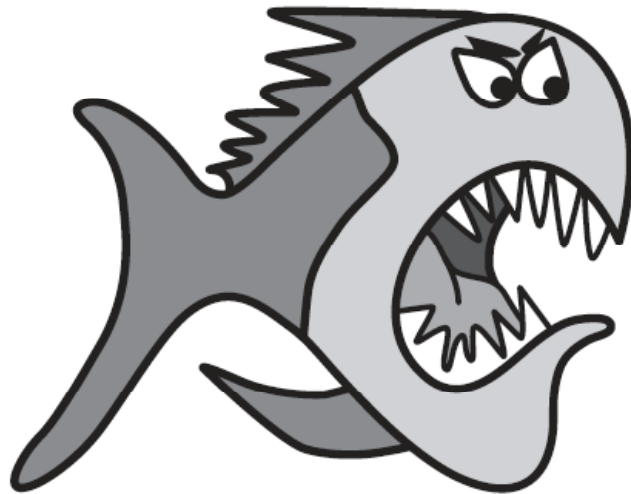


# **White Rock**

## **Amateur Swimming Association**



### **2008 HANDBOOK**

Provincial Champions:

1997  
1998  
1999  
2000  
2003

**Home to the Killer Guppies! Since 1919**

[www.bcssa.bc.ca/fs/whi](http://www.bcssa.bc.ca/fs/whi)

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## WELCOME

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Welcome to WRASA!

Many of our families and swimmers are returning but we have a number of new swimmers that we would like to welcome to our Killer Guppy family. You will get to know all the new faces in no time and no doubt, at times, you will be absolutely puzzled by something that everyone is talking about but you have no idea what that is. Just ask. We were all new to the club at one point and the best way to learn the ropes is by asking for information from the parent grapevine. Believe me I know. I spent the first summer with the club absolutely clueless about the family file folders. Getting to know other families in the club is the best way to improve your experience with summer swimming.

Although the swimmers are working hard in the pool and the parents are working in various volunteer positions, it's not all hard work. Summer swimming is an intense season of racing but it is also a very social time for the families. Often there is time socializing while doing a volunteer stint or while enjoying a cool drink under one of the family tents. We encourage all our parents to get involved with timing right from the start. It is an easy job plus you get the best seats on deck – albeit sometimes damp ones! Every club is responsible for supplying timers at a meet. So at the start of a meet, ask someone where the sign-up sheet for timers is and put your name down. No experience required. Before you know it you will be eager to become a Stroke & Turn judge on deck!

Please read through this handbook. The information included here is designed to answer your questions throughout the season. There is lots of important information included plus many helpful tips.

If you have any questions or need assistance in tracking something down please feel free to ask either myself or any of the Board Members.

We hope all our families have fun this coming season and that our swimmers enjoy much success in the pool!

On behalf of all WRASA Board Members, welcome.

Roberta Pak

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## COACHING STAFF

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### SWIMMING HEAD COACH

Courtenay Mulhern

e. [splishing\\_splashing@hotmail.com](mailto:splishing_splashing@hotmail.com)

### COACHES

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### WATER POLO HEAD COACH

Faye Anstey

e. [fanstey@telus.net](mailto:fanstey@telus.net)

If you need to communicate with your child's coach please send them an email or arrange a time to speak with them outside of their regular coaching times. It is preferable if you do not talk to coaches while they are on deck at the pool. It is a distraction for them and for their swimmers in the pool.

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## SWIMMER'S WELCOME

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Hello swimmers and parents, and welcome back to another summer swimming season. I hope you are all looking forward to an exciting summer of fast swimming and fun team events. We have a great coaching staff lined up for this season.

There are a number of fun things to look forward to this summer. Because of its popularity we will be running the Wednesday night clinics again this summer, which will probably begin mid-June. The clinics are a great opportunity to learn some new skills from highly educated and experienced coaches. As well, I am looking forward to our team socials such as movie and bowling nights, and swimmer of the week on Fridays. Additionally, this summer we will have a new type of award called the "Golden Kickboard Award" which will be given out throughout the course of the summer. This will be a very special award, and more details will be given at the start of the season.

Also, it would be great if everyone could get into the habit of bringing all their equipment to practices right at the start of the summer. All the swimmers will need fins for practices. They are a great training tool and effectively increase both skill performance and endurance. As well, it is highly recommend that senior swimmers have paddles this summer. Team Aquatic Supplies sells paddles, so it would be great if all the seniors could have either the red or green paddles (with the small holes in them) for the start of summer. Please make sure to put your name on all your equipment (white out or permanent markers work best).

Importantly, all swimmers should come to practice with water or a sports drink for when they are swimming. Because we are in the water we do not notice how much bodily fluid we lose when we are swimming, but it is very important to keep our bodies hydrated...especially on those hot summer days. As well, the best thing for recovery is to eat something within 10-15 minutes of finishing a workout. The type of food that is best for this is fruit, fruit bars, dried fruit, granola bars, or peanut butter and jam sandwiches. These types of food help restore the nutrients we lost during a workout, and therefore the sooner we replenish our bodies the faster they will recover.

