



WAINWRIGHT  
TORPEDOES SWIM CLUB

2018

## **EXECUTIVE MEMBERS**

### **Wainwright Torpedoes Swim Club – 2018**

| NAME             | POSITION       | PHONE        | EMAIL                       |
|------------------|----------------|--------------|-----------------------------|
| Tammy Fisher     | President      | 639-536-0248 | tadfish75@gmail.com         |
| Trevor Miller    | Vice President | 780-842-8990 | tlmill@eastlink.ca          |
| Margaret Yurchak | Secretary      | 780-842-9645 | margaret@armstrongs1908.com |
| Andrea Gates     | Registrar      | 780-806-3045 | cgates@telusplanet.net      |
| Glenda Beeching  | Treasurer      | 306-463-9243 | peanutshell@sasktel.net     |

The Executive is responsible for the following:

- a. Registration of swimmers
- b. Club finances
- c. Organizing team pictures (if taken)
- d. Fund raising and socials
- e. Club policies
- f. General administration of the Club
- g. Advertising

If you have any questions or concerns about the Swim Club, please feel free to contact an Executive Member. There is also a club Facebook page called **Wainwright Torpedoes Swim Club** and a website [www.wainwrighttorpedoes.club](http://www.wainwrighttorpedoes.club)

Please check regularly for information.

### **MESSAGE FROM THE EXECUTIVE**

Welcome to the 2018 season of the Wainwright Torpedoes Swim Club. If you are a first year swimmer, we are happy you decided to join. You will be in for an enjoyable summer, meeting new friends, having plenty of fun and the thrill of competition. If you're a returning swimmer, welcome back. Let's hope for your best ever season.

We are pleased to welcome Kaitlyn Sembalerus this year as our Head Coach. The swim club belongs to Region C, which includes clubs in Camrose, Edmonton Huma, Edmonton Derrick Devil-Rays, Fort Saskatchewan, Lloydminster, Provost, Sherwood Park, Vermilion and Wetaskiwin.

As a member of the Torpedoes, you will develop many skills and improve on others. We cannot emphasize enough the importance of attending practices and working to your potential while there. Your rewards will be reaped at the swim meets; swimming your hardest and achieving success by improving your times, helping teammates perform well in a relay and the satisfaction of personal self-improvement. We encourage you to attend as many meets as you are able and your family schedule permits. However, family commitments and relationships are also important. Please don't jeopardize your family activities and holidays because you feel you must attend all swim meets. Pick the ones that are convenient and try your hardest at them.

Unlike some other sports, please note that our coaches are paid professionals; they are fully qualified and certified to coach at this level. If you have any concerns with the coaches, please feel free to contact the Club President.

From time to time, meetings for parents will be scheduled. And normally, at the end of the season (late Aug or early Sep), there is a wind up party to close out the season. You will be contacted throughout the season for more details.

The parents entirely operate the Club. In order to keep registration fees reasonable, we fundraise throughout the year.

# **REGISTRATION FEES COVER LESS THAN HALF OF THE ACTUAL COST OF SWIMMING!**

For the 2017 season, the cost of swimming was approximately \$1,100.00 per swimmer, but our registration fees for 2018 are only \$340.00 per swimmer.

## **YOUR PARTICIPATION IN FUNDRAISING IS EXTREMELY IMPORTANT!**

Another major event for our club is our Swim Meet. We strongly encourage all parents to support and work at the Wainwright Swim Meet, as well as others your child attends. The Club parents run the Meet and their success is dependent upon your involvement. You will be contacted prior to the Wainwright meet (July 7th), so please be ready to offer your assistance.

It is the hope of the Executive that you will find this handbook helpful and will answer many questions. We would certainly appreciate any feedback (positive or negative).

