

# **St. Albert Sailfish Swim Club**



## **Parent Handbook 2018**

### ***Our Mission***

Learning life skills and competitive swimming with an emphasis on swimming FUNdamentals in a safe and positive environment that allows the swimmer to be the best that they can be.

[www.sailfishswimclub.com](http://www.sailfishswimclub.com)

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## 1. The Club

The St. Albert Sailfish Swim Club is a summer swim club that was formed in 1968. We are a not-for-profit club run by volunteers and supported by membership and fundraising.

The club swims from the beginning of May thru to mid August. The club swims at the Fountain Park Pool in May, some of June, July and August and 3 days a week outdoors at the Grosvenor Pool in June. The Sailfish Swim Club consists of approximately 90 swimmers. The club ranges from the ages of 5 through to 18 as well in ability.

Our club is affiliated with the Alberta Summer Swim Association (ASSA), a division of Swim Alberta, the provincial governing body for competitive swimming. ASSA provides administration, communication, insurance and governance for summer swim clubs. A part of the registration fees paid out ensure that all swimmers are registered with ASSA and receive the Provincial Insurance offered by ASSA. Please visit the ASSA website at [www.assa.ca](http://www.assa.ca). This website is a great tool to track your swimmers' progress in each stroke style and distance. Every swim meet race is automatically recorded on this website and you can even look at other swimmers' times from the Region or province to compare.

## 2. Message from the President

I would like to welcome all 2018 families to the 50<sup>th</sup> anniversary season of the St. Albert Sailfish Swim Club. The 2018 summer swim season promises to be another fun and exciting season for all swimmers. Coach Glenn Wilson and his group of amazing coaches will train and challenge our athletes to continue to improve and set personal bests.

The swim season will begin at Fountain Park on Tuesday, May 1 at 5:30 pm for our first team practice and concludes on Sunday, August 19 at the Kinsmen Pool in Edmonton at the ASSA provincial championships. The 2018 swim season consists of 8 weekend club swim meets and the Regional Championship swim meet held at the Kinsmen Pool in Edmonton.

The swim meets are the highlight for all Sailfish swimmers as they have the opportunity to work and compete as a team and offer every swimmer the chance to “beat their time” in their individual races. Last year, the coaches organized a Green and White Day at the end of May to simulate a swim meet – to help newcomers know what to expect at a meet, and help returning swimmers gear up for the season. It is also a great opportunity for team building. This year, the 2<sup>nd</sup> annual “Green and White Derby” will be held on the last Friday in May and we look forward to this fun event involving all the swimmers and coaches in the club.

Please feel free to contact any member of the board regarding any questions or concerns you may have throughout the season.

Stay tuned for more details regarding the 50<sup>th</sup> anniversary celebration!!

See you on deck.

Chris Waples  
President, St. Albert Sailfish Swim Club  
[chrisw@ept488.ca](mailto:chrisw@ept488.ca)

### 3. Club Executive for 2018

As a non-profit organization, the club relies on the involvement of parents to make each swim season a success. The executive is made up of several people who meet before, during and after the swim season. There are also several director positions, each which has a specific task in regards to operations of the club. Each year the club seeks parent volunteers to take on these positions to help continue in the success of the club.

The Sailfish Swim Club Executive for 2018 is as follows:

President	Chris Waples
Vice-President	Colin Parayko
Treasurer	Dayna Dupuis
Secretary	Marcie Gray
Registrar	Greg Poulin
Director – Officials	Dan Farr
Director – Fundraising	Christie Forrest

Should you have any questions whatsoever, please feel free to talk with any of us on deck or email Chris Waples at [chrisw@ept488.ca](mailto:chrisw@ept488.ca). We are more than happy to answer your questions.

### 4. Coaching Staff

#### 2018 Coach Wilson's Letter

Three hundred and twelve years BC a road was built in Rome. On the Appian Way can be found a time weathered, yet still standing, carved granite stone. There are many other measures on that road, yet none so significant as the marker where the empire and its proud workers took a break to look at what they had accomplished. Two thousand three hundred and thirty years later, casual tourists and celebrated leaders still marvel at that milestone.

For the St. Albert Sailfish, 2018 is the year we will plant the commemorative pillar of fifty years. FIFTY YEARS! That is no small feat for any organization, let alone a Summer swim team. There has been a collection of committed coaches; a plethora of passionate parents; millions of moiled meters completed by scads of seriously swift swimmers that have all paved the road to this moment in history. Along with the enthusiastic and devoted staff of Sailfish coaches, I am very proud to be part of this year's continued efforts to teach skills, and be the icon of aquatic excellence in our community.

