**GENERAL INFORMATION AND FREQUENTLY ASKED QUESTIONS**

**FOR PARENTS (AND SWIMMERS!)**

**Owen Sound Aquatic Club (OSAC): Huronia Region**

1. **Main Communications and Information Updates**

In addition to email reminders, team communication is primarily provided on the following:

1. The OSAC Team Unify website. This website can be accessed via the link provided (or online search for ‘OSAC Team Unify’). <https://www.teamunify.com/Home.jsp?_tabid_=0&team=canosac>
2. Team Facebook Page (Private Group): OSAC Swimmers and Families

To stay connected, it is recommended that parents take some time to familiarize themselves with the team website and request to join the Facebook page.

Monthly calendars are typically posted for each group under the Monthly Calendars tab. These calendars generally show only the deviations from OSAC’s regular posted schedule and include notes and the focus for the month.

Swim meets and team events are posted under the Events & Meets tab. To maintain meet opportunities and avoid scheduling conflicts, we recommend that parents mark their family calendars as soon as the meet schedule is posted. Additional information related to swim meets is enclosed and can also be found on the Team Unify website.

**YOU SHOULD BE RECEIVING REGULAR E-mails. IF NOT, PLEASE E-mail:** [osacheadcoach@gmail.com](mailto:osacheadcoach@gmail.com)

1. **The Basics: Team Uniform and Equipment Requirements**

Team Practices:

Equipment Requirements are as follows:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Equipment** | **Splash** | **Tides** | **Making Waves** | **Comp 1, 2 & 3** |
| Bathing suit **\*** | X | X |  |  |
| Bathing suit (black or team blue) **\*** |  |  | X | X |
| Goggles | X | X | X | (x2) |
| Swim cap | X | X |  |  |
| Team swim cap |  |  | X | (x2) |
| Water Bottle | X | X | X | X |
| Fins (training flippers) |  |  | X |  |
| Fins (Arena power fins pro preferred) |  |  |  | X |
| Swim snorkel |  |  | Does not meet COVID protocols | |
| Finger paddles, hand paddles (per coach discussion) |  |  |  | X |
| Jump rope |  |  |  | X |

**\* Fabric matters!!** For training suits polyester, whether blended with lycra, or polyester PBT, hold color and are resistant to chlorine. Nylon is not chlorine resistant and is not as long lasting as polyester/polyester PBT.

Swim Meets:

Minimum requirement includes an OSAC team swimsuit, a blue OSAC bathing cap and an OSAC top.

1. **Team Clothing and Equipment Orders (the Basics):**
2. Team suits, caps and backpacks are available for purchase approximately two to three times per year. Order forms are made available online to be printed and left in the OSAC mail slot (or as otherwise instructed). An email will be sent informing you of upcoming equipment order opportunities.
3. OSAC clothing is also available for purchase through SBP Custom Embroidery (i.e. Story Book Park): (519) 376-2291
4. Swim equipment can be ordered through Team Aquatic (team-aquatic.com). Online coupon code is **OWE102**. This is valid until August 31, 2021 and will give you 20% off regular priced items.
5. Equipment Manager is Crystal Thomson ([osacequipmanager@gmail.com](mailto:osacequipmanager@gmail.com)). Please contact Crystal anytime for caps, suits and t-shirts as some are kept in stock.

Additional information is provided on the Team Unify website under the *Swimmer Info & Equipment* tab.

1. **Changeroom Etiquette**

Supervision during swim practices is only provided on deck. Swimmers should be reminded that they still represent OSAC in the changeroom. Swimmers should ensure their changeroom behavior reflects positively on the team. Appropriate and safe behavior is expected. Should parents and/or coaches become aware of issues in the changeroom, we ask that they follow-up by checking the changeroom regularly (with another parent is recommended).

Given that, at this time, we are to limit the number of persons in the changeroom, we ask that you talk to your child on a regular basis to ensure that the behavior remains appropriate and to re-iterate that safe behavior is expected.

1. **Volunteering**

As with any successful organization or club, OSAC requires parent volunteers and, based on the nature of the sport, MANY PARENT VOLUNTEERS. Ultimately, if you have a swimmer enrolled with the club then, at minimum, a volunteer commitment during OSAC sanctioned swim meets is required. Although this may seem demanding, many parents have found that being on the pool deck volunteering is preferable to sitting in the stands. It is further noted that swim meets hosted by OSAC contribute to club fundraising.

When are the OSAC sanctioned swim meets?

Due to COVID-19: To Be Determined

Why so many volunteers?

Each day of a swim meet there are two to three sessions typically between 2 to 4 hours in duration. Each session requires a minimum of about 50 parent volunteers.

What are the volunteer positions available?

Each swim meet requires about 40 officials including timekeepers, strokes and turns judges, etc. In addition, several parent volunteers are needed to support the event, including organizing silent auctions, food for the officials, and more. You don’t need to know about competitive swimming to support the meets. Information will be provided by both the coaches and ‘experienced’ parents who have been doing this work for many years. Training for officials is provided through the club (see below).

How do I sign up to volunteer?