### ***WAINWRIGHT TORPEDOES COACHING STAFF***

**Head Coach** Kaitlyn Sembalerus

**Assistant Coaches** Kait Davis

Marie-Elaine Parent

Maya Ramsahoye

Deianeira Champion

Shannon Rawluk

Jacob Laframboise

Diane Hodgins Miller

#### **The Coaches are responsible for:**

- a. Conducting practices
- b. Planning the season
- c. Discipline at both practices and meets
- d. Helping select events for swimmers (at the meets)
- e. Selecting the relay teams

## ***Coach's Message***

I would like to take this opportunity to officially welcome you to a new swim season, and introduce not only myself, but our assistant coaches.

I'll start by introducing our assistant coaches for this swim season;

Firstly, taking on a dual role as both a swimmer and coach, is Marie-Elaine Parent. I look forward to seeing her implement her personal learnings from practice in her coaching role. Returning from last year's coaching staff is Maya Ramsahoye. Her excitement for the season demonstrated in her interview is something I personally look forward to coaching beside. Returning from previous assistant coaching role with the Wainwright Torpedoes is Shannon Rawluk and Deianeira Champion who has been teaching swimming lessons at the Wainwright C-Plex for the past few years. Both come highly recommended, and I am excited to bring their knowledge and experience from past years to our present season. A name and face our team may not be familiar with is Jacob Laframboise. His past experience with the sport as both an athlete and a coach are extensive, and his passion and knowledge for swimming will be an asset to our team. Jacob will be joining us mid-season. Finally, our last two assistant coaches for this season are two names our team is quite familiar with. I would like to welcome back Diane Miller to the coaching staff, and I would also like to welcome a colleague and old team mate of mine, Kaitlyn Davis (Kachmarski). Both Diane and Kaitlyn have years of experience with the sport, and the passion to go with it.

Now, introducing myself as the new head coach of the Wainwright Torpedoes, my name is Kaitlyn Sembalerus and I am incredibly excited to be returning to my original swim team.

I started swimming with this team when I was ten years old, and I continued with it for five years. The team had sparked a passion for the sport of swimming within me, and I craved more. That is when I moved on to year-round swimming, leading me into swimming for the University of Lethbridge. After some time away from the sport, I have been granted the opportunity to translate my swimming experience as an athlete, to a coaching role.

In my philosophy of successful swimming, I do not place emphasis on any one aspect of sport. I strongly believe being a successful athlete is a combination of passion, skill, support, team dynamics, and most importantly participation in all-round physical literacy. To be successful in movement long-term, children must be well-rounded and free to move in all aspects of activity. The long-term athletic development not only emphasizes this, but it provides in outline of how to best implement training in sport to achieve life-long success. For this reason, I am basing our season on this model.

To best ensure the success of this implementation, I have five rules. Rule #1, every meter counts. There is no need for swimmers, especially young swimmers to be swimming length after length if their understanding of the stroke is not to its fullest potential. Our focus is on literacy of the skill. Rule #2, all coaches will work with every group of swimmers. Not only does this allow for swimmers to experience different coaching techniques and a fresh set eyes, it allows for our team to be more familiar with each other, leading to trust in the sport. Rule #3, enjoyment of the sport is our main priority. Young athletes are more likely to understand the sport and stick to it long term if they are having fun. Rule #4, open communication is a priority. Please feel free to ask questions, raise concerns, and most importantly, enjoy your child's participation in the sport! Lastly, rule #5, we are a team! One of the most beautiful things about being involved in sport is the team. We work together, train together, compete together, and acknowledge each other in our efforts, strength, and accomplishments.

In addition to swim practices and swim meets, our team is looking forward to the Swim-A-Thon, practice meets, in practice dry-land, and a new training regime. I cannot express my excitement of the season, and my gratitude of the parents, as our greatest support system of this team.

Go Torpedoes!

