



AGM MEETING

MAY 9, 2017

5:00 P.M.

ALLEN & JEAN MILLAR CENTRE

BOARD ROOM

VERY IMPORTANT MEETING...

ALL PARENTS OF SWIMMERS

MUST ATTEND

**Whitecourt Blue Dolphins Swim Club
Registration Form**

Registration Fees: ½ hour \$325.00 - 1 hour \$370.00 – 1 ½ hours \$425.00

Note: The cost of the team swimsuit and practice cap are included in the registration fee.

Name: _____ Phone: _____
Last First Middle

Address _____

Town _____ Province _____ Postal Code _____

Date of Birth _____ Age on Apr 30 _____ Male _____ Female _____
(Month/Day/Year)

AHC # _____ ASSA # _____

Parent/Guardian information:

Mother/Guardian _____ H# _____ C# _____

Email _____

Father/Guardian _____ H# _____ C# _____

Email _____

Emergency Contact: (Not a parent listed above, must be a secondary contact in case parents cannot be reached)

Name: _____ H# _____ C# _____ Relationship: _____

If you require more room for either Parent/Guardian information or emergency contact information please write on back of paper.

Medical conditions concerning Participant: _____ Water Fears or Concerns: _____

Red Cross level completed: _____ Can swimmer swim two (2) lengths of the pool? _____

Will your Child be attending Regionals? _____

Was swimmer registered with club in previous years? _____ What year? _____

Volunteer Hours for 2017: A \$100.00 Cheque (per family) made payable to the Blue Dolphins Swim Club, must accompany the registration forms. This cheque will be cashed should the hours not be fulfilled. A listing of available hours will be provided when an articulated list can be determined based on the needs of the club. Members of the board will be allowed to use those hours towards their obligation.

Fundraising for 2017: This is not a Casino year. We intend to hold two fundraisers this year. One will be selling tickets for a travel voucher and one will be a 50/50 draw at our Whitecourt Swim Meet. These fundraisers will not count towards volunteer hours. Fundraising is a vital function of keeping fees low and therefore manageable for parents. A \$100.00 Cheque (per family) made payable to the Blue Dolphins Swim Club, must accompany the registration forms for fundraising fulfillment. This cheque will be cashed should the fundraising obligation not be fulfilled.

Parent/Guardian Signature _____ Date _____

.....*For Office Use Only*.....

Registration fee paid: Chq _____ Cash _____ Chq# _____ Volunteer: Chq _____ Chq # _____ Fund Raising: Chq _____ Chq # _____

Registration Fees: ½ hour \$325.00 - 1 hour \$370.00 – 1 ½ hours \$425.00

Date Received _____ by Whom _____ ASSA Registration Number - _____

Whitecourt Blue Dolphins

**The Blue Dolphins is a family oriented club.
It is your assistance that makes this club successful.
Without parental support the club could not go on.**

Please choose at least one position that you would be willing to assist with this season.

Board of Directors: The Board of Directors meets approximately once a month starting mid February until the end of the swim season. There is an occasional meeting through the winter months.
Come and have a say in the direction of the Swim Club.

This is NOT a CASINO year.

Positions available are:

President _____ Vice President _____ Secretary _____ Treasurer _____
Registrar _____ Coach Liaison _____ Officials Chairperson _____
Swim Meet Manager _____ Fun Meet Coordinator _____ BBQ Coordinator _____
Publicity Coordinator _____ Ribbons & Medals for Meet _____
Trophies for Year End _____ Donations _____ Phoning Committee _____
Bulletin Board & Trophy Case _____ Swim Suit Coordinator _____

You say you can't make it to monthly meetings then how about volunteering to assist the Coordinator. Assistance is always needed for the following positions:

Swim Meet _____ Fun Meet _____ BBQ _____ Donations _____ Phoning _____ Swim Suit _____

The Alberta Swim Association offers courses for parents who wish to become more involved in the Swim Meets. If you would be interested in attending one of the following courses, these courses are held locally if enough interest is shown.

