

2022

# 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  
March 20, 2022



# Nanaimo White Rapids – Parent’s Handbook

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## CONTENTS:

Welcome Message _____	2
About Our Club _____	3
What is the BCSSA? _____	4
Letter from the President _____	5
Letter from the Head Coach _____	6
NWRSC Board of Directors and Coaching staff _____	7
New White Rapids Parents and Families _____	8
Parent Expectations and Responsibilities _____	9
Your Role as a Parent _____	9
NWRSC Parent’s Code of Conduct _____	12
Communications _____	13
Pool Schedule and Group Placement _____	14
Fees _____	15
Fundraising _____	16
Service Opportunities and Requirements _____	17
2022 Swim Meet Schedule _____	18
Signing up for Swim Meets _____	19
Swim Meet Sign Up Deadlines _____	20
Social Activities _____	21
Private Coaching Policy _____	22
Warm Up Policy _____	23
Relay Team Formation _____	24
Water Polo & Artistic Swimming _____	25
Frequently Asked Questions _____	26
Club Awards _____	32

### **Welcome to the 56<sup>th</sup> 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 has 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 is a 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 program is 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 56th 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. 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 and artistic swimming. 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 Finn Bodnar as our Head Coach this summer with Ava Johnson 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 Volunteer Coordinator, Carly Williams, 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 2022 swim season for all our members.

Kate Palmer  
NWRSC President

### Letter from the Head Coach

Welcome to the 2022 summer swimming season!

This is the start of a brand-new chapter for the White Rapids. My name is Finn Bodnar, and I am very excited to be taking on the role of Head Coach this season. Our board as well as our staff are already hard at work ensuring 2022 will be a season to remember. From beach days at Rath Trevor to movie nights at the pool, we always have something fun in store to keep your swimmers engaged, and most importantly, having fun!

Our enthusiastic coaching staff provide a fun and safe environment for your swimmers to experience tremendous growth both in and out of the pool, learning both swimming skills and valuable life lessons. Whether you are completing your first full 25 or setting a new club record, the feeling of reaching a personal best is hard to beat. If practices alone aren’t enough for your swimmer, we are also offering other aquatic sports in Water Polo and Artistic Swimming. Your swimmers will experience a magical summer club experience that can only be found at Kin Pool with the White Rapids.

Every summer swimmers form friendships, creating memories that will last you a lifetime, and this year will be no exception. With provincials back in Kamloops once again, Nanaimo will be competing to keep the **#1 spot in the province** we earned in 2021 at none other than the tournament capital of Canada.

We are all looking forward to another season of new friendships, fast swims, and lots of personal bests.

See you all on deck!  
Finn Bodnar  
NWRSC Head Coach

# Nanaimo White Rapids – Parent’s Handbook

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## 2022 Board of Directors

Position	Name	Email
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### Executives

President	Kate Palmer	president@nwrsc.ca
Vice-President	Chris Boulding	vp@nwrsc.ca
Treasurer	VACANT	treasurer@nwrsc.ca
Secretary	Gabrielle Kosmider	secretary@nwrsc.ca
Registrar	Mark Duffell	registrar@nwrsc.ca
Past President	Laurel Laternus	pastpresident@nwrsc.ca

### Members at Large

Service/Volunteer Coordinator	Carly Williams	carly@nwrsc.ca volunteercoordinator@nwrsc.ca
Director	Nadia Elzinga	nadia@nwrsc.ca
Director	Mary Blackburn	mary@nwrsc.ca or parentliaison@nwrsc.ca
Director	Mike Goerzen	mike@nwrsc.ca
Director	Sarah Segal	sarah@nwrsc.ca
Director	Renay Deschambault	renay@nwrsc.ca apparel@nwrsc.ca

