



Ladner Stingrays Swim Club

Parent Handbook 2023



www.ladnerstingrays.com

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Introduction

Welcome to the Stingray's Summer Season!

The Ladner Stingrays Swim Club is a non-profit, parent run swim club dedicated to promoting and developing amateur swimming in Ladner. The club offers children the opportunity to develop their skills, compete in local, regional and provincial swim meets and have fun. The Summer swim season runs from May 1 until the Provincial Championships in August. Swimmers are coached in stroke development and improvement, starts and turns, endurance, competitive racing, team participation, and good sportsmanship.

Summer swimming offers many benefits, among which are the people you and your child will meet. The camaraderie among athletes is unique as many water buddies become life- long friends.

In addition to being around good people, swimming provides one of the most beneficial forms of exercise for cardiovascular and overall fitness. The exercise can be enjoyed throughout one's life.

About our Club

Club Structure

The Stingrays Swim Club is a member of the British Columbia Summer Swim Association (BCSSA), a provincial body that governs the eight competitive swim zones. Our region is Fraser South and includes the following Swim Clubs: Boundary Bay Bluebacks, Cloverdale Tritons, North Delta Sunfish, Richmond Kigoos, Surrey Sealions, White Rock (WRASA), Crescent Beach, Surrey Orcas Water Polos Club & Pacific Wave Synchronized Swim Club.

Club Philosophy

The focus of the club is to cultivate a passion for swimming and create an atmosphere of fun while learning to be competitive. Swimmers are provided with an opportunity to engage in positive physical activity, to develop proper stroke technique, traits of good sportsmanship and team spirit, while being part of a positive environment which enables friendships to develop amongst its athletes. Learning these essential life skills have proven to be beneficial not only in the pool, but also in other areas of their lives. These skills include:

- **Character Development** through commitment, hard work, and perseverance.
- **Striving for Excellence** through the achievement of best times, ribbons, medals and trophies.
- **Sportsmanship** from teamwork and encouragement as well as learning to handle winning and losing gracefully.
- **Community Building** from learning to build strong and lasting friendships and from learning to create a sense of "family" within the club.
- **Active Lifestyle** through the promotion of health and fitness as a party of every day life.

Club Vision

Our Vision is to:

- Provide opportunities for all who are involved in the Club to improve their skills and qualifications.
- Provide coaches who are able to meet the needs of each swimmer while challenging them to reach their highest potential.
- Have family members actively contribute towards the success of the Club.

Club Values

Ladner Stingrays will operate in a manner based on our values:

- Promote good sportsmanship and social responsibility
- Communicate openly respecting Club policies
- Promote a healthy and positive environment
- Be fair, equitable, transparent and accountable
- Respect swimmers, coaches and families
- Support the decisions of the Board of Directors
- Abide by the Club's Codes of Conduct

Stingrays Board 2021-2023

President	Caroline Lambie
Vice President	Darren Soy
Treasurer	Brandi Kamiya
Registrar	Mark Belezny
Secretary	Brandy Lekakis
Past President	Marcy Reoch

Group Organization

Competitive Summer Swimming

Swimmers compete in separate divisions (div 1-8), which are determined by the swimmer's age on April 30th of the current year. Several practice groups are created based on the swimmers age, skill and fitness level. Coaches set the group placements in mid to late April and may request some swimmers to attend an evaluation. Please refer to the BCSSA age locator grid (there is a link in the registration section of our website).

The divisions are further divided into two groups (A & B) and are determined by the swimmer's competitive times achieved at swim meets. A and B Qualifying times are time thresholds set by the region based on the median times for each event and gender. Slower times are designated as B qualifying times while faster times are designated as A times. At many swim meets "A" swimmers compete against "A" swimmers, and "B" swimmers compete against other "B" swimmers. This allows the swimmers to compete on a level playing field.

