

**Trail Stingrays Swim Club
Summer 2013 Manual**

Index:

Important Dates.....1
Executive, Committees & Coaches.....2
President’s Note.....3
Coaches' Note.....4
What Is A Parent/Coach Liaison and New Parent Liaison?.....5
The Stingrays Swim Club..... 7
What Division Am I?/Age Cut off Dates..... 8
Kootenay Region Codes of Conduct..... 9-11
BCSSA Harassment Policy.....11
The Parent Contract.....11
All You Wanted To Know About Swim Meets.....13-14
Grand Forks “B” Meet..... 14
What It Takes To Run A Meet.....14
Meet Officials.....15-16
Provincials..... 17
Will I get to the Provincials?.....17

Important Dates

Registration: Wed April 15 Trail Aquatic Centre 5:00-7:00pm
 Summer Season starts April 29th 2013 Trail Aquatic Centre
 Year End BBQ & Awards Ceremony: (date in August) Warfield Community Hall 5:30-8:00pm

Regional Swim Meets:

<i>Location</i>	<i>2013 Events</i>	<i>Dates</i>
TBA	Boot Camp	2014
Castlegar?	Swim Camp	May 18 or 25, 2013?
Castlegar?	Officials training camp	May 18 or 25, 2013?
Nelson	“A” Meet (6 Event Timed Finals)	June 1 & 2 not confirmed
Grand Forks	‘B’ Meet (4 Event Timed Finals)	June 8, confirmed
Trail	“A” Meet (4 Event Heats And Finals)	June 15 & 16?
Creston	“A” Meet (6 Event Timed Finals)	June 22 & 23, confirmed
Colville	“A” Meet (6 Event Timed Finals)	July 6 & 7, confirmed
Castlegar	“A” Meet (4 Event Heats And Finals)	July 13 & 14, confirmed
Kimberley	“A” Meet (6 Event Timed Finals)	July 27 & 28 Confirmed
Nelson – confirmed, pool booked	KO Regional Championship	August 3 & 4
Coquitlam http://www.coquitlamsharks.org/provincials-2013-coming-	BCSSA Provincial Championship	Aug. 12-18

[to-coquitlam](#)

2.

Executive, Coaches & Committees 2012-13

President	Billy Merry	250 362-9105	billy.merry@amec.com
Vice-President	Meridyth Robertson	250 364-0335	tworevs@shaw.ca
Treasurer	Ron Clark/JBS Business Services		
Secretary	Sheree Czechowski		sher_ac@hotmail.com
Coach Liaison	Allison Merry		acmerry@telus.net
Director of Apparel	Rhonda Theobald		rhondaontheroad@hotmail.com
Director of Communication	Lesley Beatson		lesleybb@telus.net
Director of Officials	Meridyth Robertson		tworevs@shaw.ca
New Parent Liaison	Barb Billingsley		thedoorway@shaw.ca
Club Registrar	Cody Dunham		codygd@telus.net
Meet Manager	Meridyth Robertson		tworevs@shaw.ca

Coaches:

Co-Coach	Samme Beatson		samanttamonique@hotmail.com
Co-Coach	Amanda Macasso		amanda.macasso@hotmail.com

Committees

Fundraiser	Becky Pitman		timbeckto@telus.net
Grants	Cody Dunham		codygd@telus.net

website: www.trailstingrays.ca
facebook.com/trailstingrays

President's Note

Message from the President: Welcome to our team! We, the Trail Stingrays Swim Club have been developing successful swimmers in the Trail Area for more than 40 years. Our goal is not only to teach swimming skills that will make you a great swimmer for life, but also to promote learning through team and individual sport activity for the youth of our community to help create responsible, healthy adults.

My Mission is to "provide the young people of our community with a positive training environment where they have the opportunity to reach their greatest physical, intellectual, social and emotional potential through competitive swimming." Our coaches teach time management skills, and how to set and achieve goals. Swimmers learn how to accomplish goals even if there are setbacks. These skills help our swimmers not only in swimming but also in school and in life. Our inclusive team works to build positive self-esteem and social skills.

