

Mission Statement of the Club

To instill a love of swimming into the youth of Chilliwack while fostering the development of a basic life skill.

The Stingrays is a competitive summer swim club and we encourage all our swimmers to participate in at least one meet. Our focus is on healthy swim development and personal best times, so that every child can be successful regardless of where they place.

From the members of our Club Executive to our Coaches, we encourage you to ask questions and have discussions with us about anything that is unclear. The club cannot be successful without participation from all parents. After the season begins, please refer to our website sign up sheet on a regular basis and volunteer for as many activities as you are able. There will be jobs there to suit everyone, some with very minimal time commitment.

Club contact information:

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Parent/ Coach Liason - Kimber Quadling kimber.quadling@gmail.com

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Swim Groups

Pups

Pups are our younger (usually under 8) and new to swimming swimmers. They practice up to 3 days per week, for one hour each practice. The minimum requirements for admission into the program are the ability to get across one length of the pool (25m), comfort in the deep end and the maturity to consistently follow instructions for one hour. The focus of the program is teaching the fundamentals of swimming, while introducing aspects of speed swimming such as dives and turns. They will work on extended surface support, coordination of body movements, rhythmic breathing, consistent kicking (flutter, dolphin, emerging whip), and listening skills. There will be fun themes every week including “games with aims”, with each swimmer encouraged to work towards individualized goals. The coaches will discuss with parents each swimmer’s progress throughout the season. Pups are encouraged to participate in meets, especially our home meet, when the coaches feel they are ready, although it is not mandatory.

Goals:

- Have fun and enjoy swimming
- Technique development is the main focus of the Pups.
- Progressing towards legally swimming the four competitive strokes.
- Learn the racing starts from or beside the starting block.
- Learn the different types of racing turns.
- Learn how to swim in a training lane

Rays

Rays are our older (usually 8 and up) and more experienced swimmers who practice up to five days per week. They are grouped according to, but not limited to, age, swimming ability, dedication and attendance.

White: Swimmers in this group swim up to five days per week for 1.25 hours each practice including 15 minutes of dry-land training. Swimmers at this level should take personal responsibility for their preparation for practice.

They continue to work on the fundamentals of all four strokes as well as developing their dives and turns. Coaches will meet with parents and swimmers to go over individualized goal-setting programs. It is recommended that each swimmer attend a minimum of 3 practices per week. These swimmers are encouraged to maintain consistent attendance and learn the meaning of commitment and hard work. Participation in meets is encouraged, especially our home meet and regionals, but not mandatory.

Swimmers are asked to come on time and participate regularly. Parents and/or swimmers should notify the coach before practice if leaving early, and should communicate with the coach in advance about any extended absences or vacations.

Goals:

This group is for younger swimmers transitioning from the developmental levels of the team to a higher level competitive swimming in a more casual environment. Swimmers in this group will continue to work on technique, but will also focus on aerobic conditioning and speed work.

Red: Swimmers in this group swim up to five days per week for 1.25 hours each practice including 15 minutes of dry-land training. These swimmers demonstrate a strong work ethic, high attendance and will be continuing to develop their strokes, starts and turns. Swimmers will begin to understand that technique is the most important factor in being a successful competitive swimmer. For serious and competitive swimmers who attend at least 3 practices per week. The coach will be meeting with parents and swimmers to develop individualized goal-setting programs. These swimmers are dedicated to competitive swimming and should plan to swim in as many meets as possible.

Swimmers are asked to come on time and participate regularly. Parents and/or swimmers should notify the coach before practice if leaving early, and should communicate with the coach in advance about any extended absences or vacations.

Goals:

- Have fun & enjoy swimming.
- To swim all four competitive strokes legally.
- Use racing starts from beside or from the block.
- Swimmers will develop legal open turns and flip turns.
- Learn how to use the pace clock and how to maintain training intervals.
- Foster a positive attitude towards competition.

Green: Swimmers in this group swim up to five days per week from 1.25 to 2.25 hours per practice, which includes 15 minute of dry-land training as well as extended dry-land training sessions later in the season. Swimmers at this level should take personal responsibility for their preparation for practice. Swimmers are expected to attend at least 3 practices per week. At this level of the team swimmers are encouraged to maintain consistent attendance and learn the meaning of commitment and hard work.