This year, our coaching staff will change a little. We have returning great coaches Emily Flowers and Devon Christoffel. Jonathan Farr and Morgan Wilson will still fill in when they can as sub coaches when their 'real-life' work schedule permits. Former Sailfish swimmers, Danielle Petter and Mack Flowers will be joining our ranks as to contribute their accrued skills as coaches. We have always had great coaches and in our 50th year of excellence, the standard remains high.

I have prepared two publications this year for swimmers and parents. The first one, Free Speed for Swimmers, will be out soon as an ebook. The target audience is the swimmers directly, although there is significant benefit for parents as well. The second publication, Swimming from

the Bleachers, is directed to parents and spectators. This publication, will be available soon as a PDF direct link through the Sailfish website. In such a pivotal year, I'd like to make a quantum leap in how our athletes are prepared and supported: mentally, physically and socially.

After attending provincial and national swim meetings for several years, I can quite objectively say that the Sailfish swimmers and organization have positively evolved into a precedent setting, forward thinking organization. One of the ways we do that is by being great role models to fellow swimmers and even more importantly, by example, showing other parents and teams the power of volunteering with a smile. In fact, our entire Region is acting as a collective in providing leadership, support and raising the standards of excellence everywhere we show up. One of the best kept secrets is that the scenery (and food) is better from the timing chairs and official's walkway. So... nudge, nudge... lend a helping hand and at least two more will be there to support you.

Rarely is there a day when I am not overflowing with gratitude for the opportunity to work with developing swimmers and the great coaches that bloom from their ranks. I am in awe of the great ideas and initiatives that come from the team leadership and executive. To them, and the parents behind them, I dedicate this 50th year of Sailfish swimming. Let's make it a milestone that will stand as a great point of reflection for the next 50 years!

Glenn Wilson  
Head Coach - Sailfish Swim Team

## **5. The 2018 Swimming Program**

The St. Albert Sailfish offer programs available to swimmers who are a minimum of 5 years of age by May 1st. The basic safety requirements for Sailfish athletes is listed below. The season starts each year on the first weekday of May and typically goes to the third weekend in August. Training is evenings Monday through Friday, with some mornings in July and August depending on your group placement. Swimmers will be initially assessed during the first week and placed into groups determined by their skill level and age. Due to the capacity of our pool, the St. Albert Sailfish Swim club is capped at approximately 90 swimmers.

Practice will be cancelled on all Stat holidays and some Fridays when travel to a Saturday swim meet requires an overnight stay or very early morning drive.

### **Basic Safety Requirements:**

All Sailfish athletes should be able to demonstrate the following 5 prerequisites:

- 1. Floating / treading water.**
- 2. Jump in and bring self to surface.**
- 3. Leave wall, change direction and return to wall unassisted.**
- 4. Exit the water without the ladder.**
- 5. 25 meters unassisted using any manner of locomotion (swim, splash, paddle, flutterboard OK).**

An evaluation session for all new swimmers to the club as well as returning Group One swimmers will be held in April.

All swimmers are asked to be on the deck 10 minutes prior to the start of the first practice on Tuesday, May 1.

**a. May Practice Schedule: May 1 – May 31**

Groups 1 & 2	5:30pm – 6:30pm	Monday-Friday	Fountain Park
Group 3	5:30pm – 7:00pm	Monday-Friday	Fountain Park
Groups 4 & 5	6:30pm – 8:00pm	Monday-Friday	Fountain Park

Note:

Group 1 will be split into 2 half-hour sessions 1a and 1b for the month of May.

No practice on Monday, May 21.

**b. June Practice Schedule: June 1 – June 29**

Groups 1 & 2	4:30pm – 5:30pm	Mon/Wed/Fri	Grosvenor Park*
Groups 1 & 2	5:30pm – 6:30pm	Tues/Thurs	Fountain Park
Group 3	4:30pm – 6:00pm	Mon/Wed/Fri	Grosvenor Park*
Group 3	5:30pm – 7:00pm	Tues/Thurs	Fountain Park
Groups 4 & 5	5:30pm – 7:00pm	Mon/Wed/Fri	Grosvenor Park*
Groups 4 & 5	6:30pm – 8:00pm	Tues/Thurs	Fountain Park

Note:

Group 1 will be split into 2 half-hour sessions 1a and 1b for the month of June.

Distance Challenge on Thursday, June 14<sup>th</sup>. No Friday practice June 8, 15, 22 as there are out-of-town meets on Saturday that follows.

\*Grosvenor Park is an outdoor pool.

**c. July & August Practice Schedule: July 3 – August 17**

Groups 1 & 2	4:30pm – 5:30pm	Mon/Tues/Wed/Thurs	Fountain Park
Group 3	4:30pm – 6:00pm	Mon/Tues/Wed/Thurs	Fountain Park
Groups 4 & 5	5:30pm – 7:00pm	Mon/Tues/Wed/Thurs	Fountain Park
Groups 4 & 5	8:00am – 9:00am	Tues/Thurs	Fountain Park
All Groups	8:00am – 9:15am	Friday	Fountain Park

Note:

Group 1 will be the full 1 hour for July and August.

