

WRASA

killer guppies

WRASA 2024

Land Acknowledgement

We would like to acknowledge that the land that we use daily is that of the shared, unceded traditional territory of the Katzie, Semiahmoo, and Coast Salish Peoples.

WRASA Website

<https://www.wrasa.ca>

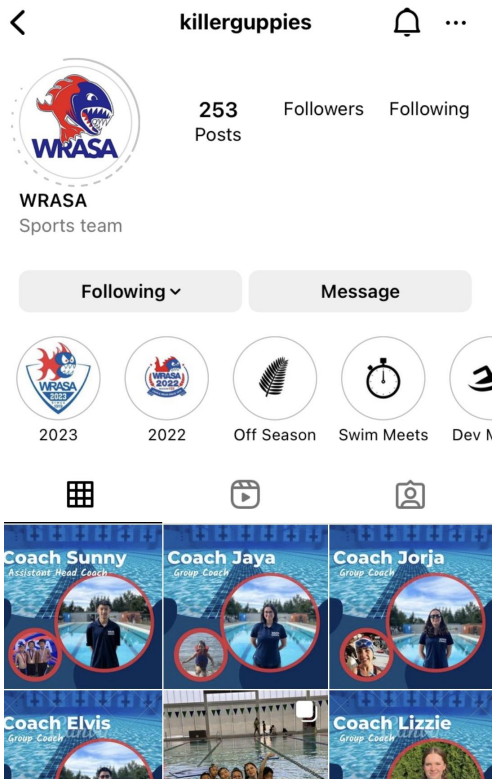
- Guppies Code of Conduct
- Groups and Schedules
- Meet and Event Schedule
- Contact
- BCSSA Links



WRASA Socials

Follow us on Instagram!

@killerguppies



The background features a vibrant blue field with dynamic, flowing red and blue wavy lines. Scattered throughout are numerous white circles of varying sizes, some of which contain a small white comma-like shape, resembling bubbles or stylized data points.

WRASA

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Meet Your Coaches!

