach@gmail.com](mailto:nwrsc.headcoach@gmail.com).

**Please note the sign up deadlines for each meet located on the next page of this handbook. These are also posted on the club website and at the pool.**

Signup deadlines are required so that the club hosting the meet can create heats from the entries. Some meets may allow deck entries, however this is discouraged as your child will not be placed in a heat according to their current time. Additionally, it is important to note that the deck entered event fee is higher.

### Deadlines for Swim Meet Sign Up

<i>Tuesday, May 22<sup>nd</sup></i>	Blue and White Meet – Bowen Park Kin Pool
<i>Friday, May 25<sup>th</sup></i>	Cowichan Valley Breakers– Cowichan Aquatic Center
<i>Friday, June 8<sup>th</sup></i>	Oak Bay Orcas – Saanich Commonwealth Place
<i>Friday, June 15<sup>th</sup></i>	Courtenay Blue Devils– Memorial Outdoor Pool
<i>Friday, June 22<sup>nd</sup></i>	Nanaimo White Rapids – Bowen Park Kin Pool
<i>Friday, June 29<sup>th</sup></i>	Campbell River Salmon Kings – Centennial Outdoor
<i>Friday, July 6<sup>th</sup></i>	Salt Spring Stingrays – Rainbow Road Pool
<i>Friday, July 13<sup>st</sup></i>	Sidney Piranhas – Saanich Commonwealth Place
<i>Friday, July 27<sup>th</sup></i>	Regionals – Cowichan Aquatic Center
<i>Friday, Aug. 10<sup>th</sup></i>	Provincials – Guildford Aquatic Centre (Surrey)

## Social Activities

The Nanaimo White Rapids take pride in the social aspect of our Club. Throughout the summer there are a number of social activities available for swimmers and families to take part in. These include, but are not limited to:

- Swim group activities
- Spaghetti Dinner Pep Rally and Pie the Coach Night
- White Rapids Splash and Dash
- Mile Swims
- Club Water Battle
- Fun Swims
- Park BBQ’s
- Hell Week Activities  
(Westwood Lake Run and Swim, Team Hike, Blueback Stairs, etc.)
- Swim Meet Socials
- Adult Water Polo
- Sunrise Adult Swim Group

During the offseason months, the White Rapids encourages swimmers and parents to take part in community events such as:

- New Years Day Run and Dip (January 1)
- Fletcher’s Challenge (Good Friday;
- White Rapids Splash and Dash (April;
- Westwood Lake Run for the Mountain (September;
- Cinnamon Bun Fun Run (November)

## Private Coaching

During the Summer Season – May 1<sup>st</sup> through to August 31<sup>st</sup> – NWRSC coaches are unable to engage in private lessons for any member of the club. No White Rapids member should in any way feel that extra coaching sessions are necessary for successful participation as a competitive swimmer in the NWRSC. The White Rapids hire highly experienced coaches and provide optimal pool time for all swimmers to experience success in the sport of swimming. It is club policy to provide quality training throughout the season for every member of the club. If a family does feel the need for coaching beyond the regularly scheduled training sessions available to club members, the club asks them do this in a private manner.



## Warm-Up Policy

### ***Warm-Ups are important for a number of reasons:***

- Swimmers become familiar with the host pool and get a chance to practice details such as dives and turns. These details can be sensitive to changes in the facility, such as a block slanted at a different angle, a wall textured differently, a higher or lower pool edge, or a ceiling or lack of one for navigating in backstroke.
- Swimmers warm up and wake up their bodies.
- Important information is given out to swimmers at this time regarding specifics of the meet, such as changes in the event numbers and the time and location of the team meeting.
- Coaches take attendance to see who has made it to the meet. They will use this information to make deck entries, scratches and to modify relay teams.

### ***Our policy regarding warm-ups and swim meets is as follows:***

All swimmers are expected to be behind the blocks and prepared to get into the pool at the scheduled warm-up time. Any swimmer who is not present at the start of warm-ups will have the following actions taken:

- First Offense: The swimmer will be given a verbal warning from his or her coach
- Second Offense: The swimmer will be scratched from any relays they have been placed on for that given day.