No practice on Monday, July 2 and Monday, August 6.

## 6. Registration Fees and Performance Cheques

The Registration fees for the 2018 swim season are as follows (these include all meet entry fees as well as individual and team photos in a presentation folder):

Group 1 – \$325 (30 minute swims May and June; 1 hour swims July and August)

Group 2 – \$400 (1 hour swims May to August)

Group 3,4 & 5 – \$510 (1.5 hour swims May to August)

Masters – \$75 (no practice training time; only swim meet entries included)

**NEW FOR 2018:** We will be adding \$20 to fees per family (not swimmer) for food for our St. Albert swim meet.

Refund Policy: Fees will be refunded as per the following policy:

- First Year Swimmers: Full refund until May 15th (except for \$100 deposit)
- Returning Swimmers: No refunds after May 1.

**Registration fees are payable by cheque to "St. Albert Sailfish Swim Club".**

## 7. Communication with Coaches

As parents we understand the importance of communication between the executive and parents, parents and coaches and coaches and youth.

All of our coaching staff is committed to making themselves available to you, the parent, to discuss your child's swimming.

**We ask that parents do not speak to the coaching staff during practice swim times. Please try to contact the coaching staff well before the start of their swimmer's practice or wait until after practice.**

### **Important Note:**

**If a parent(s) has a concern or grievance with the St. Albert Sailfish Club, the Board requests that the parent(s) address their concerns directly with any Sailfish Board Member and not the Coaching Staff.**

## 8. On Deck Communication Box

The club has a communications box located on deck which contains an individual folder for each family. It will be used for all ongoing written communications, newsletters, meet information, coaches and club announcements. Swim Meet ribbons can also be found here along with your returned performance cheques only in the event you meet your volunteer and fundraising commitments. We invite you to make use of this file too, and leave any communications you would like to send to the coaches or executive in their respective files. It will be located on deck at the daily practices. Please check your folder on an ongoing basis.

## 9. Fundraising Commitment

Registration fees do not cover the entire budget for operating a competitive swim club. Fundraising is necessary to keep our registration fees from increasing. Club expenses include, but are not limited to, pool rental fees, swim meet fees, coaching, life guards, equipment and

swimmer registration fees with Alberta Summer Swimming Association, etc. Registration fees would have to be increased to an unacceptable level should fundraising be eliminated.

Our aim is to keep fundraising to a minimum but all families are expected to participate in the activities. This helps to subsidize membership fees and other club operating costs. Each family is expected to provide performance cheques for each fundraiser as an assurance of their participation. Performance cheques will be returned to the family when the volunteer commitment has been met or cashed in the event the family does not meet their volunteer commitment.

A key contributor to our fundraising program is participation in a Casino fundraiser every two years. In order to participate in this event, the club requires a significant volunteer contribution to manage what is typically a two day event. Our next casino will this coming winter 2018-2019.

For the 2018 summer swim season, the Club will be undertaking two fundraising events which are mandatory, plus a \$200 purchase of Safeway/Sobeys gift cards by each family:

**a. Bottle Drive (mandatory) – Saturday, May 12, 9:00am.**

For 2018, the Sailfish swim club will be organizing a bottle drive. The bottle drive will be held at the Campbell Park Bottle Depot located at 35 Corriveau Drive. Sailfish families will be expected to participate in the bottle drive as either drivers of collection trucks or sorters located at the bottle depot. Sorters that work at the depot should be a minimum of 12 years old. Sign-up will be done online. A family is considered participating as long as 1 swimmer and 1 adult of each family participates. The bottle drive is a mandatory fundraising event. The Sailfish swim club will require a performance cheque for your bottle drive commitment.

- One swimmer in the club - \$125 cheque
- Two or more swimmers in the club - \$250 cheque

The above performance cheque is due upon registration. This performance cheque will be returned to families via their family folders after they have met their fundraising obligation or cashed in the event the commitment is not met.

**b. Distance Challenge Swim (mandatory) – Thursday, June 14.**

Every year the Sailfish Swim Club organizes a distance challenge. The distance challenge is a great opportunity for the club's swimmers to test their endurance and raise some money to support their club through pledges.

The 2018 Distance Challenge will be held on Thursday, June 14th at the Fountain Park Pool.

- Group 1 & Group 2 swimmers will swim from 4:00pm to 5:00pm
- Group 3 & Group 4,5 swimmers will swim from 5:00pm to 7:00pm

Single swimmers must raise a minimum of \$75 and families with two or more swimmers must raise a minimum of \$150. Swimmers can submit individually or as a family to meet this minimum requirement.

