



Bridgewater Barracudas Parent Handbook

(Updated 2016)

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INTRODUCTION

Welcome to the wonderful world of swim team. The summer swim season is fast paced as it is only two months in duration but can be very rewarding for swimmers and parents. Learning the sport, the rules, the practices, the policies, and traditions of the Bridgewater Barracudas may sometimes seem confusing and feel overwhelming at first. This book is meant as a tool to help you enter the swimming world in an easier fashion. Even experienced club members can use refresher information after a long winter offseason.

OVERVIEW

The team has been in existence since 1972. The Swim Club is a registered society through the Registry of Joint Stocks of Nova Scotia. The club has a Board of Directors elected by club members through a nomination process at the Annual General Meeting. The Board is made up of parent volunteers and without their contribution, the club would not exist. Executive positions available are President, Vice President, Treasurer, Secretary and Past President. The executive membership can be made up of a minimum of 5 individuals to a maximum of 15 members, with terms of office lasting two years. There are many other key positions available that don't require you to be a Board member, such as statistician (data entry), registrar, equipment manager, and others.

! *When you see this symbol it indicates information of particular importance*

PHILOSOPHY

- The Bridgewater Barracudas exist to promote and develop competitive swimming for the youth of Bridgewater and surrounding area during the summer months.
- The team's focus is on competitiveness, sportsmanship, and fair play. It is hoped that through training, coaching and swimmers will improve their level of skill and enjoy the benefits of being part of a team.
- There is a focus of mentorship whereby the older swimmers can apply to be mentors or junior coaches. They act as helpers for the coaching staff (who are mentors to them) and as role models for the swimmers. They learn coaching techniques and gain valuable coaching experience with the team.

! *Except coaches, Cudas runs entirely on volunteers . The club relies heavily on support from parents/guardians during the swim season. There are lots of opportunities to participate without any long term commitments and you will be made aware of volunteer opportunities as they arise.*

TEAM INFORMATION

Home Pool

O'Regan's Subaru Outdoor Pool in Bridgewater during the summer swim season.
Lunenburg County Lifestyle Center indoor pool in the offseason.

Team Colours

Our team colours are navy blue and white.

Team Mascot

Bobby Barracuda comes to Deck Psych Night, and may make other appearances.

Nickname

We often refer to ourselves as "The 'Cudas".

Important contacts

- Bridgewater Barracudas: www.bridgewaterbarracudas.com
- Swim Nova Scotia (Summer): www.swimnovascotia.com/summer
- bridgewaterbarracudas@gmail.com

KEY INFORMATION

Eligibility Requirements

Children ages of 5-18 (by June 30 of that swimming year; and have completed one year of school) must be able to swim 25m continuously and unassisted, and do a surface support and back glide in order to register for the team. The coaching staff will determine the skill of each new swimmer at the tryout (date to be determined each season).

Registration/tryouts

- Registration will take place internally first. All Barracuda swimmers from the previous year will be contacted and asked to pre-register. Registration fee (or an appropriate portion) may be payable at that time. If a swimmer decides not to return for a season, their spot on the team will only be held if they make a written request to the board of a leave of absence prior to the start of the season
- Siblings of last year's swimmers will be considered next. All new swimmers, including siblings, must meet the eligibility requirements.
- At this point, the board executive, in consultation with the registrar will look at the numbers and determine how many vacancies there are.
- There will be a public invitation for tryouts for any potential new swimmers.
- The coaching staff will determine the skill of each new swimmer at the tryout and if they meet eligibility requirements.

- In the event that there are more swimmers than vacancies, time trials may be held. Swimmers will be asked to swim a number of pool lengths appropriate for their age group. The fastest swimmers, to the maximum number of vacancies in each age group, will be invited to join the team.

Practice Times

The Barracudas practice every day: Monday to Friday. The participation to 13 age groups and 13+ age groups practice at separate times. For the 13+ swimmers, there are often morning and afternoon practices and occasionally dryland training. Although the practice times are generally the same from year to year, there may be changes depending on coaching and volunteer availability. The current year schedule is made up well in advance of the season and will be distributed to all members in a timely manner so you can plan your summer. Summers are busy, so there is no requirement regarding the number of practices your swimmer must attend; keeping in mind, the more they come, the more comfortable they will get with the ins and outs of club swimming and the more fun they will have.

