



**INNISFAIL DOLPHIN
SWIM CLUB
INFORMATION BOOKLET**

2009

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EXECUTIVE POSITIONS AND DEFINITIONS

Presidents, Vice President, Secretary, and Treasurer are self-explanatory.

Fundraising Chair – This person organizes our fundraising events. This is the person you go to if you have any questions regarding what you are responsible for as far as a fundraiser.

Equipment Manager – This person orders all our equipment, including swimsuits, caps, clothing etc. Swimsuits should be available by the end of May. Clothing orders will be taken the second week of May.

Meet Manager – This person organizes our own swim meet. You will be required to volunteer at the Innisfail Swim Meet, as this is a big event and all hands are needed. It is a very exciting and fun day. Do not feel overwhelmed if you do not understand (as new families) how a swim meet runs. There will be lots of people that will help out as well. No job is too difficult for any of us!

Team Manager – This person sends in our registrations to other swim meets. It is important that you let the coach know a minimum of one week before, if you intend or do not intend to swim in a meet. Please let the coaches know if you are unable to make a swim meet that you previously signed up for. The earlier we are aware the better. This makes it easier for the coaches to make up relay teams and it avoids the club sending in the registration fee for swimmers that are unable to attend.

Coach Liaison – This person relays messages, concerns, questions etc. to our coaching staff. Any concerns or questions you have regarding coaching, go to the coach liaison. This eliminates, for example, three or four people with the same question going to a coach etc.

Publicity -.Several articles are submitted to the local paper throughout the swim season. If something happens that is news worthy, let this person know, as it may be added to our article.

ABOUT THE INNISFAIL DOLPHINS

The Dolphin Swim Club has been in existence since 1949. It is a *competitive* swim club under the guidelines of the Alberta Summer Swimming Association (ASSA). The club competes locally in Region E which includes clubs from:

- Calgary, Didsbury, Canmore, Cochrane, Hanna, High River, Okotoks, Three Hills, Trochu, and Turner Valley

The highlight of the year is the Regional Swim Meet which determines which swimmers and relay teams will go on to compete in the Provincial Swim Meet.

Team Philosophy

Our philosophy focuses on self-improvement, hard work and competitive fun. We endeavor to ensure that all swimmers use their skills to compete to the best of their ability. Through swimming there is opportunity to make new friends, learn team spirit, experience competition with self and other, gain physical fitness, enhance swimming skills, improve self confidence and have FUN!

Swim Fees and Schedules etc.

This year the Innisfail Dolphins is offering a pre competitive swim program. This program consists of 5 sessions of training with a certified coach. Program details as follows:

- Monday and Wednesdays May 4-May 20
- 4-4:30 for 5-6 yr olds
- 4:30-5:00 7-8yr olds
- Max of 8 children per class
- 25.00 non refundable fee. The *option* to join the regular dolphin program (3 days per week or 5 days per week program) at the end of the training sessions or any time prior. Fees already paid will be credited towards the 3 or 5 day per week fee.
- These swimmers will not be registered with the ASSA and therefore are not eligible to compete in any sanctioned swim meets.

As with the other swim schedules all swimmers must be able to swim one length of the pool unassisted prior to joining. This program is not designed to replace swimming lessons but rather to be used as a stepping stone into one of the regular competitive swim schedules.

**25.00 fee is due upon registration and is non refundable*

**space is limited- first come first serve*

Three Days per Week Swim Schedule

- Monday and Wednesday 4:00-5:00 PM and Friday 5-6:30 PM
- 200.00 registration fee to be paid by April 15, 2009 (post dated cheques accepted please see registration form for details). Please note that a 50.00 non refundable deposit is due at time of registration.
 - ❖ Swim fees include:
 - Swim suit and cap
 - Coaching
 - Pool rental
 - Lane fees (swim fees to all swim meets)
 - ASSA fee
 - Insurance
- 350.00 fundraiser/parent participation cheque per family to be dated May 1, 2009. (This cheque is returned once fundraising commitment is met). Please see attached fundraising information letter for more detail.

❖ *This is a great schedule for new or younger swimmers*

**space is limited*

Five Days per Week Swim Schedule

- Monday thru Friday 4:45-6:30 PM
- 250.00 registration fee to be paid by April 15, 2009 (post dated cheques accepted please see registration form for details). Please note that a 50.00 non refundable deposit is due at time of registration.
 - ❖ Swim fees include:
 - Swim suit and cap
 - Coaching
 - Pool rental
 - Lane fees (swim fees to all swim meets)
 - ASSA fee
 - Insurance
- 350.00 fundraiser/parent participation cheque per family to be dated May 1, 2009. (This cheque is returned once fundraising commitment is met) Please see attached fundraising information letter for more detail.

**space is limited*

REQUIREMENTS

By the end of the second week, your child must be able to enter the water at the deep end of the pool and swim one length without undue fear of the water. If a swimmer withdraws from the club within the first 2 weeks, ½ of the fully paid registration will be refunded. After this 2 week period no refunds will be given. Please remember that competitive swimming does not take the place of swim lessons, but rather provides the opportunity to learn strokes and techniques necessary for competition

EQUIPMENT

For practice all swimmers are required to wear a well fitted swimsuit, goggles and swim cap. A team swim suit is included with the registration fee. It is asked that swimmers not wear the team suit other than at swim meets. This prevents the team suits from overuse.