Starting off as a New Swimmer

While the main aim of the Club is competitive swimming, the Executive places a great deal of emphasis on development. Children are encouraged to develop their skills in a positive environment without the added pressure of weekend competitive swim meets. New swimmers can compete in short development meets that take place on weekday evenings and are suitable for up and coming or younger swimmers and serve as an excellent introduction to weekend meets.

Little Stingrays

Little Stingrays is intended for kids 4-6 years of age who love the water! They should be able to propel themselves through the water, float and jump in on their own. The program will run from June to early-August and the kids will swim 3 times per week with a small group focus of learning the basics of competitive swimming.

For our young swimmers there are three important requests from the club:

1. Little Stingray participants must have a parent or responsible adult stay at the pool while they are at practice.
2. It really helps the coaches if the swimmers are able to put their faces in the water. Little Stingrays start in June, so that gives you the month of May to work on this skill.
3. Talk to your child about staying at the gate until they are picked up. The coach is responsible for the children while they are in the water and during activation, but once the schedule practice time is over, the coaches often have other groups to coach and cannot be responsible for watching the children at the gate as well.

Practices

Deck Policy: ****Important Note To Parents****

Our BCSSA insurance and contract with the City of Delta allows **only registered swimmers and coaches** on the pool deck during practice. Please drop off and pick up your children at the gate near the shed.

We also request that parents refrain from yelling at or coaching their children while they are in a practice session. Let the coaches do the coaching!

Location:

All practices are held at the **Ladner Outdoor Pool** rain or shine! As a note, the outdoor pool is getting old and may experience mechanical problems resulting in cancelled or shortened practices. We will notify people through the website and email if we have a cancellation.

Practice Times:

Practices begin in early May and continue into August. Exact pool times depends on group placement and pool availability. Typically, each swim group will have 4-5 afternoon practices plus additional morning practices. Swimmers are not required but are strongly encouraged to attend all practices.

Practice times are scheduled to allow for 15 minutes of activation prior to getting into the pool. This ensures that swimmers have had adequate time to stretch and communicate with their coaches. Please ensure your swimmer is on time for practice, as they will not be allowed to enter the pool without stretching properly.

About once a week swimmers will participate in a 20-30 minute dry land training session. This is separate from the daily 15 minute activation time. Swimmers should always bring appropriate clothing (shorts & t-shirts) and footwear (running shoes) for these training sessions. Flip flops are not appropriate dry land footwear.

The Coaching Staff are responsible for practice sessions and will be on the pool deck before practice sessions begin. Please make sure the pool is open and the coach is on site before you drop your child off for practice. Please be on time to pick up your children. The coaches generally remain at the pool for fifteen minutes after the end of the practice so if you need to talk to the coaches about your child's progress, this would be a good time. The coaches are only responsible for the Stingray participants during scheduled practice times.

Coaches have the authority to dismiss a swimmer from practice if, in their opinion, the swimmer is disrupting the practice session or is failing to comply with coaching instructions.

What to bring to Practice:

Swim suit

Water Bottle

Towel

Runners

Goggles

Athletic clothing

Swim cap- for long hair

Communication

General Club Communication

Communication between all club members needs to be positive, proactive and respectful at all times. This includes casual conversation, whether it is in the team tent or vicinity, or during scheduled meetings. If swimmers and/or parents have a question or concern, their first line of communication should be with the individual most able to deal with the question or concern- typically the coach. Please see 24 hour rule below.

The 24 Hour Rule

When an issue occurs and a party has a resulting complaint to make or issue to be resolved, they are asked to wait 24 hours, then put the submission in writing and submit it to the appropriate party. Whether this issue is labelled as a coaching issue, swimmer issue or a parent issue/conflict we ask that all parties involved take the full 24 hours to remove or decrease the emotional element so that the actual issue can be resolved quickly, in a civilized manner, and to everyone's satisfaction. If the problem is not resolved the next step is to request assistance from the Head Coach and then the Club Executive.

Ways to Stay up to date

The club communicates regularly through emails, weekly updates on the club website, poolside bulletin boards and family mailboxes. Notices on special events and practices will be distributed by email and posted on the team website. Please make sure your email information is correct.