### Coaches

Head Coach	Finn Bodnar	headcoach@nwrsc.ca
Asst. Head Coach	Ava Johnson	assistantheadcoach@nwrsc.ca
Senior Coach	Sophie Peer	sophie@nwrsc.ca
Senior Coach	Nyah Depol	nyah@nwrsc.ca
Senior Coach	Emily Metituk	emily@nwrsc.ca
Intermediate Coach	Cam Laternus	cam@nwrsc.ca
Intermediate Coach	Isabelle Parsons	isabelle@nwrsc.ca
Junior Coach	Jack Mace	jack@nwrsc.ca
Junior Coach	Aia Segal	aia@nwrsc.ca

### Other Contacts

Kin Pool Manager	Amanda Watkins	kinpoolmanager@nwrsc.ca
Administrative Asst.	Courtney Poulin	info@nwrsc.ca



### **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, in addition to the 2022 Season Plan, 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?” 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. Some coaches may be available before or after practice, while others may be coaching back-to-back practices. It is helpful if parents can send an email to the coach and arrange a convenient time to meet. Coaches’ email addresses are provided in this handbook as well as in the season plan document. You can usually expect a reply to your email within 24 hours.

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, the Parent Liaison, 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;
- Support your child(ren) to come prepared with necessary items;
- 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 “NWRSC Code of Conduct and Ethics” 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.

## Nanaimo White Rapids – Parent’s Handbook

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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 practices 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 communicate with your child’s Group Coach either in person or via email.
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 [headcoach@nwrsc.ca](mailto:headcoach@nwrsc.ca)
3. Lastly, if you feel as though your concerns have still not been adequately addressed, we encourage you to reach out to our Parent Liaison at [parentliaison@nwrsc.ca](mailto:parentliaison@nwrsc.ca)

### **NWRSC Code of Conduct and Ethics**

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 our Code of Conduct and Ethics for swimmers, volunteers, employees and parents. A copy of the NWRSC Code of Conduct and Ethics is provided on the website and is one of the agreements that members acknowledge during the registration process. Employees are required to review the NWRSC Code of Conduct and Ethics and agree to the relevant terms as a condition of their employment. Coaches will also review the code with their swim groups.

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 to explain their actions and come to a resolution;
- Second incident: The offending parent will be given a weeklong 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 any remaining events.

## 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 sometimes available before and after practice 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’ emails are provided in this handbook as well as in the Season Plan. 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 [headcoach@nwrsc.ca](mailto:headcoach@nwrsc.ca)

### 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 Club’s website at: [www.teamunify.com/cannwrsc](http://www.teamunify.com/cannwrsc)

Emails will be sent by Coaching Team, Admin Staff and/or NWRSC Board of Directors 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 for the first week of practices is posted on the website as well as in the 2022 Season Plan. Swimmers attend according to their division. An age locator is available on the website, in the season plan as well as within the first week schedule. After the first week, coaches will have been placed all swimmers in groups and a club wide schedule will be released for May/June. A second schedule is released on June 1<sup>st</sup> 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 first week in their group placement 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. Requests to change groups for scheduling reasons or personal convenience will not be accommodated.

### Missed Practices

Practices are not mandatory, and swimmers are encouraged to attend as often as is possible. 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.

# Nanaimo White Rapids – Parent’s Handbook

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## Fees

- All swimmers are required to pay \$45 for their BCSSA fees and this includes each swimmer’s insurance. This MUST be paid prior to entering the water- NO EXCEPTIONS!
- \$400.00 per swimmer for Full Summer Season, with a small discount for multiple swimmers
- \$250 per O’Cat swimmer for Partial Summer Season (starts June 13, 2022)
- \$150.00 Alumni swimmers
- Each family is expected to fulfill a certain amount of service hours and if those hours are not completed, there is a fee. The fee is pro-rated for completed hours.
  - Full summer registration: 10 hours or \$300
  - O’Cat partial registration: 6 hours or \$180
- \$100 Raffle Tickets – Each family (except Alumni) is required to pay for 20 raffle tickets, and they can choose to sell them to reimburse themselves or save them for a chance to win!
- All swimmers except Novice Swimmers pay Meet Fees if they swim in any swim meets. Meet Fees vary depending on the meet and are either charged at the time of meet registration (flat rate) or are charged to your account (per race fees) via Team Unify.