Myself and all the coaches are looking forward to a fun summer and can't wait to get started!

Courtenay Mulhern  
Head Coach, Swimming

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## WATER POLO PLAYER'S WELCOME

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Welcome everyone to the 2008 summer water polo season. I am very excited to be a part of WRASA for it's first season of water polo. I believe we will have great success with our new club. As the head coach of water polo, I plan on running a program designed to educate and interest our players, while ensuring a safe and fun atmosphere. As the season begins, be sure to come out to our practices and stay up to date on our tournaments. E-mails will be distributed for any announcements, so watch your Inbox! Please be sure to drop me an email if you have any news or concerns throughout the summer.

I look forward to seeing everyone poolside this summer, and hope to have a fun and successful summer season with WRASA Water Polo!

Faye Anstey  
Head Coach, Water Polo

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## EXECUTIVE

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PRESIDENT: ROBERTA PAK

t. 604-535-4125 e. [rpak@shaw.ca](mailto:rpak@shaw.ca)

VICE-PRESIDENT & COMMUNICATIONS: DEANNA BOGART

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WATER POLO: ANDREA DEVITT

t. 604-538-6358 e. [amdevitt@shaw.ca](mailto:amdevitt@shaw.ca)

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## HISTORY

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WRASA started in 1919, over 87 years ago. For the first 50 years or so, swimmers trained in a series of tanks next to the White Rock Pier. WRASA had between 700 and 1000 people as members every year. Speed swimming, diving, water polo and synchronized swimming, as well as basic swim lessons were offered.

On September 18, 1950, WRASA was incorporated under the Societies Act of British Columbia. In the early 1970's, Sunnyside Pool was built and the club moved there. Surrey Parks and Recreation took over running the lessons and WRASA switched its goals to training the competitive swimmers and water polo players.

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## OBJECTIVES

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- To encourage and develop interest and skills in aquatic activities such as swimming and water polo;
- To provide the opportunity to participate in a competitive swimming and water polo program;
- To provide training programs under the BCSSA that will develop and improve the stamina and speed of our swimmers and to conduct and participate in aquatic sport competitions;
- To focus on competitive programs as well as develop and encourage lifelong physical and social skills;
- To encourage a sense of community, to provide a positive environment for summer activity, to build an esprit de corps and to support family involvement; and
- To provide the opportunity for senior swimmers, water polo players and members to develop leadership and coaching skills.

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## COMMUNICATION

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WRASA uses email as the primary form of communication. Please ensure that the Director of Communications (see page 2) has your email address so that you will receive our regular emails throughout the swim season. It is vital that we have current telephone information (including cell phone number).

Any changes to your personal contact information can be emailed to [wrasa2008@shaw.ca](mailto:wrasa2008@shaw.ca) . If you have not been receiving any email correspondence please contact us immediately at [wrasa2008@shaw.ca](mailto:wrasa2008@shaw.ca) or call the Email Coordinator (see below). The WRASA email list is intended for the use of swim club business only and by authorized persons only.

During the summer months each family has their own file folder located alphabetically in one of two black boxes. These boxes can usually be found on the picnic table at Sunnyside Pool or in the trailer on the north side of the pool.

All families are encouraged to check their file folder at each practice, as this is where all notices and swim meet ribbons are filed. These boxes also contain a Communication Binder, containing a print copy of emails (usually within 24 hours of them going out) and swim schedules for each group. Please review this binder to be sure that you are not missing any important information.

There is also a swim meet sign up binder (Please note that most swim meets need to be signed up for 2 weeks prior to the date of the meet so it is very important that you watch for these and to ensure you register your child for the meets they wish to attend, or remove their name if you have signed up but can't attend). You will also find volunteer opportunities and other important information on these boards. The family folders and binders are locked in the trailer during non swim times.

EMAIL COORDINATOR: SHEILA HENCHEL  
t. 604-542-9943 e. [wrasa2008@shaw.ca](mailto:wrasa2008@shaw.ca)

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## SWIMMING MEMBERSHIP CATEGORIES

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### INTRODUCTORY

The purpose of this category is to expose non-competitive swimmers to the WRASA environment without overwhelming them. This membership is available for one time only. It includes all swim practices beginning May 1<sup>st</sup> to June 1<sup>st</sup>, 2008. This category does not pay a fundraising fee or a non-participation fee. Should the swimmer decide to stay with the club then the fees paid will go toward the upgrade to either a junior or senior membership. At that time, they would then be required to pay the fundraising fee and the non-participation fee.

### GUPPIES IN TRAINING (GIT)

This program is designed to introduce children age 4-8 to swimming. Children must be comfortable in the deep water, be able to swim a length of the pool unassisted. Membership fees include BCSSA membership/ insurance and 2 Development meets. The swimmers may attend other meets, especially where older siblings are participating in weekend meets, however additional meet fees will be billed to the swimmer at the end of each month. Children can advance to a Junior membership during the summer training program and would be required to pay an adjusted fee. Advancement to the Junior level will be at the coaching staff discretion based on the swimmer's endurance level and the length of time they have been in the program.