Website

The team website www.ladnerstingrays.com will be updated regularly with important information and news.

Family Mailboxes

Each family and coach will have a file folder in the small filing cabinet stored near the pool area shed. The filing cabinet is brought out at each practice so please remember to check for mail!

Coach/Parent Conferences

Coaches are happy to discuss your child's progress with you any time during the season. If you would like a conference, please email the coach and a time will be arranged. Please do not attempt these discussions during practice sessions, as the coaches' primary responsibility while on deck is the safety of the swimmers in the water

Division Parents

The club has volunteer parents who are the "Go To" parents for each division. These roles have been established to assist new family in feeling more comfortable with the ins and out of summer swimming. Please find child's division parent under **Contacts (on the website)**.

Shark Card for Team Aquatic (at Watermania)

This card gives you a 20% discount at the Team Aquatic store. The card will be emailed out at the beginning of the swim season.

Swim Meets

Swim Meets are a great way to compete and have fun! Swim meets are two day events held on a Saturday and Sunday where swimmers can participate in multiple races per day.

The Stingrays have a **mandatory 2 hour volunteer shift per family** for each day of the meet your family is involved in.

Stingray Time Trials – Why swimmers should go?

In order to prepare you for swimming in heats at the swim meets our club holds time trials. This ensures that coaches have a time for your child in the events that they will swim and helps place them in the right heats. Time trials will be held in late May (exact time and date to be determined), at the Ladner Outdoor Pool.

How Swim Meets work and how to sign up

Meets usually begin around 8:00 a.m., with warmups starting as early as 6:30 a.m. To sign up for meets go to the Ladner Stingrays website under the tab SWIM MEETS .

What to do at Swim Meets:

1. Swimmer Activation & Warmups – while swimmers warm up, parents are setting up their stuff for the day in the Stingray area.
2. Volunteer SignUp –after setup, parents will sign up for timing, marshalling or deck official shifts for the meet.
3. Purchase a Program – each meet has a program that lists the events, heats and swimmers. It's helpful to bring a highlighter for your events!
4. Marshalling – listen for your swimmer's race to be called, take them and check them in with the marshalling then head for the stands to watch the race.
5. Race – Cheer like crazy and wonder if the swimmers can hear you!!
6. After the Race Swimmers will check in with their coaches and head back to the Stingrays tent area until their next event.
7. Results – are posted in a central area at the swim meet

Meet Mobile App

Most meets utilize the Meet Mobile app. The app is available for both Android & Apple and provides real time meet results from anywhere at any time.

Warmups – Why should you go?

Warm ups are scheduled early in the morning the day of the meet and usually last about 15 – 20 minutes. Warm ups are early due to many swim clubs having to share the pool at the same time prior to the start of the meet. About 10 minutes prior to getting into the pool, coaches will assemble the team to begin activation. Participating in activation and warmups is important, as it gives swimmers the opportunity to familiarize themselves with the pool and visualize where the blocks, walls, and flags are located.

WARM UPS ARE A MANDATORY COMPONENT OF ALL SWIM MEETS.

If your child fails to participate in the warm ups at the meet, they will be scratched from all of their events of that particular day. In addition, your family will be invoiced for these events. As it is expected every child completes warm ups to prepare for their races as well as get comfortable with the pool in which the meet is held. The only time a child may miss warm ups is if they are advised directly by their individual coach not to attend!

However, we do understand that sometimes unavoidable situations present themselves and you are unable to make it to the pool. Please notify Coach Alex directly, so that we are aware! If you fail to notify Alex, your child will be scratched from the days races and **your family will be invoiced for the missed events**. Our club pays for every swimmer to participate in meets.

Please Note: Little Stingrays will not be participating in Warm-Ups due to their hectic nature and depth of the pool. We will not have volunteer coaches in the water during the younger warm-up, so please do not send your swimmers for the early morning warm up! Please arrive at the pool around 7:45am in order to get organized and ready to go for the meet.

