

GUPPY GUIDEBOOK



LEAN & MEAN SINCE 1919



The Guppy Guidebook

Lean & Mean Since 1919!

We're not just one of Canada's oldest swim clubs, we're one of the most successful too. We just happen to have won the BC Provincial Champions the last four years. In fact, Killer Guppies have been enjoying best times since 1919 and we're going to keep up the fast swimming every season!

WRASA is a great place to spend your summer and our swimmers and families are the heart of our club. We look forward to welcoming everyone back for another great year.

Registration and Club Information

This is intended to answer all the questions you will have about summer swimming in general and WRASA in particular. Where indicated, the most recent dates, fees, locations and details will be posted on WRASA.ca and members will be informed by email.

Please be certain to review all Club Policies in this guide as they are referenced on the forms you must sign as part of Registration.

This Guidebook is packed with useful information and handy reference. Keep it handy and watch for updates on the WRASA.ca website as well as by email.

Go Guppies Go!

Bill Bishop | Director of Communications

updated April 30, 2024, by WRASA board

Guppy Guidebook | Table of Contents

The Guppy Guidebook	1
Introduction	5
Club History	5
Speed Swimming	5
Water Polo	6
Club Objectives	7
WRASA Mission	7
WRASA Objectives	7
Registration for New and Returning Swimmers	8
I. Returning WRASA Swimmers:	8
II. Winter Training Swimmers:	8
III. New to WRASA:	9
Online Registration	9
Registration Groups	9
Training Groups	10
Commitment to Meets	10
Waivers and Declarations	11
Club Commitment (Code of Conduct)	11
What Your Fees Cover	12
Outstanding balances	12
Training Group Descriptions	13
Guppies in Training / GIT & Development	13
Junior	13
Intermediate	13
Senior/Intermediate	13
Senior	13
Open Category / O Cat	14
Alumnus	14
Club Policies	15
Volunteer Policy	15
Why We All Volunteer	15
Expense Policy	16
Refund Policy	16
Scratch Policy	17
Processing Fees	17
Medical Refunds	18



WHITE ROCK AMATEUR SWIMMING ASSOCIATION

Fundraising Fee	18
Online Registration	18
Relay Policy	18
Discipline Policy	19
Team Colours	19
Season Opener Night	19
Club Governance	20
WRASA Board of Directors	20
Description of Board Roles	20
Committee Roles	23
Roles at WRASA WRACES	24
The British Columbia Summer Swimming Association	25
Useful Links	25
BCSSA Regions and Clubs	25
Fraser South Region	26
Swim Meets	27
Swim Meet Policies	27
Meet Commitment	27
Meet Sign Up	28
Relay Policy	28
Scratch Policy	28
Your Volunteer Obligation at Meets	29
Officiating and Deck Shifts at Meets	29
Description of Roles	30
Disqualifications	33
BCSSA Rules of Swimming	34
Guide to Your First Swim Meet	34
Why are we doing this again?	35
What to expect	36
What happens at a meet	36
What to pack	38
What to eat	38
Summary of Key Dates Each Season	39



Introduction

For daily practices, the club is divided into Training Groups. Based on a range of considerations, including assessments, age and social considerations, the coaches place each swimmer into the most suitable group based on their commitment level, training ability and performance. For Alumni and O-Cat swimmers, group placement will be based on their competitive level, space permitting. Competition, however, is divided into Divisions based on age. Please see the BCSSA age group calculator on the BCSSA website to determine your swimmer's division.

The expectation is that if a swimmer signs up for swim club they are committed to participating in swim meets (weekend and / or development) and significant percentage of practices including dryland training. If you cannot attend a practice, please let your coach know ahead of time.

Groups will be announced at the Season Opener night in May and afterwards emailed as well as posted on WRASA.ca. Please watch your email for the Season Opener date! This is a great opportunity to meet the coaches and your executive as well as learn about all that the season has in store. It will also be your chance to order club clothing (Guppy Gear!), custom team swim suits and to get your gear.

Club History

Speed Swimming

WRASA was founded in 1919 on the beaches of White Rock. Large floating wooden frames, the swimming and diving tanks positioned near the pier, were where kids of all ages got instruction and engaged in competition.

In the early years, families would come to White Rock by train to holiday at the seaside. The club numbered up to 1,000 several years. WRASA's great rival was the Crescent Beach Swimming Club who also practiced in tanks anchored in Crescent Beach. The WRASA Killer Guppies and the CBSC Seahorses met annually for the Semiahmoo Cup which featured fierce competition in swimming and diving. The two clubs still meet at development meets and in regular season meets through the summer.

In 1964, Canadian Olympian and Commonwealth Games silver medalist, Irene MacDonald



demonstrated high board diving at the White Rock tanks in what was nearly the last season that WRASA used the floating wooden framed training facilities at the end of White Rock pier.

In 1967 the City of Surrey asked WRASA to move from the beach to a newly built outdoor pool in Sunnyside Park and carry on its swim training. The pool is still home to WRASA, despite its non-standard five lane configuration and 100 foot length. However, many WRASA swimmers believe the 33 metre training distance gives them a competitive advantage in 25 metre races.

In 2012, WRASA reclaimed its position as the top competitive club at the BCSSA Provincial Championships. Under the guidance of Olympic Swimmer and 200 IM World Record breaker, Brian Johns, the Killer Guppies picked up from a streak running 1999 to 2001 but continued to win again in 2013, 2014 and 2015 making it four years in a row and 10 years out of the last 17.

In 2016, WRASA was the very first club to host a short-course meet at the newly opened Grandview Heights Aquatic Centre on 24th Avenue.

Water Polo

In the summer of 2022, WRASA held its first official water polo season. Over fifty athletes, both with and without water polo experience, began to train at Sunnyside. Together as a team, they pushed hard to develop their skills and compete against rivals Crescent Beach and North Delta Sunfish, both of which had fostered water polo programs long before WRASA. Though competition was fierce, the determined members of the WRASA team returned from provincials with one silver and two bronze medals.

Training is held under the supervision of senior coaches with extensive experience in high-performance water polo. Nowadays, WRASA holds water polo practices multiple times a week in the summer and attends tournaments throughout the region. These competitions culminate in a Regionals and Provincials tournament.



Club Objectives

Being nearly 100 years old and a great competitive force in BC summer swimming, WRASA is many things to many people. The current board adheres to some simple guiding principals in developing annual programs and undertaking long range planning.

WRASA is dedicated to the development of swimmers of all abilities for the enjoyment of swimming and success in competition. We strive to offer the highest calibre of coaching, stroke development, starts and turns instruction and competition skills. However, it's not all about racing. We also foster great team spirit, friendships, personal development and leadership opportunities for senior swimmers.