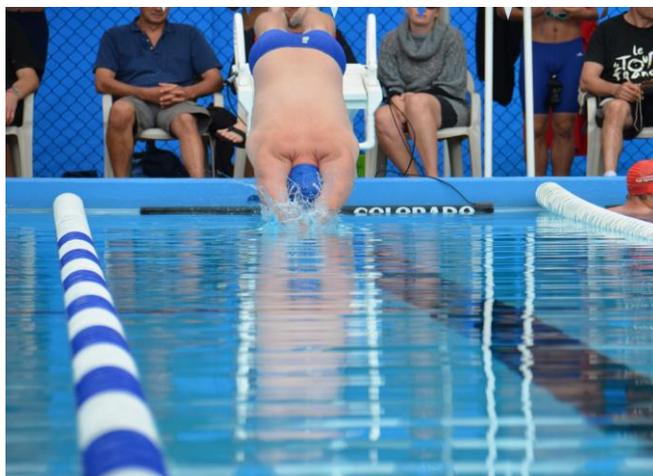
### Fundraising

Fundraising is critical to the Club as it helps to ensure that summer swimming remains accessible to all families. Without fundraising, families would face significant increases in membership fees year after year.

As of 2021, the Club changed from our traditional Community Tag Day to doing a club raffle. At the time of registration all families (except the alumni group), will be charged \$100 for 20 raffle tickets. Families can choose to sell the tickets to friends and family in order to reimburse themselves or they can keep the tickets for a chance to win. Families can request additional tickets and for each additional booklet, they will be entered into a draw for a \$100 apparel credit. Winners receive cash prizes!

The Club will also host a mandatory bottle drive during the season. If each family commits to collecting a car or truck load of refundables, then it will be a very successful fundraiser. For those who aren’t able to collect bottles and cans, there will also be sorting shifts available.

The club has additional fundraisers that are not mandatory but are highly encouraged. The Club has been working on partnering with community businesses to highlight sponsorship opportunities. Such as, Panago Pizza has been willing to donate medium pizza coupons for us to sell at a rate of \$12 and Country Grocer has a “Save the Tape” fundraiser in which they will donate a percentage back to the club based off the total of receipts submitted.



## 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.

There are many opportunities during the season to complete the required number of service 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. When events are posted in Team Unify, there are often volunteer opportunities associated with these events. It is important to sign up. If you require support, please contact our volunteer coordinator, Carly Williams at [volunteercoordinator@nwrsc.ca](mailto:volunteercoordinator@nwrsc.ca). **Partially completed hours will be pro-rated** at the end of the season at a rate of \$30 per hour.

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. Below are just a few of the possible jobs:

- **Timing**
- **Place Judging**
- **Officiating (White Shirts)**
- **Crash Desk (Clerk of the Course)**
- **Timing Console**
- **Deck Food**
- **Lost and Found**
- **Mile Swim Food**
- **Hell Week Supervision**
- **Meet Set-up and/or Take-down**
- **Awards**
- **Nanaimo Meet Silent Auction or 50/50 tickets**
- **Fall/Winter Maintenance Coordinator**
- **Board of Directors**
- **Committee Work**

For those families attending swim meets, a minimum of 2 hours of service per weekend, 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.

# Nanaimo White Rapids – Parent’s Handbook

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## 2022 Swim Meet Schedule

May 28 <sup>th</sup>	Blue and White Meet – Bowen Park Kin Pool
June 4/5	Cowichan Valley Breakers– Cowichan Aquatic Center
June 11/12	Oak Bay Orcas – Saanich Commonwealth Place
June 18/19	Courtenay Blue Devils– Memorial Outdoor Pool
July 1/2/3	Nanaimo White Rapids – Bowen Park Kin Pool
July 9/10	Campbell River Salmon Kings – Centennial Outdoor
July 16/17	Sidney Piranhas – Saanich Commonwealth Place
July 23/24	Salt Spring Stingrays – Rainbow Road Pool
Aug. 5/6/7	Regionals – Saanich Commonwealth Place
Aug. 18/19/20/21	Provincials – Kamloops, BC



### 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 our Administrative Assistant at [info@nwrsc.ca](mailto:info@nwrsc.ca) 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 [headcoach@nwrsc.ca](mailto:headcoach@nwrsc.ca).