### JUNIORS

Members of the junior groups will range from learning the basics of all the strokes to the competitive aspects of summer swimming. As a swimmer progresses through the groups there will be increased focus on stroke improvement. There may be some swimmers in this group who attend development meets while others will be attending weekend meets. Movement of swimmers within the various junior groups is at the sole discretion of the coaching staff.

### SENIORS

Members of the Senior group will be swimmers who have progressed from the Junior levels assessed by the coaching staff based on the swimmer's age, skill and speed.

### "O" CATEGORY SWIMMERS

This category is for winter swimmers only who join WRASA after June 30, 2008. This membership includes all practice times. The registration fee includes BCSSA membership/insurance, WRASA meet, Regionals and Provincials (including a T-shirt). All individual meets will be charged separately.

### ALUMNI MEMBERSHIP

This membership is open to swimmers in Division 6 or higher who are employed in summer jobs. To qualify for this category the swimmer must have swum for the club previously. Swimmers will receive up to 4 hours of swimming per week of which 2 hours minimum must be in the morning. The fee includes BCSSA membership/insurance, WRASA meet, Regionals and if the swimmer advances, Provincials (including a T-shirt). Attendance at any other meet will be billed separately. The coaching staff will monitor the practice hours for this category and the swimmer may be given the choice to either swim the designated hours for this category or be moved to the senior category and pay an adjusted fee.

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## FUNDRAISING

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Key components of covering operating expenses:

- Membership fees
- Gaming funds
- Fundraising fee
- Fundraising from the operation of a swim meet

As with any non-profit sporting organization, fundraising is a critical component to delivering a youth program. In order to keep the fees as low as possible so as to be inclusive to all community members, the club applies for gaming funds. But as we all know, we cannot rely on those funds. The government of the day may change the program at any time. Also, the funding varies depending on the number of participants. However many of the operating costs stay the same regardless of the number of swimmers unless there is a significant movement either way. So although we do apply each year when never actually get the funding until late in the season. The other important funding aspect is fundraising. In response to requests from the membership the club moved toward a fundraising fee per swimmer. The fee is still only a small amount of the necessary funding required to cover operating costs for the club. Our annual swim meet, the Pentathlon, held in July of each year is our most important event as it provides the additional funds needed to cover the club's expenses.

**The membership fees paid at the start of the swim season do not cover the costs of operating the program. Each swimmer is subsidized by funds from gaming and fundraising.**

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## VOLUNTEERING

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The success of our swimmers depends a great deal on the parent volunteers in our club.

### AT MEETS

At every development meet and weekend meet parents from all clubs are required to volunteer for deck duties. This includes the various officials on deck plus the timers and recorders. WRASA is one of the larger clubs in the Fraser South region and as such, is required to provide sufficient numbers of parent volunteers relative to the number of swimmers we have. All families in the club are expected to volunteer for deck duties at meets in which they have a swimmer participating.

### AT OUR MEET

There are more than 800 volunteer hours required to operate the Pentathlon. This excludes many of the coordinator positions that work prior to the meet, including the off-season. All the parents in the club are very busy during the swim season – its the nature of the compressed competitive swim season – however we ask that willing volunteers step forward to take some of the key coordination roles required.

### ADMINISTRATION OF THE CLUB

The summer swim season is very busy and for those parents who wish to get involved in the club but may not wish to undertake specific tasks that require added work during an already busy time there are a number of crucial volunteer jobs that involve work in the off-season. There are also other administrative type duties that are spread out over the summer season. The club welcomes all the volunteer assistance that is offered. There is lots of work to be done, year round, to ensure that our swimmers experience success in the water and have fun.

NOTE: When players reach 16 years of age, they can provide the help and the family will receive the Participation Credit. This Club encourages participation of older players in giving back to the Club and in being role models for the younger players. Volunteering is recognized as a valuable activity for students, both for school credit and for scholarship purposes. We have had current and former players coach and assistant coach in the Spring League with great success

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## THE PENTATHLON

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WRASA hosts an annual Pentathlon meet. This meet is unique because the format is different from the usual heats and finals. The swimmers have lots of fun because they get a chance to race kids from higher divisions to see how they compare. Overall there are fewer awards given out at this meet however each award that is given has greater recognition.

The meet itself is the key fundraiser for the club. Critical component: PARENT VOLUNTEERS  
As with any major event there can be no success without volunteers. A meet this size requires volunteer effort. Many of the positions require work either in the off-season or prior to the meet. If you would prefer to not be working during the meet and spending time with your kids then please take on one of the roles which requires the work before the event. Many of the jobs can be done from home. They require access to email and a phone. If you don't like to coordinate people then there are certain jobs where you can do the work required all on your own. If you are a coordinator, there are many important positions that the club needs volunteers for.

Either way, every family is required to do a minimum of 8 hours work. Either at the meet or on jobs required prior to the start of the meet

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## FAMILY PARTICIPATION REQUIREMENTS

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WRASA is a swim club that offers many benefits and life long memories to all of its swimmers. All the children benefit from joining the club. It is hoped that every family will contribute their time to help make a successful swim season for our children. To ensure the success of the club, a participation cheque in the amount of \$150.00 is required (post-dated to July 14, 2008). **This cheque will only be cashed for those families that do not participate and meet the requirements listed below.**

Each family is required to work a minimum of 8 hours at the WRASA Pentathlon or a minimum of 8 hours in a designated position relating to meet preparations.