WRASA Mission

WRASA is committed to providing an exemplary athletic club environment where young athletes

1. have fun and feel like valuable members of a team
2. develop and enhance a well-rounded level of health and athleticism
3. fulfill their potential as competitive swimmers

WRASA Objectives

WRASA is dedicated to

1. promoting opportunities for young athletes to participate in competitive summer swimming
2. providing training programs that conform to BCSSA standards and that develop the skill, speed and stamina of young athletes in aquatic competition
3. supporting the development of young athletes by introducing opportunities for personal development through setting goals, working hard toward them and measuring success against one's own best performance
4. promoting family involvement, community connection and social interaction across a wide spectrum of cultures, ages where young athletes become role-models and gain opportunities to coach and manage others



Registration for New and Returning Swimmers

Registration is slightly different depending on whether you are a returning WRASA swimmer, a first-time Winter Training swimmer or a swimmer entirely new to WRASA. This section covers the types of swimmer registrant, the forms required and the dates.

I. Returning WRASA Swimmers:

All required registration forms, including the BCSSA Age Group Calculator, will be posted at WRASA.ca under the Registration tab.

Returning swimmers (ie those that swam with WRASA in the previous Summer season) are offered an \$25 Early Registration incentive to encourage timely registration before the Early Registration deadline. **In order to qualify for this discount your paid registration must be received by Early Registration Deadline.**

You may complete your registration in the following Steps:

- Complete your registration on ACTIVE.COM
- Hand in your Volunteer Deposit Cheque on opening night

II. Winter Training Swimmers:

If you attended Winter Training but did not swim last summer, you will need to complete a Swimming Assessment for admission to the Summer program. Please note that as a competitive club with limited summer space, WRASA applies different assessment standards for Winter Training and Summer Competitive programs.

Please email the registrar at info@wrasa.ca to arrange an assessment time. If we are able to accommodate your swimmer, you will be advised of the next steps in the registration process.



III. New to WRASA:

If you have never swum with WRASA, we look forward to meeting you! You will require an assessment. **Please email the registrar at info@wrasa.ca to arrange an assessment time.** If we are able to accommodate your swimmer(s) you will be sent registration forms to complete.

Online Registration

Prospective team members apply for membership by emailing the Club Registrar. The board reviews requests and determines approval. The Head Coach will provide the Registrar and the Board with an assessment of each swimmer's ability and a recommendation on acceptance for group placement. Approved applications are sent a link to register online. Full payment is required with registration. Registration is not complete until a cheque is received by the Registrar for the Volunteer Deposit.

Registration Groups

We are initially registering swimmers into groups based on their age and ability. When registration is complete, final group assignments will be made. This could include creating intermediate training groups however we endeavor to minimize the movement between Junior and Senior groups both for the convenience of payment difference and for minimizing program disruption. Please see the yearly BCSSA Age Group Calculator on the BCSSA website to determine your swimmer's division.

Note that Junior and Senior are just fee placeholders for now while training groups are worked out by the coaches after registration has closed. If your swimmer is moved there will be a corresponding change in registration fees.



Training Groups

The composition of Training Groups will be presented at the Season Opener in May where you will see which training group your swimmer has been placed in. A swimmer's age or division is only part of the consideration since group placement but the aim is a healthy balance of ability and social well-being. Other factors include swimmer ability and experience, commitment and effort, attitude and maturity.

Sometimes there will be further adjustment after the first few weeks of training. Please trust the coaches to make sound judgment and also be understanding of the inherent challenges of building a training group.

Commitment to Meets

WRASA is a competitive swim team. We are also a FUN team and relays are a big part of the competitive fun but we can't field a relay team if only three swimmers come to a meet. Even worse, if the fourth relay swimmer isn't unavailable, the other three kids don't get to swim, WRASA forfeits valuable points and the club still has to pay the entry fee.

There are THREE ESSENTIAL meets that are CRITICAL to attend. Please indicate at the start of the season if you will be making your swimmer and family available for these important events

WRASA WRACES

FRASER SOUTH REGIONAL CHAMPIONSHIPS

Swimmers who qualify for provincials either in individual events or as part of a relay are expected to attend the BCSSA Championships. Relays are not just a fun event, at Provincials they are a swimmer's mark of achievement, a great privilege and a significant source of points for the club.

BCSSA PROVINCIAL CHAMPIONSHIPS



Waivers and Declarations

Online registration includes the following declarations and waiters in your registration.

- WRASA Swimmer Registration
- BCSSA Swimmer Registration
- BCSSA S&O Declaration
- BCSSA Media Release
- BCSSA Privacy Policy
- WRASA Scratch Policy
- WRASA Volunteer Policy
- WRASA Club Commitment
- WRASA Code of Conduct

Club Commitment (Code of Conduct)

All swimmers, parents and coaches must sign the Club Commitment form and return it to the Registrar (either electronically or physically) before attending the first practice of the season. There is NO flexibility on this rule, as mutually respectful behavior of all club members, including parents, coaches and swimmers is an imperative of WRASA and BCSSA.

Below are the highlights of the Club Commitment. The full text can be viewed on WRASA.ca and on the form that you (the parent, the coach or the swimmer) sign will be found in your registration package (either online or in paper form):

All participants (competitors, coaches, officials and other volunteers) have an expectation to be treated fairly and with respect and integrity: emotionally, intellectually, physically, culturally, socially, and spiritually. It is important that all participants experience meaningful and enjoyable opportunities in a safe, sportsmanlike environment.

Every WRASA participant shall:

1. *Respect, understand and uphold the principles of good sportsmanship in all of his or*



her actions;

2. *Promote safety in all activities and support an enjoyable atmosphere that promotes good competition;*
3. *Act to eliminate behavior and actions which detract from a safe and enjoyable environment;*
4. *Not tolerate abuse or harassment by anyone during practices, meets, social functions and any other WRASA and BCSSA activities and act to limit its presence and damaging effects.*

What Your Fees Cover

We are happy to continue keeping our summer fees low. In fact, compared to other sports and a 12-week program with individual coaching and many competitive meets, swimming fees are amongst the lowest. Nevertheless, we'd like you to know what your registration fees cover:

- All training, coaching and pool costs
- Meet entry fees for WRASA sanctioned meets on the club schedule.
- BCSSA and Regional fees totalling \$50 for the year up to April 30 of the next calendar year. WRASA swimmers who register for winter training following this season will not have to pay the BCSSA fee again.

Outstanding balances

- All returning members must be in good standing at the time of registration in order to register. This includes unpaid meet fees from the previous season.



Training Group Descriptions

Guppies in Training

This group will include all swimmers who are at the earlier stages of learning proper stroke technique. The primary goal is for all swimmers to train ALL FOUR strokes within the guidelines of the rules for BCSSA. BCSSA membership/insurance is required and included in your fees.

The GIT groups are the very earliest introduction to WRASA and competitive swimming. Swimmers will be introduced to swimming techniques adapted to the competitive manner and drilled to improve their comfort in the water. After this comfort is achieved, swimmers will be trained in hopes of developing a technical basis that will span across all four strokes.