The Stingrays Coaching strategy is to mentor Stingrays swimmers into coaches. The older swimmers act as mentors for the younger swimmers, both in swimming and in life. In turn the younger swimmers act as mentors to the beginning swimmers. We emphasize team camaraderie and spirit, giving the youth of our community a positive team to belong to and identify with. We teach our swimmers to deal with adversity and success. We teach personal accountability and promote a positive self image. Children often go through turbulent times as they grow older and our team provides a safe place where they can mature and find their identity.

We are a unique club playing a unique role in the development of life skills for our children.

Welcome! Billy Merry,

President, Stingrays Swim Club

4.

Coaches Note

Samme Beatson:

A message from Samme:

Hello Everyone!

I am very glad to be back in the Kootenays and even more excited to be coaching the Stingrays once again! I am looking forward to coaching swimmers who are new to the club, as well as the familiar faces from last year.

*Come out and have some fun while improving swimming technique and fitness!
I hope to see you at registration.*

*Cheers,
Samme*

Amanda Macasso:

Hello everyone!

My name is Amanda Macasso and I am thrilled to be coaching the Stingrays this summer! I am a former Stingray myself and I am very excited to give this year's swimmers the same experience I had with the club that inspired my passion for swimming! I cannot wait to get this season started and meet all the swimmers and have a fit and fun summer together! See you all at registration,
Amanda

5.

Parent Coach Liaison/Job Description

The role of the parent/coach liaison is to support the children through the effective communication of issues and concerns from parents to coaches and from coaches to parents. The Stingrays Swim Club has learned through experience that is very beneficial to have an individual communicate issues between parents and the coaching staff.

This communication allows parents the opportunity to share their concerns openly with a neutral body. It further allows for the coach liaison to provide the facts and details of the programs and services expected from the Club and coaching staff to parents.

From the coaching perspective, a parent/coach liaison can neutrally share the coaches perspective with the parent. It also frees up coaching time, allowing coaches to attend to the needs of the children.

Parents are requested to confidentially discuss their coaching concerns with the parent/coach liaison.

The issues will be discussed with the head coach; that discussion will then be shared with the parents(s). If need be, a meeting can be called with all parties to address the issues. It is hoped that the role of the parent/coach liaison will serve as a means to support all our children.

New Parent Liaison/Job Description

The role of the New Parent Liaison is to show the new Stingray families how our organization is run and what is expected of them as parents of new swimmers.

Most of the general information about our club is on the Stingrays home page www.trailstingrays.ca New parents will need to know how much swimming will cost, what type of swim suit to wear and where to purchase it. What division your child goes into and how children are divided into divisions based on age and where these age cut offs are. Where to find the swimming schedule, when will the meets be and where? What to bring to a meet? Why you need a program to follow a swim meet. What is the Code of Conduct? Why it is so important for parents to volunteer at swim meets. What is a DQ?

In the Spring at registration night when we have a group of new members it would be advised for the New Parent Liaison to talk with the parents right at this time to fill them in on the basic information. As the season progresses and new questions come up the New parent Liaison should be available to answer questions or find someone in the club help them to answer the questions of the new members.

Who We Are?

The Stingrays Swim Club is a summer swim club for kids from Trail, Beaver Valley, Warfield, Rossland and area. We are a registered non-profit society run by parent volunteers. The purpose of our club is to promote competitive speed swimming in the Greater Trail area. A team of experienced coaches is hired to train the kids. Funds to pay coaches salaries and pool rental are raised through the registration fees, donations and other activities. The swim team program runs from May through July at Trail's Aquatic Centre and the Warfield Pool. The Stingrays Swim Club is registered with the British Columbia Summer Swimming Association (BCSSA).

The BCSSA exists to promote, encourage, and develop an individual's capacity to achieve excellence and life skills through participation in competitive aquatic activities.

Speed swimming is the largest aquatic component of BCSSA competition and includes Freestyle, Backstroke, Breaststroke, Butterfly, Individual Medley and Relays. Competitors are separated into seven divisions based on age.