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### 2008 SWIM FEES

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Swim Category	Swim Fee per swimmer	Fundraising Fee per swimmer	Total
Introductory	150.00	n/a	150.00
Guppy	235.00	40.00	275.00
Junior	325.00	75.00	400.00
Senior	350.00	75.00	425.00
"O" Category	125.00	75.00	200.00
Alumni	220.00	75.00	295.00

All swim fees include the \$35 BCSSA fee. There is a \$30 discount for the 3<sup>rd</sup> regular swimmer. A participation cheque in the amount of \$150.00 is required (post-dated to July 14, 2008). This cheque will only be cashed for those families that do not participate and meet participation requirements. (see above)

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### REFUND POLICY

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Requests for refunds must be made in writing to the Board and will be decided upon at the first board meeting in September 2008. BCSSA fees are nonrefundable. No exceptions.

#### SWIM FEES

If a swimmer quits the club within 1-2 weeks of joining the club and participates in no more than 2 practices, then they shall be granted a full refund of membership dues.

#### MEDICAL REASONS

The same policy applies as above. The request must be in writing and will be reviewed in September by the Board.

#### FUNDRAISING FEE

The fundraising fee is non-refundable regardless of the date of withdrawal. No exceptions.

#### NON-PARTICIPATION FEE

Please note that the non-participation fee cheque will only be cashed if you do not meet your participation commitments. Please obtain a tracking form at the time of registration. This form is the responsibility of each family and must be completed as indicated by July 14<sup>th</sup>, 2008 in order to receive your cheque back. The form should be returned to the Registrar. In the event of an early withdrawal from the club, your non-participation cheque will be cashed. No exceptions.

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## RECOGNITION

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During the summer season an array of statistics are kept based on swimmers results at meets (including development meets). Each fall there is an Awards Night where the swimmer's achievements are recognized.

The club operates a Best Times program. A parent volunteer keeps track of each best time earned by a swimmer and a report is printed on a Monday following a meet.

Each week during the summer, the coaches select a swimmer of the week for their particular group. This is usually announced at the Friday afternoon practice.

At meets, the swimmers qualify for ribbons and top swimmers in their divisions may qualify for meet aggregate awards. Not all meets recognize aggregate winners but if they do, an award is given for the swimmer who has earned the most points in a particular division.

An Awards Committee, comprised of parent volunteers and the Director of Recognition, oversees the program for the club.

### AWARDS NIGHT

The season ends with a special night in September to honour all of our hardworking swimmers. Anyone interested in reviewing the exciting awards that the swimmers can earn may feel free to look in the Director of Recognition's file in the black file boxes where a pamphlet outlining the awards will be kept.

This year's awards banquet will be held on Friday, September 26, 2008.

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## PARENT RESPONSIBILITIES

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Parents play an essential role in their child's participation in the WRASA summer swim program. The following are ways that you can optimize your child's swimming experience. Encourage your child to do the best that he or she can.

Make sure your child is on time and ready for swim practice warm-ups (goggles, bathing suit, fins, water bottle, and good attitude).

Parents are responsible for supervising their own children (or arranging supervision with other families) before and after practice, and at meets, including transportation. Be on time for drop off and pick up. WRASA will not be responsible for arrangements made by parents. Some children may need a responsible parent available during practices.

Let the Head Coach know if your child will not be attending a meet that they have signed up for, a minimum of 2 weeks prior to that meet. A non-refundable meet fee is paid for each event your child is entered in so you will be charged for those fees unless you cancel prior to the 2 week deadline.

Let your coach know if your child will miss any practices due to holidays or other commitments. The deck is off bounds to parents. Never go on deck to speak to a coach about your child unless the coach specifically invites you. Do not yell at your child or their coach through the fence.

At Swim Meets you will see that many of our swimmers hang out together between events in various family tents or the team tent. This is all part of the summer swimming experience and helps to forge long lasting relationships. It is a good idea to know where your child is throughout the meet so that you know that they are safe and can find them if they are being called to the Marshalling. If your child is on a relay team it is important for you to assist the team (especially teams with younger swimmers) to stay together will in advance of their call to Marshalling.

It is your responsibility to keep up to date of the activities and changes in the club. Check your email and check the file folder and bulletin board at the pool regularly.

At swim meets, make sure that your child is in marshalling on time and is ready to swim (cap, goggles, bathing suit, water bottle, positive attitude).

Volunteers run WRASA. Volunteers run swim meets. That means you!! The list of ways to help is long and includes committee work and various tasks at each swim meet. Find out how you can best help the swimmers and the club by speaking to anyone on WRASA's Board of Directors.

Review this handbook with your child so that they understand the importance of their responsibilities.