The Distance Challenge program is a mandatory fundraising event.

The distance challenge pledge forms at the back of this document will still be collected on the day of the distance challenge. Food and drink for athletes will follow this event.

**c. Grocery Card Program (\$200 mandatory with team fees at Spring Meeting plus voluntary later in season (July 31)).**

New for this season we will be asking families for \$200 at our Spring meeting (March 22, 23) in exchange for \$200 in Safeway/Sobeys giftcards. These cards were purchased in the winter to take advantage of 8% profit that is offered one-time.

For 2018, the Club will again be participating in the grocery card program offered by Safeway and Sobeys. The Club receives a rebate based on the volume of orders received for grocery cards. The Club requests your participation in the program as follows:

- Complete the attached form along with a cheque for the total amount owing.
- There is one deadline for placing your grocery card order:
  - Monday, July 31
- There is no limit on the amount of grocery gift cards you can purchase.
- Cheques must be made payable to: St. Albert Sailfish Swim Club.
- Grocery cards will be distributed approximately 2 weeks after the above deadline.

The Grocery card program in July is an optional fundraising event this year.

**In keeping with your commitment to fundraising for the St. Albert Sailfish club, we require the following performance cheques for your 2018 fundraising commitment.**

- One swimmer in the club – \$125 cheque for the bottle drive, \$75 cheque for the distance challenge.
- Two or more swimmers in the club - \$250 cheque for bottle drive, \$150 cheque for distance challenge.

The above performance cheques are due at time of registration.

Performance cheques will be returned to families via their family folders after they have met their fundraising obligation or cashed in shortly after the event if the commitment has not been met.

## **10. Volunteer Commitment**

The St. Albert Sailfish Swim Club is primarily a volunteer effort. To make our club run smoothly, the volunteer efforts of every family are needed. The club requires volunteers for hosting our annual St. Albert Sailfish Swim Meet and for attending to tasks outside our swim meet.

For 2018, the club requires families to commit to volunteering for a total of four 4 hour shifts (4 x 4hrs) for a total volunteer requirement of 16 hours per family. Please see the detailed volunteer listing on the following page.

In keeping with your commitment to the St. Albert Sailfish club, we require one performance cheque for your 2018 volunteer commitment. Families will need to remit the following cheques:

- One swimmer in the club – One cheque of \$150.
- Two or more swimmers in the club – One cheque of \$250.

The above performance cheques are due at time of registration.

Performance cheques will be returned to families via their family folders after they have met their volunteer commitment or cashed in the event the commitment has not been met.

**a. Listing of 2018 Volunteer Requirements**

The below table is an approximation of the volunteer roles required by the club in 2018. Please visit our website for a more detailed listing of the roles needed to be filled for 2018.

**St. Albert Sailfish - 2018 Volunteer Requirements**

<b>Sailfish Swim Meet Volunteer Requirements</b>				<b>Ongoing Support Volunteer Requirements</b>	
Positions	# of 4hr Shifts Req'd			Positions	# of 4hr Shifts req'd
	Friday	Sat AM	Sat PM		
1 Starter	1	1	1	1 AGM Set-up/Awards	2
2 Clerk of course	1	1	1	2 Apparel Helper	4
3 Chief finishing judge	1	1	1	3 Auditors (2)	1
4 Timers	12	24	24	4 Casino Chair	2
5 Chief timer	1	1	1	5 Distance Challenge pledge collect	2
6 Stroke & turn judges	2	4	4	6 Food/BBQ/Serving	8
7 Office entry	1	1	1	7 Photography	4
8 Office ribbons	1	2	2		23
9 Runners	1	1	1		
10 Meet setup and teardown	3	-	3		
11 Meet manager	2	2	2		
12 Meet software setup/import/seeding	2	2	2	Regional Meet Volunteer	24
13 Marshals	2	3	3		
14 Food and water deliverers	1	2	2		
15 Lunch room setup and get ready	1	3	3		
	32	48	51		
<b>Total Volunteer Requirements</b>					
Sailfish Swim Meet	131				
Ongoing Support	23				
Regional Meet	24				
	178				
<b>Total 4 hr Shifts Req'd</b>	<b>178</b>				
<b>4 hr Shifts Req'd/Family</b>	<b>4.0</b>				

## **11. Welcome Back Barbeque – Friday, May 4.**

During the first week of summer swimming, the Club holds a welcome back barbeque for all swimmers to attend.

This year's barbeque will be held on Friday, May 4th outside the cafeteria area. All groups will swim from 5:30pm - 6:30pm, and then attend the BBQ after from 6:30pm - 7:30pm.

All swimmers are entitled to one free hamburger or hotdog and one free drink.

There will be a nominal fee for seconds or for other non-swimming family members.