Timers _____ Starters _____ Stroke/ Turn Judges _____ Computer _____ Clerk of the Course _____ Chief Finish Judge _____

At the local Swim Meet at least one person per family is expected to assist. In order to prepare you to time or assist with the running of the meet a Level 1 Officials Course will be held before the meet.

At least one Adult per family is expected to attend. Date to be announced.

Thank you for your involvement and commitment to supporting your child's team!

Name Please Print Phone Number

Email Date

Please return this form with Registration forms

WHITECOURT BLUE DOLPHINS PARENT'S INFORMATION SHEET

WELCOME TO A NEW SWIM SEASON!

The following information sheet has been put together in hope that you, as a parent, will breathe easier, understand more, therefore enjoying, participating and contributing to an effectively run club.

The Whitecourt Blue Dolphins are in the B Region and compete at invitational swim meets on weekends throughout the season against summer Clubs in the same region.

Invitations are received by our club to attend and swimmers names must be forwarded to the Club by a specified date.

Swimmers or parents **MUST** notify the Coach or Assistant Coaches if they are attending an upcoming meet by signing up on the meet sheet located in the viewing area on the upper deck. **Coaches need time to prepare for events for swimmers and utilize those who are attending to form relay teams.**

Please notify Coaches if your child has to miss a meet at least 48 hours in advance. Note that a Scratch Fine of \$1.00 per event per swimmer may be levied, payable to our Club.

A Swim Meet is a competitive competition where swimmers race against others of the same sex and age group in individual events and **team relay events.**

A meet is held in the Hosting Club's Town and is scheduled in the order of events that the Host club chooses, adding or eliminating events depending on time constraints.

Swim Meets always start with an early morning Warm-Up on the meet day. It is very important to have the swimmers on time for stretching and warm-up, so they are prepared and have time to get a feel for the pool, blocks, stroke flags, etc.

Each Club sits in a Designated Area of the Pool Deck. Swimmers should remain in the area so they are ready for their upcoming swims. Games, books, etc are recommended so the swimmers have some activities to pass time as they wait. Parents must sit in the Spectator Areas and there is one parent designated to the swimmers at the parent monitor. Swimmers must report to the area upon arriving at the pool to let a Coach know they are there.

During the course of a meet, a series of race events take place. Swimmers are called (marshaled) to the Clerk of Course Desk in the Marshaling Area by their sex/age group and event to pick up their lane cards. Youngest swimmers are first in each event.

Two types of seeding are utilized; wave seeding being the most commonly used.

Seeding means the swimmers are categorized to race against other swimmers of approximately the same speed. Slowest swimming times enter Heat 1 then continue 2 - 3 as the swimmer's times become faster.

A Heat usually consists of 3 or more swimmers with the maximum being the number of lanes in the pool.

Heat Sheets can be purchased from the Host Club to indicate placing of swimmers and to act as a program for the clubs.

Lane assignment is based on entry times as well, with the fastest times taking the inside lanes then continuing outwards.

Swimmers move up a bench as the race progresses, until they are the next to swim. At this time they walk behind the Starting Blocks (Diving Platform) area of the lane indicated on their card and give their lane card to a Card Runner or a Timer. At this time the swimmer should be prepared with swim cap and goggle in place.

Swimmers then move to the floor directly behind their block to await the Referee's command of "Mount Your Block" or a whistle sounding with an upward motion of the Ref's hand.

Swimmers rise onto the block standing on the back portion. The Ref will then blow a whistle and point to the Starter. The Starter will then give the command of "**Swimmers Take Your Marks**" at which time the swimmer moves to the front portion of the block holding a start (dive) position until a Starting Pistol fires or an Electronic Starting Beep Signals the start of the race.

Swimmers **MUST** hold this stationary position until the start begins. Leaning forward or jumping the gun is considered a False Start and means the swimmer will be disqualified.

Timing stops when the swimmer completes the distance of the event, touching the wall or edge of the pool. **Appropriate Touches and Turns MUST** be used by the swimmer to correspond with the stroke as well as **Proper Kick and Pull** to avoid Disqualification by the Stroke and Turn Judges.