In advance of each swim meet parents are emailed a link to SignUpGenius.com. This online service posts the dates, times and various volunteer positions – it ultimately facilitates the organization of parent volunteers. In essence, this service allows parents to sign up for their desired timing and position in advance of the event.

1. **Officials**

Initially, one of the best ways to volunteer and be involved is to sign up as an official at swim meets, whether at the home pool or at one hosted by another club. This is a great way to enjoy the competition, meet other parents and watch your child swim.

Parents of OSAC swimmers are required to become an official to help at OSAC sanctioned swim meets. The club will offer officiating clinics throughout the year to help orient and train members. To start, the following are the typical levels of officiating:

Level I: Timer\*, Place Judge, Safety Marshall

Level II: Clerk of Course, Chief Timer/Chief Place Judge/Chief Judge, Electronic Recorder/Scorer, Stroke/Turn Judge.

Parents new to swimming typically start with timekeeping\*. Parents will get a better understanding of the officiating requirements and certification process by taking the *‘Introduction to Swimming Officiating Clinic’* (one evening). Opportunities to take this course will be offered throughout the year or it can be completed on-line at your convenience. Additional information regarding Officiating is available on the website under the ‘Other’ tab (Volunteer/Officials subtab). Questions can be directed to the OSAC Chief Officials Chair at [OSACchiefofficialschair@gmail.com](mailto:OSACchiefofficialschair@gmail.com).

1. **Fundraising**

OSAC is run independently of the Family Y and its programs. OSAC is a private swim club that does not receive external funding. The annual budget for the club is greater than $100,000 and includes coaching salaries and pool rental. All of this money comes from swimmer registration fees and fundraising. The more fundraising we do, the more this off-sets the registration fees for subsequent years.

All families registered with OSAC are expected to help with fundraising. Subject to the discretion of the fundraising coordinator, the main fundraising events may include, but not be limited to, the following:

1. Wine Survivor:

This popular event is typically held in November/early December - just in time for the holiday season! The timing of this event for 2020 has yet to be determined. Stay posted!!!

1. Swim-a-thon:

Will likely be scheduled for some time in the new year. All swimmers registered with OSAC are encouraged to participate. Essentially, swimmers commit to swimming a distance in exchange for donations. Although this is a swimmer-driven event, parents are expected to help by aiding their swimmer gather donations and counting laps on the day of the event. This is also a great time for other family members (i.e. grandparents) to see their swimmer up close without the pressure of a swim meet!

1. Leaf Raking/Christmas Tree Pick-up:

Physical events coordinated by the swimmers (with parental and/or coach support) which involve doing some yard work/labor in exchange for donations.

1. Silent Auction:

Parents will be placed on a team of four (4). Each team is expected to donate, or solicit a donation, for a silent auction to be held during OSAC sanctioned swim meets.

We are also in need of corporate sponsors. In exchange for sponsorship, publicity on the OSAC website, in the meet heat sheets, and/or recognition during swim meets and other OSAC events may be offered. If interested, please contact the Head Coach for more information.

Additional fundraising opportunities and ideas are always being developed. Parents are encouraged to stay abreast of these programs. Further, fundraising ideas and support (i.e. collaboration with the fundraising coordinator) are always welcome. Should you wish to volunteer by helping the club reach its fundraising goals or to discuss other fundraising opportunities, please contact [OSACfundraising@gmail.com](mailto:OSACfundraising@gmail.com).

1. **Social Events**

The Aquatic Club typically hosts several social functions throughout the year as a fun way to bring the various swim groups and swimmers of all ages together. Although not always clearly stated, these functions are open to all swimmers and their families. In addition to various coach sanctioned events, the OSAC events coordinator organizes several events including, but not limited to, the following:

* 1. Pancake Breakfast (includes parent information and equipment): Due to COVID-19, this event has been cancelled. However, an equipment day is scheduled for **September 26th, 2020**.
  2. Halloween Pumpkin Carving
  3. Christmas Potluck
  4. End of the Year Potluck and Awards

1. **List of Contacts**

|  |  |  |
| --- | --- | --- |
| **Role** | **Name** | **Email** |
| **Head Coach** | **Ken Fitzpatrick** | **osacheadcoach@gmail.com** |
| Comp 1 Lead Coach  Senior Associate | Cheryl Blay | [osacassistantcoach@gmail.com](mailto:osacassistantcoach@gmail.com)  coachblay@gmail.com |
| Making Waves Lead Coach  Head Development Coach | Virginia Diemert | [osacwavescoach@gmail.com](mailto:osacwavescoach@gmail.com)  diemert@bmts.com \* |
| Tides Lead Coach | Jordan Murphy | [osactidescoach@gmail.com](mailto:osactidescoach@gmail.com)  [jmurphyos91@gmail.com](mailto:jmurphyos91@gmail.com) \* |
| Splash Lead Coach  Comp 1 Assistant Coach | Jake See | osacheadcoach@gmail.com |
| Development Representative | Andrea Nelson | osacdevelopmentrep@gmail.com |
| Comp Representative | Kelly Powell | osaccompetitiverep@gmail.com |
| Chief Officials Chair | Brian O’Doherty | osacchiefofficialschair@gmail.com |
| Equipment Manager | Crystal Thomson | osacequipmanager@gmail.com |
| NOTE: Additional contacts are listed on Team Unify under the *Useful Emails* tab | | |