## **12. Green & White Swim Derby – Fountain Park Pool, Friday, May 25.**

The last Friday before June is our Annual Green & White Swim Derby. 2018 will be our 2nd Annual event. The purpose of this Derby is to familiarize our first-year swimmers with the workings of a swim meet.

The swim club will be divided into 2 teams, green and white, and they will compete in good fun against each other for points by doing several different race events.

All swimmers are encouraged to attend as this is a team-building event as well.

## **13. Team Photo – Wednesday, June 13.**

Team and individual pictures will be taken outdoors at Grosvenor Pool in mid-June – weather permitting. Photos are included with your registration fee. Don't miss it!!

Date: Wednesday, June 13, 2018

Time: 4:30 pm (All Swimmers!)

Place: Grosvenor Park Pool

**Swimmers: Please wear Sailfish (green) suit and bring your Sailfish T-Shirt.**

## **14. Swim Meets**

Throughout the season, Sailfish swimmers are invited to participate in swim meets sponsored by other clubs, usually within Region B. The swimmers look forward to this opportunity to celebrate the team, personal achievement, and spirit. Swimmers are rewarded with ribbons for “personal bests” and “I beat my time” and contribute their points to the friendly team rivalry. Swimmers are encouraged to attend as many meets as possible, and in particular, the Sailfish meet, regionals, and if they qualify, Provincials.

The province of Alberta is divided into six summer club regions, Region A through to Region F. The St. Albert Sailfish Swim Club is a member of **Region B** along with the following clubs:

Devon Dolphins

Hinton Water Devils

North Edmonton Swim Club

Stony Plain Sharks

Whitecourt Blue Dolphins

Drayton Valley Neptunes

Jasper Red Fins

Spruce Grove Barracudas

Westlock Gators

Terwillegar

The following is a list of regional swim meets that the Sailfish Club will be attending during the 2018 Summer Swim Season:

Meet Date	Host Club	Host Pool
June 2	Westlock Gators	Westlock
June 9	Whitecourt Blue Dolphins	Whitecourt
June 16	Drayton Valley Neptunes	Drayton Valley
June 23/24	Jasper Red Fins/Hinton Water Devils	Hinton
July 7	Devon Dolphins	Devon
July 13/14	St. Albert Sailfish	St. Albert
July 20/21	Stony Plain Sharks	Stony Plain
July 28	Spruce Grove Barracudas	Spruce Grove
Aug 11/12	Regionals	Edmonton (Kinsmen)
Aug 18/19	Provincials	Edmonton (Kinsmen)

**Note:** An updated swim meet schedule will be provided in the weeks ahead as other swim clubs finalize their 2018 schedules. Parents can also visit the ASSA website at [www.assa.ca](http://www.assa.ca) to get an up to date listing of swim meets (select Region B).

\*\*\*In order to participate at Provincials, the swimmer must qualify through Regionals. Swimmers can qualify as individuals and/or as team relays.

***FOR REGIONALS, ATHLETES THAT MAKE UP A RELAY TEAM MUST BE AVAILABLE AND COMMITTED TO SWIMMING AT PROVINCIALS THE FOLLOWING WEEKEND!***

## **15. Entries for Swim Meets**

Swimmers are requested to commit to swim meets the week before the event. During the week prior to the meet, the club will email for confirmation those swimmers attending the upcoming meet. Parents are asked to review the list and reply ASAP of any changes.

## **16. Why go to swim meets?**

The St. Albert Sailfish Swim Club encourages all of its swimmers to attend swim meets throughout the season. The reasons to attend are many:

- They are lots of FUN!
- Your team needs you for support and relays.
- You can use the skills you have been learning and practicing so hard in workouts.

- You get to spend time and have fun with your teammates and coaches.
- You can cheer for our teammates and have them cheer for you.
- You can experience the atmosphere of participating in a large professionally run sporting event.
- You can improve your times and win ribbons or medals. Personal bests are celebrated!
- You get to travel and enjoy other Alberta communities.

## **17. Expectations at Swim Meets**

The first step is preparing to arrive **ON TIME!** Swim meets usually begin at 8:00 AM. Swimmers must check in with the coach by 7:15am. Warm-ups and stretching start at 7:30am. Swimmers who do not arrive on time may have their events canceled by the hosting club (scratched). Once this is done, they cannot be reinstated (meet rules). Times will be confirmed before each meet.

### **a. Meet Withdrawals**

“Oh no! My dog ate my bathing suit, so I can't go to the swim meet tomorrow!”

We do understand that things come up at the last minute; however, you **MUST** notify the coaches as soon as possible, if you need to withdraw from a meet. You can either phone one of the coaches or let them know at practice. If it is the night before, or the morning of the meet, please phone your coach. **NO SHOWS ARE UNACCEPTABLE.** For those who decide they don't feel like getting out of bed on one of those cold, miserable, rainy mornings, please help us out with a simple phone call. Scratches are a lot of work for both the coaches and the host swim club, so please call before 7:15am. Coaches have extra goggles and caps to borrow in case of emergencies.

