



### Our Mission

“The Salmon Arm Sockeyes Summer Swim Club strives to promote the development of swimming skills and good sportsmanship through competitive swimming.”

# 2024

## **Welcome to the Salmon Arm Sockeyes Swim Club**

The Individual - The Salmon Arm Sockeyes offers something for everyone. It is for the beginner who struggles to swim a length, the swimmer who strives for competitive and personal excellence, and the swimmer going for a Regional or Provincial Championship.

The Team - The club provides a team environment while focusing on the individual's swimming skills that assist each swimmer in recognizing continued personal improvement and success.

### **SOCKEYE PROGRAMS (2024):**

**Full Summer Swim Club** - The summer swim program provides daily (and sometimes twice daily) swim times for the swimmer. The swimmer selects which practices to attend on a day by day basis to suit their schedule and needs as an athlete. The club will take up only as much time as you want it to - but a swimmer needs to swim 3 times a week to make progress.

Generally, our swimmers are aged 6 to 18. The main requirement is the ability to swim at least 25 metres.

**Development Summer Swim Club** - A smaller commitment usually only open to first or second-year swimmers with our club; 3 days per week of summer swimming. This year, any swimmer not wanting to commit to the full program can register for the Development group and will be placed in a swim group that meets their needs and will be scheduled 3 times per week. Depending on the swimmer's ability and availability, they may swim in different groups at different practices and will not necessarily be in their age group.

**Turtles** - A free\* program offered to younger siblings (as young as age two!) with a lesson in the kiddie pool with one of our coaches and senior swimmers. Turtles are also welcome to participate in 25 metre races at swim meets, with any assistance they need (senior swimmers, flotation devices, etc.).

**Fries Development Program** - This is a one hour per week program for new swimmers not yet comfortable swimming 25 metre lengths. Fries are expected to swim at least 1 width of the pool prior to entry into the program. After a maximum of two years in Fries, it is expected that swimmers will move into the Summer Swim Club.

**Winter Maintenance** - Summer swimmers are allowed a maximum of 2 hours per week of coached swimming. Winter Maintenance is two, one-hour sessions a week to help swimmers, who swam in the Sockeyes summer program maintain some of their conditioning.

**SOCKEYES FEES:**

Full Summer Swim Club: \$455\*

Development Swim Club (May/August): \$355\*

Turtles: Free for younger siblings of Sockeye swimmers

Winter Maintenance: \$155 per fall or spring session

Fries: \$165 per fall or spring session

\* Programs have mandatory additional \$55 annual BCSSA insurance fee

## SWIMMING RESOURCES:

Salmon Arm Sockeyes

[www.salmonarmsockeyes.ca](http://www.salmonarmsockeyes.ca)

B.C. Summer Swimming Association

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

Swim B.C.

[www.swim.bc.ca](http://www.swim.bc.ca)

Swimming Canada

[www.swimming.ca](http://www.swimming.ca)

## MAILING ADDRESS:

Salmon Arm Sockeyes

Box 926, Salmon Arm B.C. V1E 4P1

## SOCKEYES SWIM CLUB CONTACT LIST 2023-2024:

President	Amber Greenwood	sockeyespres@gmail.com
Vice-President	Claire Askew	
Secretary	Darcy Calkins	
Treasurer	Todd Couch	sockeyestreasurer@gmail.com
Registrar	Kevin Bushell	sockeyesregistrar@gmail.com
Meet Manager	Mhairi Russell Sharon Mitchell	
Team Communication	Soula Kemitzis	salmonarmsockeyes2024@gmail.com
Director at Large	Justin Fradette	
Director at Large	Kristina Baker	
Clothing Coordinator	Christelle Louw	eclouw79@gmail.com
Fundraising Coordinator	Todd Couch	at.chesterfield@gmail.com

### COMMUNICATION:

Our main forms of communication will be through emails, website, and newsletters, team meetings and the Sockeye bulletin board.

WEBSITE: [www.salmonarmsockeyes.ca](http://www.salmonarmsockeyes.ca)

### SUMMER CALENDAR HIGHLIGHTS:

- Regularly scheduled Fun Meets
- Challenge week July 8-12<sup>th</sup>
- Team Potluck and Awards – TBD – usually Mid August

### CHANGEROOMS:

*For all practices, change rooms can be used by swimmers.*

*Swimmers using the changerooms:*

- 1. Shower, change and exit as quickly as possible.*
- 2. Behave respectfully.*

Coaches do not supervise the changerooms. Please remind your swimmers of the above changeroom etiquette as we often share the changeroom with the general public.