Helping Children Develop Athleticism

The Stingrays Swim Club can give your child some of the most positive experiences they will ever have. Sports can and should be an important part of growing up. Taking part in a well run sports program helps a child:

- develop a love for physical activity
- develop respect for fair play
- improve physical fitness
- gain pride in personal achievement
- develop social skills
- enjoy sports skills that can last a lifetime

Having fun is the key to good sports clubs. Athletes have fun when they are challenged by activities at which they succeed. Helping athletes choose the right sport involves ensuring their needs are met when they seem ready to join, such as wanting to be involved with the sport.

For over 40 years the Stingrays Swim Club has been teaching kids new strokes, stroke improvement and competitive swimming techniques in a fun and supportive atmosphere, building strength and confidence.

Who Can Join?

Anyone who can swim 1 length of the pool.

Why Should You Join?

To become an excellent and strong swimmer.

To have fun.

To become physically and mentally fit.

To have fun.

To learn competitive swimming techniques and motivational tips.

To have fun.

To cross train for other sports.

To have fun.

To become part of a team and learn the value of being a team member.
To have fun.
To make and enjoy new friendships across the region.
To have fun.
To learn a set of personal goals and the self-discipline needed to achieve them.
And did we mention, it's lots of fun!

Summer Swimming: What Will It Cost Me?

Novice Division	\$200.00
Division 1-8 first family member	\$425.00
Second family member	\$300.00
Third family member	\$200.00

Where Does My Money Go?

BCSSA Insurance coverage and Kootenay Region Membership per swimmer \$20.00 + \$
Competitor's Entry Fee per meet \$10.00
Balance to pay coaches salaries and pool lane rental.

What Division Am I?

Divisions are set up to allow swimmers the opportunity to swim against different kids every year with different skill levels.

Novice Division:

For entry level swimmers regardless of age.

Coaches move Novices into their age-appropriate division when they've developed competent skills in all four strokes.

Odd Divisions: (1,3,5,7)

Children born on or between **May 1st** and **October 31st** are in Odd Divisions for **2 years** and even divisions for **1 year**.

2nd year in the Odd divisions (oldest in the group).

Average years in Even divisions.

1st year in the Odd division (youngest in the group).

Even Divisions: (2,4,6,8)

Children born on or between November 1st and April 30th are in even divisions for 2 years and Odd divisions for 1 year.

2nd year in the Even divisions (oldest in the group).

Average years in Odd divisions.

1st year in the Even divisions (youngest in the group).

Sound Confusing?

The swimmers age on April 30th is the age that puts them into a Division for the season

Div 1		8 and under
Div 2		^{1/2} 9 to 10
Div 3		^{1/2} 10 to 12
Div 4		^{1/2} 12 to 13
Div 5		13 ^{1/2} to 15
Div 6		15 and 16
Div 7		17 to 19
Div 8		20 and over

Keep up to date by visiting the website:

Club information is posted on the Stingrays Website www.trailstingrays.ca and on the News Bulletin board located in the observation area (near the vending machine) on the pool deck.

Kootenay Region Codes of Conduct:

The actions of swimmers are a reflection of themselves, their team, their region and their community. Swimmers must remember that their participation in all swim meets is a privilege, not a right.

Swimmers shall:

Treat everyone with respect.

Treat team mates, coaches, opponents, event organizers, and spectators with respect.

Respect and accept with dignity the decisions of the officials.

Be generous in winning and graceful in losing.

Exercise self control at all times.

Remember that there is no place in sport for drugs and alcohol.

Refrain from the use of foul or profane language.

Refrain from the use of physical force of any kind.

Play fair.

Swim within the rules of the Meet at all times.

Parents and Spectators Code of Conduct

Parents and Spectators shall:

Treat everyone with respect.

Cheer in a positive manner for all competitors.

Respect the decisions of officials.

Not interfere with the Meet or Race in progress.

Be courteous and respectful to other spectators, parents, coaches, event organizers and officials.

Exercise Self Control At All Times:

Respect the rules and regulations of the Meet.

Refrain from the use of foul or profane language.