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## SWIMMER RESPONSIBILITIES

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### AT PRACTICES

- Listen to your Coach.
- Be on time for practices and ready to go (goggles, bathing suit, water bottle, fins, runners, positive attitude).
- Attend as many practices as you can.
- Arrive 15 minutes prior to your practice time for stretching and warm-ups.
- Swim in your lane in the position the coach gives you. Let faster swimmers pass you easily. Swim right to the wall. Swim the stroke without cheating.
- Learn to read the pace clock.
- Learn how to drink enough fluids and eat for best results.

### AT MEETS:

- Arrive on time for stretching.
- See your coach before and after each race.
- Get to marshalling on time (with your water bottle and goggles).
- Drink lots of water and other fluids. See foods and fluids on page?
- Keep track of your times. Remember that improving your times is what counts.
- Be proud of your best efforts and learn from your mistakes.
- No pushing or fooling around on deck.
- Clean up your garbage, including the club tent area.
- Always check with your coach to see if you have been selected for a relay.
- Tell your coach when you are leaving at the end of the day.

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## SWIMMER'S INFO

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### SWIMMER'S EAR

Some swimmers have problems with an ear infection called Swimmer's Ear. Ask your child if they are able to clear all of the water out of their ears after swimming. Younger children may need help with this. If your child has pain, itching or a discharge coming from the ear; you should see your family doctor. Swimmer's ear is usually treated successfully with antibiotic ear drops. The pain will be gone after a few days but there are enough bacteria to cause the infection to come back again, unless the full treatment is given. To help prevent this infection, swimmers need to dry their ears as well as possible with their towel after every dip into the pool. Making a mixture of 5 ml of household vinegar and 5 ml of Isopropyl (Rubbing) alcohol and using 2-3 drops in each ear after swimming has been shown to help. For more information on swimmers ear please visit [www.nlm.nih.gov/medlineplus/ency/article/000622.htm](http://www.nlm.nih.gov/medlineplus/ency/article/000622.htm)

### PROPER FOOTWEAR

It is important for swimmers to wear something on their feet at all times prior to getting into the water. Running shoes should be worn for dry land training because it takes place in a public park. At swim meets you should bring a pair of shoes and sandals for your child and encourage them to wear them at all times. It would be a shame if a swimmer had to sit out the rest of the season because they injured their foot on a piece of glass!

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## WRASA CLOTHING

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WRASA has a selection of team clothing and suits available for sale throughout the swim season to reinforce and encourage team spirit. We are trying to keep the prices affordable so there is no profit made on the sale of clothing and team wear. The sale of WRASA clothing is intended for your convenience and purchase is entirely optional, although the coaches like to see the swimmers wearing club bathing suits and caps. No payment will be required until you take merchandise home. Club clothing must be ordered through our Clothing Coordinator. Under no circumstances are orders to be made directly to our suppliers.

The following clothing and equipment items will be offered for sale at the pool this summer while supplies last:

- Swim suits (available by catalogue order through Team Aquatics)
- WRASA lycra team suits (royal blue with red guppie logo)
- Polyester training suits
- WRASA silicone caps and latex caps
- Fins and assorted goggles
- Paddles
- Club clothing and gear
- It is a good idea to label everything possible!! For labelling swim caps, use a "Sharpie" permanent felt pen, and let it dry. Wipe a layer of Elmer's Fix-All over the name, following drying directions before using.

CLOTHING COORDINATOR: ANDREA ADAMS

e. [adamswyn@axion.net](mailto:adamswyn@axion.net)

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## FLUIDS

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It is very important to drink water during practice and swim meets. Water provides the following benefits to our swimmers:

- Conversion of food into energy
- Muscle contraction
- Coolant for working muscles
- Lubricant for joints
- Circulation and blood pressure

During practice swimmers should drink 150-300 ml every 20 minutes so it is important for your child to bring a water bottle with them to each practice.

During swim meets swimmers lose up to 1.5 L of fluid after each race so it is crucial that they continue to drink water through out the day They should try to drink 3-4 litres (8 bottles) each day. Sports drinks and a post activity snack containing salt will help them to retain more of the fluids taken after their swim.

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## MEALS AT MEETS

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Eating smaller amounts of food soon after a race or warm up will be easier for them to digest. To avoid stomach discomfort they should avoid greasy foods like chips and hamburgers. A recovery meal after a race should contain 3-5 servings of carbohydrates and 1 serving of protein.

Here is a list of suggested food and fluids to bring to swim meets:

Lots of water	Bagels	Nuts
Juice	Bread	Cheese
Sports drinks	Rice cakes	Sliced meats
Granola bars	Low fat crackers	Meal replacement bars
Fresh and dried fruits	Yogurt	Low sugar cereal
Sandwiches	Peanut butter	Low fat milk

Raw vegetables are a great snack at home but should not be brought to swim meets because it takes the body too much time to digest them therefore they don't provide any benefit to our swimmers.

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## NEW PARENT INFO

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Welcome to summer swimming. This is not like any other sport that your family has participated in. You will see that it is more than just getting your child to practices and meets. Everything from helping to run our club to the Provincial Swim Meet is done by parent volunteers like you. Everything . . . except the coaching.