Head Coach: Alan Deng

Senior Group Coach

alan@wrasa.ca



Assistant Head Coach: Sunny Yang

SINT Group Coach

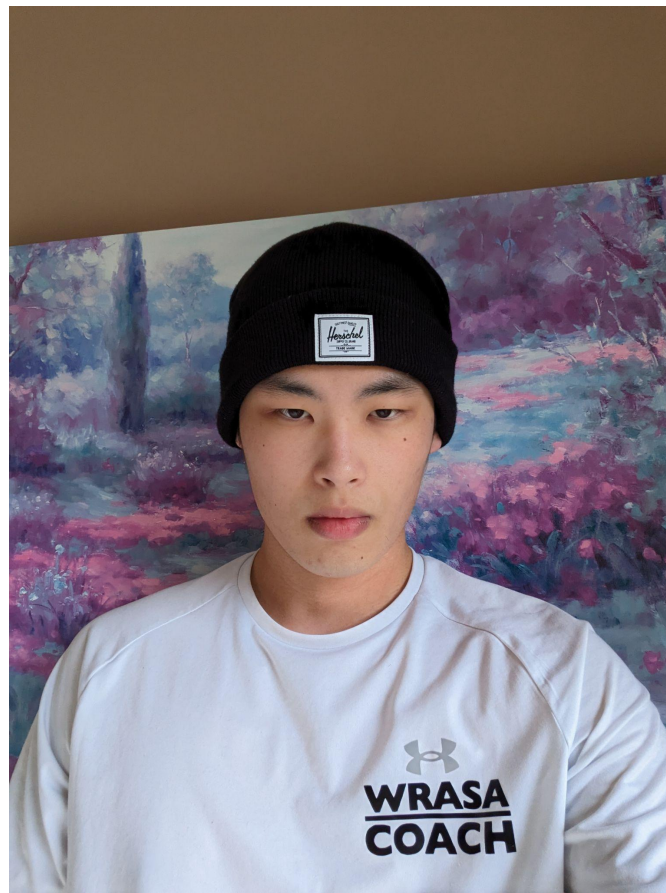
sunny@wrasa.ca



Group Coach: Andrew Qiu

Junior Group Coach

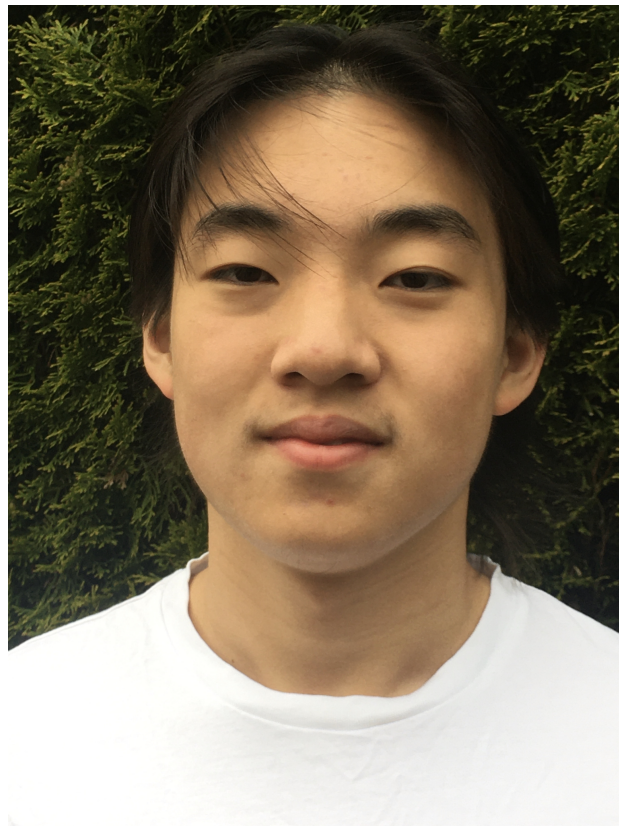
andrew@wrasa.ca



Group Coach: Paul Xu

Junior Group Coach

paul@wrasa.ca



Group Coach: Olivia Lu

Junior Group Coach and SLP
Coordinator
olivia@wrasa.ca



Coach: Vonzelle Venter

Junior Group & Water Polo Coach
vonzelle@wrasa.ca



Group Coach: Hana Khan

JD Group & Water Polo

hana@wrasa.ca



Group Coach: Madeline Potts

JD Group

madelie@wrasa.ca



Group Coach: Rafael Zhou

Guppies Group
rafael@wrasa.ca



Assistant Coach: Dennis Lu

Water Polo Coach

dennis@wrasa.ca



Philosophy and Culture

- Family-like atmosphere
 - Committed relationships between athlete and coach
 - Maintain famed Club Culture
- Work-Ethic
 - Value of technique over time
 - Developing successful life habits
- Excellence
 - Foster competitive mindset!

Registration and Groups

Group Placement

- Coaches decide group placement based on swimmer advancement and age
- Trust the Coaches!
 - All decisions are made in the best interest of the swimmer

Refunds

- There will be no refunds after 14 days or two practices
 - Depending on which comes first



Group Movements

- Group movements are inevitable as many swimmers may change in their progression rate throughout the season.
- Group movements will be decided by the coach and eventually finalized by the head coach & coaching committee.
- **Please DO NOT request group movements based on skill**
 - The coaches will look in the best interest of every swimmer



Development Meet Schedules

Date	Host Club
June 12	WRASA
June 19	North Delta
June 26	Richmond
July 3	Ladner
July 17	CBSC

Details

- Wednesday Afternoons
- 3-4 Hours Long
- Development meets are typically reserved for swimmers...
 - Div 3 and Younger
 - B Times or Slower

Weekend Swim Meets Swimming Schedules

Date	Host Club
June 1/2	Richmond
June 8/9	Boundary Bay
June 22/23	Ladner
July 6/7	North Van (TBD)/Tritons
July 13/14	WRASA
July 20/21	North Delta
July 27/28	Surrey
Aug 2/3/4	Regionals (Watermania)
Aug 16-18th	Provincials (UBC)

Races and Relays

- Swimmers will be charged for missed individual races and relays.
- The swimmers' races are chosen by the coaches
 - Maintenance of fun, development, and competition!
- WRASA's Relay Policy
 - May/June - Relays created with the goals of inclusion and the opportunity to race other swimmers
 - July/August - Relays created with a competitive mindset though emphasis will still be placed on swimmer inclusion
- Qualification at Provincials
 - Div 1-3 and O1 relays that qualify for Provincials will stay on their relays except under unique circumstances
 - Div 4-8 and O2 may change but emphasis will still be placed on keeping relays together

Water Polo

- May/June 3 Practices/Week
- Great Opportunity to Try Another Sport!
 - Welcome to all ages and levels
- Sign up email for trial classes be sent out tonight!
 - Limited capacity and spots offered on a first come first serve basis.



Senior Leadership Program: What is SLP?

- To equip Senior Leaders with the fundamental skills needed to become a WRASA coach
- Provide leadership opportunities to older swimmers
- Provide Guppies and Junior swimmers positive role models



Senior Leadership Program: What does a SLP do?

- Assist coaches on deck
- Encourage and accompany younger swimmers at meets
- Help plan and run club events
- Take a deeper look into the foundations of stroke progressions



Senior Leadership Program: Streams

Blue Stream

- Older, more experienced SLs
- Will dive deeper into coaching knowledge
- More coaching opportunities

Red Stream

- Newer SLs
- Coaching Basics
- Will just begin to help out coaches and coach themselves.



Senior Leadership Program: Schedule

- May 13th- August 15th, 2024
- Weekly meetings: Thursdays
- Clinics (biweekly): Thursdays, after meetings
- Club event planning: Century Relay, Guppy Games
- 6 Volunteering Rotations: assist coaches on deck
- Swim meets: Buddy System
- Development meets: attend and assist coaches



Senior Leadership Program: Criteria

- Minimum age: **going into Grade 8 in the fall**
- Available to attend weekly meetings
- Committed to being a good role model to younger swimmers



Senior Leadership Program: Application Process

- Fill out the Google Form that will be sent out tonight!
- **For both new and returning**
- Includes a couple of questions about why you want to join this year's program
- Please try to answer all the questions to the best of your ability as I will be reading over them.