Refrain from the use of physical force of any kind.

Coaches Code of Conduct:

Treat everyone with respect

Cheer in a positive manner for ALL competitors.

Go through the proper channels when voicing a concern, protest or meet entry.

Be courteous and respectful to parents, spectators, other coaches, event organizers and officials.

Not interfere with the Meet or race in progress.

Be generous in winning and graceful in losing.

Exercise Self Control At All Times:

Respect the rules and regulations of the meet.

Refrain from the use of foul or profane language.

Refrain from the use of physical force of any kind.

Play Fair:

Play within the rules and the spirit of the rules of the Meet at all times.

Officials Code of Conduct:

Without the many volunteers to be officials, we would not be able to hold swim meets. They are a much-needed part of summer swim meets.

Officials shall:

Treat everyone with respect.

Treat swimmers, coaches, organizers, parents and spectators with respect.

Be patient and listen carefully when approached with a concern or complaint.

Act fairly to diffuse any conflict that may arise.

Exercise Self Control At All Times:

Refrain from the use of foul or profane language.

Refrain from the use of physical force of any kind.

Play Fair:

Render fair and impartial judgements.

Failure to abide by the Codes of Conduct shall result in disciplinary actions by the regional board up to and including possible expulsion from the Kootenay Region of the BCSSA.

BCSSA Harassment Policy:

What is Harassment?

Deliberately hurting someone; including feelings.

Excluding someone based on a discriminating factor.

Making someone feel foolish, self-conscious, or humiliated.

The Parent Contract for Swim Clubs:

Parents: A Positive Influence

The Parent Contract lays out the acceptable rules of behaviour of a parent in relation to their child's sport or recreation activity. By agreeing to this Code of Conduct, parents are acknowledging that their child's activity is for his or her enjoyment, not theirs. The following Code of Conduct is modelled after one developed by the Canadian Centre for Ethics in Sports (CCES).

Sports Are For Our Children...Not For Us

I will remember that my child swims for his or her enjoyment, not for mine.

I will encourage my child to swim by the rules and to resolve conflicts without resorting to hostility or violence.

I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of an event.

I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.

I will never ridicule or yell at my child for making a mistake or losing a competition.

I will remember that children learn best by example. I will applaud good player's performance; both my child's team and their opponents.

I will not force my child to participate in swimming or a specific event.

I will never question the official's judgement or honesty in public.

I will support all efforts to remove verbal and physical abuse from children's swimming activities.

I will respect and show appreciation for the trained volunteer coaches who give their time to provide swimming activities for my child, understanding that I have a responsibility to be a part of my child's development.

I will respect and show appreciation for the veteran and new volunteer parents that help run a swim meet.

I will respect and show appreciation for the other parents who share these beliefs.

A Message For New Parents:

Swim meets are optional. However, they are fun for the entire family. Many families go camping at Colville and Kimberley.

The Grand Forks Meet is a “B” Meet which means that it is a one day event intended for those who are just starting competition or who have just moved up to a new Division and don't have a “time” (NT). Novice swimmers swim 25 metres (1 length of the pool) of each stroke. No disqualifications occur in Novice and all receive awards. Times are recorded and will be used to determine how they will be grouped in subsequent swim meets.

We encourage parents to volunteer at out-of-town meets. Running a swim meet takes many volunteers and many parents from invited Clubs are asked to assist. Many volunteers are required for lane timers and recorders. The benefits of helping out include watching races from the best seats, getting pampered with food and refreshments and meeting parents from other Clubs.

What To Bring:

Swimmers don't forget to bring:

Goggles, Stingrays swim cap, towels, and swim suit.

Nutritious snacks, lunch, and water bottle.

T-shirt, sweat shirt, sweat pants, hat, sleeping bag and pillow(opt).

Entertainment for the tent, sunscreen.

Parents Bring:

Lawn chair, cooler, sunscreen.

Spare goggles and cap.

Cash to purchase a program (about \$5.00) and a pen.