PARENT PARTICIPATION

Swim meets are lots of fun! All clubs participate in running each other's swim meets, by providing parent volunteers. There are lots of different positions for all different skill and knowledge levels. Please do not be intimidated as we will offer training clinics for various positions. Learning to be a timer is a great place to start and a timer's seat is the best seat in the house during a swim meet. We will keep you posted regarding dates and times for training clinics. Learning the rules of the sport gives you a whole new outlook.

FUNDRAISING

A fundraising/parent participation cheque in the amount of 350.00 is required at time of registration. Only one cheque per family is required. This cheque is returned once fundraising and club commitments are met. For further information/explanations please see the attached fundraising requirement letter.

SWIMMER PARTICIPATION

For best results swimmers should attend all practices. Attendance at practices and swim meets allows the swimmer to gain experience and a sense of accomplishment.

We would like swimmers to attend a minimum of 4 swim meets including our home meet on July 4. All swimmers are encouraged to attend the Regional swim meet in Calgary Aug 8 and 9. Regional meet is where swimmers may qualify to compete in the Provincial swim meet in Edmonton on Aug 15,16.

Typically there are swim meets every weekend in June and July and mid way through August so there are lots of different dates to choose from. A schedule outlining swim meet dates is found later in this handout.

At all swim meets, points are awarded for placement and extra points are awarded for relay teams that place. The more swimmers we have the attending the more relay teams entered. Our club has done well in the past due to high attendance.

****If a swimmer is unable to attend the Regional Swim Meet please notify the coaches at least one month prior. This allows coaches to better coordinate relay teams***

DISCIPLINE

In order to ensure that all swimmers have fun and remain *safe* in the water, our club has adopted the following discipline plan. Its purpose is to create an atmosphere and working environment where swimming is rewarding, beneficial, enjoyable and safe for all swimmers.

CODE OF SWIMMER BEHAVIOUR

1. Be on time and prepared to participate fully in the workout
2. Follow instructions
3. Respect the authority of coaches
4. Respect the facility, staff and equipment

NEGATIVE CONSEQUENCES

When the Code of Swimmer Behavior is not followed the coaches and staff may find it necessary to discipline a swimmer.

Daily- if a swimmer breaks a rule, a check mark is recorded by the name. In the same day if a third check mark is recorded, the following discipline will be meted out:

1st occurrence – swimmer will be asked to leave practice

2nd occurrence – swimmer suspended for 1 practice and parents notified

3rd occurrence – swimmer is suspended for 3 practices and parents notified

4th occurrence – swimmer is suspended for 5 practices and parents notified

5th occurrence – swimmer is expelled from the club and parents notified

In the event of a severe infraction of any kind, the coach and staff member may immediately award the above discipline without any warning check marks.

MEETINGS

There are 2-3 parent (club) meeting scheduled in the season. The first is an information meeting that takes place in May. This is an excellent opportunity to answer any questions or concerns about the upcoming season. There may be a meeting just prior to our own swim meet (which is the beginning of July). This meeting will usually be held the end of June. The third meeting is the annual general meeting, taking place end of August.

Executive meetings are held throughout the year, any club member is welcome to attend. Contact the president for dates and times.

In order to avoid confusion and have a smooth, successful year please attend the club/parent meetings as often as possible. Please feel free to contact the executive at any time during the season should a concern or questions arise.

GENERAL INFORMATION

Please ensure that the club has your e-mail address. This year the club will increase communication by sending out newsletters and information this way. Also, there will be mailboxes set up at the pool; every family will have a mailbox. Please check this regularly. You will receive newsletters and updates in your mailboxes. There is a bulletin board located in the viewing area of the pool. Please feel free to contact the executive at any time during the season should a concern or question arises.

SWIM MEET GENERAL INFORMATION

- What to bring:**
- team swimsuit and cap
 - About 4 towels
 - enough healthy snacks, drinks, lunches, lots of water, for the day.
 - lawn chair for parents (except meets at The Tailsman Center in Calgary)
 - pillow and blanket for swimmer
 - sweat suits for swimmers to wear in between races, important to stay warm
 - extra dry clothes for the trip home
 - extra goggles incase they are misplaced
 - games or activities
 - (if it is an outdoor meet), sunblock, tent or umbrella

INNISFAIL SWIM MEET

Our swim meet will be on July 4, 2009. Our local meet can bring a lot to the community and team, both financially and in recognition. However, it takes many people to help run a swim meet, so please help out wherever possible. There are jobs for everyone and not all jobs require specific training.

Some jobs are:

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| -referee | -announcing |
| -runners | -concession helpers |
| -recording-safety official | -marshalling |
| -stroke and turn judge | -helping in the office |
| -timers | -place judging |
| -preparing and serving food for volunteers | |

We will need people to set up on Friday evening about 8:00 PM. We will also need people to stay and help clean up. As we near our swim meet, all this will be explained in more detail.