**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>Wednesday, May 25th</i>	Blue and White Meet – Bowen Park Kin Pool
<i>Friday, May 27th</i>	Cowichan Valley Breakers– Cowichan Aquatic Center
<i>Friday, June 3rd</i>	Oak Bay Orcas – Saanich Commonwealth Place
<i>Friday, June 10th</i>	Courtenay Blue Devils– Memorial Outdoor Pool
<i>Friday, June 24th</i>	Nanaimo White Rapids – Bowen Park Kin Pool
<i>Friday, July 1st</i>	Campbell River Salmon Kings – Centennial Outdoor
<i>Friday, July 8th</i>	Sidney Piranhas – Saanich Commonwealth Place
<i>Friday, July 15th</i>	Salt Spring Stingrays – Rainbow Road Pool
<i>Friday, July 29th</i>	Regionals – Saanich Commonwealth Place
<i>Friday, Aug. 12th</i>	Provincials – Canada Games Aquatic Centre, Kamloops

### 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:

- Club Open House
- Swim group activities
- Sunrise Adult Swim Group
- Mile Swims
- Blue and White Days
- Club Photos
- Club Water Battle
- Beach Clean up Day
- Fun Swims
- Park BBQ’s
- Rath Trevor Beach and sandcastle day
- Hell Week Activities  
(Westwood Lake Run and Swim, Team Hike, Blueback Stairs, etc.)
- Swim Meet Socials
- Drop-in Water Polo and Artistic Swimming
- Picnic and Pie the Coach Night

### 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 to 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 Board Members, 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 many 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 be 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 2022***

This season we will offer a weekly drop-in water polo session throughout the season. In order to participate, swimmers must be comfortable treading water for extended periods of time and should be aware that this sport does involve physical contact. There is no cost to attend and no need to pre-register.

### **White Rapids Artistic Swimming**

Artistic Swimming is another opportunity for swimmers to experience a different aquatic sport. Artistic Swimming is both an individual and a team sport. Athletes will learn basic figures and will create short routines by combining different figures together and coordinating those moves to music. Artistic Swimming is often described as dancing in the water. This sport is one of the most fun to learn and most challenging to master! Athlete participants will develop a whole new set of skills in the water and although the skills are different from speed swimming, they are very complimentary.

#### **Summer 2022**

This season we will offer a weekly drop-in session starting on the second schedule (July to August). In order to participate, swimmers need to feel comfortable in deep water or at least be able to touch the bottom in the shallow end. There is no cost to participate and no need to pre-register.

### **Frequently Asked Questions:**

**Q: How much does it cost to join swim club?**

A: Registration fees are decided year to year based off budget projections. For 2022, the registration fee is \$400 per swimmer plus \$45 for the BCSSA/Insurance portion.

**Q: Can I get a refund of my registration fees if something happens?**

A: A full refund, not including the BCSSA non-refundable insurance fee, will be provided only with written notification of withdrawal within the first 2 weeks of the season. In 2022, the deadline for withdrawal is May 15, 2022. After that time, only medical withdrawals are accepted and a pro-rated credit towards the following season's registration fee will be provided.

**Q: How much is the non-refundable BCSSA Insurance fee?**

A: For 2022, the BCSSA annual fee is \$45. The insurance coverage is from May 1st to April 30th and remains the same, regardless of the date of registration.

**Q: If my child needs a swim assessment, should I plan on attending both evaluation dates or just one?**

A: You only need to come to one evaluation.

**Q: What is the evaluation criteria?**

A: Swimmers must be able to swim the width of the pool (15m), unassisted, using a recognizable stroke.

**Q: Where does the swim assessment occur?**

A: It can change year to year but typically occurs at Kin Pool in Bowen Park. Dates are set at the time of registration. In 2022, swim assessments will take place on April 30th and May 1st between 10am and noon at Kin Pool.

