



Welcome to the 2022-2023 Pre-Competitive Program at Uxbridge Swim Club! We are excited to see everyone back in the pool this season.

### PROGRAM DESCRIPTION

This program is designed to expose young swimmers to competitive swimming strokes, techniques and skills. The goal of pre-comp is to set the foundation from which effortless and efficient strokes can be built. The stroke drills and land marking sequences used are designed to develop a sense of relaxation, flotation, balance, and effortless movement. The skills and drills introduced at this level are those that are used throughout the club.

### PROGRAM REQUIREMENTS

Athletes are required to be able to swim 50m (2 lengths) unassisted into deep water in the form of a recognizable stroke (Front crawl, Back crawl or Breaststroke). Athletes will be swimming for the duration of the lesson unassisted in the water.

### KEY NOTES TO THE 2022 – 2023 SEASON:

#### Precompetitive Sessions are 10 weeks long

Session #1 September 19th - November 30th

- 11 weeks due to no practice on Thanksgiving and Halloween

Session #2 January 9th - March 8th

- Family day makeup: Saturday March 11th 7:00-8:00 AM

Session #3 March 27th - June 5th

- 11 weeks due to no practice Easter Monday and Victoria Day

### TRAINING FEES

**Program Fee:** \$375.00

- Due with registration via e-transfer to [uscpayments@gmail.com](mailto:uscpayments@gmail.com)

**Swim Ontario Fees:** Aprox \$50.00 \*final fees to be released by Swim Ontario and are subject to changes

- Posted to your account following the start of the program

Additional charges for USC Team equipment or apparel – will be posted to your Team Unify Account at time of purchase and are due on receipt. USC Team Caps can be ordered [HERE](#).

2021 – 2022 PRECOMPETITIVE SCHEDULE		
GROUP	Monday	Wednesday
Group A (10 + U)	4:00-4:45pm	4:00-4:45pm
Group B (6-8)	4:45-5:30pm	4:45-5:30pm
Group C (8-10)	5:30-6:15pm	5:30-6:15pm

(Full Club Schedule can be viewed [HERE](#))

- Registration is divided into two parts – **Part One: USC Pre-Competitive Registration Package** (below) which includes forms that must be completed and submitted via email and **Part Two: Swimming Canada’s Registration Tracking and Results system (RTR)** which requires a parent to register their child online.
- Again, this year payments will be paperless. Payment in full may be paid via e-transfer to [uscpayments@gmail.com](mailto:uscpayments@gmail.com). Alternate methods of payment are not accepted. Additional fees (apparel, equipment etc.) must be paid via e-transfer. Accounts overdue by 30 days will be subject to a 2% interest charge monthly.
- Please note - Swimmers will not be permitted to begin training until all parts of their USC Pre-Competitive Registration Package are submitted and fees paid and registration with the Swimming Canada RTR system completed. **NOTE: a link to this system with log in information will be emailed to you AFTER Part One (pages 3 – 6, the “PRE-COMPETITIVE REGISTRATION PACKAGE”) and payment has been received by USC.**

**THE USC REGISTRATION PACKAGE is below**

**please review, complete and sign Parts A, B, C on pages 3 – 6 and scan/email back to Coach Sarah at [coachsteinke@gmail.com](mailto:coachsteinke@gmail.com) (to minimize touch points, paper forms will not be accepted)**

- A. Athlete Information Form
- B. Athlete Code of Conduct
- C. Parent & Volunteer Code of Conduct

## CONTACT FOR REGISTRATION QUESTIONS

<b>Jenn Davies</b>	<b>Sarah Steinke</b>	<b>Julia Faust</b>
President, <a href="mailto:jdaviesrmt@gmail.com">jdaviesrmt@gmail.com</a> 416-989-4554	Head Coach <a href="mailto:coachsteinke@gmail.com">coachsteinke@gmail.com</a>	Co-Registrar, Finance <a href="mailto:uscfinance1@gmail.com">uscfinance1@gmail.com</a> 416-459-0933



**UXBRIDGE SWIM CLUB  
2022-2023  
PRE-COMPETITIVE  
REGISTRATION PACKAGE**

# PART A – USC ATHLETE INFORMATION FORM 2022-2023

❖ COMPLETE AND SUBMIT AS PART OF REGISTRATION PACKAGE

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

Date of Birth (dd/mm/yy): \_\_\_\_\_

Gender (circle one): M F X

Home Address \_\_\_\_\_

Group Choice (Circle One):

Group A (10+U) Monday/Wednesday 4:00-4:45pm

Group B (6-8) Monday/Wednesday 4:45-5:30pm

Group C (9-10) Monday/Wednesday 5:30-6:15pm

	Parent/Guardian (1)	Parent/Guardian (2) *if different than 1*
Full Name		
Phone Number (cell/home/work)		
Home Address		
Email Address		

Medical/Health Concerns: \_\_\_\_\_  
\_\_\_\_\_

Ontario Health Card #: \_\_\_\_\_ (optional)

**\*\*I consent to my child's name and visual likeness to be used by the Uxbridge Swim Club for the purposes of media reporting and to be used on the Uxbridge Swim Club website and social media.**

Please circle: YES / NO

Parent/Guardian Signature: \_\_\_\_\_

## PART B - UXBRIDGE SWIM CLUB ATHLETE CODE OF CONDUCT

### ❖ COMPLETE AND SUBMIT AS PART OF REGISTRATION PACKAGE

(the athlete responsibilities have been taken from the Swim Ontario Code of Conduct and Ethics Policy paragraph 11 with modifications in #4, #6 and #10)

Athletes will have responsibilities to:

