

# Wetaskiwin Olympian Swim Club



**2019 Handbook**

## **WETASKIWIN OLYMPIAN SWIM CLUB**

Welcome back to another great season of summer swimming in Wetaskiwin and a special welcome to all of the new families!

The Wetaskiwin Olympian Swim Club (WOSC) operates a summer swim skill development program in an enjoyable and effective atmosphere. It is swimmer centered, team based, and parent supported.

WOSC is a non-profit organization operating under the direction of a volunteer executive. The Head Coach directs club programs while the Executive directs administration, policy, and operational activities supporting the program. The ongoing success of the club depends on the teamwork, dedication and supporting efforts of all involved.

Swimmers learn the basic strokes of speed swimming: Freestyle, Backstroke, Breaststroke, Butterfly and Medley which is comprised of all four strokes. Races vary in number of pool lengths and may be individual or relay. Aspiring competitors gain instruction and experience necessary to qualify for meets through certified coaches provided by the Club. Swimmers are taught proper stroke mechanics and style, flip or tumble turns, racing starts, and proper technique to prevent disqualifications at a meet.

The Wetaskiwin Swim Club is a member of Region C with the Alberta Summer Swim Association (ASSA). Members are encouraged to attend competitive swim meets in the surrounding area on weekends as well as the Regional Swim Meet in early August. Swimmers compete with others in their own age group while striving to beat their times and improve their technique. Team spirit is a huge element of the success of our Club, and it is very important for swimmers to attend meets to support their team members in their own individual events as well as to form team relays. Individual swimmers and relay teams who place first or second in any event at Regionals will advance to Provincials in either Edmonton held later in August.

### **Objectives**

- To provide a healthy, competitive environment in which all club members have the opportunity to train at a level that matches their ability.
- To focus attention and effort on the growth and development of each individual.
- To develop, within each swimmer, a positive self-concept through a program based on self-improvement.
- To foster a spirit of cooperation and good sportsmanship within the swim club.

## Membership Qualifications

1. All members must have completed a registration form online and supplied their AHC number.
2. All fees must be submitted by date due; post payment arrangements can be made during registration in compliance with the post payment dates. Failure to pay fees may result in suspension of member privileges and services.
3. Casinos are held every third year they are while they are not a requirement for joining WOSC, but should you choose to work a casino shift you may receive a \$100 credit towards your registration costs after the casino shift has been worked. All Casino rules must be adhered to and all Casino workers must be 18 yrs. or older.
4. Parents must agree to keep informed of what the club is doing by reading their emails/checking the website and checking the notices on the WOSC Bulletin Board at the swimming pool.
5. Parents agree to help at the WOSC home meet and at other meets that their children attend. (Sign-up will be posted on the WOSC website.)
6. Swimmers must be signed up for swim meets by the deadlines posted on the bulletin board. The deadline to withdraw from a swim meets is normally the Tuesday of the week prior to the meet, but the deadline is subject to change and will be posted on the sign-up sheet. Swimmers who sign up and fail to withdraw before the deadline or fail to show up to the meet will be billed the swim meet fee.
7. Parents and swimmers agree to the Code of Conduct and Expectations along with Swim Alberta Code of Conduct and Ethics (click [here](#) )
8. Parents and swimmers agree that there will be a two-week assessment period at the beginning of the season in order for coaches to assess the abilities of all swimmers. Swimmers will be placed in the program most appropriate for them. This may mean that your child's swimming times or days may change.
9. Members need to be at a level 4 or higher in the Red Cross swim lessons at the beginning of the season to join the main pool program. (Swimmers can be assessed at the Manluk Centre and are responsible for covering the associated fee. This fee will be your own responsibility to pay)

**NOTE: The registration fee is refundable, (minus the \$ 60.00 administration fee) if you cancel your membership before the end of the second full week of swimming practices. After that date, if a swimmer leaves the program before the end of the season or misses a number of practices because of going away on vacation, etc. registration fees will not be refunded. The only exception to this may be when a swimmer has to leave for medical reasons and this will be determined on an individual basis by the executive.**

## Parent Code of Conduct

1. I will familiarize myself with, and adhere to, all rules and regulations in the Club Handbook.
2. I will keep current on what's happening in the Club by regularly reading notices on the Club Bulletin Board or on the website.
3. I will be responsible for ensuring that my swimmer adheres to their Code of Conduct and Expectations, along with the Swim Alberta Code of Conduct and Ethics (click [here](#))
4. I will not force my child to participate in swimming. I will remember that my child swims for his/her enjoyment, not mine. However, if my child chooses to be a member of the WOSC, I will encourage her/him to attend as many practices and meets as she/he can and participate in club and fundraising activities.
5. I will teach my child that doing one's best is as important as winning so that he/she will never feel defeated by the outcome of the competition. I will make my child feel like a winner every time by offering praise for swimming hard and competing fairly. I will never ridicule or yell at my child for making a mistake of losing a race.
6. I will encourage my child to resolve conflict without resorting to poor behavior.
7. I will remember that children learn by example. I will applaud good performances by both my child's team swimmers and competing team swimmers. I will never question the official's judgment or honesty in public. If I see, or my child reports, an upsetting incident involving another swimmer, I will bring it to the attention of the Coach/Parent Liaison. I will not confront the swimmer or their parent(s) about the incident.
8. I will support all efforts to remove verbal and physical abuse from swimming practices and competitions. Swim Alberta has zero tolerance for this behavior.
9. I will respect and show appreciation for the volunteers who give their time to swimming for my child.
10. I will allow coaches to do the coaching. I will not converse with them during practices or meets.
11. If I wish to discuss something with them I will arrange to do so before or after practices or meets. I will direct any coaching concerns or complaints to the Coach/Parent Liaison in written form.
12. I will stay off the pool deck during practices and meets unless I have been requested to do a specific job there. For insurance purposes, parents are not allowed on deck.
13. I will participate in fundraising activities and work at club meets.
14. I will also follow the Swim Alberta Code of Conduct and Ethics (click [here](#) )