Google Forms

Masters Swimming

- Sign up today!
- Good opportunity to practice swimming skills and maintain fitness!
- Practices will take place 7:30-9:00pm throughout the season
 - Adults will not swim with swimmers, but may share lanes with the coaches!



Club Events Schedule

- Subject to Change

NEXT: Guppy Grind

- All Swimmers!
- May 10th, 2024
- 4:30pm-5:45pm
- Meet at Generations Playground
 - 14600 North Bluff Rd, White Rock, BC V4B 2V1

Date	Event
May 3	Season Opener
May 10	Guppy Grind
May 24	Century Relay
May 27 (TBD)	S&T Clinic
June 5 th (TBD)	2nd S&T Clinic
June 28	WRASA Games & BBQ
July 2	Photo Day
July 30	Coaches Appreciation Night
Aug 8	Goals for Good
Aug 8	Jamboree & BBQ
Aug 10th	Semiahmoo Cup
Aug 21th	Cultus Lake

Swimmer Equipment

All swimmers are required to have a red WRASA tee as well as a WRASA racing cap. New swimmers will receive one for free.

Guppies/Guppies Lite

- Kickboard and Fins

Junior/JD

- Kickboard, Fins, Pullbuoy, and Snorkel

S/Int

- Kickboard, Fins, Pullbuoy, Snorkel, and Paddles

Onsite Clothes & Equipment Sale:

Date: 5/5/2024 Sunday

Time: 11am – 2pm

Location: Grandview Swimming Pool



<https://team-aquatic.com/>

Equipment Supplier - 10% off online purchases

Key Contact:

President	Nemo Lin	president@wrasa.ca
Vice President	Fei Zhao	vp@wrasa.ca
Treasurer	Renee Zhang	treasurer@wrasa.ca
Volunteers	Lin Gao	volunteers@wrasa.ca
Registrar	Linlin Ma	registrar@wrasa.ca

info@wrasa.ca

Communication

Communication is essential for organization!

- Attendance - absences must be communicated with group coaches!
- Questions and Concerns → Use of Hierarchy
 1. Group Coach (NOT ON DECK)
 2. Head Coach (alan@wrasa.ca)
 3. Director of Coaching Monica Dong(monica@wrasa.ca)
 4. Vice President Fei Zhao(vp@wrasa.ca)
- 24-hour policy will be used

Fraser South Region Parent Notice

- Information tool that is available in Safe Sport and BCSSA's Codes of Conduct
 - Highlights Policies and Resources
- Please check your emails for this document!
 - Will be sent out tonight

Steps for Complaints

- 1.Club Board of Directors
- 2.Regional Director (supported by their Regional Board)
- 3.BCSSA Head Office

Club Conduct

- All participants, coaches, swimmers, board members, officials, and volunteers have the right to be treated fairly and with respect and integrity
- This is essential for the maintenance of our club culture and to create a meaningful and enjoyable environment for everybody!
- All swimmers must treat each other with respect and abide with our club code of conduct.
 - The 3 Strike Rule will be enforced strictly!

WRASA's Volunteer Culture

- WRASA is a non-profit organisation
 - **Dependent on volunteers!**
- 16 hours required per family
 - \$500 Cheque Deposit
- 12 hours for the OCATS
 - Starts July 1st 2024
 - \$500 Cheque
- 5 Shifts as of Timers - NEW
 - Every club must fulfill timer spots according to their number of swimmers
 - Most parents did more than 5 shifts last summer. *Highly Appreciated!*
 - Formalize the requirement from this summer to be fair to every family



Get On Deck

- Volunteers make Swim Meets Possible!
- We are one of the largest FS Clubs!
- Make our presence and culture known and **get involved**



Get On Deck

- Swim Meets cannot run without parent volunteers.
- Some positions include:
 - Marshalling - Roll call and organizing swimmers into race groups.
 - Time Keepers - Operate Stopwatches or electronic timers
 - Stroke and Turn Judges
 - Senior Roles - Head Timekeeper, Starter, Disqualification Officer, Backup Session Referee, Session Referee, Director of Officials, Clerk of the Course, Meet Manager, etc
- Each family asked to complete a minimum of one volunteer session per weekend.
- Shifts are typically 2 hours long and refreshments may be provided.

Stroke and Turn Officials

- Stroke and Turn Officials are parents that volunteer on deck during swim meets. Clinics will be provided for parents that hope to learn about officiating.
- They are charged with observing the swimmers and reporting infractions of the rules of each stroke.
- Benefits of Volunteering for Stroke and Turn:
 - **Swim meets are fun!** With full weekend days spent at the pool for the meets, why not put in a 2 hour volunteer shift where you can be on deck, potentially watch your swimmer up close for a race, and learn more about speed swimming.
 - **You learn a lot.** Officials learn all technical aspects of speed swimming and assist in monitoring proper techniques and skills. A great Conversation starter between you and your swimmer.
 - **It's the best way to support your swimmer.** Seeing a parent on deck can mean a lot to a child especially in their first year of swimming.



Questions?



Thank you!