Swimmers are responsible for knowing their warm-up times. These times are provided in several different places:

- Emailed out prior to the meet
- Posted on the Club’s Team Unify website

## Relay Team Formation

1. Coaches are responsible for making up relay teams, not parents or swimmers.
2. Coaches will follow these general guidelines in the formation of relay teams for all swim meets prior to the Regional Championships:
  - a. Members of a relay team will be chosen within their age category.
  - b. There will be consideration taken by the coaching staff as to the fastest combination within that age category as to determine the composition of each relay team.
  - c. A maximum participation of swimmers available for relays at each swim meet will be achieved by the coaching staff in their relay team selections.
  - d. Where there are insufficient swimmers of an age group to form a relay, additional swimmers can be chosen to move up from lower divisions. This selection will be chosen from the remaining swimmers not on relays of their own division.
  - e. The best time a swimmer has achieved during the current season prior to immediate swim meet will be considered in determining placement on or removal from a relay team.
  - f. Disciplinary action taken by a Coach may over-ride these guidelines.
3. Relay teams for the Regional Championships and the Provincial Championships will be selected using the following guidelines:
  - a. Every effort will be made by the coaching staff to ensure that all swimmers participating at Regionals, and are available to swim on a relay, will be considered in the selection of the teams.
  - b. The best time a swimmer has achieved during the current season prior to Regionals will be considered in determining placement on or removal from a relay team.
  - c. It is the goal of the Nanaimo White Rapids to qualify as any swimmers as possible to Provincials. The coaching staff can move a swimmer up into a higher division if they feel it is necessary to qualifying a relay team in that division. This will only take place if: the swimmer moving up is not impeding the qualification of a relay team in their own division. In this event the Head Coach will communicate to the swimmers and parents involved to notify and give reason of this change.
  - d. A relay team that qualifies for Provincials will swim with the same team members as swam at Regionals unless there is a change due to extenuating circumstances. These circumstances include injury, illness or inability to attend. Changes will be posted as soon as possible and the Head Coach will notify the swimmers directly involved.
  - e. A coach who wishes to digress from these guidelines must present justification for a change to the Board of Directors or to the Coach Liaison Committee, who will confer with the Board of Directors for approval. A coach must also explain the reasoning for the swimmers affected.
  - f. A deadline to post the Regional Club relay teams will before days prior to the Regional Championships.

### **White Rapids Water Polo**

Water Polo gives athletes a chance to experience the aquatic environment in a different way than competitive swimming. It is a team-based sport that combines physical toughness, hand-eye coordination, and the ability to move through the water in unique ways. Some describe it as a mix between sports like lacrosse, basketball, and hockey but played in the water. It is an opportunity to build characteristics you wouldn’t generally receive through swimming lengths such as teamwork, fair play, motor coordination, mental concentration, and the desire for peer-to-peer competition. For the White Rapids, it offers a great addition to regular scheduled practice times with huge benefits in terms of cross training for other team sports.

#### ***Summer 2018***

This season we will offer some water polo sessions in the groups and on a weekly drop in basis likely starting in June. An email will be sent out with details prior to the start of the drop in sessions.

NWRSC also offers Adult water polo which will take place on Sunday or Monday evenings during the season. Information regarding specific times will be posted on our website and be sent out via email.

### Frequently Asked Questions

Q: How many times per week will my child swim?

A: Depending on age and ability, swimmers will swim between four and six times per week. Practices will be anywhere from forty-five minutes to one hour and a half hours in length depending on age and ability.

Q: Does my child have to attend every practice?

A: No, we understand that members may have other commitments so there is no minimum number of practices swimmer must attend. We do encourage them to attend as many as possible though.

Q: Do I get to choose when my son/daughter practices?

A: No, there is a set schedule released after the initial assessment that takes place during the first week of May. At this time your son/daughter will be assigned to a group. The group will have set practice times each week.

Q: Does the schedule change throughout the summer?

A: After evaluations and groups have been made, there will be a May/June schedule. A new schedule will be released well ahead of time for July/August.

Q: Is \$385 all the money that will need to be paid on registration day?

A: No other fees are paid that day, however your account is set up to authorize a \$75.00 Community (Tag) Day fee, and a \$100.00 Service Hours fee. These amounts are charged to the credit card on your account only if your family does not participate. If your family participate in Community (Tag) day and completes the minimum required Service Volunteer Hours, then these charges are not made against your account. Details are available at Registration. If your child competes in swim meets, there are fees for each individual and relay event.

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Q: What is Community (Tag) Day?

A: Community (Tag) Day is a NWRSC tradition at local grocery stores.

Swimmers promote the club and solicit funds by politely asking for donations to support the swim club to shoppers as they come and go. In the past, "tags" were handed out to donors, but we have suspended that practice in order to be more eco-friendly. We do give out free passes for a public swim to those interested.