**SWIM MEETS**

**GENERAL INFORMATION AND FREQUENTLY ASKED QUESTIONS**

**FOR PARENTS (AND SWIMMERS!)**

**Owen Sound Aquatic Club (OSAC): Huronia Region**

With the return to competition being secondary to the return to training, there will be more guidelines to follow as provinces are permitted to open facilities and more clubs get back into workouts. Options for when clubs are ready for competition can include **Virtual Challenge Sets/Swims, Time Trials or In-House Competitions**. With the need to physically distance and limit the spectator group, virtual meets will be an opportunity for our club to swim locally, in our own facility, while competing against other teams from around the region and province.

1. **Meet Schedule and Meet Information**

Meet Schedule:

The Meet Schedule is organized by coaches and is presented on the Team Unify website by clicking on the *Events and Meets* tab which provides a list of the swim meets and team events and includes the dates and a general description. The description typically lists the relevant swim groups (i.e. Comp 1, Tides, etc.). It is important to mark your family calendar with the swim meet dates soon after they are posted to maintain opportunities for your swimmer to compete.

The development groups will attend fewer meets and typically will go to specific “Devo”, or development, meets. Devo meets can range in duration from one evening to one or two days and are a great way to learn about competitive swimming environments. They are focused on fun and learning. As athletes become more experienced, they will be able to attend more swim meets.

Registration for Swim Meets:

Included in the *Events and Meets* list is a link to communicate your intention to either attend/decline a given meet/event. Swimmers are simply registered by indicating that they will attend via this tool. If your child is attending, meet fees will be charged to your account. If the cost of swim meets is prohibitive for you family, please discuss with the Head Coach.

Swimmers in Tides, Making Waves and Comp groups are encouraged to attend as many meets as possible and are especially encouraged to attend OSAC sanctioned meets and the Regional meet.

Meet Package: Swim Meet Logistics

The meet package (provided under the subject event listed under the *Events and Meets tab)* contains relevant and important information in regard to meet schedule and warm up times. A meet package will be posted in the week(s) approaching the meet. It is important to review the meet information before the event as schedule adjustments may be made by the hosting team to reflect the number of teams/swimmers attending the event.

Meet Entries:

THE COACH WILL DECIDE WHAT EVENTS EACH SWIMMER SWIMS. In the days approaching the meet the swim entries are typically posted under the *Events and Meets* tab within the link for the actual event provided in the listing. It is recommended that you review these prior to the meet. Swimmers typically like to know what to expect – that is which events they are swimming. At the meets, a program will typically be available for purchase that includes the order of events, heats within each event, and the swimmers name and lane number.

‘Meet Mobile’ App: This application is an available option for a small annual fee (i.e. approx. $10 per year). The majority of meets use this App to post races, swimmers and results.

1. **Transportation & Accommodation**

The club does not typically provide or organize transportation to, and/or accommodation for, swim meets. Ultimately, it is the responsibility of the parent to make these arrangements. However, often a representative of OSAC (i.e. parent volunteer) does reserve a block of rooms at a select hotel so that the team can stay together. Not only is this a great way to socialize and get to know other team members, it also provides opportunities to coordinate meals and travel to/from the meet and/or pool. When a block of rooms is set aside, an email will be sent out by the club or an OSAC parent. If a block of rooms is not set aside, we encourage parents to ask around to find out where the majority of families have bookings.

The occasional meet will be a team travel meet, which means that team transportation will be provided, with pick-up and drop-off at the YMCA. These meets will be organized by the club and chaperoned by parent volunteers. Chaperoning is a great way to spend a weekend with your child and meet people in the club. While the cost to attend travel meets may seem high, it is noted that costs cover meet fees, transportation, lodging, food and supervision (i.e. the chaperones). If the cost is prohibitive, please discuss with the Head Coach.

1. **Day of the Swim Meet**

Meet information such as the pool address and arrival time will be included in the ‘meet package’. Swimmers should be on deck 15 minutes before the scheduled start of warm-ups. Warm-up usually begins about an hour before the meet starts. Actual time will be emailed to parents in the days leading up to the swim meet.

At minimum, it is recommended that swimmers bring the following:

* Team swim cap
* Goggles (two pairs in case one breaks)
* Swimsuit (OSAC team suit) – Please label
* Deck clothing, including a team shirt – Please label
* Deck shoes
* Towels (2 minimum)
* Water Bottle
* Nutritious snacks (small snack items for ‘grazing’)
* Team Backpack (recommended for swimmers in Making Waves and Comp groups)

It is also important for both swimmers and parents to note the following general meet procedures:

* Swimmers are only supervised on the pool deck (i.e. not during lunch breaks).
* Swimmers should check in with their coach upon arrival and before and after each race.
* Swimmers are responsible to listen to announcements for their own races.
* Swimmers are expected to attend the entire session. In other words, they are not to leave after their individual events are finished. Extenuating circumstances that require the swimmer to leave early can be discussed with the coach prior to the meet.