## The WOSC Philosophy

“To promote the sport of competitive swimming through regularly scheduled competitions, thereby developing team spirit, sportsmanship and self-confidence.”

### 1 Expectations of Swimmers

- 1.1 To obey all rules and regulations of the club and coaches.
- 1.2 To be on time for practices and competitions.
- 1.3 To be encouraged to participate as a team member in competitions.
- 1.4 To register online for the meets they wish to attend. .
- 1.5 To attend practices.
- 1.6 To wear a WOSC swim cap to competition.
- 1.7 To wear a swim cap during practice.

### 2 Expectations of Parents

- 2.1 To participate in fundraising activities.
- 2.2 To volunteer at club meets.
- 2.3 To encourage their children to participate in all club activities. (i.e.: practices, fundraising, meets, etc.).
- 2.4 To allow the Coaches to do the coaching. Comments and complaints are welcome, but through the Coach/Parent Liaison and after the practice or meets only.
- 2.5 To agree not to be on deck unless asked specifically by the Coach.
- 2.6 To confirm swim competition via the sign up form on our website

### 3 Expectations of Coaches

- 3.1 To follow the directives of the club executive.
- 3.2 To have a training program outline.
- 3.3 To carry out the program or arrange for a competent and qualified substitute.
- 3.4 To communicate with the Coach/Parent Liaison for any comments or complaints.
- 3.5 To encourage full participation in practices and meets.
- 3.6 To prepare swim meet entries.
- 3.7 To attend swim meets as arranged within your contract.
- 3.8 To take responsibility for poolside discipline.

### 4 Club Policies

- 4.1 Swimmers are to be notified via website/email of all upcoming meets and will also be responsible to sign up for meets, with the approval of their parent/guardian.
- 4.2 Inappropriate or disruptive behavior by the swimmer or parent at practice or a competition can result in a suspension of member services.
- 4.3 We encourage all members to attend all practices and meets.
- 4.4 Swimmers must notify the Coach or an executive member in writing via email if they must withdraw from a meet. Swimmers who do not withdraw before the appointed date or do not

show up to the meet will be invoiced the swim meet fee.

- 4.6 All swimmers will wear a WOSC swim cap at competitions.
- 4.7 Swimmers and their families are encouraged to participate in all club fundraising activities.
- 4.8 If a swimmer is not following the Code of Conduct the swimmer could be removed from the club by the WOSC Executive Committee.
- 4.9 In the event that a major infraction occurs such as theft, violence, or abusive behaviors, a meeting shall be called with the involved individual(s), Parent(s), Coach/Parent Liaison, and Coach where consequences shall be put in place.
- 4.10 If a meeting is called due to a disciplinary matter, the swimmer will not be permitted in the pool or on deck until a meeting has been held, where the issue was been dealt with and consequences and conditions have been satisfied.
- 4.11 Should a major issue occur that cannot be resolved between the coach, Coach/Parent Liaison, and parent(s), the matter will be brought to the attention of the WOSC Executive Committee.

## 5 Rules

- 5.1 All swimmers will respect and follow all instructions from Coaches.
- 5.2 Swimmers will be sent to the showers by the Coaches if their behavior in the pool becomes unruly, unmanageable or if they are not training as per Coach's instructions.
- 5.3 Each swimmer is encouraged to have a pair of goggles, a cap, fins, flutter board, pool buoy and a water bottle. Bring them to every practice and meet. **Label your belongings.**
- 5.4 Swimmers are responsible for making sure they have adequately stretched or warmed up at a meet.
- 5.5 Pushing or throwing a member in the pool at a practice or meet is an automatic suspension for the practice or meet.
- 5.6 Any questions or concerns can be presented to the Coach/Parent Liaison in writing via email at [wetaskiwinolympians@gmail.com](mailto:wetaskiwinolympians@gmail.com)
- 5.7 Swimmers are responsible for making sure they are on deck 10 minutes before their event at a swim meet.
- 5.8 Swimmers are responsible for keeping the deck tidy and looking after their own belongings.
- 5.9 Swimmers are responsible to be on deck 5 minutes prior to practice starting to warm up.

***You will be signing an acknowledgement of the Wetaskiwin Olympian Swim Club Philosophy, Expectations, Policies and Rules on your application. Please read them carefully, making sure your swimmers learn and obey the rules.***