Over the next few months you will see your children evolve into stronger swimmers and develop relationships that can last a lifetime. We are all in this together so other parents in our club are your biggest resource. You will see that they are happy to help you find your way. There is a lot to learn, so don't be shy!! They were once new parents too!

If your child is in the GIT program they will have 3 practices a week and be able to participate in couple of swim meets. As they develop their skills and become stronger swimmers they will be encouraged to participate in more swim meets. Then it will be time to redecorate the house to fit all of the ribbons and medals!! Every year, a handful of first year swimmers come close to qualifying for Provincials, especially as a relay swimmer. Talk to your coach part way through the summer to see if your child needs to be available for those dates (See WRASA Swim Meet Schedule).

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## SIGNING UP FOR SWIM MEETS

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Prior to signing your child up for their first meet you should check with their Coach to see if they are ready to compete. The swim meet sign up book is located in a black box at the pool where the family folders are kept. There will be a page in the book for each swim meet WRASA will be attending this year. You will need to put their name on each page of the meets you are planning to attend. Sign up needs to take place a minimum of 2 weeks prior to each meet. The page for each meet will be taken out of the book 2 weeks prior at which point they have been registered for that meet. Your child's Coach will decide which events they will swim and whether they will be part of a relay team. Once they are registered WRASA is committed to pay for the events that they will be swimming in. This is important to know because if you decide not to go to that meet we have to pay for their missed events and relays. Therefore you will be billed for the cost of those swims (approx. \$6 per event and relay).

A couple of days before swim meets please check the WRASA website to confirm entry for the meet where you can access the pool name and address, warm-up time and events which your child will be swimming.

Development meets are held Wednesday evenings with warm-ups usually starting about 4 pm. Regular weekend meets start as early as 6:15 am for stretching before warm-ups and 8:00 for races. Swimmers are expected to be on time and ready to go for stretching.

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## SWIMMER CLASSIFICATIONS

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### “A” AND “B” SWIMMERS

Swimmers are “B” swimmers until they swim an “A time” in a specific stroke. Since the designation is for each stroke, a swimmer can have some “B” strokes and some “A” strokes. “B” swimmers are allowed to swim in an “A” event, but “A” swimmers cannot swim in a “B” event. When moving to the next age category, you need to check the new qualifying times for that division. For Development swimmers, once they obtain a “B” time or higher, they may not swim that stroke in a Development meet. They can continue to attend Development meets, swimming their other strokes.

### “S” AND “O” SWIMMERS

Swimmers are “S” swimmers if they did not train with a coach for more than 2 hours per week from October 1 to April 30 of that year (practices for high school swimming in the fall is not considered additional practice hours). Swimmers are “O” swimmers if they trained more than 2 hours per week with any organized water sport.

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## ARRIVING AT SWIM MEETS

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### WARMUP

Warm ups are an important part of the meet because it gives swimmers the opportunity to get a feel for the pool.

You will know that you are a seasoned swimming family when you are excited that you have the earliest time for warm-ups because it means that you get the prime parking spaces. When you arrive at the pool find the coaches’ table (located on the pool deck.) Ask one of our coaches where the team will be stretching prior to their warm up. Your child will need to take their swim bag with them to the stretching because they hit the water right afterwards.

Now you have about 30 minutes to cart your stuff from the car to your spot. Watch out for the experienced families. They know where the afternoon shade will be and which areas become small lakes on rainy days. Having a tent indicates to your child the general area where their stuff belongs!! (Most families set-up a tent or canopy). Your child may return from warm-ups with writing all over their hand. Don’t wash it off!! These are their event numbers so that they know which events they are in and when to go to marshalling. It helps to buy an official program (usually \$5) which list the order of events and indicates which heat your child will swim in. It does not list the names of the relay swimmers, just the team name so ask your child's coach if they will be in a relay by 11:00 AM each morning. Ask an experienced parent how to estimate the time between your child’s swims.

### MARSHALLING

This is the process of organizing the swimmers so that they swim the right event in the right heat. Before going to marshalling, your child needs to see their coach. They should bring their swim cap, goggles and a towel with them to the marshalling area. It's a good idea to have your child go to the bathroom before arriving to marshalling. Once they get to marshalling and their event is called, they are handed a time card. Your child needs this card (pink for girls and blue for boys) in order to swim in that event so do not lose it.

The swimmers are then organized onto a series of benches, each bench being one heat of a race. They are put into a specific spot depending on the lane that they will swim in. They will move forward from bench to bench until their bench is at the front, this means that they are ready to swim their race. They will be led onto the pool deck where they will need to hand their card to the timer sitting in their lane. They should check with the timers to make sure that they are in the correct lane.

Swim meet organizers are not required to call the event numbers over the PA system. They are only required to call the event in the marshalling area. As a result, kids like to hang around marshalling so that they don't miss being called. If they miss being called, they are scratched from the race and are not allowed to swim. Most of the smaller swimmers get to marshalling an hour or so before being called (way too early). They can get bored and start goofing around. Keep an eye on your child and try to stay out of the marshalling area until they call your race.