### **b. Meet Check-in**

The club has a “Positive Check-in Policy” at meets. All swimmers are required to check in with the coaches on arrival and be on time to avoid being scratched.

### **c. Team Relays**

Relays are an important part of the meet and attendance is recommended. Please consider this when signing up for a meet. Your teammates need you to form a relay team. These races have been tagged “The Best!” by our young athletes. After individual events, relays are a chance to share your skills and enjoy some fun races with others on your team. Parents, if you are unable to stay, please consider making arrangements with other parents to bring your children home. Relays usually only last 45 minutes to an hour after individual events and are well worth the extra time. Your swim day will still end at approximately 4:00 pm.

***FOR REGIONALS, ATHLETES THAT MAKE UP A RELAY TEAM MUST BE AVAILABLE AND COMMITTED TO SWIMMING AT PROVINCIALS THE FOLLOWING WEEKEND!***

## **18. What to bring to a Swim Meet?**

### **d. Swimmers:**

An extra towel is recommended as one towel does manage to get quite wet during the day. Extra goggles are usually available at all swim meets but can be a little more expensive than in the stores. Coaches have extra goggles and caps to borrow in case of emergencies. It's also recommended that you bring extra clothing and sleeping bag or blankets (especially for an outdoor meet). Pack lunches and lots of snacks and **water bottles**, as not all pools will have a concession and if they do they may not provide healthy choices. Vegetables and cut up fruit and energy snacks are recommended over heavy hamburgers and hot dogs for lunches. You will find your kids prefer eating small amounts throughout the day rather than one large meal.

### **e. Parents:**

A good book and a lightweight folding lawn chair are absolutely essential. As parents you will spend a lot of time sitting awaiting your swimmers next heat. Heat sheets are always available the morning of the swim meet. They are between \$2 and \$5 and are usually a fundraiser for the hosting club. Pack yourself lots of snacks and don't forget your own water bottle.

Don't forget to bring along a Sharpie Marker! Many parents write their child's events on their children's arms to remind the swimmers – and the parents – of their heats. A highlighter is also useful to mark-up heat sheets.

Finally, bring a camera along to capture the events!

## **19. St. Albert Sailfish Swim Meet – July 13 & 14.**

Our club hosts its annual swim meet on July 13<sup>th</sup> and 14<sup>th</sup>. Please try to attend this meet even if you are unable to be at any of the other meets this year. This is one of the main reasons we train and we would like you “On our team” for this meet. Teams are given points based on placement of their swimmers in each event. The more swimmers we have to attend, the better our chances are of winning our own meet. Winning our own meet is very exciting for the swimmers and is a great highlight to the season!

It is absolutely crucial that we have enough parent volunteers to run the meet.

Our club requires +24 volunteer timers alone as well as other entry-level officials at our Host meet. (Please see the Officials Clinic section.)

Parents are needed for other official duties, set-up and clean up of all equipment, food provision and service, and a number of other errands. Please watch for sign-up sheets.

## **20. Regionals – August 11 & 12 (Kinsmen Pool, Edmonton)**

All Region B teams are invited to the Regional meet towards the end of the season and all swimmers are encouraged to attend. To be eligible to compete at the Regional meet, a swimmer must have competed at a ASSA sanctioned summer swim meet that summer. The top two swimmers in each Regional event qualify to participate in the Provincial Meet. Third place swimmers receive a “wildcard” and may swim at the Provincial meet if a higher placed swimmer cannot attend. It is important to note that a child should not enter a relay in the Regional unless

they intend to be at the Provincials. It is very disruptive if a relay team earns a spot at the Provincials and then one or more members are unable to attend.

## **21. Provincials – August 18 & 19 (Edmonton-Kinsmen Aquatic Centre)**

Swimmers that qualify for this meet also have the opportunity to participate in relays. The Regional relay team consists of the top athletes in their respective age groups. For example, the Medley Relay would consist of the winner of the individual events. In the case of an athlete winning more than one event, the designated regional coach would choose which stroke the individual would swim and then the second place swimmer would be chosen for the other stroke.

## **22. Officials Clinics**

If you have not attended an Officials Clinic before, please plan to attend this year. We need 24 volunteer timers alone as well as other entry-level officials at our Host meet. If you have attended a clinic before, we need you even more! St. Albert Sailfish needs more people trained in Level II official's duties, such as Stroke/Turn Judge, chief Timer, Scorer/Recorder, Starter etc. The courses are only half a day (morning or afternoon).

Dates and times of clinics will be announced or see Dan Farr for more info.