This group can include more competitive younger Ray swimmers, older developmental swimmers as well as older new to Stingrays swimmers. Swimmers in this group will be continuing to work on all aspects of speed swimming, including developing endurance. Older swimmers in this group are strongly encouraged to participate in our Junior Coaching Program. The coach will be

meeting with parents and swimmers to develop individualized goal-setting programs. Participation in at least 4 meets is recommended but not mandatory.

Swimmers are asked to come on time and participate regularly. Parents and/or swimmers should notify the coach before practice if leaving early, and should communicate with the coach in advance about any extended absences or vacations.

Goals:

- Develop a love for the sport
- Become a fit swimmer; increased strength and endurance
- Develop a positive attitude as well as mental toughness
- Develop endurance for higher level training.
- Further development of stroke technique for competitive swimming success.
- Master competitive starts, transitions and turns.

Black: Swimmers in this group swim up to five days per week for 1.25 to 2.25 hours per practice, as well as extended dry-land training events later in the season. Swimmers will be prepared mentally & physically to start the practice on time in their assigned lanes, focused, ready to follow instructions and work hard. Swimmers in this group must take personal responsibility for getting ready for practice.

This group is for swimmers who are committed to competitive swimming. They will be working on all aspects of speed swimming, including endurance. These swimmers are expected to maintain a very high level of dedication and attendance. Older swimmers in this group are strongly encouraged to participate in our Junior Coaching Program. The coach will be meeting with parents and swimmers to develop individualized goal-setting programs. Swimmers in this group must be open to constructive criticism and direction from coach. Participation in the majority of meets is expected.

Swimmers are asked to be on time and participate regularly. If you are late please make a noticeable effort to get into practice mode. Parents and/or swimmers should notify the coach before practice if leaving early, and should communicate with the coach in advance about any extended absences or vacations.

Goals:

- Develop a deeper love for the sport
- Become a very strong - very fit - fast swimmer.
- Continue to develop mental toughness
- Develop endurance for higher level training.
- Refine stroke technique for competitive swimming success.
- Master competitive starts, transitions and turns.

Swimmers may move from one group to another on the discretion of the Head Coach, based on, but not restricted to, swimming development and suitability within their assigned group. The Head Coach will meet with the assistant coaches on May 30 and July 4 to discuss group composition. If you have any concerns regarding groups, you must direct them to the Parent/Coach Liaison, who will in turn speak to the Head Coach. They will arrange a time to discuss your concerns with you, however we regret we cannot accept requests for group assignments.

Practices begin on Monday, May 2nd at the Chilliwack Rotary Pool. Please bring running shoes and a water bottle to practice as there are daily dry-land warm ups as well as activities outside of the pool deck, including drills on the track, cross fit training, etc. Ray swimmers should be ready for dry-land training 15 minutes prior to their scheduled practice time.

Fraser Valley Regional Meets

May 28 & 29	Mission (indoor)	July 23 & 24	Chilliwack
June 4 & 5	Haney (indoor)	August 5-7	Regionals/Agassiz
June 25 & 26	Langley	August 19-21	Provincials/Coq
July 9 & 10	Agassiz		

(Registration fees for in- region meets are covered by the club)

Out of Region Meets (optional)*

June 11 & 12	Salmon Arm	July 16 & 17	Vancouver
June 19 & 20.	Surrey	July 30 & 31	North Delta

*head coach in attendance at one out of region meet - tbd

(Registration fees for out of region meets to be paid for by parents)

Swimming Terms and Information

Swimmers will be instructed in learning the four racing strokes:

Freestyle, backstroke, breaststroke, and butterfly: usually called *free, back, breast, and fly*

These 4 strokes are combined in "**Medley**" race either in the :

1. "Individual Medley" where a swimmer uses all four strokes in the same race in the following order: *fly, back, breast, and free*. For example: in the 100m IM, the swimmer swims one 25m length of the pool using each stroke.
2. Or in the "Medley Relay", where each team is made up of four swimmers, with each swimmer assigned one of the four strokes. The order for the relay is *back, breast, fly, and free*. Each swimmer swims two lengths of the pool (50m) for a combined race distance of 200m. (In the 6 & under division, they are only required to swim one length).