Once the swimmers are sitting on a bench, it is usually at least 30 minutes before they will swim. Some races go really quickly, others take quite a while so keep an eye on what event is being called. Meets start with Division 1 girls, followed by the boys. The exception is Boundary Bay, which starts with Division 8. The individual races will take place until the early afternoon followed by a short break before relays start. Later in the season, meets will have heats and finals. Regionals and Provincials have heats and finals for relays as well as for the individual events.

There isn't usually a chance for your child to eat at normal meal times during swim meets. Swimmers usually eat smaller meals throughout the day. The Individual Medley, 100m Free and Breaststroke races seem to take longer than the others, allowing for more time for proper digestion, especially if they eat right after their race. It is important for them to drink lots of water, swimmers that don't stay well hydrated, don't swim to their full potential.

Once your children reach a certain age, you won't see much of them at swim meets. They head off with their friends and find the tent with the most recent "Archie" comics. This isn't a problem until you need to get them to marshalling!! Most parents have gone tent to tent calling their child's name so that they don't miss their race. Eventually, the swimmers figure out how to get to marshalling on their own, and you have one less thing to worry about.

#### BEFORE YOU LEAVE THE MEET

It is important to notify the coach before you leave or if you have to leave early. They may be counting on your child to swim in a relay, which the child is not always aware of. The choices for who swims the relays are made early in the day, so it helps to find out who your child will be swimming with and where they can be found later in the day. (Ask for help from your coach or other families if you don't know what the other swimmers look like). Allow extra time to find the four relay members so that you don't miss the call to marshalling. All four relay members need to report to marshalling together otherwise they will not be given the event card. A fifth swimmer is called the alternate. It is important to know where to find them in case one of the relay members does not make it to marshalling on time.

At the end of the meet please clean up. If your children spent time at the team tent, they need to make sure that it is clean also. Volunteer parents bring the tent and take it back to Sunnyside Pool and shouldn't have to clean up after the swimmers in the club. This is where you'll be glad you put your name on your lawn chair. They all look the same at the end of a meet!!

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## **DISQUALIFICATIONS (DQ'S)**

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If you are new to competitive swimming, chances are good that you will get disqualified at some time or another. Even seasoned swimmers get disqualified at meets. The official making the disqualification will mark the swimmer's card and tell the swimmer or the coach the reason for the DQ. Tell your coach exactly what the official said. Don't tell the official that they are wrong.

Some of the reasons for DQs are:

- Incorrect take off, stroke, touch, or turn (especially breaststroke kick and backstroke turn)
- False start
- Reporting to marshalling or the starting block late
- Interfering with another swimmer (by going into the wrong lane)
- Walking on or pushing off of the bottom of the pool
- Not completing a race
- Getting out of the water too early or re-entering the water (depending on the stroke)
- Being rude or disrespectful to swimmers or officials

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## **MEET RESULTS**

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During the meet, the results are posted on a wall close to the pool. They can also usually be found on the website the following week. The coaches will get all of the ribbons won by the club at the end of the meet and will put them into your family file (black boxes at our pool) sometime the following week.

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## **WHAT TO BRING TO A MEET**

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Comfortable seating

Healthy food (see fluids and meals at meets suggestions)

Activities for the kids

Protection from the weather (hot or cold)

Extra goggles and swim caps.

Extra swimsuits, towels and sandals are needed rain or shine.

Sun or rain hats

Sunscreen

2-3 sets of warm clothing on cool or rainy days

A highlighter and pen for the meet program

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## FREQUENTLY ASKED QUESTIONS

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### **When will I know if my child is ready to swim at a meet?**

Talk to your child's Coach to find out when they feel your child will be ready for a Development meet. The Coaches will also let you know when your child is ready to swim at a regular meet.

### **Is it OK if we are only able to swim one day at a regular swim meet?**

Yes, we encourage swimmers to swim at as many meets as possible but understand that families have other commitments in the summer. If you are only able to attend one day of a meet just write that day beside your child's name in the meet sign up book. If you don't indicate a specific day your child will be registered for both days.

### **Why are the morning practices so early?**

WRASA swims at Sunnyside Pool which is a public facility. The city holds swim lessons during the day in the summer starting a 9:00 AM so we need to finish our morning practices prior to their swim lessons.

### **What is the best way to meet people in the Club?**

Get involved! Joining a committee or volunteering for shifts at swim meets brings you together with other WRASA parents.

### **How should I approach my child's Coach if I have a concern?**

Choose a time either before or after a practice to have a conversation with them. Let them know your concerns. You know your child better than anybody but remember that they have been hired by WRASA because of their background and knowledge so please try to understand their reasons for making various decisions. If after talking to them you feel that you would like to talk to someone else about your concerns please contact our Head Coach.

### **Are there other ways that I can assist my child during the swim season?**

Encouraging your child to get enough sleep and eating the proper foods will go a long way in helping your child. Talk to them about their swimming goals and encourage them to listen to their Coach in order to achieve these goals.

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## WRASA RELAY POLICY

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At the Fraser South Regional swim meet, swimmers are trying to qualify to go to the Provincial swim meet, either on their own or as part of a relay team. The coaches sometimes make 2 (or more) relay teams, hoping that more than one team will go to Provincials.