Junior Development

Children in this group will train in hopes of developing proficiency in all four strokes. Throughout their time in this group, children will be introduced to starts and turns and drilled to solidify those skills. Upon entry to this group, children will begin competing in weekend swim meets and thus will be conscientiously introduced to the competitive aspects of swimming.

Junior

This group will be for children who are able to train in all four strokes and are ready physically and mentally for increased pool time. Primary goals are proficiency and reliability in ALL 4 strokes (as well as starts and turns). Coaching at this stage is intensive and involves stroke correction and development.

Senior/Intermediate

For swimmers whose age, ability and maturity don't quite place them in Junior or Senior but whose accomplishments in the pool warrant their own training group. The annual creation of this group depends entirely on the make-up swimmers during registration.

Senior

This group is for swimmers who are ready for the physical demands of the sport and generally have well developed accuracy and skill in all four strokes and in starts, turns, and finishes. The group will



be sub- divided into training groups determined by performance level in the 'core' event.

The primary goal is toward performance at Provincials/Regionals. BCSSA membership/insurance is required and included in your fees. Senior often comprises two groups, a stroke-intensive senior development group, and a speed-intensive high-performance group. The senior speed group is the club's most physically demanding and mentally challenging training group and is designed to push high-performing athletes to top levels of performance.

Open Category / O Cat

This category is for winter swimmers or swimmers who do not qualify for Summer ("S") status under BCSSA S/O rules.

All winter swimmers must be registered prior to July 1. Participation in WRASA swim practices may begin once winter season has ended or no earlier than July 1st; whichever date is later. This membership includes all practice times. BCSSA membership/insurance is required and included in your fees.

This category of membership includes the WRASA WRACES meet, three additional swim meets AFTER July 1st, Fraser South Regionals and, if the swimmer qualifies, BCSSA Provincials.

O Cat swimmers formally join the club starting July 1 and cannot attend any practices or meets before that date are able to attend any Clinic Series sessions (if offered), which are optional and offered separately from the regular training sessions. If O Cat swimmers wish to attend practices or meets before July 1, they must convert their membership to full Junior, (Intermediate) or Senior status.

Alumnus

The Alumnus category is reserved for long-time WRASA swimmers who are employed in summer jobs and cannot participate in all training sessions. A WRASA Alumnus swimmer must be Division VI or higher and have swum with WRASA for at least three years, the most recent two being consecutive. Swimmers may apply for admission to the Alumni category through the Registrar who will refer the request to the WRASA Board of Directors to render a decision.

An Alumnus swimmer may attend a maximum of FOUR sessions of swimming per week of which at least TWO sessions must be in the morning. The coaching staff will monitor attendance 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.



Club Policies

As a volunteer, non-profit association, WRASA is entirely dependent on the support and energy of parents to deliver our annual programs. Both summer and winter training programs are organized entirely by volunteers. As you would expect of a non-profit, we are mindful of every dollar collected from families and constantly watchful of how it is spent. As such, the club has adopted the following policies to ensure fairness to all families and swimmers.

Volunteer Policy

One of the best things about summer swimming is being part of a great community and family environment. Summer swimming is very much a family experience.

As with other sports, you will find that the effort you put in directly influences the experience your family will have. Running a swim club and swim meets takes an extraordinary amount of volunteer support. We really rely on everyone's help. As such, we require each family to complete the following volunteer obligations:

1. At least 8 hours (6 hours for OCATS starts July 1st at WRASA WRACES) – the swim meet we host
2. At least 8 hours(6 hours for OCATS starts July 1st) general volunteering throughout the season
3. At least for 5 timer shifts (4 timer shifts for OCATS starts July 1st) at swim meets (except WRASA WRACES and WRASA Development Meet)

Why We All Volunteer

We have lots of ways to fulfill the volunteer hours, so don't be shy about asking. Volunteer opportunities will be posted regularly via Active.com and you can track your hours online. There are lots of ways to get involved and you are sure to find something you love to do.

To ensure the equal participation and the overall success of the club, a non-participation cheque in the amount of **\$500.00 per family** is required (post-dated to August 1st of the current year) before your swimmer(s) can enter the water.



This non-participation cheque will only be cashed if you do not meet your participation requirements. In the event of an early withdrawal after the 2 weeks, your non-participation cheque will be cashed. WRASA does not make exceptions. Families that do not complete their hours will have their cheque deposited without notice.

So, get involved! Have fun! Learn something new! Have a great year!

Expense Policy

Whether you are a WRASA parent, volunteer, coach or swimmer, you may be asked to procure specific items on behalf of the club. Being a non-profit club, we make every effort to limit expenses and prefer to not spend money if there is an alternative. When there is no alternative, if you are asked to make purchases for the Club, please make every reasonable effort to minimize the cost.

Expense Guidelines:

1. mileage is limited to out of town events or specific destinations which have been previously approved by the President and is paid at the rate set by BCSSA for mileage expenses;
2. the club will not reimburse expenses for alcohol
3. proper WRASA expense forms must be used for all claims and must be dated and signed by the claimant and the person who approved the expense (request and reimburse from treasurer.wrasa@gmail.com)
4. receipts must be attached to expense forms
5. expenses must be filed within 30 days of incurring the expense

We appreciate your help and try to repay all expenses as quickly as possible, usually in the same week.

Refund Policy

WRASA is a nonprofit entity and bases its coaching and pool use requirements on a swimmer's commitment for the entire session. Accordingly, refunds are generally not granted. However, if a swimmer leaves the club or session within 2 weeks of joining and has participated in no more than 2 practices, they shall be granted a full refund of membership dues and their non-participation cheque will be returned.



Requests for refunds shall be made in writing to the Board and will be decided upon at the first board meeting in September. BCSSA, administrative / credit card and fundraising fees cannot be returned, regardless of the date of withdrawal. No exceptions.

In the event of early withdrawal after the 2 week / 2 practice window (described above) and non-completion of the required volunteer hours, the swimmer's non-participation cheque will be cashed.

Scratch Policy

The club pays all meet entry fees on behalf of swimmers and these entry fees make up a considerable portion of the club's operating budget. As a non-profit club, it is essential that we make prudent use of all funds.

If you are unable to attend a meet that you previously signed up for, please cancel by email two weeks prior to the first day of the meet. Notification of your cancellation must be directed to the Head Coach. Simply deleting the swimmer's name from the online sign-up page does not ensure that you will not be charged for the scratch.

If you scratch (do not swim) from an entire meet or from an event for any reason, then the fees that are imposed on WRASA by the host club will be billed to you in the week following the meet and must be paid as soon as possible. This includes missing a race(s) due tardiness. Failure to pay scratch fees may block the swimmer from being entered in future events.

Relay Fees: Relays are a big part of swimming. They are made up of four swimmers and one missing swimmer disqualifies an entire team from competing. If you leave a meet prior to the end of relays which results in the relay team having to be scratched you may be responsible for the entire fee attached to this relay. Relay entry fees are significantly more expensive than individual meet entries.