!Parents are asked to leave the pool deck during practices. Please sit in bleachers or any area outside of the deck

Swim meet schedule

Swim meets are one day events and are on weekends: most on Saturday, but some on Sunday. Most club members usually attend Lunenburg, The Waeg, Bedford, Kentville, Colby, Lunenburg and Windsor and of course our annual home meet. There is no requirement to attend meets to be part of the team, but to attend the final provincials meet, swimmers must attend at least one regular season meet. There will be more information on meets later in the document. The summer swim meet schedule is set by Swim Nova Scotia and can be viewed on:

- www.bridgewaterbarracudas.com
- www.swimnovascotia.com/summer

!AGM (Annual General Meeting)

The club is a registered society and must hold regular meetings and an AGM. We need a minimum of 20 parents at the meeting for a quorum, which makes us eligible to conduct the business of the club and start planning the next swim season. We need your presence. We politely request that at least one parent from each family attend the AGM. Plus, you get to provide some direct feedback and input into the running of the club! The AGM is held in the fall, following the summer swim season.

! Code of Conduct

- All swimmers and staff are expected to conduct themselves in a manner consistent with the philosophy of the club.
- All swimmers, staff parents and guardians are expected to treat officials, coaches, executive members and peers with mutual respect.
- Disruptive behavior will not be tolerated during practices, swim meets, or social gatherings. Disruptive behavior can be defined as acts of disrespect to peers, coaches, and/or failure to comply with instructions, and applies to swimmers and parents.
- Athletes shall refrain from the use of alcohol, tobacco products, illegal drugs, and profane and inappropriate language.
- Bullying of staff, lifeguards, fellow swimmers and parents by any of these parties has zero tolerance.
- The property of the team and others is to be respected at all times.
- Penalty for delinquency of the code of conduct is outlined in the policy manual which can be found on our website.

Swim Equipment

- The equipment necessary for swimming is fairly basic and relatively inexpensive: bathing suit, cap and goggles.
- Swim caps may be worn at all meets and time trials, and are usually helpful to wear during practice; they keep hair out of the eyes, help with breathing technique and reduce friction in the water making swimmers faster. Swimmers are given a team theme cap at the end of season deck psyche night and there may be opportunity to purchase team caps with swimmer's name at the beginning of the season (depending on demand). Otherwise, you can buy caps at sporting goods stores.
- Swimmers are responsible for providing their own goggles. Goggles not only make it easier on the eyes, but they help swimmers see the wall better. It is often a matter of trial and error finding a type and size of goggle that best fits your child's face. (See Goggle Guide)
- A team swim suit can be purchased through the club at the beginning of the season, however, they are not mandatory. If you wish to purchase your own suit, you can look for something tight fitting and preferably navy (the team colour). The styles to look for are one piece racer back style for girls and "jammer" style for boys.
- Many swimmers like to have sandals or flip flops to help protect feet around pool areas, especially during swim meets.
- It is also helpful to have some sort of bag to carry belongings and help prevent loss of articles.
- Label all belongings, especially if you have team apparel.

- Team swim gear will be made available to order prior to the beginning of the season. Because we have to order in bulk to get reduced pricing, this will be the only opportunity to order until the next season.

Goggle Guide

The best goggles are those that fit comfortably without leaking. Everyone has a different shaped face, and what works for one swimmer isn't necessarily going to work for another. A quick test is to take the goggles out of the packet, have your child lean over so their face is facing down and have them press the eye cups into their eye sockets and let go – the goggles should stay in place if they are a good fit. (This may not work with for goggles that use sponge material around the eyes – just the ones that are silicone or a rubbery material that also make an airtight seal when dry). You can make adjustments to the spread of the nosepiece, but if the goggles don't hold somewhat without the strap, they probably will need a very tight strap to keep the water out. Don't be tempted to compensate for a bad fitting pair of goggles by tightening up the head strap. Although this may be necessary for racing, it is really no fun having sore eye sockets after a practice.