Division: " Divs" as they are commonly referred to are the age grouping that swimmers compete within:

6 & Under division is where the youngest swimmers compete. There are no stroke and turn judges and therefore no disqualifications. 6&U swimmers can have a coach or junior coach swim in their lane with them to assist them. Upon completion of the race these swimmers receive a goody bag as a reward for their hard work.

Divs 1-8: beginning at 7 years swimmers are assigned divisions which change every one two years, depending on their birth date. Here is a link to the current Age Locator to see which division your swimmer (s) will be competing in this year:

<http://www.bcsunsummerswimming.com/docs/Registration-AgeLocator-Swimming&Synchro-2016.pdf>

Swim Meet Terms

Program: the first things to do once arriving at a meet are to locate where your team has gathered, set up your home base (chairs, cooler etc.) and then purchase a program (usually \$5) which will let you know which heats your swimmer(s) will be racing in, in what lane and against whom.

Warm-Ups: These are an essential component to every single swim meet and it is mandatory that all swimmers attend, with the exception of the 6 & Unders. Our coaches are dedicated to the task of training our swimmers; they ask, in return, that all swimmers demonstrate their respect and commitment to improving through their guidance. Attending warm-ups is a part of demonstrating that commitment.

Warm-ups prepare the swimmer physically and mentally for the swim meet. They provide the opportunity to get used to a new pool, reduce nervousness and increase one's comfort level. Proper warm-ups decrease the chance of injury. There are some circumstances when the coaches will waive warm-ups for some or all swimmers but this is the coach's call.

* Each swimmer must come to see her coach **before** and **after** each race for feedback and strategies on how to improve the next time*

Marshaling: where swimmers are organized before their race. An announcer will call out the events over a public address system; sometimes these are very clear and sometimes they are not, depending on where you might find yourself in the swimming pool or the surrounding park. The announcer's "call" is considered a courtesy only- it is the swimmer's responsibility to determine when to proceed to Marshaling. To avoid missing your child's race, check the program diligently, ask teammates or veteran parents, and watch when the younger kids head off to Marshaling (the meets proceed from youngest to oldest swimmers). Marshaling is always a chaotic area, especially for the young swimmers. There are parent volunteers from the host club who help organize the swimmers and sit them down on the proper bench with the other kids from your child's race. To facilitate this process it is best not to crowd the area.

IMPORTANT! Make sure that your child has a towel and/or clothes during this process to stay warm or cool as it may take a while.

Heat: The first race in an event is called a heat where up to 6 or 8 swimmers race at a time (some pools have 8 lanes, CWK has 6). They can be competing against swimmers in their own division or against swimmers who may be from different divisions but have similar qualifying times.

Final: Most of the meets later in the season have finals in the afternoons where the top 6 or 8 fastest qualifying swimmers in the same division swim again in the afternoon "Finals" to determine first through sixth (eighth) place. The Regional swim meet has both A"and "B" finals where up to 16 swimmers get a second chance to swim again in their event. Not all swim meets have both preliminaries & finals- the early season meets tend to be "**timed finals**" meets where each event is swam just once to determine the winner.

Relays: these are almost always held at the end of each day of a meet. The kids really love these. Please, if you've indicated to the coaches that your child will be participating, do not leave the meet early! After a certain hour, usually 10:00 am, a coach cannot make a substitution; if your child is a no-show then the entire team will not be allowed to participate.

DQ: disqualification :(Newcomers will become very familiar with this term as it is a fact of life in swimming. The racing strokes are not easy to perfect yet your child will be asked to exhibit proper form (or at least not illegal) as early as one month after training starts when the first meet rolls around in Mission. Please discuss with your child the role that DQ's play in teaching the proper way to swim each of the strokes. There is no greater motivation to working hard in practice than the desire to swim a clean race in the next meet. Emphasize to your child that **ALL** of the swimmers have gone through this process when they were starting out. Have them ask the "big

kids” about this. There are all sorts of reasons that DQ’s occur: illegal turns, one-hand touches at the wall, even swimming the wrong stroke! Rest assured that the coaches will work very hard with your swimmer to correct these inevitable mistakes and that with practice and hard work your child will eventually master the proper techniques required to swim “clean” races.