Processing Fees

Processing fees associated with credit card payments for online registration do not accrue to WRASA and are not returned to the club and therefore cannot be refunded.



Medical Refunds

The Club cannot scale down its costs incrementally when a swimmer is unable to participate. Therefore, the club cannot offer a refund for injuries or medical conditions arising after the season begins. If you are certain that special circumstances apply, your request, reasons and all supporting documentation must be received by the Board in writing within seven (7) days of the condition becoming known.

Fundraising Fee

The fundraising fee is non-refundable regardless of the date of withdrawal without exception.

Online Registration

Families registering with WRASA will process their enrolment and payment online through Active Works Swim Manager and keeping a current credit card on file for registration payments, fee adjustments and other charges that arise (ex. Scratch Fees).

Members will be advised of any new credits or charges to their account via the Active Works Swim Portal (registration website) and will have until the end of the month to review and query their statement.

Relay Policy

Relay teams at each meet are composed by the coaching staff and members of the team will vary through the season. The choice of swimmers for each relay team, the strokes and the order in which they swim is entirely the coach's.

At Regionals, relay teams finishing in the top two spots secure the Club a relay slot for Provincials. For swimmers Div. III and above, the composition of the team that swims at Provincials is determined by the coaching staff and may be different in comparison to the composition of the team at Regionals. Among relay teams Div. III and below, the members of the qualifying team at Regionals shall swim together at Provincials.

The guiding philosophy of building relay teams is speed. In some cases, the coaching staff may build relay teams with other objectives in mind such as swimmer age and opportunities for experience.

However, in every case, the selection of swimmers for relay teams is always a decision made by the coaching staff.



Discipline Policy

WRASA is subject to the BCSSA Harassment Policy for the protection of all staff, athletes and members. It is the responsibility of all staff, athletes and members to support a positive team atmosphere, to discourage those acting against it and to immediately report instances of unbecoming behavior to a coach or club director.

In accordance with our constitution and bylaws, the club's staff, directors and discipline committee will investigate and determine corrective steps, which may include but are not limited to apology, suspension and exclusion from the club. All decisions are final and appeals will not be entertained.

Team Colors

Swimmers are required to have an official Red Guppy t-shirt or hoodie and expected to wear WRASA team shirts at all meets.

Wearing team colors is an important part of representing WRASA on the deck at swim meets. The Head Coach would like to have all swimmers who are attending meets to wear the **team t-shirts** and **WRASA swim caps**. Other team clothing, including hoodies, track pants, etc. are optional.

Season Opener Night

This is one of the most important evenings in the club calendar. Come hear what is planned for the season, get your group placement, meet the new coaches, and get information for your WRASA club clothing and suits (aka Guppy Gear).

Coaches will advise their groups what gear is needed for the season training.

See club website for details of date and location.



Club Governance

WRASA is a member association of the British Columbia Summer Swimming Association (BCSSA) and upholds to the BCSSA's policies and provisions. WRASA competes in BCSSA-sanctioned swimming meets which are run according to the BCSSA Rules of Summer Swimming.

WRASA is a non-profit association incorporated under the BC Societies Act and its constitution is filed with the province. The club has a set of permanent bylaws and the board may enact annually-renewable by-laws as it sees fit. The club holds its election of officers and Annual General Meeting (AGM) in the Autumn each year and proper notice is given to the entire club membership 30 days in advance.

WRASA Board of Directors

At the Annual General Meeting, parents of swimmers vote as club members to elect the Executive and Board of Directors. Executive roles include Secretary, Treasurer, Vice President and President.

Directors are elected at large and the President assigns portfolios such as coaching, communications, officials, registrar, awards, etc.

Description of Board Roles

Executive Directors (4)

President | Sets agenda for board meetings and, with support of the Board, the overall direction club development in short term needs and long term strategy. Is a member of and attends monthly meetings of the Fraser South Regional Board and represents the interests of the WRASA board and membership by voting at the Annual General Meetings of the Fraser South Region and the BCSSA. Is a de facto member of all club committees but does not vote at WRASA board meetings. Stewards the club vision and values and guides the board in determining the best actions for the membership, swimmers and long-term health of the club. Automatically becomes Past President at end of term. (Two-year term, no limit on terms)

Vice President | Supports the President and is ready to step into the President's role any time the President is unable to be present at meetings, votes and discussions. Head specific projects and lead committees as requested by the President. Provides penultimate decision-making authority in matters of conflict and discipline in matters involving members and swimmers. Streams toward President role. (Two- year term, no limit on terms)



Treasurer | Maintains current financial records of club. Prepares annual budget and provides President and Board with updates each Board meeting and as requested. Prepares BC Gaming submissions.

Ensures accuracy and completeness in BC Gaming accounts, records and statements, including preparation of end of year and mid-year statements for BC Gaming application and updates. Handles all financial transactions of club including coaching payments.

Secretary | Attends all Board meetings and the Annual General Meeting for the purpose of keeping records of discussions, motions, votes and resolutions determined at those meetings and circulates these minutes for review and adoption by the Board. Is the keeper and authority of the WRASA Constitution and provides ready reference at Board meetings, extraordinary meetings and AGM of the club. Sets the agenda, date and location and ensures all members required at meetings have due notice.

Non-Executive Directors (4-6)

Registrar | Manages receipt of applications, documentation and fees paid by swimmers seeking membership in WRASA. Work directly and indirectly with Fraser South and BCSSA by providing documents supporting age verification and registration of swimmers. Acts as a liaison between families and Head Coach on group placement. Registrar has ultimate authority over summer program and winter training though duties may be split between the two intakes.

Director, Communications | Single point of communication between the board and the active membership, ensures maintenance of website, dispersal of club information and timely delivery of updates via email. Oversees marketing of club to new members, promotion through public relations, advertising, press releases, website, web marketing and social media. Maintains the club's social media and communications strategies and policies. Acts as media liaison and spokesperson for the club when the president is not available.

Director of Coaching and Coaching Committee Chair | Appointed by the president and board of directors, ensures directions for club program delivery as set by the Board are carried out through the Head Coach and Coaching Staff, while also ensuring the feedback from coaches is heard and considered by the Board of Directors. Through making recommendations for the Board to approve, is responsible for leading the coaching committee in managing and supporting coaching staff; hiring, setting pay and awarding bonuses; reviewing and supporting work performance; working with Head Coach to define and advance a structure of succession, senior leadership and team-building among coaches; as well as ensuring coaches' individual training credentials are current and maintained.



First authority after Head Coach in addressing issues of swimmer discipline. Coaching Committee Chair must hold a current position on the board and is subject to the term limits that position.

Coaching Committee Member | Appointed by the board or directors, typically two members support the committee chair and act to provide additional viewpoints and consideration of decisions and directions on coaching staff and program structure and delivery. Responsible for contributing to committee decisions detailed under committee chair description as well as for acting in place of the committee chair at times when the chair is unavailable. Committee members need not hold roles on the board and may be appointed directly by the WRASA president with consultation of the coaching committee or by the committee chair with the approval of the board.