Kaitlyn Sembalerus, Head Coach

## **POLICIES**

### **Registration**

1. The maximum membership of the Wainwright Torpedoes Swim club is **60** swimmers.
2. A tryout period at a cost of \$75.00 is available under certain circumstances. These are as follows:
  - a) Must be a "new" Swimmer (Swimmer has not been part of the Torpedoes Swim Club Prior)
  - b) Swimmers must have completed Level 3 in swimming, and /or be able to swim one complete width of the pool prior to the tryout period.  
This trial period will allow the coaches to decide if the swimmer is strong enough to swim for the season. The Head Coach will let the parent(s) know at the end of the trial whether or not the swimmer will continue for the season or wait until next year; and
  - c) Provided that the Club has not reached the maximum of **60** swimmers, any new swimmer of any age who is unsure about joining for the full season and wishes to try it out first may participate in the tryout. These swimmers must decide if they will continue by the end of the tryout and parents should advise the Head Coach and pay any outstanding fees before swimming the next week. Registration with ASSA must be complete prior to a swimmer's participation in any swim meet.
  - d) **Number of swimmers attending swim meet = coach**

### **Registration Fees**

For the 2018 season, registration fees are as follows:

1. Tryout - \$75.00. (for new swimmers only) Should the swimmer remain with the club for the remainder of the season, this fee will be applied towards the full registration fee;
2. Full season - \$340.00 for each of the first two swimmers in the same family (\$265.00 if tryout fee has been paid for new swimmers)/(\$240 if \$100 registration deposit has been paid);
3. Family rate - \$170.00 for the third and subsequent swimmer in the same family;
4. Lane Fees - \$20.00 per swimmer for each swim meet entered. Please note that lane fees can be as high as \$30.00 or more for each swimmer at each meet; the club will pay the difference.
5. Equipment Rentals – A \$50 deposit fee is required per swimmer. Upon the return of the equipment at the end of the season the \$50 fee will be returned.
6. Volunteer Deposit – A \$100 deposit is required by each family for volunteering. At the end of the season if your family volunteered 2X this fee will be returned.

All registration fees must be paid in full by May 11<sup>th</sup> of the current season. The lane fee deposit must be paid in full by the swim meet registration deadline, otherwise the full fee will be charged to the swimmer after the deadline.

Financial assistance may be available through the KidSport program, administered through the Town Office, or through the Jumpstart program offered by Canadian Tire.

### **REFUND POLICY**

Application for refund of a prorated registration fee may be made **ONLY** under the following circumstances:

1. The swimmer's family is moving in/out of Wainwright;

2. The swimmer provides a doctor's certificate ordering that swimming be discontinued for the remainder of the season.

Applications for refunds or prorated registration fees for any other circumstance will not be entertained.

## **FUNDING**

There are no government grants available for the Swim Club. Funding is derived primarily from the following:

Registration fees  
Fundraising  
Donations

Our main fundraisers include:

1. **Raffle** - All families are expected to participate.
2. **Swim-A-Thon** - Swimmers are given a pledge sheet to solicit pledges. They swim as many lengths as they can for a one-half hour period, during a practice. This year, the swim-a-thon will be on May 10. We need 6 people to count laps.
3. **Casino** - Our club works a Casino approximately once every two years. Our next casino is scheduled for? More information will be provided once received.
4. **Taste of Wainwright** - Swimmers and parents sell pop and water at our booth during the Taste of Wainwright. It is a fun time, and if everyone takes a turn, the shifts can be short and you can enjoy the festivities when you are done.

## **PRACTICES**

Practice times for May and June are:

|           |                  |
|-----------|------------------|
| Monday    | <b>off</b>       |
| Tuesday   | <b>5:30-6:30</b> |
| Wednesday | <b>5:30-7:00</b> |
| Thursday  | <b>5:00-6:30</b> |
| Friday    | <b>5:00-6:00</b> |

JULY and AUGUST - Monday to Thursday **4:30-6:00pm**

New this year will be the addition of dry land training. The coach will notify swimmers of when and where this will occur.

Please refer to the Calendar for the dates practices are cancelled due to long weekend, stat holidays, or other events.