Swimmers remain in the water pulled close to the edge and off to one side while the next race starts in all except the 25m and backstroke events. Swimmers then exit the water after those swimmers dive. Swimmers may at this time qualify for an "**I Beat My Time Ribbon**" and could ask the Timers for their unofficial race time to tell their Coach.

Computer Results are posted listing the competitors overall placing in each event. Results are also posted after the swim meet on the ASSA website.

Lunch Breaks vary according to progress of Meet. It is very important that swimmers eat a light, non-greasy meal on meet days. Providing small snacks such as fruit, yogurt, etc. to eat between races is fine providing that the swimmer does not over indulge.

Officials, Timers, and other Meet volunteers wear White bottoms and Navy tops at Meets to be seen on deck. Parents and other swimmers should not be near the poolside so as not to interfere with their duties.

It is vital to have parent participation for timing and other events held by the Club to obtain the goals and aspirations that the Team Motto dictates.

The Team of Parent and Child is most important. We hope that everyone will have fun and share in the accomplishments and progress of their own child (ren) as well as other club members involved in the challenging and rewarding sport of Amateur Swimming. It is highly recommended that parents help in the local swim meet as well as out of town meets.

Together Everyone Achieves More

Notice for Outdoor Meet:

Re: Stony Plain and Devon: Outdoor Meets, mean outdoor pools. Tarps, umbrellas, small tents, extra towels, blankets, spare warm clothing and socks will be required if the weather brings **RAIN**. Sunscreen, sunglasses, hats, extra nutritious drinks are required if the weather is **HOT and SUNNY**.

For any meet it is advisable to bring lawn chairs. **Well Labeled** - towels, blankets and clothing. Lock for change room lockers, money for lockers or a sports bag to keep possessions safe in Team area. Please **DO NOT** wear valuable jewelry.

MISSION STATEMENT

The Whitecourt Blue Dolphins Swim Club recognizes that the ultimate aim of competitive swimming is to develop the abilities of individuals in order that they might fulfill their personal aspirations while making a positive contribution towards the swim club.

SWIM CLUB PHILOSOPHY

The Whitecourt Blue Dolphins Swim Club is committed to teaching and promoting the sport of competitive swimming through regularly scheduled practices and swim meet competitions in an environment which is safe, caring and challenging. We will strive to develop the competitive swimmer self-discipline, self-confidence, sportsmanship and team spirit.

CLUB MOTTO

The Whitecourt Blue Dolphins Swim Club subscribes to the Fair Play Philosophy that emphasizes the following

- * respecting the rules of the game
- * respecting officials and accepting their decisions
- * respecting the opponent
- * providing similarly situated participants with equal opportunities
- * maintaining dignity under all circumstances

ELIGIBILITY FOR MEMBERSHIP

The Club reserves the right to change admission requirements from year to year. Factors such as the availability of coaching staff, pool time and the mix of swimmers in the Club may vary from year to year and impact admission requirements.

Successful participation in the Club requires:

- * demonstrated swimming ability
- * maturity to accept coaching
- * stamina to participate in training sessions

The following admission requirements should be used by parents as guidelines for deciding whether to register their children with the Club:

1. Ability to swim 1 length of the pool at the start of Rookie week and 2 lengths of the pool by the end of Rookie week subject to the Executive's decision for each individual.
2. Demonstrate an effective level of maturity in a group learning environment.
3. Satisfy the coaching staff that the swimmer is ready to become an effective member of the Club.
4. Requirement 3 is a probationary period for the protection of the Club to ensure safety, harmony and satisfactory learning environment for all swimmers. The probationary period is the first week (Registration Week) and the first week of regular swim practice. This must include full participation in training sessions.

The procedure for notification of failure to meet admission requirements is as follows:

1. The Head Coach will make a recommendation of withdraw of a swimmer to the Executive of the Club.
2. The Executive will designate one of its members to discuss the, withdraw, with one or both of the parents of the swimmer.
3. If the parents object to the withdrawal, the designate will advise the President of the Club who shall convene a meeting of the Executive and provide the parents with the opportunity to explain their objection. The parents will also have the opportunity of hearing the basis for the recommendation from the coaching staff. The Executive will then make a decision with respect to withdraw or retention, either with or without conditions, which decisions shall be final and binding.