Director, Officials | Maintains a record of WRASA members' training levels and provides opportunities for training according to the BCSSA Levels of Officiating. Arranges clinics, helps members obtain training, arranges shadows for new officials and ensures WRASA's obligation to provide deck officials is met at each meet. The Director may be appointed directly by the President or elected as a Director at Large at the AGM and then appointed to this role by the President. (2-Year term -- No limit on terms)

Director, Awards & Recognition | Maintains a record of all swimmers' times and records for each season. Ensures all WRASA swimmers are properly recognized and awarded the appropriate accolades at WRASA's annual awards event, Celebrate the Season. Ensures club records are kept current, works with Head Coach to determine winners of special awards, manages inventory of awards and directs the execution of all aspects of the annual awards event.

Director, Club Engagement | Ensures that WRASA balances its competitive programs with fun activities and events. Develop a club calendar of events that support swimmer engagement in club spirit, social interaction across ages and divisions, promotion of healthy competition and opportunities for swimmers of all abilities. These events are designed to engage both swimmers and parents to gain a sense of involvement, accomplishment and satisfaction. Works closely with the Director, Volunteers to ensure events are properly staffed by volunteers to lead the event and execute the various details and requirements. Work closely with all coaches to ensure alignment of events with training goals such as nutrition or timing to achieve the best social and athletic outcome for swimmers.

Director at Large | Elected by the membership at the AGM or specially appointed by the President and board, every non-executive board member is first created as a Director at Large and takes on a portfolio that suits his or her interests or as requested by the President. (2-Year term -- No limit on terms)



Committee Roles

Committees are needed to facilitate the smooth functioning of the club's activities. The executive cannot operate the club without the assistance of the members.

When your swimmer registers, you are making a commitment to volunteer your time! The club is only as good as the parent volunteers running it. So get involved, join a committee or take leadership of one you've done before. You will reap many rewards.

Meet Manager: general manager of club-hosted competitions including WRASA Development Meet and WRASA WRACES. Controls budget and planning and organizing of contracts, supplier and key personnel including the Meet Referee. Planning for the Development Meet takes about two weeks, for WRASA WRACES takes up to two months.

Volunteer Coordinator: all the volunteering opportunities are available on WRASA.ca for sign up and review of complete descriptions of each role. The Coordinator manages the posting of roles (not all at once) and the filing of the jobs. Members manage their own hours though the Coordinator can assist. The Coordinator can help families ensure their obligation is complete by the end of the season and advises the board of the names of families who did not meet their obligation.

Concession Committee: coordinates the menu, purchasing, preparation and selling of food and refreshments at WRASA WRACES and our Development Meet.

Deck Food Committee: WRASA has established an envied reputation for great deck food at our annual meet to keep deck officials and coaches happy and fed. The committee is responsible for collecting the supplies and refreshments needed from the club members to keep cost down. The committee is also responsible for getting enough deck food runners to serve the officials on deck, in the office, at marshalling etc., throughout the meet.

Social Committee: assists the social director in organising annual events and developing new social events before the season starts, and then running them throughout the season. Important events are: Guppy Games, Mini Meet, Coaches Appreciation Night, Regionals Breakfast and Celebrate the Season. Friday and Wednesday nights at Sunnyside are excellent opportunities to expand club culture and inject fun new events into the WRASA season.

Guppy Gear & Clothing: orders and sells team swim suits, caps, team shirts, hoodies, coaches clothing, and other Killer Guppy apparel. Manages stock of team racing caps.



Roles at WRASA WRACES

Gift Baskets - an important fundraiser for the Club, involves collecting donated items from local businesses and organising them in attractive baskets to be offered by silent auction

Runners - runs paper work from the deck to the timing / electronics room or office.access

Deck Food Runner - helps prepare and distribute food and drink.

Chief Meet Recorder - The CMR supervises the smooth running of the recording table [also called the crash desk] and office to ensure that the rules governing place judging and timing are applied correctly in determining the official time for each swimmer and the final order of finish for all events.

Concession - cooks and coordinators to prepare food, handle money, take orders and keep swimmers and parents happy and well-fed. Sometimes it requires a trip to the store for more supplies.

Clerk of the Course - Responsible for checking swimmers into marshaling prior to each event and maintains control of swimmers from the time they are checked in until they are turned over to the Referee.

Data Entry - enters the verified times into the computer in a timely fashion so that results can be posted for all to see.

Marshalling - helps the swimmers get into the correct heat and lane and to the blocks.

Announcer - announces the event numbers, etc.

Yahtzee Coordinator - a great tradition at WRASA WRACES is awarding prizes to swimmers whose official times in heats or finals correspond to Yahtzee number sequences - simple to organise, really fun for the kids



The British Columbia Summer Swimming Association

WRASA is a non-profit association incorporated under the BC Societies Act. As a member club of the British Columbia Summer Swimming Association WRASA operates under the rules, regulations and insurance cover of the BCSSA and adheres to the policies of the provincial body.

Useful Links

BCSSA has an excellent website full of information about summer swimming. <http://www.bcsummerswimming.com/>

Age Locator <https://www.bcsummerswimming.com/age-locator>

Provincial Championships <https://www.bcsummerswimming.com/provincials>

Safe Sport <https://www.bcsummerswimming.com/safe-sport>

Resources for Officials <https://www.bcsummerswimming.com/about-1>

BCSSA Regions and Clubs

The BCSSA comprises eight region: Cariboo, Fraser South, Fraser Valley, Kootenay, Okanagan, Simon Fraser, Vancouver District, and Vancouver Island. Within these regions are member clubs, like WRASA, that compete.



Fraser South Region

WRASA is a member club of the Fraser South Region, which comprises the following swim clubs:

1. Boundary Bay Bluebacks (B4) Winskill Pool, Tsawwassen
2. Cloverdale Tritons Greenaway Pool, Surrey
3. Crescent Beach Seahorses CBSC Pool, Crescent Beach
4. Ladner Stingrays Ladner Outdoor Pool, Delta
5. North Delta Sunfish Sungod Pool, Delta
6. Richmond Kigoos Steveston Outdoor Pool, Richmond
7. Surrey Sea Lions Bear Creek Park, Surrey
8. WRASA Killer Guppies Sunnyside Park Outdoor Pool, Surrey

Each of the eight regions within the BCSSA, including Fraser South, host a Regional Championship meet typically held during the first weekend of August. All swimmers who have participated in at least one event at one club meet may swim at Regionals. Swimmers who achieve qualifying results at the Fraser South Regional meet may be sent to the Provincial Championships.

The Provincial qualifiers are those swimmers who place first, second or third in individual events at Regionals or achieve a Provincial Qualifying Time (“PQT”) during the finals at regionals.

The first and second place relay teams at Regionals will also go to Provincials. Each club tries to win the most points for their region, using a points system for each ribbon earned by their club members.