1. Attend all practices punctually or let coaches know why you cannot attend. Report any medical problems in a timely fashion, where such problems may limit the athlete's ability to travel, train or compete;
2. participate and arrive on time, well-nourished and prepared to participate to one's best abilities in all competitions, practices, training sessions, events, activities, or projects;
3. Participate in appropriate swim meets and, in a meet, where a swimmer qualifies for finals, remain (or return) to participate in the final events;
4. adhere to Uxbridge Swim club rules and requirements regarding clothing and equipment - Arrive at practice with all necessary equipment for your swim level – swimsuit, goggles, fins, pull buoy, ankle band, snorkel;
5. be attired appropriately **with USC Team Wear** and with the necessary equipment (i.e., goggles, fins, etc.) **at all meets**;
6. at all times, including the use of all social media platforms, present oneself in a positive manner to all other athletes, members, coaches, and the general public;
7. show respect for, and cooperate with, meet management, pool management, team staff, fellow competitors, and people in authority positions within Uxbridge Swim Club, as required;
8. encourage other athletes to play by the rules and to resolve conflicts without resorting to hostility or violence;
9. never ridicule a participant for a poor performance or practice. Provide positive comments that motivate and encourage participants continued effort;
10. respect and show appreciation to all competitors, coaches, officials, and other volunteers who give their time to the sport; and,
11. be aware of and always abide by paragraph 7 of the Swim Ontario's Code of Conduct and Ethics Policy.

I realize that if I violate this Code of Conduct, I may be subject to disciplinary action that could include one or more, but not limited to the following:

- Verbal warning
- Written warning
- Athlete suspension from practices or competitions

By signing below, I agree to abide by and be subject to this Code of Conduct.

Athlete Name (printed):	Athlete Signature:
Date:	

For further information about expectations please review the Code of Conduct for Swim Ontario & Swimming Canada on Uxbridge Swim Club's website under Parent Information.

Swimming Canada Code of Conduct and Professional Ethics Policy

[https://www.swimming.ca/content/uploads/2018/05/2018\\_Swimming-Canada\\_Code-of-Conduct\\_FINAL.pdf](https://www.swimming.ca/content/uploads/2018/05/2018_Swimming-Canada_Code-of-Conduct_FINAL.pdf)

Swim Ontario Comprehensive Code of Conduct and Ethics

<http://www.swimontario.com/userfiles/file/Club%20Services/forms/2014-2015/Code%20of%20Conduct%20and%20Ethics.pdf>

# PART C - UXBRIDGE SWIM CLUB PARENT & VOLUNTEER CODE OF CONDUCT

## ❖ COMPLETE AND SUBMIT AS PART OF REGISTRATION PACKAGE

This Parent & volunteer Code of Conduct contains a condensed version of Swimming Canada, Uxbridge Swim Club and Swim Ontario's core values. It has been created to help ensure a safe and positive environment for swimmers, coaches, parents, volunteers, and officials. Accepting this Code of Conduct constitutes part of my athlete's registration.

### As a USC Parent and/or Volunteer I will:

1. Learn the rules of the sport and the policies of the Uxbridge Swim Club.
2. Be a positive role model for my/all USC Athlete(s).
3. Emphasize that doing one's best is more important than winning.
4. Give praise for competing fairly and trying hard.
5. Show respect to my/all athletes, other parents, volunteers, coaches, officials, and spectators regardless of nationality, national origin, religion, religious belief, political belief, economic status, race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender, gender identity, gender expression, age, marital status, family status or disability.
6. Not ridicule or yell at any athletes for making a mistake or losing a competition.
7. Not engage in any unsportsmanlike behaviour including booing, taunting, using profane language or gestures.
8. Not be under the influence or in possession of drugs, alcohol, or weapons at any practices, trips, or competitions.
9. Will encourage my/all athletes to play within the rules and spirit of fair competition.
10. Not use or condone the use of drugs or other banned or performance enhancing substances.
11. Not post anything on any social media site with the intent to insult, hurt, intimidate, or humiliate any swimmer, other parent, volunteer, coach, official or spectator.
12. Encourage my/all athletes to speak up, reach out and be a friend whenever they see bullying.
13. Encourage my/all athletes to be inclusive, promote team spirit, give encouragement and be positive to teammates.

### In addition, as a Parent I will:

1. Bring my child to practice on time. (Note: activation starts 15 minutes before practice)
2. Not force my child to participate in sports.
3. I will promote both my child's emotional and physical well-being.
4. I will inform the coach of any physical disability, illness or injury that might affect the safety of my child or others.

**I realize that if I violate this Code of Conduct, I may be subject to disciplinary action that could include one or more, but not limited to the following:**

- Verbal warning
- Written warning
- Prohibited from attending/spectating/participating in practices, competitions, and other USC events.

By signing below, I agree to abide by and be subject to this Code of Conduct.

Parent/Guardian/Volunteer Name (printed):	Parent/Guardian/Volunteer Signature:
Date:	

For further information about expectations please review the Code of Conduct for Swim Ontario & Swimming Canada on Uxbridge Swim Club's website under Parent Information.

Swimming Canada Code of Conduct and Professional Ethics Policy

[https://www.swimming.ca/content/uploads/2018/05/2018\\_Swimming-Canada\\_Code-of-Conduct\\_FINAL.pdf](https://www.swimming.ca/content/uploads/2018/05/2018_Swimming-Canada_Code-of-Conduct_FINAL.pdf)

Swim Ontario Comprehensive Code of Conduct and Ethics

<http://www.swimontario.com/userfiles/file/Club%20Services/forms/2014-2015/Code%20of%20Conduct%20and%20Ethics.pdf>