Fogging: Foggy goggles can be very annoying. A couple of things can help to prevent this from happening: allow a small amount of water into the goggles. The water acts as a windshield wiper, washing away the fog. If there is the right amount of water, it will sit far enough away from the eyes and won't irritate them. This obviously won't work for all strokes (backstroke). Many swimmers swear by either spitting in or licking their goggles to provide a coating to the lens. A man made alternative is an anti-fog solution which can be purchased at a sports store.

Goggles Slipping: It is wise to slightly tighten your goggle strap for racing. It is even recommended by some swim pros to have separate practice and racing pairs, so you don't have to readjust for every meet. If you have a well fitting, properly adjusted pair and they still come off, there are a couple of other things to try. If the strap slips and the goggles end up around your swimmer's neck or mouth, try putting them on under their swim cap. This will help keep the strap in place. If the lenses flip off or slip and fill with water, it could be a problem with diving technique.

SWIM BASICS

- Swimming has 4 main strokes: freestyle (usually swam as front crawl), backstroke, breaststroke, and butterfly. Swimmers do not need to be proficient in, or even know how to do, these strokes before becoming a member.
- One length of the pool is 25m
- An I.M. (Individual Medley) is an event where an equal length (25m or 50m) of each stroke is swum in this order: fly, back, breast, free.
- Relays are team events where 4 people each swim 1 of 4 legs of a race. There is a free relay (each person does front crawl) and there is a medley relay (each person does one of the 4 strokes in this order: back, breast, fly, free). Relay teams are usually selected based on swimmers with the fastest times.
- Swimming is usually measured and swam in 25m increments. (There are 25m, 50m, 100m, 200m and 400m swims in summer swimming). When races are in pools measured in yards, all times are adjusted to be equivalent to the meter time.
- Swim levels are participation (see swim structure), U10, 11/12, 13/14, 15+. The older, the more challenging the events and distances.

TIPS FOR NEW PARENTS

- Check your emails regularly. Updates, swim practice cancellations, reminders, social activities, coaching newsletters, requests for volunteers, etc, are all sent out by email.
- Cudas is on Facebook: Bridgewater 'Cudas Members Page
- Sit in the bleachers during practice whenever possible. Meet and chat with other parents.
- Ask questions. The more experienced parents are happy to answer your questions.
- Good sportsmanship starts with you; cheer your child and your team. Remember that improvement and personal accomplishments are more important than winning. This is a strong focus in the world of swimming.
- Get involved: it's a great way to meet parents, learn about the team and swimming and support your child's efforts.

SWIM LEVEL STRUCTURE

There are 2 levels of swimming set out through Swim Nova Scotia: participation and age group. All swimmers new to the team, start out in the participation level. This serves as an introduction to the sport of swimming and has an emphasis on the fundamentals of the sport. The focus is on fun and skill development. The competitions are short sessions, with swim lengths of shorts bursts and there are no disqualifications. Participation swimmers are an equal part of the team and are eligible to attend all meets including provincials.

! Participation swimmers are only swimming against themselves and “personal bests” are their goals for the year.

Once a participation swimmer can meet the standard time for the 50m freestyle, he or she can then move on to swim the 100 m IM. Swimmers graduate out of participation level when they are able to swim the 100m IM cleanly (i.e. proper stroke and turn methods) AND can meet the time standard as set by Swim Nova Scotia. They can achieve these times at meets or times trials and so can move on to age group swimming at any time through the season. Many very young swimmers will be in the participation level for multiple seasons.

Once graduating from participation level, the swimmer will enter into age group swimming. This is the competitive swimming level and is broken down according to gender and age. The swimmer will enter into the level that is associated with their age at the time of graduation: U10, 11/12, 13/14, 15+. Each level is associated with increasingly longer and more challenging swims.

Returning swimmers, who have already graduated from participation during a previous season, will automatically enter into the age group level depending on their age as of June 30 of that swimming season.

The age group swim structure is more focused on speed, skill improvement and achieving top times and personal bests. In this level, at meets and time trials, there is judging on stroke quality, turn quality (among others) and there are disqualifications (no time recorded for that event) if these standards are not met.