**PARENTS ARE NOT ALLOWED ON DECK DURING PRACTICES!**

**"COACHING" FROM THE BALCONY WILL NOT BE TOLERATED.**

## ***RULES OF CONDUCT***

**Parents and swimmers are required to sign a Code of Conduct, which will be handed out during the trial period.**

## ***DISCIPLINE POLICY***

The coaching staff is responsible for discipline matters, with respect to all swimmers.

- 1<sup>st</sup> occurrence – warning given
- 2<sup>nd</sup> occurrence – swimmer will be removed from practice or meet for the day;
- 3<sup>rd</sup> occurrence – will be suspended for a term deemed appropriate by the coach

The Executive is responsible for discipline matters involving parent(s).

## ***TEAM CLOTHING, BATHING SUITS, SWIM CAPS AND GOGGLES***

The purchase of team suits is optional. This year the Swim Club team bathing suits in the team colors – black and orange are available at Armstrong's Clothing and Sports. The team suits are reasonably priced for the quality, as the pool tends to "be hard" on them. Team suits should be only worn at the meets. It is the decision of the parent(s); however, whether or not they are worn to practices. Polyester suits are recommended for practices, as they will last longer.

Good quality goggles are required, caps are optional. Caps are available through the swim club with team logo on them. Good quality goggles that fit well can be purchased for about \$20.00, and are available from the pool cashier, who will assist you in fitting the goggles. A spare pair of goggles is recommended. We also receive a 20% discount when ordering/shopping at Team Aquatics in Calgary. If you are ordering online use the **coupon code: Swimming-WT-FF.**

Other clothing and items are available through T-shirts plus. All clothing can be tried on for sizing before ordering.

## ***SWIM MEETS***

The Torpedoes attend swim meets from June to mid-August. It is the decision of the swimmer and his/her parent(s) as to which meets to attend. For this purpose, we use a meet sign-up sheet. A cash or cheque for \$20.00 per swimmer per meet is required to be submitted on the Monday or Tuesday prior to the applicable swim meet, and it is your responsibility to submit this sheet by the date indicated at the bottom of the form.

**It is also YOUR responsibility to inform the coaching staff of any changes to your sheet (i.e. Additions and/or deletions), at least 2 weeks prior to the specific meet.**

At a swim meet, the various clubs attending have "camps" (i.e. designated areas) where the swimmers of that team go when not competing and where they leave their possessions. At times, depending on the meet, these camps may be outdoors. (ex. Fort Saskatchewan) For most meets we will require parent supervisors for camp. Please note that at some meets, camp space is very limited, so **ONLY SWIMMERS, COACHES, AND PARENT SUPERVISORS WILL**

BE ALLOWED IN CAMP AT THESE MEETS.

At a swim meet, the number of heats varies depending upon the number of swimmers entered in that particular event. The final placing is based on the times from all heats in that event. Therefore, a swimmer may "win his/her heat, but *may* not place in the event (i.e. first to sixth). After the individual events are finished at a meet, relays are held. Depending on the number of swimmers in an age group in attendance at the meet, the Torpedoes may or may not enter a team(s). Selection of relay teams by the coaching staff is based on:

1. Attendance at practices;
2. Attitude and quality of work during training;
3. Speed.

The selection of the teams may vary during the season. We hope to be fair and reward hard work and good sportsmanship.

### ***SWIM MEETS***

For the meets, swimmers should bring:

- Blanket or sleeping bag
- Dry, warm clothes to put over wet suits
- Extra towels
- Clothes to change into after the meet is finished
- Goggles and swim caps (if desired)
- Snacks and drinks for the day. A pre-race meal should:
  - be small, the swimmer should feel comfortable not "stuffed";
  - Not be eaten within one hour before a race;
  - Not contain fried foods and be low in fat;
  - Not contain foods to which the athlete is not accustomed;
  - **Not** contain foods such as raw vegetables which are high in roughage;
  - **Not** be junk food.
- Please be sure that all of the swimmers personal items are clearly marked with their names.
- ***NO PEANUTS OR NUTS***

### ***CONDUCT DURING SWIM MEETS***

When the club is invited to a swim meet, we are guests of the host team. Therefore, swimmers must abide by certain rules.