## **23. Club Expectations of Parents and Swimmers**

Teamwork amongst the coaches, club members and their families is essential to develop and maintain a successful swim club. Working collaboratively to provide a positive experience for everyone involved.

Swimmers and parents, who choose to disregard the following expectations, may be denied entry to the program the following year.

### **a. Parent/Guardian Expectations**

Parents shall:

- Obey all the rules and regulations of the club, ASSA and the facilities used both at practice and competitions.
- Support their child, coaches and teammates in order to reach individual and club goals.
- Encourage their child's full participation at practices, competitions and club approved activities.
- Follow all fundraising club policies outlined prior to the season at registration.
- Volunteer for fundraising and volunteer activities throughout the season.
- Discuss any concerns with the program with the Club President or appropriate Executive Member.

### **b. Swimmer Expectations**

Swimmers shall:

- Obey all the rules and regulations of the club, ASSA and the facilities used both at practice and competitions.
- Be on time for both practices and swim meets.
- Take responsibility for informing their coach of any upcoming absences in advance and by any required deadlines.

- Respect all coaches, officials, volunteers and facility staff at practices and meets.
- Participate in swim meets and club approved activities.
- Listen to the coach's directions, instruction and feedback.
- Represent the St. Albert Sailfish Swim Club in an honourable and respectful manner when attending meets and practices. This includes no foul language, fighting, snapping towels, destruction of property and equipment, littering and bullying in any manner.
- Respect any and all patrons of the facilities used, including change rooms and shower.
- Wear St. Albert Sailfish Swim Club gear at meets including suits, caps, t-shirts/hoodies.
- Be prepared for meets, including equipment, healthy food and beverages.
- Clean up the area that you were sitting in at swim meets before going home.

## **24. Annual General Meeting & Awards**

St. Albert Sailfish hosts the Annual General Meeting at the conclusion of each season, in late September or early October. During the meeting a new executive will be elected and any issues may be discussed and dealt with. Please watch for details near the conclusion of the swim year.

## **25. Year-End Swimmer Awards - Criteria**

Following the conclusion of the Annual General Meeting, the Sailfish Coaching team presents the following awards to member of the 2018 St. Albert Sailfish swimming team during the annual awards ceremony:

### **Award Types:**

Maximum one (1) Award per athlete  
Head Coach has final decision

### **Definition of Senior and Junior:**

Senior swimmers are anyone who swam in the 13-year-old age group and older  
Junior swimmers are anyone who swam in the 12-year-old age group and younger  
(11-12 age group and younger)

### **Most Outstanding Awards:**

One Junior and one Senior award for each gender  
Based on the average of 5 fastest events swam in the season  
Athlete must attend a minimum of 5 swim meets over the course of the season to be eligible for this award.

- Meets that count toward total: all Regional B club meets, Alberta Summer Games, Regionals and Provincials.

Athletes must swim 5 different events over the course of the season to be eligible for this award.

### **Senior Awards:**

- Highest point total on SNC points for Senior Athletes
  - If SNC charts not available use the IPC (International Points Chart) available on line at [www.swimnews.com](http://www.swimnews.com)
  - If SNC charts and IPC charts are not available then compared to how close swimmers are to national standards.

**Junior Awards:**

- Compared to how close swimmers are to the Provincial Championship Time Standards (All-Stars Qualifying times) (Winter club 'A' Times)

**Top Performance Awards:**

One Male and one Female award

- Based on single swim with the highest point total based on the SNC points charts or the IPC points chart (if SNC charts are unavailable as noted in Most Outstanding Awards)

**Most Improved Swimmer Awards:**

One Junior and one Senior award for each gender

Swimmer who has demonstrated improvements in the following areas more than other swimmers:

- Technical stroke skills
- Performance improvements

To be decided by coaching staff, with nominations accepted from athletes and coaches

**Most Dedicated Swimmer Awards:**

One Junior award for each gender

One Senior award regardless of gender

Based on attendance records at workouts and swim meets

- More emphasis will be placed on workout attendance as there is a larger component of that in the season

Athlete willing to do what is needed for team success may also be considered

**Outstanding Distance Award:**

One Award regardless of gender

Based on the recognized distance events in summer swimming

- Currently the 200, 400, 800 1500 Freestyle and the 100 Butterfly

Based on the frequency of the events swam and:

- Secondly based on swim with the highest point total based on the SNC points charts or the IPC points chart (if SNC charts are unavailable as noted in Most outstanding Swimmer Awards)

Athlete must attend a minimum of 5 swim meets over the course of the season to be eligible for this award.

- Meets that count toward total: all Regional B club meets, Alberta Summer Games, Regionals and Provincials.

Athletes must swim event minimum of twice over the course of the season to be eligible for this award.