! Although the age group level is more focused on competition, the club places a large emphasis on fun, team spirit and good sportsmanship for all levels, at all times especially at meets where nerves can be distracting for some swimmers.

MEETS AND TIME TRIALS

All meets and time trials are formatted into one of 2 templates: A and B. This allows all swimmers to get a chance to get times and experience in all of their events, but still keeping the meets only 1 day.

A	B
Participation	Participation
50 Free	50 Free
200 Free	200 Free
50 Breast	50 Breast
100 Breast	100 Breast
10 & Under	10 & Under
25 Free	25 Free
25 Breast	25 Breast
100 Free or 200 Free	100 IM
11-12	11-12
200 or 400 Free	200 IM or 100m IM
50 Free	50 Fly
50 Breast	50 Back
13-14	13-14
200 or 400 Free	200 IM
50 Back	50 Breast
100 Breast	100 Free
50 Free	50 Fly
100 Fly	100 Back
15 & Over	15 & Over
200 or 400 Free	200 IM
50 Back	50 Breast
100 Breast	100 Free
50 Free	50 Fly
100 Fly	100 Back
Open Age Group Relay	Open Age Group Relay
200m Medley Relay	200m Freestyle Relay

Time Trials

- These are mini swim meets at our home pool with no other teams
- provide swimmers with the opportunity to practice racing, use the starting blocks and starting system, and to try and remember all the rules they need for their events. Like meets, they are run following either the A or B templates.
- For age group swimmers it is a chance to get their standard times in provincials qualifying events and for participation level swimmers, times for the events needed to graduate to age group.
- Time trials take place occasionally throughout the summer and all swimmers come for the full 2 hours. A schedule/calendar will be provided at the beginning of the season.
- A time trial must be run according to Swim Nova Scotia standards and we must have all officials present (referee, starter, stroke and turn judges). If officials are not present, the times can't count.
- Club Champs is the big time trial that runs near the end of the summer. It is the last chance to achieve a time standard, or personal best, before provincials. It usually takes 3 days. The deadline to get our swimmer's entries in for provincials is very shortly after.

! Parents are needed for many volunteer positions at time trials. Without parent volunteers, the event cannot take place. There will be a clinic to learn how to time races (timers clinic) offered for interested parents at the start of the season. You

will receive an email from the time trial coordinator closer to the time of an upcoming event if volunteers are needed.

Swim meets

Swim meets are organized and run by Swim Nova Scotia and the host club. They are run according to the rules and regulations set out by Swim Nova Scotia. The coach will decide which events your swimmer is entered in after you confirm their attendance. A meet package including a swim schedule, directions to the meet, parking information and the events your swimmer is entered in, are sent via email the week prior to each meet. Attending weekend meets is not mandatory to be a part of the team. However, in order to attend provincial events, swimmers have to compete in at least one meet through the regular season.

A few hints for a successful meet:

- Pack a bag and stuff it with everything you normally would take to practice and then double it: 2 towels, a spare pair of goggles, warm clothing and/or weather appropriate clothes, maybe an extra suit. The pool facilities are outside with little shelter. Meets are not cancelled unless there is thunder or lightening, or unless the rain is so severe that running the meet safely and fairly cannot be done.
- Lawn chairs are also helpful as seating is very limited.
- Don't forget your sunscreen.
- Pack light snacks, water, drinks, a lunch, and maybe a supper, or bring money for food. Most host teams have a canteen.
- Instruct your swimmer to place their items directly in their swim bag when they are finished using them and zip up the pockets; loose items get moved around and misplaced.
- Label all items with your swimmer's name
- Attending warmups is mandatory. Warm-ups help the swimmer get the 'feel' of the pool, and also let them find out where to get on the pool deck, etc.
- Arrive 15 minutes before warm-up to allow time to change. Give yourself plenty of time to park, walk to the pool, and find home base. Clubs are usually assigned a spot. Take a map and directions.
- Pack some creative, fun things to occupy your swimmer throughout the day. Often there is a lot of time between events.
- Some meets are "seeded", meaning swimmer's best times have been submitted ahead of time and they are put in heats, in order from slowest to fastest. Swimmers without a time in an event are entered as an "NT" (No Time) and swim in one of the early heats.
- • Participation swimmers will have morning events and are usually finished by the lunch break.
- For age group swimmers, swim meets can last all day. Be prepared. This is an individual sport. In between our children's events, besides taking care of our children, we support the other swimmers by cheering them on.
- Prepare to park far from the meet site (especially The Waeg and Bedford).