Signing Up For Swim Meets:

Sign up sheets for each swim meet will be posted on the Stingrays whiteboard two weeks prior to the swim meet and will remain on the board for a week's time. The sheets include the swimmer's name and a list of events they can choose to participate in. Swimmers are expected to put a check mark in the box of the events they wish to swim. These sheets are taken down Tuesday evening before the meet. Parents must make sure that their children have signed up for the meets on time. If you are not able to come to the pool while the sign up sheets are on the board you can ask another family to sign up for you. Late entries are allowed, but are tedious and cost extra to the meet entry fee.

The Club's cost is \$10 per swimmer for Divisions 1-8 (Novices are free) to enter a meet. Late entries cost \$15 per swimmer! And are given to the host club during the Friday evening scratch meeting.

There are no refunds for non-attendance. The club wastes \$10 each time a swimmer enters and then does not turn up. The cost of no-shows can mount up and is an unnecessary expense. We would ask you to keep this in mind as you consider which meets you will attend.

What To Do When You Get There:

The focal point for the swimmers is the “Team Tent”. Parent volunteers are required to erect this tent while the swimmers do their warm-ups in the pool. This tent provides protection from rain and sun; it also provides a place for swimmers to relax, keep bags, towels, and share swimming stories.

Parents set up their own lawn chairs and coolers next to the tent. Don't forget to bring suitable clothing for the weather.

Programs can be purchased at each meet. You can find and highlight your child's name and event numbers by looking up their division and stroke.

Swimmers like to have their event number written on their hand so they can refer to it when the events are announced.

Each event is announced on the public address system calling swimmers to marshalling. Marshalling is conducted in a waiting area where swimmers are organized into their respective Heats.

Race results are posted in a prominent area about an hour after every race. If there is a Final event to be run in the afternoon, the names of the finalists will be posted after morning Heats.

Points and ribbons are awarded to each “placed” swimmer. There are gold, silver and bronze medals awarded to the swimmers in each age division with the highest points. Medals are awarded at the closing ceremonies and ribbons are distributed by the coaches at the next club practice.

Relay races are held at the end of each day and are an opportunity to win points for the team and to have fun. Younger swimmers may be grouped with older swimmers and entered in a higher age division. The coaches will post relay groups for each day in the team tent. Swimmers are encouraged to stay for relays to build team spirit.

Disqualifications and Protests:

At swim meets every event is watched by a group of Stroke and Turn Judges. There are rules for each stroke as well as starts, turns and finishes. Any infractions with the mechanics of the stroke results in the swimmer being disqualified from an event, no time is given to the swimmer for that event. Also during individual medleys and relays the strokes must be swum in proper order and the correct names must be on the relay form or a disqualification will result.

If a swimmer is disqualified from a race, it is the swimmer's responsibility to inform the coach of the disqualification.

If the coach feels the disqualification was incorrect the coach can protest the judge's decision.

At least one coach must have observed the disqualifying action, otherwise the protest cannot be made.

Once the decision has been made to protest, the coach must make a verbal protest and then submit a written protest. A jury of appeal reviews the written protest. The jury makes the final decision.

Grand Forks “B” Meet:

The idea of a “B” meet is to give swimmers a chance to compete with the other swimmers within their own time group so that everyone on the swim team has a chance to obtain a deserved gold, silver and bronze medal along with placed ribbons.

This meet is principally intended for “B” swimmers, although if a swimmer has an “A” time in 3 or more events, then that swimmer must enter as an Exhibition Swimmer only and is not eligible for medals.

If a swimmer has “A” times in 2 or less events, then they may swim in the meet as follows;

If swimming in an event for which he/she has an “A” time, then must enter that event as an Exhibition Swimmers only.