## FUNDRAISING AND OTHER COSTS:

### **Club Fundraising Commitment**

To show community support and to keep costs down by qualifying for government grants, the following minimum fundraising commitment must be met:

<b># of Swimmers per family</b>	<b>Fundraising Commitment</b>	<b>Grocery Card Equivalent</b>
1	\$125	\$1800
2	\$250	\$3600
3 or more	\$300	\$4300

The fundraising commitment may be met by purchasing Askew's and Save-on Foods gift cards.

Fundraising Coordinator: Anita and Todd Couch  
email at.chesterfield@gmail.com or text/phone 250-833-2464 or  
250-540-5217 Please contact Anita or Todd to arrange the purchase  
of grocery cards.

## SWIM MEETS:

### **Out of Town Swim Meet Fees**

The host club organizes their own meet and fees are charged to cover costs. The costs vary but are approximately \$30 to \$40 per swimmer per swim meet. This year, swimmers in the Full Summer program get meets included in their team fees.

## CLOTHING & EQUIPMENT:

Swimmers are encouraged to wear the Sockeye cap and suit. These items can be purchased through the club; every effort is made to keep costs reasonable. An order for gear is placed in early May in preparation for summer swimming.

Swimsuit: Our club suit is usually black and red. Swimmers are strongly encouraged to wear the club swimsuit at swim meets. A suit should be streamlined and snug fitting. You can buy suits, goggles and caps from volunteer clothing coordinator, Christelle Louw.

Caps: Our club cap is red silicone cap with the word Sockeyes written on it. All swimmers are encouraged to wear a club cap during swim meets. Wearing the club cap helps coaches identify swimmers and adds to our sense of team spirit! New swimmers are provided a free Sockeye Cap in their first year.

Goggles: Strongly recommended to improve visibility and to avoid eye irritation. Goggles can also be purchased through Christelle.

Water bottles: Always bring a water bottle to practice and meets.

T-shirts: Our club t-shirt is red, with a Sockeye logo.

All Sockeye gear can be purchased from Christelle. You can reach her at [eclouw79@gmail.com](mailto:eclouw79@gmail.com)

## VOLUNTEERING:

Parent participation is vital to the success and survival of the Salmon Arm Sockeyes. Similar to other swim clubs, we would not be able to continue without the volunteer assistance from the parents of the competitive swimmers. Some, but not all, of the volunteer activities for parents include:

- Timing at swim meets;
- Challenge week breakfast coordinator and parent helpers during various activities;
- Pizza night helpers;
- Creating the end of year slide show;
- Awards night coordinator;
- Swim gear sales coordinator;
- Fundraising coordinator;
- Website coordinator;

Salmon Arm Swim Meet, June 8-9<sup>th</sup>: Please keep an eye out for a link to Sign Up Genius to fill required volunteer jobs. All Sockeye families are expected to take on a job!

## 2024 SWIM MEET DATES/INFORMATION:

See Website for updated information.

## SWIM MEETS:

Swim meets are social occasions for the entire family. To help with the sense of team spirit, we try to stay together, either camping or in motels. Check the newsletters, website or the bulletin board and talk to other parents about their accommodation. Booking early is always a



good idea! Sometimes, a potluck supper is sometimes held on Saturday night. We talk, play games, and generally socialize. These weekends are worth all the effort!

Swim meets for new families may be overwhelming. Don't be afraid to ask for help from experienced parents.

- ✓ Step 1: First your child and the coaches will discuss what is involved. All swimmers are encouraged to try at least 1 swim meet.
- ✓ Step 2: Parents and swimmers should discuss whether they wish to compete. Ideally talk with your child's coach and let them know your thoughts early in the season.
- ✓ Step 3: Your child and coach will decide on the type and number of events they enter. Most swimmers enjoy being on a relay team. Make sure the information gets to the coaches before the sign-up deadline.

What to bring to swim meets!

- Lots of towels, spare bathing suits, warm clothes.
- Old blankets or sleeping bags, outdoor seats.
- Reading materials, small games or cards.
- Lots of nutritious snacks in a cooler.
- Lots of liquids; water, juice, etc.
- Be prepared for all weather possibilities.

What to do at swim meets? Here are the general procedures for meets, some of which will pertain to your swimmer and some background information.