For relays, the top 2 teams and any team reaching a PQT in the finals at Regionals advance to the Provincials. In some divisions, we are lucky enough to have 2 or more WRASA relay teams. When this happens, the coaches may choose to organize the relay teams to try to qualify more than one relay team for Provincials. Coaches often choose to put some of the strongest swimmers on different relays. At Provincials, the coaches will likely group the 4 fastest swimmers on the A relay and the next 4 strongest swimmers on the B relay. If the B relay did not qualify for Provincials, a swimmer who swam at Regionals on the A relay may be required to step-down, and allow the fastest team to swim together at Provincials. It is important for the A relay to place as high as possible at Provincials. The points awarded for relays are double those for individual events, so a winning relay team can make a huge difference in how WRASA and Fraser South places overall.

In creating the relays, a coach may also choose a swimmer from a lower division to swim on an older team. For example, there may be 3 Division 5 swimmers and one Division 4 swimmer on the Division 5 relay.

The club values the efforts that all swimmers make in helping the team achieve the highest possible result. It is important that the swimmers and their families understand that just because a swimmer was on a winning relay team at Regionals, they are not guaranteed a spot on a Provincial relay team. The coaches will post the list of swimmers and alternates for the Provincial relay teams the week following Regionals. If this is not possible, the coaches will notify the families involved as to when the relay team will be decided. If there are any changes to the relays, coaches will notify the families involved in person.

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## STANDARDS OF CONDUCT

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WRASA swim club embraces and adopts the B.C Summer Swimming Association conduct policy (Section 3 Administration of BCSSA Rules and Regulations) and will use this document for guidance in dealing with conduct issues.

A link to this document is available at [www.bcssa.bc.ca/fs/whi](http://www.bcssa.bc.ca/fs/whi) under "Conduct". All WRASA members, including swimmers, coaches, and all family members and/or guardians are expected to follow the Code Of Conduct as outlined below:

Each member is to act so as not to endanger the health and safety of him/herself or others.  
Each member is to act so as to show respect and consideration of others and their feelings.  
Each member is to make sure his/her actions do not interfere with the rights and responsibilities of others to use the pool and /or to carry out club activities.

Any breach of the WRASA Code Of Conduct will be dealt with as follows:

Complainant must immediately inform the person that the behaviour is unwelcome.  
It is the responsibility of both parties to resolve the conflict as soon as possible.

If the behaviour continues, the following steps may be taken:

In the case of disruptive behaviour in the pool, the coach may ask the person to leave.  
The Head coach must be informed and the details documented.  
The complainant may take his/her complaint to the head coach who will assist in the conflict resolution.

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## WEBSITE REFERENCES

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WRASA's website is a resource for all club news, announcements and archives: [www.bcssa.bc.ca/fs/whi](http://www.bcssa.bc.ca/fs/whi).

Other useful/interesting websites are:

BCSSA	<a href="http://www.bcssa.bc.ca">www.bcssa.bc.ca</a>
Swim BC	<a href="http://www.swim.bc.ca">www.swim.bc.ca</a>
Swimming Canada	<a href="http://www.swimming.ca">www.swimming.ca</a>
FINA	<a href="http://www.fina.org">www.fina.org</a>
Canadian Centre for Ethics in Sport	<a href="http://www.cces.ca">www.cces.ca</a>
WADA	<a href="http://www.wada-ama.org/en">www.wada-ama.org/en</a>
Coaching Association of Canada	<a href="http://www.coach.ca/e/nutrition/index.html">www.coach.ca/e/nutrition/index.html</a>

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## 2008 BCSSA AGE LOCATOR

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The following chart indicates the division a swimmer will be competing in.

### Category "S" (Summer Swimmer)

BIRTHDATES	DIVISION	AGE
May 1, 1999 and younger	Division 1	under 9
November 1, 1997 to April 30, 1999	Division 2	9-10 ½
May 1, 1996 to October 31, 1997	Division 3	10 ½ - 12
November 1, 1994 to April 30, 1996	Division 4	12- 13 ½
May 1, 1993 to October 31, 1994	Division 5	13 ½- 15
May 1, 1991 to April 30, 1993	Division 6	15 & 16
May 1, 1988 to April 30, 1991	Division 7	17 - 19
April 30, 1988 and earlier	Division 8	20 & over

### Category "O"

Swimmers are "O" if they swim more than 2 hours per week or participate in water polo or synchronized swimming for a combined total of more than 4 hours from October 1 to April 30, or if they have achieved CASA/SNC Senior National Qualifying Time within the last 3 years.

BIRTHDATES	DIVISION
May 1, 1996 and younger	0-1
May 1, 1991 to April 30, 1996	0-2
April 30, 1991 and earlier	Division 8

Please note that swimmers compete at meets in the division appropriate to their age. This has no bearing on the groupings that are made up for practice purposes, which may be made up of swimmers from different divisions.

WHITE ROCK AMATEUR SWIMMING ASSOCIATION  
P.O. Box 45002, 12905-16th Avenue, South Surrey, B.C., V4A 9L1