What It Takes To Run A Meet...Is Volunteers:

An incredible number of volunteers are required to run a Meet and parents are expected to volunteer, especially for their host Meet. Following is a breakdown of the number required:

Before The Meet:

1 Meet Manager
 1 Meet Referee
 6 Equipment Organizers

Officials On Deck Per 4 hour Shift Per Day:

1 Referee
 1 Starter
 5 Stroke and Turn Judges
 1 Chief Timer
 1 Assistant to Chief Timer
 18 Lane Timers
 6 Lane Recorders
 1 Clerk of The Course
 4 Marshalls
 2 Runners
 1 Announcer

Behind The Scene Officials:

1 Meet Recorder
 8 Office & Recording Table Clerks
 4 Awards
 1 Scoring
 4 Deck Food Runners
 5 Concession & Program Sales
 6 Pool Clean -up and Tear-down

When everyone does their part. No one has to do that much!

Meet Officials:

The people responsible for the organization of a swim meet are called the officials. There are different functions and degrees of responsibility. Given that swim meets are completely run by volunteers, parents are expected to learn the various functions and volunteer. None of the functions are difficult. They do require some training and experience but all are fun. Each year experienced officials provide training for interested parents.

Level I Officials:**Timer:**

There are two timers per lane and they are responsible for timing the swimmer in each event.

Lane Recorder:

There is one Lane Recorder per lane who sits in the center chair and presses the electronic plunger as the swimmer finishes. They record the official time of the swimmer as reported by the timers.

Place Judge:

Sits at the end of the pool and records swimmer's order of finish.

Announcer:

Calls swimmers to their heats and may announce results.

Level II Officials:

Clerk of the Course:

Responsible for seeing that swimmers are in the marshalling area and prepared for the upcoming race. The Clerk informs the swimmer of their heat and lane assignment.

Stroke Judge:

Observe the swimmers in the water and determines the legality of the stroke being swum. Stroke judges walk on either side of the pool during an event.

Turn Judge:

Determine the legality of turns at both ends of the pool.

Level III Officials:

Referee:

Has full responsibility over all officials and swimmers on the deck and in the waiting areas of the Meet.

Starter:

Begins each race by announcing the event to the swimmers on the starting blocks and overseeing them until an official start has been accomplished. Determines legality of the entry, beginning of the stroke and finish at the end of the race.

Chief Meet Recorder:

Receives and processes all Timer's and Judge's reports. Also compiles lists of competitors and records their ranks.

What Are The Provincials:

The Provincial Meet is a three day Meet (Friday to Sunday) held in August. The top swimmers of each region attend. There are heats which are swum by all swimmers. The top 8 swimmers move to the finals. Swimmers finishing from 9th to 16th swim consolation finals. The top three swimmers receive medals and the remainder of the finalists (4 to 16) receive ribbons. This meet is the largest meet of the season and is the most competitive.

Parents and swimmers are encouraged to go to the Provincials because it is a unique experience. It is usually a positive and constructive experience.

If you plan to attend Provincials you need to compete in the Regional Swim Meet. You will also need to tell the officials at the regional meet whether or not you will be attending provincials. Also, any parent attending the Provincials **WILL BE ASSIGNED DUTIES** at the meet. Please be aware of this responsibility.

NO SWIMMER CAN GO TO THE PROVINCIALS UNESCORTED. This means a parent or guardian; not a coach.

Will I Get To The Provincials?

The Kootenay Regional Director on the BCSSA wants you to start thinking about the Provincials now if you plan to attend.

The Registration Deadline is the Sunday afternoon immediately following the Regional Meet in August. That is why decisions must be made quickly. There are no late entries! It is the parent's responsibility for registering the swimmers before the deadline. Contact The Head Coach to discuss your athlete's potential to qualify for Provincials.

Each swimmer may take part in up to four individual events and two relays. All events are heats and finals. To qualify for Provincials, a swimmer must have competed in at least one meet and competed in a Regional Final.

There are several ways to qualify for the Provincial Team:

If you have a Provincial Qualifying Time (PQT) at the Regional meet in a final you are automatically qualified for Provincials. PQTs can be found on the BCSSA website at www.bcsummerswimming.com.

If you place First, Second or Third in a Regional final.

If you are chosen as an Alternate when a swimmer that places First, Second or Third in a Regional final does not sign up to attend the Provincials. The Alternate is the swimmer with the next best time.

You may also be chosen to be part of a relay team.

The coaches will keep swimmers informed.