Swim Meets

Swimming is both an individual sport and a team sport. Every swimmer will get to enjoy individual races in the season and have the chance to try to beat their best time in the pool and measure their improvement from training. We emphasize fast swimming - not winning - so that every swimmer's measure of success is compared to their last effort in the pool. Swim meets provide a motivational, weekly update on a swimmer's progress through the season.

As a team sport, relays are a critical part of making summer swimming fun for everyone. Relays enable all swimmers to share in aquatic success even in years when their individual races are not as strong. Not every swimmer can be on a relay team at every meet, but when they are, as a competitive club and as a team, WRASA expects every swimmer to be a dedicated and supportive participant.

Swim Meet Policies

Meet Commitment

WRASA expects swimmers to be available for the most important meets - WRASA WRACES and Fraser South Regional Championships at Watermania in Richmond. If you know at the beginning of the season that you will not be available, please advise your coach right away.

WRASA WRACES | date to be announced on opening night

FRASER SOUTH REGIONAL CHAMPIONSHIPS | date to be announced on opening night

If your swimmer qualifies at Regionals to swim at Provincials, in either an individual event or a relay, you will be expected to also attend BCSSA Provincial Championship.

Swimmers who qualify for provincials either in individual events or as part of a relay are expected to attend the BCSSA Championships. This is the final meet of the season and WRASA has won this meet the past four years in a row. Relays are not just a fun event, at Provincials they are a swimmer's mark of achievement, a great privilege and a significant source of points for the club.

BCSSA PROVINCIAL CHAMPIONSHIPS | date to be announced on opening night



Meet Sign Up

Meet sign up is through Active HY-TeK. Coaches will send a registration link for each competition registration.

Relay Policy

Composition of relay teams is entirely at the coach's discretion. Coaches have their own reasons for how they build relay teams and may have a range of objectives in mind when they change the team make up or stroke assignment. It is not for swimmers or parents to question, interfere with or attempt to change the relay team assignment.

Club relay teams at Provincials are composed of the fastest swimmers or fastest combination of swimmers per division. The composition may be different from the team that placed at Regionals. If you are chosen to be on a relay team at Regionals or Provincials, it is extremely important that you are present, prepared and committed to racing.

Scratch Policy

The club pays all meet entry fees. The club must pay even when a swimmer misses, or scratches from his or her race.

In the cases of relays, one missing swimmer disqualifies an entire team from competing. Since relays are late in the event day, this means three families have waited around for no reason.

Whenever a swimmer misses a race for which he or she is entered, the family must repay the Club the fee for the missed race. Failure to do so may block the swimmer from being entered in future events.

Accordingly, additional meet fees will be charged to a swimmer for the following reasons:

- a) If you are unable to attend a meet that you previously signed up for, please cancel by email two weeks prior to the first day of the meet. Notification of your cancellation must be directed to the Head Coach, Simply deleting the swimmer's name from the online sign-up sheet does not ensure that you will not be charged for the scratch.



- b) If you scratch (do not swim) from an entire meet or from an event, then the fees that are imposed on WRASA by the host club will be **billed to** you on the Monday following the meet and must be paid as soon as **possible**. This also includes missing a race(s) due tardiness.
- c) Scratch fees incurred due to a medical reason will be forgiven with a doctor's note. WRASA will charge you the exact amount that the host club charged.
- d) The club discourages deck entries as the host clubs charge us a surcharge. Should a deck entry be made then these additional charges will be charged back to the swimmer
- e) Relay Fees: If you leave a meet prior to the end of your child's relays which results in the relay team having to be scratched you may be responsible for the fee attached to this relay. Relay entry fees are significantly more expensive than individual meet entries.

Your Volunteer Obligation at Meets

Even if the 5 timer shifts(4 timer shifts for OCATs) count towards your volunteer requirement, each family is responsible for one deck shift per meet when your swimmer is at a meet.

When your swimmer is at a meet, each family is responsible for one deck shift per meet.

Every swim meet relies on parent volunteers from all participating clubs to do timing and stroke and turn. Lane Timing is a great way to get a front row seat to the races and WRASA volunteer points, all while learning a tonne about swimming! Stroke and Turn can follow later.

Stroke and Turn Clinics are organized at the start of every season. WRASA often hosts one or two but WRASA members may attend clinics held by any club. Watch your email for details.

Officiating and Deck Shifts at Meets

It takes more than 100 volunteer parents and officials to run a swim meet.

Therefore, club requires that all WRASA parents assist at meets. Volunteer shifts are typically two



hours each. Sign up is increasingly offered online but also on paper at meets, normally near the announcer's table. Parents must cover at least one shift at every meet their swimmers attend.

There is a range of positions spanning a range of experience and commitment. Training clinics are available early in the season for the deck official jobs such as Stroke & Turn and Starter & Referee. You will always find someone in one of these positions who is happy to help you learn the role - just ask.

Description of Roles

Officials are recognised by the coloured BCSSA pins on their name tags that indicate their level of training and experience. Training for officials is available at clinics held early in the season by many regional clubs and sometimes by the BCSSA. There is no charge for these clinics. Information is often emailed but also available on BCSSA and club websites.

Junior officials start with Green and then move to Red pins once they prove competent Stroke and Turn judges. Senior officials are recognised by Light Blue pins for starter and referee. The senior-most officials, chief officials or Master officials wear Dark Blue pins. The Orange specialty pin indicates expertise in electronics, meet marshalling, computers or meet management.

More information about Officials: <http://www.bcssummerswimming.com/off-areas.html>

Not all roles at meets require a lot of experience. Please read through this list and find roles you'd like to try out. Everyone is happy to help show you how to do the job. You need only ask.

JUNIOR OFFICIAL | GREEN PIN

Lane Timer: (no experience needed) three timers are seated at the starting end of each lane. One is a recorder and two are timers. When swimmers come to the block for their race, the recorder has them say their name to ensure they are in the right position. The swimmer may give the recorder a card for the event on which the recorder will record the swimmer's race time. The recorder may also be asked to record an Official time given by the Head Timer for a first or second place finish. Each block may have a combination of two or three plungers or stopwatches. All three timers must stand up, walk to the edge of the pool and observe the swimmer finish the race by looking directly down at the pool wall or timing pad to accurately see the finish. The Head Timer will alert timers when race



WHITE ROCK AMATEUR SWIMMING ASSOCIATION

lengths change from 50m to 100m and 25m. During 100m and 200m races, one timer must correctly plunge each time the swimmer turns at the 50m, 100m, or 150m wall. The Head Timer or Referee will confirm this instruction.

Head Recorder: described above.

Place Judges: often used only at bigger meets, two place judges are seated at either side of the finishing wall and record the finish order of the swimmers. The Head Timer or Referee will instruct each judge to take either all eight places or for each pair to share top four and bottom four.

Marshall: works in the swimmer marshalling area and assists the Clerk of the Course in organising swimmers into their correct lanes and ensuring they arrive at the correct block for the correct race.

