



**SWIMMER & PARENT
HANDBOOK
2017-2018**

Welcome

Competitive swimming is a fantastic sport in which any child can be involved. In addition to being a fun activity, it teaches children discipline, the value of hard work, reasonable goal setting and how to schedule and prioritize. These are all qualities and skills that will assist your child to excel in achieving any future goals and be successful with future interests and activities. It will help your child achieve a very high level of physical fitness while participating in a fun, non-violent sport with an extremely low rate of serious injury. Swimming increases endurance which is essential for any sport or activity.

The Rapids swimmers in all groups have experienced a high level of success and are getting better each season! For the upcoming season the focus is on swimmer development for all swimmers. There will be four Super Skills in-house meets for our pre-competitive swimmers and our competitive swimmers will participate in 6-10 swim meets at the provincial, atlantic and national levels.

The Corner Brook Rapids coaches and executive have been working hard over the summer to improve upon last year and to provide your swimmer with the best program possible.

Club Philosophy

The Corner Brook Rapids Swim Club strives to produce an environment in which athletes will build confidence, develop discipline and find the inspiration necessary to do their best in competitive swimming. To facilitate this, the coaches will recognize needs and work with patience and consistency. Every member, including swimmers, coaches and parents are important to the success of the team. High expectations are maintained for all.

The Coaching Staff

Head Coach

Tracy Hogan t.hogan@nf.sympatico.ca

Assistant Coaches

Bruce Hamlyn brucerhamlyn@gmail.com

Taylor Smith tsmith@grenfell.mun.ca

Katie Perry khperr99@gmail.com

Executive

Please feel free to contact any member of the executive if you have any ideas to improve swimming for your family or if you wish to discuss any concerns during the swimming season. The following are a list of executive members for the 2017-2018 season:

President	Laura Edwards	president@cbrapids.com
Vice-President	Bob Edwards	vicepresident@cbrapids.com
Treasurer	Sam Davis	treasurer@cbrapids.com
Secretary	Kathy Miles	secretary@cbrapids.com
Registrar	Trent Burden	registrar@cbrapids.com
Communication	Andrew Burke	communications@cbrapids.com
Team Manager	Jeff Nelson	manager@cbrapids.com
Pre-Competitive Rep	Kailey Pauls	precompetitive@cbrapids.com
Fundraising Chair	Sue-Ellen Flynn	fundraising@cbrapids.com
Meet Manager	Tracy Mackey	meetmanager@cbrapids.com

Staying Informed

Corner Brook Rapids Website www.cbrapids.ca

Inf0@cbrapids.com

Follow us on

Facebook Corner Brook Rapids Swim Club

Twitter @cbrapids

Email list – our group mailing list – if you are not getting please inform Trent Burden our registrar or Andrew Burke communications

Mailing Address: Corner Brook Rapids Swim Club
PO Box 1122
Corner Brook, NL
A2H 6T2

Pre-Competitive Program

The pre-competitive program consists of two groups: **Ripples** and **Riptides**.

Ripples

Swimmers entering this group must be at least seven years old and meet the minimum standard: one lap of the pool (25m), unassisted, of front swim with over arm recovery (Swim Kids Level 5). Group goals are focused on developing great streamline, balance, body position, kick and breathing patterns. These are the most basic and key components of fast swimming. Front crawl and back crawl are the basic strokes in this group. The pace clock is introduced to swimmers at this stage. Teamwork and fair play are learned through games and group interactions. This group will have 3 hours of pool time each week, plus an extra hour at total team practice once per month.

Riptides

Strong front crawl and back crawl are essential at this point. Butterfly, breaststroke and individual medley become more important. Aerobic capacity is developed. This group will have 3.75 hours of pool time each week, plus an extra hour at total team practice once per month. Focus is on maximizing racing technique and encouraging a competitive attitude while maintaining friendships and having lots of fun.

**Swimmers in Ripples and Riptides are expected to attend in-house Super Skills Meets when offered to help prepare and encourage swimmers to move to the next level. Super Skills Meets occur during regularly scheduled practice hours and swimmers will be notified of upcoming dates. Fun meets also take place and are a great way to be introduced to the world of competitive swim meets.

Competitive Program

The competitive program consists of three groups: **White, Blue and Red.**

White

This is the entry group for competitive swimming and swimmers should possess all the key skills necessary to enter a meet. These skills are usually acquired by participation in two or more consecutive seasons in our pre-competitive program. This group will have 7 hours pool time per week, plus an extra hour at total team practice once per month. Swimmers in White group should attend at least two provincially sanctioned meets and Championship meets if qualified.

Butterfly and Breaststroke are refined in this group. Longer sets (distance and duration) with a focus on aerobic capacity and technique will be the focus of training sets. Swimmers will be introduced to dry-land training, core strengthening and stretching. Swimmer and coach goals focus on the 200m freestyle and 200m Individual Medley events to qualify to attend Provincial Championship meets.

Blue

All swimmers in this group must be close to having Championship Time Standards. This group will have approx. 7 hours pool time per week, plus an extra hour at total team practice once per month. Morning practices begin at this level. The frequency, duration and intensity of training sessions are increased from White group. Swimmers in this group are expected to attend at least two provincially sanctioned meets in addition to the Short Course Champs and Long Course Provincial Championships.

The 200m and 400m events are the focus of this group. Swimmers train to increase aerobic capacity and improve technique on their way to becoming well-rounded swimmers. Group goals are focused on achieving East Coast Qualified status.