- Upon arriving at the pool, each Torpedo will check-in with the coaches. Please try to arrive a little early, as the coach must attend the scratch meeting before the meet commences. At the scratch meeting, the coach must inform the officials of any swimmer(s) who will not be competing.
- Swimmers are to remain in the Torpedoes camp during the meet. This ensures that the swimmers are marshaled at the proper time and helps to eliminate behavior problems.
- **GLASS AND SUNFLOWER SEEDS ARE NOT ALLOWED IN THE CAMP.**
- The team is responsible for the cleanliness of the camp. All swimmers are to pick **up** after themselves and use the garbage bags provided
- If a swimmer refuses to swim an event (other than for medical reasons) for which they are registered, they will not swim any other events or relays for that meet.

### **WAINWRIGHT SWIM MEET**

The Wainwright Swim Meet will be held on July 7, 2018. Whether or not your child attends, all the Torpedoes parents are **STRONGLY** encouraged to assist. We need your help to make our swim meet successful.

Torpedoes and parents:

- Swimmers are to abide by regular meet rules and conduct, and to set examples for other teams.
- Parents are asked to volunteer for duties, as there are many volunteers required for a well-run meet. Contact the Meet Manager (Clayton Gates) or a member of the executive. The duties are not hard and can be a lot of fun.
- Take pride in our facility. If you see someone misbehaving, or causing damage to the facility reprimand him/her or speak to a parent in charge. This will help the C-plex staff keep control.

### **REGIONALS**

The Regional swim meet is the most important meet of the season, as only those who qualify at this meet advance to Provincials in Edmonton August 17-19, 2018.

Regionals are scheduled to be held in Wetaskiwin, on August 10-12, 2018. Swimmers qualify for Provincials by obtaining a first or second place at Regionals or as a wild card (one of the next four fastest times in the Province). Swimmers who qualify at Regionals must go to Provincials (unless medically cannot).

### **Other Important Dates**

Alberta Summer Game Trials – June 10, 2018 in Lloydminster

Alberta Summer Games – July 19-22, 2018

ASSA All Stars June 28-July1, 2018

## **OFFICIALS**

A well-run meet requires over thirty on-deck officials. As such, parents are **STRONGLY ENCOURAGED** to take officials courses, so they can help at meets. Participation as an official affords the opportunity to have the best view in the house, meet parents from other clubs, **AND YOU GET A FREE MEAL!**

It is no longer necessary for new officials to take the Level 1 instruction from a referee. The ASSA has instituted an online process for "self-certification" of new officials.

Simply click on this link <http://www.swimalberta.ca/officials/level-1-officials-exam.htm>. It will take you to the Swim Alberta Level 1 Officials Clinic Information web page. There you will find two links, Level 1 Officials Clinic Guide and Level 1 Officials Exam.

You can read and study the material found in the guide and when you feel ready, you can do the exam. When you're done the exam you may go back and check the material for any questions you may be unsure about and verify your knowledge of the material.

Take your finished exam to the next meet you attend and present it to the referee. **Tests can also be given to Ann or Don Smith, our resident referees.** The referee can answer any questions you might have and will ensure you are placed under the guidance of a certified official for your first sessions. The referee or your swim club should have an "Officials Certificate Card" that they can issue to you which will help in tracking your progress as an official. At the end of the meet the referee will initial your card confirming that you have completed the Level 1 certification process. A red maple leaf SNC pin signifying your level of certification can be obtained from your Regional Rep once you have a signed card. That's it!

Welcome to the exciting world of swim officiating!

If you have any questions on what courses to take please talk to Tammy Fisher.

**HAVE A GREAT YEAR AND SEE YOU IN THE WATER**