INTERMEDIATE OFFICIAL | RED PIN

Stroke and Turn Judge: after completing a stroke and turn clinic, the new judge will shadow an experienced official to gain familiarity with judging the legality of strokes and turns under race conditions. Careful study of the Rule Book is essential to ensure an understanding of the rules and accurate representation of the infraction recorded on the disqualification form. When an infraction is observed, the judge records the details and delivers the form to the Session Referee who may ask clarifying questions of the judge. If the disqualification is accepted by the referee, it is given to the Director of Disqualifications to review with the appropriate coach. If the disqualification is subsequently challenged, the judge may be asked to provide in-depth detail about what was observed.

Recording Clerk: positioned at the crash desk to receive and review the outcomes of each race including official times, disqualifications. The Clerk makes the official record of each race, ensuring all times are correct and leasing with the Session Referee and with electronics where discrepancies arise. All official race records are passed to the Chief Meet Recorder and the Meet Referee for final approval.

Head Timer: an experienced lane timer who is able to instruct, guide and manage all 24 lane timers during a meet. The Head Timer carries two stopwatches and records the finishing times of the first and second place swimmers and gives those times to the recorders in the respective lanes. A lane timer, starter or referee may sometimes ask the Head Timer to provide an official time.

Clerk of the Course: responsible for ensuring the correct swimmers and relay teams are checked into the correct races within the legal time limits. Also responsible for disqualifying swimmers who fail to check in within the legal time limit and for replacing those swimmers with legal alternates. Has full



WHITE ROCK AMATEUR SWIMMING ASSOCIATION

authority over the marshalling area and over all check-in swimmers until they reach the starting blocks and are turned over to the Referee. Under this authority, the Clerk will report any improper conduct to the Meet Referee.

SENIOR OFFICIAL | LIGHT BLUE PIN

Starter: is given authority by the Referee to start the race. Displays full knowledge and excellent judgement in maintain ensuring the fairest start for all swimmers by properly enforcing all the rules of swimming competition.

Referee: each meet has two types of referee; Session Referee who is on deck for a two hour shift and the Meet Referee who remains responsible for the meet, all swimmers and all officials for the duration of the competition. Referees are the final judges, the guarantors of fair play for all competitors, and the directors of the proceedings. Their discipline and conduct will be reflected in the way in which the meet progresses. They are the key to a successful competition.

Meet Manager: outside of officiating, for all other aspects of the running of the meet the Meet Manager is where the buck stops. Meet Managers know the meet rules and are experienced in the operation of a swim meet. Although every meet is meticulously planned, the Meet Manger is prepared for the unexpected and ready to take charge.

Chief Meet Recorder: ensures the smooth running of the recording table [also called the crash desk] and office to provide that the rules governing place judging and timing are applied correctly in determining the official time for each swimmer and the final order of finish for all events.

Designated Disqualifying Official: provides a final review of the disqualification form after the referee has accepted it from the relevant deck official. Ensures the accuracy of all parts of the form and may review with the officials again. Advises the appropriate coach of the disqualification, making note of name and time and ensures safe delivery of the form to the Recording Clerk.

Back-up Referee and Starter: early in the season, these roles may be shadow or training roles, while later in the season, they are filled by fully qualified officials who are ready to assume the role during very busy events.

MASTER OFFICIAL | DARK BLUE PIN

The master official has both practical and full theoretical knowledge of all tasks related to swimming competitions. In addition to fulfilling all officials roles at Provincials, the master's depth and breadth of experience and training makes him or her capable of training, evaluating and certifying all other officials.



Disqualifications

A swimmer or a relay team is disqualified from an event when the meet referee accepts that an infraction of the BCSSA Rules for Swimming has been committed. It's not a big deal. In fact, it's part of the learning process.

Swimmers will disqualify from races, both in heats and in finals, for a range of reasons. At the start of the season, the most common DQs are for stroke infractions in the technical strokes such as Butterfly and Breaststroke. As coaches make the necessary corrections and swimmers improve their technique, the mid-season DQs are typically turns and finishes in Backstroke, Butterfly and Breaststroke. Again, it's a process for swimmers getting used to managing so many details in a race and still swimming fast.

Toward the end of the season, as swimmers prepare for championship meets and are seeking their best times, starts and relay takeovers gather more DQs.

The important point to keep in mind as a swimmer and a parent is that DQs are part of swim training and an effective way to help swimmers be mindful the rules. The hope of every club and every region is that coaches and swimmers will work to eliminate DQs before the regional and provincial championships to ensure the best outcome and reward for a summer of hard work.

Please be mindful that in every DQ, the benefit of the doubt always goes to the swimmer. The officials on deck are parents of swimmers and some were once swimmers themselves. A DQ slip is reviewed by the deck official, session referee, director of disqualification, the swimmer's coach, the meet referee and the chief meet recorder before it is accepted and made official. At every step, the benefit of the doubt goes to swimmer and every effort is made to ensure the DQ is correct and provides a learning opportunity to the swimmer. In some cases, the infraction might be flagrant, such as in cases where a senior swimmer leaves the block early to gain an advantage. However, in every case, the intent of the DQ is to uphold the fairest competitive conditions for all swimmers and the most consistent application of the swimming rules.

A final word on relay DQs: there is rarely a single infraction when a relay team is disqualified. A swimmer should never feel personally responsible for a team's disqualification and **MOST IMPORTANT** no member of a relay team should ever suggest this or allow his or her teammate to feel personally at fault. Deck officials have a large jurisdiction to cover and it is not possible for every error can be seen and recorded. Odds are that if a relay team is disqualified for one errors, it has likely committed several others.



BCSSA Rules of Swimming

BCSSA grounds its rules of competitive swimming in the official rules of FINA, Swim Canada and Swim BC. Rule changes by these bodies are carefully tracked by BCSSA and are normally reflected in updates to BCSSA rules published before the start of the summer season.

In cases where BCSSA's rule book is at variance to other bodies, the last published BCSSA rule book is the official set for all official BCSSA competitions at club, Regional and Provincial meets.

Swimmers and parents can obtain a copy of the BCSSA Rule Book from their club Director of Officials and from the BCSSA Office. They can also attend clinics hosted by BCSSA and Clubs on Stroke & Turn and Starter & Referee. These are typically held early in the season.

Rule Books are available from the WRASA Director of Officials. A copy can also be found on the BCSSA website <https://www.bcsummerswimming.com/>

Guide to Your First Swim Meet

If this is your first season, you will want to scroll down the document to the notes specially created for swimmers and families new to summer swimming. Here you will find some useful guides to

- *why are we doing this again?*
- *what to expect*
- *what happens at a meet*
- *what to pack*
- *what to eat (swimmer nutrition)*

Your first meet will likely be a Development Meet held in the afternoon during the week. These are lovely, compact meets that help get swimmers used to the idea of competition and help get parents comfortable with letting their little ones go into marshaling, sit on a bench, walk out to the block, dive



in, swim a race, get some candy, talk to their coach and then tell them about every exciting detail. Or go off and play with their new swimming friends.