REFUND POLICY

Refunds for swimmers will be reviewed on an individual basis by the Board of Directors when a written request is presented to the treasurer. Refunds will be prorated for the portion of the swim season not completed less ASSA swim fees. Refunds will be allowed for medical reasons or moving out of the community.

EXPECTATIONS OF SWIMMERS

- Strive to have fun.
- Practice the Fair Play Philosophy.
- Try to improve individual swimming ability and performance.
- To attend and be on time for scheduled practices and swim meet competitions.
- To practice good dietary habits.
- Participate as a team member in swim meet competitions.
- Seek assistance of coaching staff for theory and technical swimming advice.
- To find out details of swim meets and notify the Head Coach or Assistant Coaches as to the swim meets they wish to attend by the posted deadlines.
- Each swimmer is encouraged to purchase and wear pair of swim goggles.
- Each swimmer is expected to label their belongings.
- This is a swim club that helps each swimmer with their own level of commitment.
- No swimmer is obligated to attend all swim meets, but is encouraged to attend as many as possible.
- No swimmers are obligated to attend all practices, but are encouraged to attend as many as possible.

EXPECTATIONS OF PARENTS

- To keep informed of all swim club activities by reading newsletters and checking the communication board at the swimming pool.
- To participate in swim club activities, work at swim meet competitions, contribute towards fund-raising efforts and at least one parent must complete Level 1 Official Clinic.
- To meet any other swim club obligations as deemed necessary by the Executive.
- To encourage their children to participate in all swim club activities, i.e., practices, fund-raising, swim meet competitions, and to reinforce the rules and philosophies of the Club.
- To allow the coaches to do the coaching - comments are welcome, but after the practice or meets and only through the Coach Liaison. This must be done by written request and after a 48 hours waiting period.
- All scratches must be in 48 hours prior to all swim meet competitions. Failure to do so may result in an automatic fine of \$1.00 per event per swimmer. The Executive reserves the right to waive this penalty in the case of an emergency.
- To notify the Coach or Assistant Coaches if your child has to be scratched from a meet at least 48 hours in advance.

DISCIPLINE POLICY

1. Positive behavior and conduct are expected of all swimmers.
2. Pushing or throwing anyone in the pool at a practice or a meet is a serious offense and will be dealt with by the coaches.
3. Coaches will send swimmers to the showers if they are off task or not training as per the Coaches' instructions.
4. Swimmers are responsible for making sure they are adequately prepared prior to practice and at swim competitions.
5. All swimmers will obey all reasonable instructions from any coach and any pool staff members.
6. Swimmers' complaints or questions may be taken up with the Head Coach or Executive.
7. Swimmers are responsible for being on deck 10 minutes before their event at a swim meet competition.
8. Swimmers are responsible for deck tidiness and looking after their own belongings. (This is a must!!)
9. Automatic suspension from practice or meet for the following offenses:
 - *physical harm - *swearing - *disobeying - "throwing items - "stealing - "damaging pool or personal property
 - "habitual disruption of practice or meets - "disrespect of others.
10. Swimmers, Coaches and Parents are subject to the rules and regulations of the facilities in which practices and swim meet competitions are held.
11. Parents are asked to remain in the spectator area during practices or swim meet competitions unless requested to be "on deck" by the coaching staff, or unless working "on deck" as a timer or an official.
12. If a swimmer misses a relay and causes the team to be scratched, they may not be selected for further relay teams
13. All swimmers are eligible to swim on relay teams at the Head Coaches discretion. An attempt will be made to include all swimmers equally during the first of the season. The Coaches will choose the relay teams for the final relays of the season based on each swimmers competitive ability.
14. The Executive reserves the right to render further disciplinary action for severe or repeated violation (i.e., withdrawal of membership privileges).