**Q: Is the registration fee all the money that will need to be paid?**

A: There is also a \$100.00 Raffle fee for all families payable at time of registration and a \$300.00 Service/Volunteer Hours fee (August 31). The Service/Volunteer fee will be invoiced to your account should you not fulfill your minimum hours obligation.

**Q: What are the Service/Volunteer Requirements?**

A: As a non-profit organization, the club relies on the service efforts of its members to operate during the season. Each family is required to contribute a minimum of 10 hours of service throughout the year and families who attend multiple swim meets should expect to contribute an additional 2 hours per meet. There are many opportunities to volunteer with the club and getting involved is a great way to get to know other members and build a sense of community.

**Q: Where do I record my service hours?**

A: On the Team Unify website in your account.

**Q: What are any additional costs?**

A: The registration fees cover all of your swimmer's practice time and coaching. There are additional fees if they participate in swim meets as well as incidental costs for optional extra curricular activities such as movie nights or other similar team building activities.

**Q: What type of payment do you accept?**

A: Credit Card for registration. E-transfers can also be arranged. Third Party

### **Practices**

**Q: Do we have to attend all practices?**

A: No, please come to as many as you can make. The more your swimmer attends the more they will improve.

**Q: Does the schedule stay the same for the whole season?**

A: No, there are 4 schedules: Group Placement Schedule, May/June and July/August. For those who qualify for provincials, there is a fourth "post regional" practice schedule.

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

A: Depending on age and ability, swimmers will swim between four and seven times per week. Practices will be anywhere from 30 to 90 minutes in length, depending on age and ability.

**Q: What does the practice schedule look like?**

A: Practices are Monday to Friday with some early morning practices but mostly afternoon practices. Younger/less experience swimmers typically start between around 3 and 5 pm and all practices are completed by around 8 pm. For a typical schedule (**this is not the schedule for this year**) click on the links - [May/June](#), [July/August](#).

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

A: No. The swimmers are evaluated during the first week and the Coaching Staff places them into the respective groups mainly based on swimming abilities.

**Q: When is the best time to talk with my child’s coach?**

A: Before or after practice is the best time to talk with coaches - not while they are coaching on deck. You can also email your child’s coach any questions or concerns you may have or to arrange an in-person meeting.

**Q: Can I watch my child swim (from the pool deck)?**

A: Parents are not permitted on the pool deck but can watch from the bleachers or anywhere outside the fence.

**Q: How can my swimmer practice during the off season?**

A: The Nanaimo White Rapids offer Fall/Winter Maintenance September to December & January to April, two times per week. To remain a summer swimmer you can only be coached swimming a maximum of 2 hours per week during the off season.

### **Swim Meets**

**Q: Where do I find information about swim meets?**

A: On our club website. Once dates are confirmed, upcoming swim meets are typically found under the schedule or event tab.

**Q: Does my child have to attend a swim meet?**

A: No they do not. However, we highly recommend attending at least the Nanaimo Meet at the end of June. A swimmer must compete at a regular season meet (not including the Blue & White inter-club meet) to be able to attend Regionals in August. Swim meets are a great way for the kids to make new friends and develop bonds that will last a lifetime. These are the moments when summer swim club memories are created. If you don't want to commit

your entire weekend to a swim meet you can choose to attend only one of the days of the meet.

**Q: Who chooses what events my child will swim in at a swim meet?**

A: Your child’s coach along with the head and assistant head coach will decide what events to enter your child in at each meet.

**Q: Does it cost money to attend a swim meet?**

A: Yes, costs vary per meet. In the past, families have been charged a small fee per race but the region is entertaining the idea of charging a flat rate, per swimmer, per meet fee.

**Q: When do I pay for my meet fees?**

A: Families will either pay meet fees at the time of sign up for the meet or will be charged at the end of the month.

**Q: What is the Blue & White Meet in May?**

A: It is an inter-club meet which is run like a swim meet. This is a great season opener and gets swimmers geared up for the upcoming meets. Lots of cheers and fun are had at this meet.

**Q: What do all those different officials and positions do at a swim meet?**

A: It takes many volunteers to run a swim meet. Read the [Descriptions of Meet Officials](#) to learn which positions require no experience and which ones require a training course.