Development Meets

A smaller and shorter running meet where young novice swimmers race. Low pressure, lots of fun, prizes awarded to everyone. Development meets are held on Wednesdays in the late afternoons and are for Little Stingrays up to Div. 3 swimmers. The schedules are available on the club website under the tab SWIM MEETS .

What to pack?

The club has purchased 6 green popups to protect our members from the elements, as meets are held rain or shine (and many are held at outdoor pools), but there are other things you can do to be prepared for all kinds of weather. Be sure to bring the following:

Warm sweat suit, jacket, parka and rain wear

Sunscreen and hat

Swimsuit, goggles and swim cap

Playing cards, books, games etc

Several towels

Lots of Water

Sleeping bag or blanket

Healthy foods and snacks

Parents are also advised to bring hats and sunscreen. Lawn chairs are also a good idea as bleacher seating is limited at most pools. Some parents like to bring their own small popup structures or pup tents.

Fundraising 2023

The Stingrays operate as a non-profit organization with an essentially balanced budget year to year. We rely on several fundraising events in the summer to keep our registration fees as low as possible. Our registration fees only cover about 50% of our yearly expenses.

At registration, we collect a fundraising deposit that is returned at the end of the season to those families that participate in our designated major fund-raising activities.

- **Fundraising Fee: \$200 for one child up to a maximum of \$400/family**

Throughout the summer season the club will hold a series of fundraising events in which you and your family can participate. Funds raised will be credited against the fundraising deposit. Members fundraising to the deposit amount or more will get the full deposit refunded at the end of the summer.

Fundraising is not optional and families are expected to contribute to the ongoing success of the club by participating in the fundraising activities. Some of the Fundraisers planned for this season are:

Purdy's Chocolates	Available once registration starts	50%	chocolates@ladnerstingrays.com
Super 7 Sponsorship	Letters available at start of swim season	100%	super7@ladnerstingrays.com
Bottle Drive	TBD	TBD	bottledrive@ladnerstingrays.com
Pub Night (Landing Pub)	July 8, 2023	Money goes directly to club	pubnight@ladnerstingrays.com
Stapleton Sausage Order	May 2023	up to 30%	sausages@ladnerstingrays.com
Meridian Gift Card	May/June 2023	10%	meridian@ladnerstingrays.com
Swimathon	July 2023	100%	swimathon@ladnerstingrays.com
Portrait Session	Date TBD	Portion of session fee	photos@ladnerstingrays.com
Samosa Fundraiser	Spring & Fall 2023	20-30%	fundraising@ladnerstingrays.com

Notable Events During the Summer Season

Parent Information Night	May 2023
Meet the Coaches	May 2023
May Time Trials	May 2023
Team Practices	May, June & July
May Days Parade	May 28, 2023
Super 7 Swim Meet	June 17 and 18 @ Watermania
Scavenger Hunt	June (exact date TBD)
Movie Night	July (exact date TBD)
Stingray Olympics	July (exact date TBD)
Pump Up Week (prior to Super 7)	June 2023
Challenge Week	June 2023
Spirit Week	June 2023
Team Photo Day	TBD
Swimathon	July 2023 (date TBD)
Regionals	August 4-6, 2023
Year End Awards BBQ	August, 2022 (date TBD)
Cultus Lake Waterslides	August 11, 2023
Swimming Provincials (Nanaimo)	August 18-20, 2023
AGM and Awards Night	late-October 2023

Volunteer Positions

(Refer to website for Job Descriptions)

Director of Officials	Awards Coordinator
Fundraising Coordinator	Pub Night Coordinator
Super 7 Meet Managers	Photo Day Coordinator
Swimathon Coordinator	Social Media Coordinator

[Redacted] Stingback Meet Coordinator

[Redacted] Club Attire Coordinator

Winter Maintenance Coordinator

Stapleton Sausage Fundraiser Coordinator

Bottle Drive Coordinators

Social Events Coordinator

Samosa Fundraiser Coordinator

Purdy's Chocolates

Division Parents