BT: a swimmer’s personal best time. These must be celebrated just as one would an Olympic gold medal and are very important in your swimmer's development.

NS: No Show- the swimmer did not show up for her race. **NT:** No Time- did not complete race.

PQT: Provincial Qualifying Time- a swimmer posting a PQT during finals at the Regional Championships qualifies for the Provincial Championships regardless of his placement within his Division. PQT’s are not common, and vary slightly every year.

<http://www.bcsummerswimming.com/provincials/2016/Provincials-PQTs-2016.pdf>

“O” Cat: there is a separate category for those swimmers who swim competitively with a winter club (the CHWK Spartans are a winter club who train heavily during our off-season) but also swim with a summer club. The idea is to promote fairness as summer swimmers are only allowed, once again in the interest of fairness, to train with a coach for a maximum of 2 hours each week during the off-season. There is no limit to the amount of training a summer swimmer may undertake from May 1-Sept. 30.

The **BCSSA** (the governing body of summer swimming in BC) governs three other water sports besides speed swimming: water polo, diving, and synchronized swimming. Prior to 2012, athletes who competed in **water polo** were deemed to be “O Cat” so were placed in their own division where they could not compete against summer swimmers. At this time, although controversial, there is still no restriction placed on the amount of in-pool training permitted by water polo players during the winter.

BCSSA: British Columbia Summer Swimmer Association. Check out the website bcsummerswimming.com for lots of information, including team and individual results, regional and provincial rankings, news, schedules, links to clubs etc.

Regions: the BCSSA consists of clubs from eight regions. We are part of the Fraser Valley Region, which includes: Haney (Maple Ridge), Langley, Mission, Abbotsford, Chilliwack, Agassiz/Harrison, and new to the 2016 season, the River Monsters (Hope).

Take the weather into account! on cool or rainy days- lots of clothes, blankets and **plenty of towels**; hot days- keep out of the sun (which may be hard to do with so many fun things to do, playgrounds, spray parks, soccer games, etc), wear a hat, sunscreen and stay hydrated!

Officials: The swim meets are run almost entirely with volunteers. (the only people getting paid are the coaches and the life guards) **It is expected that all families will help out by signing up for volunteer shifts.** Some of the jobs do require some training but the majority do not. Timing shift sign-up sheets will be available on the website and we strongly parents to become involved as officials (training clinics are offered on a regular basis). Please feel free to discuss what it means to become an on-deck official with our Director of Officials Sandra Owens (soso@telus.net).

Swim Meet Checklist:

- bathing suit(s) must be in our team colours of green and black only, team cap, goggles (and spare). Race suits should be reserved for the meets as wearing them at practice will quickly have the chlorine eating them away. Please check out our new suits and other apparel on the website where an order form is available.
- 3 or 4 towels per swimmer
- deck clothes: something easy to pull on over their suit- hoodies, sweatpants, loose coat.
- folding chairs
- cooler with “good” food. Although all meets have concessions some have more suitable options for easy digestion than others. Talk to the Coaches about good race day foods as well as good supper-time meals.
- sunscreen and hats
- tent/shelter and sleeping bags. We also usually set up team shelters.
- entertainment for the kids (as well as yourself). Wifi is not always available.
- reuseable water bottles
- links/directions to pool location (available on the website)

Communication

The Head Coach will conduct weekly team meetings with the swimmers, usually on a Monday to go over what is planned for the week, to discuss the previous weekend’s swim meet and to possibly distribute any best time or meet ribbons.

If you have any questions or concerns about summer swimming, the club itself, or your child’s progress, please do not hesitate to ask! The coaches and executive are here to answer anything you may be concerned about.

As a club, we maintain a policy of **no parents (or siblings) on deck during practice.** The coaches are available *before* and *after* practice for discussion of your concerns or questions. They cannot be distracted by anybody while coaching as it is a safety issue.

The club has a **bulletin board** posted at the entrance to the pool area where all sorts of info can be found, but the best source of information throughout the season is our website.