Red

Red group is the highest level in the club. This group will have approx. 11.75 hours total pool time per week, plus an extra hour at total team practice once per month. Swimmers in this group should (as minimum) be Championship Time Standards qualified and the focus turns to qualifying, competing, and making finals at Atlantic, Regional and National competitions. Swimmers should attend all meets with the exception of the two optional meets designated. Championship meets are compulsory. Swimmers must demonstrate at all times a positive attitude, consistent effort and maintain an acceptable level of attendance.

This group demands the highest level of both personal and team dedication. One hundred percent commitment is required for this group to be successful in achieving its goals.

Move-up Criteria for the competitive White, Blue and Red groups will be:

- ◆ Near perfect attendance in the group in which they currently are
- ◆ Commitment to the training schedule of the next group (interview)
- ◆ Good attitude (assessed by coaches)
- ◆ Strong work ethic (assessed by both the current and new coaches)

- ◆ Appropriate skill base to succeed in the next level (assessed by new coaches)
- ◆ Growing commitment to swimming (assessed by both the current and new coaches)
- ◆ Consent of their present and future group coaches
- ◆ Each swimmer is assessed and moved according to individual development and based on Long Term Athlete Development Model (avail www.cbrapids.ca). Group progression is not based on age or number of years swimming.

Time Standards

Time standards are available on the Corner Brook Rapids website (www.cbrapids.ca).

Corner Brook Rapids Code of Conduct

All club members (coaches, swimmers, and parents) are to agree to the following Code of Conduct [REF: Swimming Newfoundland & Labrador (SNL) Policy Manual at <https://swimmingnl.ca/documents>]

1. SNL/ Rapids will not tolerate the use of violence, abusive or profane language or behaviour at any time.
2. SNL/ Rapids expressly forbids the use by athletes of performance enhancing drugs, as defined by the Canadian Centre for Ethics in Sports or SNC.
3. SNL/Rapids expressly forbids the consumption of alcohol by participating swimmers, coaches, volunteers, officials or staff during the hours of competition at any swim meet. SNL/ Rapids expressly forbids the consumption of alcohol by persons under the legal drinking age at any time during any swim competition or SNL/ Rapids training and events.
4. SNL/ Rapids expressly forbids the use of any illegal substances at any swim competition or SNL/ Rapids training and events.

5. SNL/ Rapids expressly forbids the willful damage, defacement or destruction by any person of personal property or of any facility or property.
6. Rapids members will treat all co-members, competitors, coaches, and officials with respect.
7. Rapids members will support teammates, especially at competitions.
8. At swim competitions, Rapids competitors will follow rules (including curfews) put in place by coaches, chaperones, hotels, swim facilities.

Violations of the Code of Conduct

Violations of the Code of Conduct should be dealt with at the level where they happen and by the coach of that group. However, if the results are not satisfactory then the problem should be referred to the Head Coach. If it is still not resolved, then the Club President should be informed.

Violations of the Code of Conduct will usually be dealt with in the manner listed above. However, more serious violations of the code may result in swifter or stronger disciplinary measures.

1. Verbal warning to the member – It must be made clear to the person that he or she is in violation of the code.
2. Member is removed from pool deck – The individual is immediately removed from the situation and informed of the possible consequences if the behaviour is not corrected. In the case where the offending member is a swimmer his or her parents are notified and informed. The member may be asked to write a letter of apology to those people affected.
3. Meeting – The member is once again removed from the situation and a meeting involving pertinent board members/coaches is set for the purpose of discussing the violation and its consequences, which will most likely include a suspension. In the case where the offending member is a swimmer, his or her parents will be contacted to attend the meeting.
4. Final Meeting – Expulsion may be an option, depending on the situation. The duration of the expulsion will be at the discretion of the Rapids Executive.

Reporting

If you feel the code of conduct has been violated or the actions of another club member(s) are preventing you from participating fully and equally in the activities of the Corner Brook Rapids Swim Club, you are encouraged to bring the matter to your individual coach. However, if his or her response is unsatisfactory, other individuals you could speak to include:

- ◆The Head Coach
- ◆An executive member
- ◆ If for any reason you do not feel comfortable with the people listed above, please contact Swim Newfoundland & Labrador at (709) 576-7946.

Fundraising

Swim fees alone do not cover our pool fees, coaching and operating costs. The Corner Brook Rapids, a not-for-profit organization, is dependent on fundraising in order to prevent fees from becoming prohibitively high. Fundraising allows us to keep the fees at a reasonable level, and fulfill our mission of allowing each swimmer to reach his or her full potential. Some fundraising initiatives that are planned for this year include:

- ◆Swim for Hope – The Swim for Hope is a province-wide fundraiser with monies raised jointly shared between the Dr. H. Bliss Murphy Cancer Center and the local swim club. It involves a swim relay where participants collect individual and corporate sponsors. Participants will compete for various prizes including the top three fundraisers in the province. It is a fun evening for everyone involved.
- ◆Other fundraising: Moosie fundraiser, ticket sales and swim meet (canteen, ticket sales and deck fees)

Team Building

We work hard at providing opportunities for swimmers and families to bond and spend time together. Each year we try to provide the following team building opportunities:

- Killdevil overnight team retreat
- Full team practices once per month
- Annual Christmas Breakfast at Jennifer's
- End of Year Banquet and Awards
- Monday Fun-Days

Concerns or Questions

In any community or sport group, problems can arise. Ideally, these problems are dealt with quickly and directly. As soon as possible, take your concerns to the coach or club president. The situation will then be dealt with openly and diplomatically with a positive end resolution in mind. Whenever you have a criticism or complaint always try to couple it with a solution.

Please contact members of your executive at any time. We want to make Corner Brook Rapids Swim Club a positive experience for everyone involved!