Leaving items in the car means a hike to retrieve them. Pack light, efficiently and portably.

- Meets are chaotic-especially the first one you attend-so ensure your swimmer (or you) are paying attention to announcements and looking for guidance from coaches as to when they should be swimming. A schedule is sent out ahead of each meet, so you should have an approximate idea of timing, but sometimes meets run ahead or behind schedule.
- The Bridgewater and Lunenburg meets are great introductory meets as the facilities are local, not as chaotic and not as far to walk to parking etc.

Provincials (the last swim meet of the summer)

- Provincials are a 3 day event at the end of the swim season, in August.
- All participation level swimmers automatically qualify and can swim up to 3 events
- For age group swimmers, there are qualifying time standards for each event, age group, and gender. They are also available on the Swim NS website at www.swimnovascotia.com/summer
- Getting a qualifying time in certain events guarantees that your age-group swimmer can swim a maximum of 5 events at provincials.
- Not getting a standard qualifying time, simply means there are a limited numbers of events they can participate in
- Swimmers are needed for relays. Your child may not qualify for an individual event, but may be needed for a relay. Barracudas often do well in the relays, and they are often the most exciting of all the events.
- Like all meets, swimmers do not have to participate in provincials to be a part of the team.

SOCIAL ACTIVITIES

There are a variety of social activities, planned and arranged by the coaches and parent volunteers, to promote team spirit. Many of these are traditions going back to the start of the club.

Deck Nights – a few of these scattered through the season after the pool closes for the evening. Swimmers compete in fun races, belly flops, or have a free, fun swim.

Psych Night – Usually held the week prior to provincials. Indoor event designed to psych up for provincials. All swimmers may attend. Fun and games organized by the coaches and is chaperoned by parents as an overnight event (staying all night is optional). Swimmers look forward to this all season.

Deck Psych Night – The week before provincials. A very exciting night at the pool and the bleachers are packed with parents every year. This event is steeped in tradition with the team “story”, themed caps are given out by the older swimmers, swimmers practice their cheers and retiring swimmers are honoured in a traditional ceremony.

Age Group Parties – These are optional events that parents volunteer to hold and

organize. It can be any kind of get together usually for a certain groups of swimmers (i.e the age group level they participate in). It's a great way for swimmers to bond with the other swimmers in his/her age group.

Annual Croquet Tournament – attended by 13 + swimmers for their hard work attending morning & afternoon practices, mentoring, making T shirts, etc. Swimmers pair up and wear crazy costumes for the competition and then have breakfast. The winners are awarded the Annual Croquet Tournament Plaque at the closing ceremony.

Big Ex Parade -often Cudas will walk in the parade to promote the team and show-off their team pride. Parent organized and initiated for float decorating.

Closing ceremony – After provincials we hold a ceremony for the entire team to celebrate the summer. It's a fun social event for both swimmers and their parents. Cake is offered while coaches present both fun and serious awards from the season. Each swimmer receives a well-deserved medal.

CHEERS

'Cudas is a spirited team and we love to cheer on our team. The team has a couple of signature cheers which your children may want to learn:

We Are The Bridgewater Barracudas

We are the Bridgewater Barracudas

Our colours, white and blue HEY!

When it comes to swimming

We'll show you what to do HEY!

When you swim against us At a swimming meet HEY!

All you will see Is the bottom of our feet. HEY!

We are the Bridgewater white and blue

We will show you what to do.

Oh Ya! Hey You Bet!

Hey you ain't seen nothing yet.

Hey Ya Bridgewater!

(Callback) Gimme a B! R! !! D! G! E! W! A! T! E! R!