**Unsung Hero Award:**

One Award regardless of gender

Swimmer who has demonstrated the willingness to persevere through hard work and dedication, while maintaining a positive attitude to all swim club members and coaches

Nominated by coaches, voted by swimmers

**Coaches' Choice Awards:**

One swimmer, regardless of gender, from each group who demonstrated qualities in becoming more proficient in the sport of competitive swimming  
Swimmers selected for any other awards are ineligible

**Carolyn Murray Award:**

After returning from the 2008 Beijing Olympics to St. Albert, Carolyn Murray announced to the press that, "...it all started with the St. Albert Sailfish." Her illustrious triathlon career spanned through Canadian National, World Cup and World Championships, the Olympics and now as one of the coaches for the national triathlon team training in Victoria, B.C.

Therefore, the Carolyn Murray Award is given to the Sailfish athlete who best exemplifies that this team is just a launching pad for excellence in other areas of athleticism.

**The Emily Flowers Award:**

The Sailfish Swim Team is not to be underestimated in its ability to develop swimmers beyond summer swimming. After setting numerous provincial records in the ASSA, Emily Flowers went on to train with year-round swimming. Since being there, she has continued to progress, breaking Canadian records on relay teams.

Emily Flowers was at the 2013 Olympic Trials in 100 m backstroke, 200 m fly, 200m free and 100m fly.

The Emily Flowers Award, is therefore given to the athlete on the Sailfish Swim Team who shows the potential to achieve swimming accolades beyond the ASSA.

**26. Trophy Case and Bulletin Board**

The club has two trophy cases and one bulletin board. The trophy cases are located on the pool deck and in the viewing gallery. The bulletin board is located on the wall outside the meeting room in the gallery. Trophies and other paraphernalia of the club's success will be on display in the trophy cases and on the bulletin board.



## St. Albert Sailfish Swim Club Safeway/Sobeys Gift Card Order Form

These cards are a convenient and easy way to purchase your groceries. The swipe card allows a balance to be carried over from purchase to purchase. They can be used at any Safeway and Sobeys store across Canada.

**The deadline for placing your grocery card order is: July 31.**

Name: \_\_\_\_\_

Payment:

Total Cash Received : \_\_\_\_\_

Total Cheque: \_\_\_\_\_ Cheque #: \_\_\_\_\_ (Cheques payable to: St. Albert Sailfish Swim Club)

**July 31 Order**


Card Amount	Quantity	Total
\$25		\$
\$50		\$
\$100		\$
<b>Total Payment Required</b>		<b>\$</b>

Terms:

There is no limit on the amount of grocery gift cards a family can purchase.

Gift CARDS can be used in all Safeway and Sobeys stores. The Gift Card has a declining balance that can be used over several shopping trips until there is no value left on the card.

There is no expiration date on our Gift Cards and they can be used across Canada. Safeway Gift Cards may not be exchanged for other Safeway Gift Cards.

Safeway Gift Cards may only be used to purchase merchandise from our stores and are not valid towards the purchase of other company's gift cards, event tickets, Lottery, or Transit tickets and passes.

Safeway Gift Cards cannot be used in Canada Safeway Liquor stores.

# St. Albert Sailfish Swim Club

## Distance Challenge

### Thursday, June 14, 2018

The distance challenge is an opportunity for the club swimmers to test their endurance and raise some money to support their club through pledges.

Group 1 & Group 2 swimmers will swim from 4:00 pm to 5:00 pm  
Group 3,4 and 5 swimmers will swim from 5:00 pm to 7:00 pm

**LAP COUNTER.** Each swimmer must have someone on deck (ie. family member) to count the number of lengths completed. A counting sheet shall be provided before starting.

**FOOD** for swimmers will be available after each group finishes its respective distance challenge (to be set-up in one of the meeting rooms or outside if weather permits).

#### **PRIZES**

Prizes will be awarded based on:

Top Fundraiser	\$150 Gift Certificate
Second Fundraiser	\$100 Gift Certificate
Draw prizes (2)	\$50 Gift Certificate

To be eligible for prizes:

- one draw prize for combined Groups 1 and 2, and a second draw prize for combined Groups 3 and 4.
- Top Fundraiser and Second Fundraiser are **NOT eligible** for the Draw prizes.
- for every \$75 raised, a ticket in your name will be entered for the draw prizes. The more you raise, the higher your chance of winning a draw prize.
- Single swimmers must raise a minimum of \$75 and families with two or more swimmers must raise a minimum of \$150. Swimmers can submit individually or as a family to meet this minimum requirement.
- pledge forms are also available in the communications box.

#### **PARENTS – SUBMISSION OF PLEDGES RAISED**

For simplicity purposes, each family shall submit **ONE cheque** for the total amount raised by their swimmer(s) prior to the start of the Distance Challenge at a table set-up at pool side.

Parents will be asked to sign off on this amount.