Q: We will be in the non-competitive track this year and will probably only swim two to three times per week to get used to the schedule. When do we pick the days of the week or times [or is it chosen for us]?

A: The swimmers are evaluated during the first week, and the Coaching Staff places them into the respective groups, mainly based on swimming abilities.

Q: What is the best type of bathing suit to wear?

A: The best swimming apparel is a type of jammer for males and a one piece suit for females. Our Apparel Coordinator (Renate Simmons - [nwrsc.apparel@gmail.com](mailto:nwrsc.apparel@gmail.com)) will be on hand at Registration, to advise you further. You may also contact her via email with any apparel questions.

Q: What other pieces of equipment or dress should a swimmer have?

A: They need a set of swimming goggles to protect their eyes, a towel and a bag to carry their gear and runners for dry-land warm-up.



## Club Awards

### ***Attendance Awards***

Attendance awards go to swimmers who achieved 80% attendance throughout the season. Overall attendance award is given to the swimmer with the highest overall attendance.

### ***Triple Crown Award***

Recognition of swimmers who swam the Mile Swim all three times receive a Triple Crown Award. The recipients will receive a certificate and a medallion.

### ***Best Time Towel Award***

This is a club award in memory of Brent Cioban, who met an untimely death in a boating accident more than ten years ago. The Cioban family has been members of the club for 20 years. This award was created in memory of Brent’s strong sense of fair play and love for all sports. The Best Times Towel represents the result of hard work and commitment. It can be achieved by anyone who continuously improves his or her personal best times.

Criteria:

1. This award can only be received once
2. Div 1 – 3 ( 4 best times at 4 swim meets ) Div 4+ ( 3 best times at 4 meets, or 4 best times at 3 meets )

### ***Club Record Breakers***

Swimmers who break club records are recognized with a medallion.

### ***Worker of the Summer***

Awarded to one swimmer in each practice group who has shown the greatest work ethic during the season, positive attitude at practice and swim meets, and consistent attendance.

### ***Most Improved Swimmer***

Awarded to a boy and girl in each division who have shown the greatest improvement during the season.

Criteria:

1. Improvement in the execution of the swimming strokes
2. Improvement in personal times for various strokes
3. Commitment, attitude and behavior

### ***Novice Swimmer Award***

Awarded each year to one boy and girl experiencing their first year in a competitive swim club.

Criteria:

1. The recipient must not, prior to joining, have participated in a competitive swim club
2. Can be chosen from any age group in the club
3. Must have shown potential in competitive swimming
4. Must have attended at least two swim meets
5. Must demonstrate good sportsmanship and conduct

## ***Good Sportsmanship Award***

Awarded to Junior Boy & Girl, and Senior Boy & Girl

Criteria:

1. Must be well disciplined and cooperative on the pool deck and in the club area
2. Willing to swim the strokes the coaches have deemed suitable at practices and meets
3. Is supportive of the swimmers in his/her age group, and often offers encouragement to them as well as other swimmers
4. Is willing to place the team before his/her preferences
5. Display a positive attitude at all times
6. A good model for other team-mates
7. Display respect and consideration for coaches, officials, team-mates, and parents
8. Adhere to governing practices and swim meets

## ***Outstanding Swimmer Awards***

Criteria:

1. Number of points earned in all strokes by the swimmer throughout the summer
  2. Competitiveness of the age category that year
  3. Dedication to the sport of swimming
- Overall - Awarded to Junior Boy & Girl and Senior Boy & Girl
  - By Division - Awarded by division for a boy and girl in each division. If a swimmer of a particular division receives an overall outstanding junior or senior award, an outstanding by division may or may not be awarded based on the criteria. For example, if a Div. 3 boy received overall junior boy, there may or may not also be a Div. 3 boy recognized for that division.

## ***Marge Dudley Award***

This is a major honour that is awarded to a swimmer of the NWRSC. This trophy is named in the memory of the club's first president Marge Dudley, and was obtained upon her death in 1977, through memorial donations by members.

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Criteria:

1. Dedication to the sport of swimming
2. Displays good sportsmanship
3. Displays good citizenship demonstrates team spirit
4. Contributes to club activities

## ***Best Times Ribbons***

Best times ribbons are given out for 1-9 best times, 10-19 best times, and 20+ best times.





**The Nanaimo White Rapids Swim Club gratefully acknowledges  
the continued support of the City of Nanaimo in the  
co-management agreement of operating the Bowen Park Kin  
Pool.**