Deep In the Heart of the Bridgewater Jungle

Deep in the heart of the Bridgewater jungle

You can hear the swimmers rumble

OOH! AAH! Cudas on the Loose!

OOH! AAH! Cudas on the Loose!

Repeat, getting louder and faster

VOLUNTEER OPPORTUNITIES

Board of directors: opportunity to have a direct say in the way the club is run. The club must have a fully functioning board in order to operate. The positions are President, VP, Secretary, Treasurer and members at large. The board is involved in everything from hiring coaches, personnel issues, scheduling, clothing orders, registration, off season training, financial concerns among other items. These are 2 year terms.

Annual Bridgewater meet: we need all hands on deck for our annual meet. A one day affair that needs workers for everything from clothing sales, canteen, feeding deck officials, various on deck responsibilities (including timing, scribes, runners, marshaling etc) among other things. Most of these jobs require little to no training-just enthusiasm.

Timers and officials: any parent can take the timers clinic offered at the beginning of the season. This is the first step to being able to jump into the world of officiating. It allows you to be on the deck during meets (home and away) and time trials and introduces you to the intricacies of competitive swimming.

Time trials: many volunteers needed throughout the season to work time trials and club champs. This is a 2-3 hour commitment/day: we need timers, scribes, runners, marshallers, record keepers, and officials (see officials section). An email get sent out prior to the needed dates by the time trials coordinator.

Organizing age-group get together: these are optional and are entirely up to individual parents and their desire to host something

Coordinating the annual psych night: food and chaperones

Organizing float decorating for the Big Ex parade

OFFSEASON TRAINING

The Barracudas offer an offseason training program. According to Swim NS standards, summer swimmers are only allowed to train a maximum of 24 times weekly (depending on the age level) in the offseason. Off season practices are offered at the LCLC pool twice weekly in the fall, winter and spring (as separate sessions) and it is swimmer's choice whether they take part or not. It is an opportunity to keep up with the swimming skills learned through the season, while also keeping in the team setting and mentality. The coaches may be completely different than the summer coaching staff.

Off season swimming is not included with the summer season membership fee.

OFFICIALS

Officials are present at all competitions to implement the technical rules of swimming and to ensure that the competition is fair and equitable. Officials attend clinics, pass tests and work meets before being certified. All parents are encouraged to get involved with some form of officiating. The first step is taking a timers clinic which will be made available to all parents sometime at the beginning of the season.

Timers – (2 or 3 per lane are required) operate stop watches and properly record the official time of the swimmer.

Chief Timer – briefs timers prior to session, takes time of lead swimmer in each heat, instructs timers to clear watches, monitors timers to ensure watches are running accurately, alerts Referee if timers are not ready.

Turn Judges - observe from each end of the pool and ensure that the turns and finishes comply with the rules applicable to each stroke.

Stroke Judges -observe from both sides of the pool, walking abreast of the swimmers, to ensure that the rules for each stroke are being followed.

Relay Takeoff Judges -stand beside the starting blocks to observe the relay exchange, ensuring that the feet of the departing swimmer have not left the block before the incoming swimmer touches the end of the pool.

Marshall – assists with directing swimmers to correct heats and lanes, along with deck control.

Clerk of the Course -arranges (seeds) the swimmers in their proper heats and lanes, notifies Referee if anything is not as is published in the Heat Sheet, assists Marshall with deck control.

Starter -assumes control of the swimmers from the Referee, directs them to "take your mark" and watches that no swimmer is in motion prior to giving the start signal.

Referee -has overall authority and control of the competition, ensuring that all the rules are followed; assigns and instructs all officials, and decides all questions relating to the conduct of the meet.

Meet Manager – organizes the meet, making sure that arrangements for pool time, supplies, etc are taken care of, arranges for officials (may delegate to an Officials Coordinator), works with coaches and officials to ensure a smoothly run event, deals with problems that are not the responsibility of the Referee, and ensures that post meet info is circulated.

Statistician/Computer Operator – enters scratches (no-shows), prints timers sheets, prints Heat Sheets, enters results, publishes results, submits Time Trial and meet results to Swim NS, prints team rosters and other administrative info required by SNS.