### **[Apparel/Equipment](#)**

**Q: What type of suit does my child need to wear?**

A: It is recommended, but not mandatory for girls to wear a one-piece bathing suit and for boys to wear jammers. The most durable suit to wear is a polyester blend as it will last longer than a Lycra suit. The kids can wear a wetsuit at practice but not at a swim meet. Send questions to our Apparel Coordinators, Alex Huston and/or Renay Deschaumbault - [apparel@nwrsc.ca](mailto:apparel@nwrsc.ca).

**Q: Does my child need to wear a swim cap?**

A: No, but it will help to reduce chlorine damage to the hair. The best type of cap is a silicone cap. Stay away from latex; latex caps are less expensive but

difficult to put on and pull at the hair.

**Q: What is the best type of goggles?**

A: Please get your child properly fitted for goggles (the **Team Aquatics** shop at the NAC is great at doing this). It is important to have properly fitted goggles as leaky ones will be problematic.

**Q: How many apparel orders does the club do each season?**

A: Typically, two orders are put in but this can change yearly. In 2022, due to supply chain issues, we will only be placing one apparel order and the deadline will be May 15th.

**Q: Where is the lost and found?**

A: The Team room has a big barrel with lost items. We will also place lost and found items out on tables regularly throughout the season.

### [Communication](#)

**Q: Who do I talk to if I have an unresolved issue?**

A: Please contact the parent liaison at [parentliaison@nwrsc.ca](mailto:parentliaison@nwrsc.ca)

**Q: Where is important information located?**

A: Most information is available on our Website. The 2022 Season Plan will give you a good overview of the club and its activities. During the season information is posted in the information cabinet on the fence and in family folders located at the pool during practices.

**Q: How can I leave comments for the board of directors or head coach?**

A: You can email [president@nwrsc.ca](mailto:president@nwrsc.ca) or [headcoach@nwrsc.ca](mailto:headcoach@nwrsc.ca) also check the "Contact Us" tab for other important email addresses.

### [Miscellaneous](#)

**Q: How many fundraisers does the club do each season?**

A: NWRSC is often looking for new revenue streams as fundraising is an important activity to ensure that the club remains accessible for all families. Our Raffle and bottle drive are mandatory for 2022 but we also have other fundraisers such as Panago Pizza Coupons, Country Grocer's Save the

## Nanaimo White Rapids – Parent’s Handbook

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Tape and our 50/50 and silent auction/raffle at the Nanaimo Invitational Meet.

### **Q: What is the Mile Swim?**

A: There are 3 mile swims during the season (64 lengths of the pool). Swimmers can use kick boards to help them complete their mile if needed but fins are not allowed. If a swimmer completes all 3 mile swims they will receive the *Triple Crown Award* at the end of season awards night.

### **Q: Is it mandatory to attend the mile swim?**

A: No, it is a fun club activity – it is amazing how many of the swimmers can swim the mile (yes even the division 1’s can complete the mile).

### **Q: What is Hell Week?**

A: Hell Week takes place in the middle of July. This event is planned to help strength and condition the swimmers before Regionals. They will do various physical activities along with practices during the week. If a swimmer completes all practices **and** all Hell Week activities, they will be eligible to receive a special reward at the end of the week.

### **Q: Where do I find information about club awards?**

A: There is a list of the major awards located in the next section of this document. The NWRSC Awards Ceremony is traditionally held in the fall.

### **Q: Where do I find club record times?**

A: In the Swimmer Handbook and on the Wall Plaque located in the Team Room.

### **Q: How do I get reimbursed for expenses paid on behalf of the Swim Club?**

A: You may find you are asked to purchase supplies for the swim club. Expenses should be approved by the board prior to making purchases. Submit your receipt with your name and an explanation of the expense to [treasurer@nwrsc.ca](mailto:treasurer@nwrsc.ca). If there are other items on the receipt, circle to clearly indicate which you are requesting for reimbursement and submit the entire receipt or a copy.

## 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.

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.**