- Meet at the pool at the designated time for dryland activation/warm up. Warm up is a time for swimmers to get familiar to the pool (diving off blocks, flags etc.). Warm-ups are early, and your child is not "warm" when they get out of the pool. Dry towels and warm clothes are key!

- Purchase meet program or heat sheet and highlight your child's events.
- Set up camp (a spot to hang for the day).
- Swimmers should check with the coach before heading to marshalling for each event.
- Listen for your event and head to marshalling area.
- Swimmer should check in with coach after every swim
- Have fun hanging out and socializing between events!

Tip: Bring lots of warm clothes, towels, healthy snacks, water chairs and rain- wear.

### Meet formats

- Meets have two formats: timed finals or heats and finals.
  - Timed finals mean you swim the event once and your result is based on that one swim.
  - Heats and finals mean:
    - Heats are in the morning, then lunch and finals are in the afternoon.
    - Fastest swimmers from the morning's events will swim in the afternoon (usually top 12 – 16 swimmers depending on size of the pool).
- Swimmers are always recognized for achieving best times!!!
- Saturdays events: IM, BUTTERFLY, 50 FREESTYLE, MEDLEY RELAYS
- Sundays events: BACKSTROKE, BREASTSTROKE, 100 FREE, FREESTYLE RELAYS

## Relays

Relays are a fun part of swimming. It is strongly encouraged that swimmers stay to the end of the meet to participate in the relays. The more swimmers that stay, the more relays there are! If you must leave the meet early, please do not sign up for relays as it makes things difficult for other swimmers and the coaches. Official relays are made up of 4 swimmers of the same gender. Unofficial relays can be mixed gender. Relays are swum in the division of the oldest swimmer in the relay.

## Relay Policy

All relay teams formed during the first half of the season (approximately May 1<sup>st</sup> – June 30<sup>th</sup> of each year) will be comprised of random teams of mixed times. This rule is intended to ensure that swimmers have the opportunity to meet and compete as a team with a variety of other swimmers in the age group. All relay teams formed July 1<sup>st</sup> – August 31<sup>st</sup> of each year will be comprised to determine the fastest and most competitive relay teams possible for the Regional and Provincial Championships as determined by the Head Coach. Members of a provincial qualifying relay team swum at Regionals get first option to swim on that relay at Provincials.

## Parent Code of Conduct

As a parent of a swimmer of the Salmon Arm Sockeyes, I will abide by the following guidelines:

- Practice teamwork with all parents, swimmers, and coaches by supporting the values of discipline, loyalty, commitment, and hard work.
- I will not coach or instruct the team or any swimmer at a practice or meet (from the stands or any other area) or interfere with coaches on the pool deck.
- Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials, and the coaches at meets and practices.
- Maintain self-control always. Know my role: Swimmers –swim; Coaches – coach; Officials – officiate; Parents – parent.
- I understand that criticizing, name-calling, use of abusive language or gestures directed toward coaches, parents, officials and/or any participating swimmer will not be permitted or tolerated.
- Enjoy involvement with Salmon Arm Sockeyes by supporting the swimmers, coaches and other parents with positive communication and actions.
- During competitions, any questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff. Parents address officials via the coaching staff only.
- Volunteer at meets at which your children are swimmers, volunteer at our home meet.

## The Swimmers' Code of Conduct

Parents, please review with your swimmers:

- We will treat all members of the team (coaches, swimmers, parents) and our opponents with dignity and respect.
- Physically or verbally abusive behavior is unacceptable for members of the Salmon Arm Sockeyes. This includes the use of appropriate language always.
- We will be dedicated and loyal to our club and teammates. We will be vocally supportive. We will display our team pride by competing in team caps and suits.
- We will remain silent and make an honest effort to listen and look when coaches and officials are speaking.
- We will arrive to practice on time.
- We will be committed to our best effort every day. An honest effort does not include, cutting laps, pulling on the lane rope, missing sets, etc.
- We will refrain from judging or criticizing others. We will not discuss individuals when they are not in our presence.
- We will “praise in public and correct in private”.
- We are all responsible for the care and proper use of equipment. Practice is not finished until all supplies (kickboards, pull boys, lane ropes) have been returned properly. Everyone helps.
- Swimmers are to use proper lane etiquette as outlined by the club coaches under the guidance of the executive.
- Swimmers will report to coaches before and after each race.
- Swimmers will wear team suits (if they have one) and Sockeye cap (if they wear a cap).