POLICIES AND BY-LAWS

See policy and bylaws manuals at bridgewaterbarracudas.com or if you have questions, please contact bridgewaterbarracudas@gmail.com

SWIMMER RESPONSIBILITIES

Each swimmer has responsibilities to their club mates and all the parent volunteers who work on their behalf. Their chief responsibility is to themselves, concentrating on learning technique and rules, looking after their health, and most of all, having fun!

- Obey pool regulations: there is a duty to keep the club's good relations with the pool staff. Be polite to the lifeguards and obey pool rules.
- Be on time for practice: be on deck, ready to swim about 15 minutes prior to the start of a training session. Swimmers are expected to stretch prior to entering the water for practice. Stretching will usually be led by the coach, junior coaches and/or mentors.
- Be respectful of the coaching staff and volunteers
- Be a good training mate: swimmers can create a pileup of others in their lane if they make unplanned stops. Be aware of the swimmers in front of and behind you and treat them with courtesy.
- Be a regular: Improvement is a matter of getting in shape and being there when skills are taught. Having said that, we understand that in summer, there are other commitments, and vacations where swimmers will be absent.
- Respect the decisions of the officials: Any protest should come through the coach, not the swimmer (or parent).
- Clean up at the end of a meet: All swimmers (and families) are responsible for cleaning up personal belongings and ensuring that garbage is put in the bins provided.
- Respect the code of conduct

PARENT/GUARDIAN RESPONSIBILITIES

In most sports involving children, parents have obligations to their children and to the organization responsible for the management of the activity.

- See that your swimmer gets to the pool on time for workouts and for meets.
- Parents are responsible for transporting or arranging transportation for their own children to and from meets.
- Notify the coach if your child has any medical problems.
- If a small problem should arise, please take your concern directly to the coach. Larger issues can be taken to the coach liaison or a board member.
- Fill out meet requests and reply to requests from the coach in a timely manner and as specified. This way your child can take full advantage of the season and to simplify work for the coaches.
- The club cannot function without volunteers for the board, committees, time trials,

and our own swim meet. Help out whenever you can. We don't expect new parents to do anything beyond their ability. Emails are sent out asking people to sign up for jobs/events. Please respond and offer. Some 'jobs' require you to take a clinic (e.g. timing). We try to offer a clinic each year as we need 13 – 19 timers on deck.

- Encourage your swimmer throughout the swim club experience. Many young swimmers find the pool cold and the practices long. Have patience in letting them find their own way and making it a positive experience so they will want to return. Mentors are there to help encourage the younger swimmers especially.
- Be patient. It takes time for your child to learn technique and develop proper skills. Focus on self-improvement.
- Attend the parent meeting at the beginning of the season
- Attend the AGM at the end of the season
- Good sportsmanship is as much a parent responsibility as the child's

“SWIM SPEAK”: A SWIMMING GLOSSARY

Block: The starting platform; also called the Starting Block.

Canadian Start: All swimmers remain in the water at the end of their race until the swimmers in the next heat have left the starting blocks. This does not apply to 25m races or Backstroke.

Cardless Meet: A meet where the entries are done in advance electronically, thus allowing the use of heat sheets for recording times rather than issuing time cards to swimmers.

Coach: A person who trains and teaches athletes in the sport of swimming.

DQ (Disqualified): This occurs when a swimmer has committed an infraction of some kind (e.g. onehanded touch in breaststroke). A disqualified swimmer is not eligible to receive an award, nor will there be an official time in that event.

Drill: An exercise involving a part of a stroke, used to improve technique.

Dryland Training: Training done out of the water that aids and enhances swimming performance; may include stretching, cardio, weight training, and fun games.

False Start: Occurs when a swimmer is moving at the start prior to the signal, if the swimmers starts early, or falls into the pool. (a cause for disqualification)

Finish: The final phase of the race – the touch at the end of the race.

Flags: Backstroke flags are placed 5 meters from the end of the pool. They enable backstrokers to execute a backstroke turn more efficiently through being able to count the number of strokes into each wall.

Flip Turn: The name given to the turn performed at the ends of the pool in which the swimmer performs a forward somersault to change direction. Entry into the turn is face downward and the swimmer pushes off the pool end with their feet.