PARENTAL SUPPORT - THE KEY TO PEAK PERFORMANCE

The role that parents play in the life of an athlete has a tremendous impact on their experience. With this in mind, we have taken some time to copy some helpful reminders for all of us as we approach the upcoming season. If you should have any questions about these thoughts, please feel free to discuss it with us, the coaches.

1. Support the program. Get involved. Volunteer; Help out with fundraisers, time swimmers at practice, and offer to count lengths, car pool, anything to support the program.
2. Let the coaches' coach. Leave the coaching to the coaches. This includes motivating, psyching your child for practice, after swim critiquing, setting goals, requiring additional training, etc. you have entrusted the care of your child to these coaches and they need to be free to do their job.
3. Be your child's best fan. Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should never have to perform to win your love.
4. Support and root for the whole team. Foster teamwork. Your child's teammates are not the enemy. When they are swimming better than your child, your child may have a wonderful opportunity to learn.
5. Do not bribe or offer incentives. Bribes will distract your child from properly concentrating in practice and competition situations. Athletes need to focus on achieving personal goals.
6. Encourage your child to talk with the coaches. If your child is having difficulties in practice or can't make a practice etc. encourage them to speak directly to the coaches. This "responsibility taking" is a big part of becoming an athlete.
7. Understand and display appropriate sport behavior. Remember, your child's self-esteem is at stake. To perform to the best of his or her abilities, an athlete needs to focus on the parts of the sport that they can control (fitness, positioning, decision making, skills, etc.) If he/she starts focusing on what he/she cannot control (the condition of the water, the officials, the weather, the opponent, even the outcome of the race at times) he/she will not compete to his ability. If he/she hears a lot of people telling him/her what to do, or yelling at the officials, it diverts his/her attention away from the task at hand.
8. Monitor your child's stress level at home. Keep an eye on the athlete to make sure that they are handling stress effectively from the various activities in their lives.
9. Monitor eating and sleeping habits. Be sure your child is eating proper foods and is getting adequate rest.
10. Help your child keep his/her priorities straight. Help your child maintain a focus on schoolwork, relationships, and the other things in life besides swimming. Also, if your child has made a commitment to swimming, help him fulfill his obligations to the team.
11. Reality test. If your child has come out of the pool when he or she or his team has lost, but he or she has done their best, help him/her to see these as a "win". Remind him that he is to focus on "process" and not just the "results".
12. Keep sport in its perspective. Sport should not be larger than life for you. If your child's performance produces strong emotions in you, suppress them. Remember your relationship will continue with your child long after their sport days are over. Keep your goals and needs separate from your child's experience.
13. Have fun. That is what we will be trying to do! We will try to challenge your child to reach past their "comfort level" and improve themselves as an athlete, and thus, as a person. We will attempt to do this in environments that are fun yet challenging. We look forward to this process. We hope you do too!

Sincerely
WHITECOURT BLUE DOLPHINS COACHING STAFF

Whitecourt Blue Dolphins Swim Meet Check List

10 or more days prior to Meet

Consult with Coach on what events you will be swimming

1 Day prior to Meet

Pack your meet swim bag and get to sleep on time

The Day of the Meet

Go over the check list before you leave the house

Check in with your Coach when you arrive at the meet

RELAX

You have trained hard for this day and now you deserve to enjoy it and

HAVE FUN!

SWIM MEET BAG CHECK LIST

<p>Use a waterproof bag Label all your items Swimsuit/Goggles/Swim cap (plus spares) T-Shirt Deck Shoes Towels/Blanket/Sleeping bag (plus spares) Water Bottle Warm-Up Suit Lunch (yogurt, muffins, cheese, fruit) Book or small game</p>	<p><u>Possible Additions for Outdoor Pools</u> Sunscreen/Repellent Hat Shorts Sunglasses Beach Umbrella Deck Chair Small Tent Tarp/Awning Lots of Bottled Water</p>
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Swim Meets are wet environments. If it is not meant to get wet please don't assume it won't. This includes clothing, bedding and electronics!!

Security at a swim meet is non-existent. Please be sure that you and your swimmer are aware of this. This has not been a serious problem in the past but it is something we should all be aware of.