Your next big type of meet will be the Club Meet held over a weekend and running from 6 am Saturday to about 4 pm Sunday. Your first one will feel like a marathon and you might seriously think about it before you go to the second one. But this is the heart of summer swimming. Weekend meets are mostly outdoors in the warm summer sun. Unless it's raining. Sometimes at outdoor pools but always with clusters of canopies, tents and sunshades where swimmers and parents group together by team and socialize between events.

Let's walk through what you'll see when you arrive at the first Club Meet. Your first Development Meet will be similar but smaller and easier to understand if you read this first.

Why are we doing this again?

There's nothing else quite like summer swimming. It's hard to point to another sport where parents and athletes camp outdoors for two days so they can spend about four minutes total racing in the pool. The reason people do it is for the fun, the atmosphere and the great things swimming does for families and swimmers.

Families get to spend time together and with other families all sharing a great sporting experience. The hours at a swim meet give you lots of time to get to know people and become involved in the club. As volunteer-run associations, clubs rely on parents to get involved and a lot of club business happens during a meet.

If you know any competitive swimmers in high school, you'll notice that not only are they fit, healthy, active kids, they also tend to be strong academically and socially well-adjusted. Swimming can't take all the credit for this, but it is typical of kids involved in a social, family-based, competitive sport to develop many traits that serve them well as adults.

You'll also see many of these kids get involved in WRASA's Senior Leadership program where swimmers learn to be coaches and take responsibility for younger swimmers. Others take courses qualifying them to be swim instructors and lifeguards which both provide lucrative employment at university.

But for now, let's just get your little swimmer to the meet.



What to expect

No matter how early you arrive at a weekend meet, someone else will have come sooner and taken the parking spot or camping space you wanted. Plan to arrive at 6 am for most meets. WRASA has a special place at every meet where the entire club gathers and sets up canopies. We call this Camp Killer Guppy and it's where everything outside the pool happens during the meet.

In their second year, most families purchase a large white canopy from Costco. This provides shelter from rain and sun and seating for about six in chairs or eight in sleeping bags. A groundsheet provides a barrier from the moist ground and makes a good place for kids to sit, socialize and play cards - no, for real - they actually play cards quite a bit!

Get your family set up with a place to sit, room for your cooler bag of food, a dry space for a bag of towels, suits and clothing. Spend time getting to know other families and helping them set up their canopies.

What happens at a meet

Warm Up

Meets start with a call for swimmers to come to warm up. Coaches usually gather kids from Camp Killer Guppy and start with 15 of stretching and activation. Then they swim for 15-30 minutes to warm up their muscles and get used to the pool, the blocks, the turning wall, the backstroke flags and pool deck.

This is a good time to buy yourself a Heat Sheet so you can keep track of the events and see when your swimmers are racing. You might also want to download Active Network Meet Mobile to your phone to track results in near real time.

Cheers

The pool is cleared around 730 and meetings are held in marshaling for coaches and officials. Marshaling is where kids go to be check-in for their meets and then guided through a series of benches all the way to the blocks for their races.

Meanwhile on deck the Head Coach has all the swimmers together doing very noisy club cheers. The national anthem is sung and then the first heats of the first events are called. Swimmers in the first events must report to marshaling.

Marshaling

Every race begins in marshaling where the Clerk of the Course checks in swimmers to their event and



arranges them by heat (sub grouping of each event). Parents are not allowed inside marshaling and this can be a new experience, even a bit of a process for some parents - less so the swimmers. The sooner you let your kids do it themselves the sooner they can begin to mentally take charge of their race.

Event Marshalls guide the swimmers through a series of benches marked with lane numbers to ensure the swimmers arrive at the right block at the right time. By now you'll have found a good spot to view your swimmer's race and are standing ready with your heat sheet, your camera, video, phone and your loudest cheering voice.

The Race

There is very little verbal instruction in a race. The objective is to provide consistency between all races and all meets. Swimmers are called to their starting positions by the Referee who blows a whistle and raises one arm. Swimmers stand atop the starting blocks or, if they're swimming backstroke, jump into the pool and grasp the starting handles.

When swimmers are in position, the Referee blows the whistle again and lowers his or her arm to point to the Starter. After this second whistle, swimmers must not make any forward movement until the starting signal. The Starter now says "Take Your Marks," pauses and starts the race with a horn or loud beep from the starting system.

With the race now underway, you'll see deck officials dressed in white who are watching the swimmers to ensure their starts, strokes, turns and finishes do not contravene the swimming rules. At the finish of the race, swimmers talk to their coaches who usually sit at tables along the side of the pool.



What to pack

- cooler with ice for drinks and food
- racing suits - two or three
- **team racing cap** - two or three - these break occasionally - put your name inside
- goggles - two or three - these get lost sometimes
- towels - two or three - a dry towel is a lovely thing after a race
- flip-flops - for going to and from races
- runners - for dryland warm up in the morning
- team hoodie and sweatpants for warmth
- **team shirt** - *everyone wears the team colors at the meets*
- tent - pop up canopy such as the 10x10 white canopies sold at Costco
- groundsheet for damp grass
- sleeping bags for morning warmth
- sun protection - hat, shirt, sunscreen for hot July days
- playing cards, card games
- avoid video games because they are antisocial and the atmosphere at a meet should promote social involvement with team members, having fun, chatting and bonding
- camp stove if you want to cook something hot
- camp chairs for parents
- camp table for stove or keeping things off the damp ground

What to eat

breakfast fruit, protein

snacks after races - power bars, gatorade, granola, *best time*
*balls** before races - fruit - food that converts quickly to
energy lots and lots and lots of water - seriously, lots of
water



- lunch think about digestion time to next race
 fruit, veg. and protein

 limit intake of fats, starches and processed foods
- dinner Friday and Saturday nights should include good energy food for next day

 racing grains and fiber for long-burning energy - pasta is the athletic favorite

 lean protein for muscle energy, endurance and strength

 fresh vegetables rich in minerals for tissue repair and muscle building

Of course, summers and sports are also supposed to be fun, so enjoy some treats and rewards for great effort and accomplishment.

Summary of Key Events Each Season

Event

- Winter Maintenance Moves to Grandview
- Returning Swimmer Registration
- Early Registration Discount Deadline
- Public Registration Opens
- Season Opener
- First Day of Season Practice
- WRASA Stoke and Turn Clinic
- WRASA Century Relay
- Guppy Games
- WRASA Development Meet
- WRASA Jamboree
- WRASA WRACES
- Coaches Appreciation Night



WHITE ROCK AMATEUR SWIMMING ASSOCIATION

FS Regional Championships

Goals for Good

Club Breakfast at Regionals

Club Dinner at Boston Pizza

Semiahmoo Cup Relay vs.

CBSC

BC Provincial

Championships

Cultus Lake Water Park

Award night Celebrate the

Season

Annual General Meeting