Free Relay: An event in which 4 swimmers swim freestyle, competing together as a team to achieve a time.

Goal: A specific time achievement a swimmer sets and strives for; can be short or long term.

Heat: Each group of athletes that compete within an event makes up a heat.

Heat Sheets: The swim meet program. Each race consisting of 6 swimmers (approximately; depending on the number of lanes in the pool) is 1 heat. Each event can have several heats, depending on the amount of swimmers registered in the event.

I.M.: An acronym for Individual Medley, an event in which the swimmer swims all four strokes in the following order: butterfly, backstroke, breaststroke, freestyle.

Long Free: The longer of the two freestyle races for each age group. In summer swimming, this refers to 50 meters (or yards) for 9 & 10, 100 meters (or yards) for 11 & 12; and 200 meters (or yards) for 13 and up. There is no long free for 8 & under.

Marshalling Area: This is the deck area used at a meet for organizing the swimmers. It is where swimmers must report prior to racing, when their event is announced. Once checked in by the Clerk of Course they are to remain there until called to the block.

Medley Relay: An event in which 4 swimmers compete together as a team to achieve a time, with each swimmer swimming one of the four strokes in the following order: backstroke, breaststroke, butterfly, freestyle.

Meet: Competition designed to be a measure of progress and a learning experience. By implementing what has been learned in practice, the swimmers test themselves against the clock to see how they are progressing.

Negative Split: Swimming the second half of the race faster than the first half.

Official: A judge on the deck of the pool at a sanctioned competition (or time trial) who enforces SNC (Swimming/Natation Canada) rules.

Official Time: A time achieved in a race during a sanctioned competition or time trial.

Pace: The often predetermined speed with which a swimmer completes each segment of a race (e.g. 25m, 50m)

Pace Clock: Large clock with a large second hand and a smaller minute hand, used to check pace or maintain intervals in practice (may also be digital).

Personal Best (PB): A swimmer's current best time in any given race.

Qualifying time (Q Time): Time necessary to compete in provincials.

Relay: An event in which 4 swimmers compete together as a team to achieve one time.

Runners: Persons on deck, assisting officials with time cards and sheets.

Sanctioned Meet: All competitions in which records may be set and official times may be obtained. Sanctioned meets are approved officially by a Swim NS sanctioning officer.

Scratch: To withdraw from an event in a competition.

Seed Time: A swimmer's best official time that is used as the entry time for a race.

Short Course (SC): A 25 meter long pool (or 25 yard pool) in which summer competitions are held. (Winter swimming has a Long Course season, where swimmers compete in 50m or 'Olympic sized' pools).

Short Free: The shorter of the two freestyle races for each age group. In summer swimming, this refers to 25 meters (or yards) for 10 & under, 50 meters (or yards) for 11-12; and 100 meters (or yards) for 13 and up.

SNS: Swim Nova Scotia

Split: A swimmer's intermediate time in a race. Splits can be registered every 50m and are used to determine if a swimmer is on a planned pace. In summer swimming, timers do not record splits, but coaches may take them to see if their swimmers are swimming on pace.

Standard: A qualifying time swimmers must achieve to be assured entry to provincials.

Stopwatches: Accurate watches (usually electronic) used to time swimmers during a competition.

Streamline: The position used to gain maximum distance during a start and/or push off from the wall in which the swimmer's body is as tight and straight as it can be, starting with hand over hand and ending with toes pointed.

Suicide Turn: The name given to a backstroke turn performed at the ends of the pool in which the swimmer completes the action by doing a back flip. The swimmer enters into the turn on the back and pushes off the pool end with their feet.

SWAD: Swimmer with a disability.

Taper: The final preparation phase before a big/important swim meet and may include practices with less distance covered; a "rest and prepare" phase.

Time Card: The card issued to each swimmer prior to each race, on which splits and the final time are recorded. Not used at "cardless" meets.

Time Trial: A practice race which is not part of a regular competition. Time trials may be sanctioned and used to qualify for Provincials.

Warmup: Low intensity swimming used by swimmers prior to a main practice or race to loosen and warm muscles.