



2019-2020 SCHOOL SWIM & RACE PROGRAM

**Coaching and Competitions for
Elementary and Middle School Swim Clubs**

Hosted by:

Island Swimming Club

“Keeping Victoria Swimming for over 100 Years”



2019-2020 SWIM AND RACE PROGRAM PACKAGE

To: All School Swim Team Representatives

Thank you for choosing Island Swimming Club to coach your School Swim Club. We appreciate your continued support.

The 2019-2020 Elementary and Middle School swim season is approaching and we are ready to allocate pool time for all our school programs.

Island Swimming Club is proud to continue our tradition of bringing competitive school swimming to the Victoria area. The Elementary and Middle School Swim Meets in February will be the 93rd annual event for the city.

Island Swimming's School Swim Program is intended to provide swim coaching and preparation for participation in the Annual Victoria Elementary and Middle School Swim Meet. Children are coached in all strokes, proper start and turn technique, and racing rehearsal.

To help keep administration simple, we will again charge a flat-rate fee per child for the number of sessions your school books. Fees for *Stand Up and Race* meet, and the Elementary and Middle School Swim Meets will be charged separately.

This package includes costs, billing information, and a registration form for both the school and individual swimmers.

If you have any comments or questions about the program, or information contained in this package please contact:

Diana Shields (meetadmin@islandswimming.com)

Diana will be responsible for the scheduling of all the coaches and she will be available in the Island Swimming office throughout the swim season.

Your contact for all billing will be accounts@islandswimming.com. We look forward to getting the 2019–2020 season underway as well as seeing you and your swim team at the pool!

Pool Bookings:

Pool schedules will be confirmed with your schools prior to the start date of each program. Please advise Diana of any requests or changes from last year. Once your registration forms have been received, we will then book your pool time and coaches. Schools wishing to book their pool time from previous swim seasons will have first priority on their pool time for the upcoming swim season.

Program Costs:

A flat rate of \$4.50 per swimmer per 45 minute session will be charged to your school. There will not be any refunds or discounts for students that miss individual sessions. In the event of a cancelation your school may be permitted to book an additional session.

To assist with your school bookkeeping, please confirm **by email**, to accounts@islandswimming.com, your final registered numbers, including the names of each swimmer, by the **end of your third swim practice**. You will receive an invoice at the end of the season.

This year we will again be offering our signature **Stand Up and Race** meet at a charge of \$8.00 per swimmer. This meet is optional, however it offers an excellent racing experience for the swimmers, a valuable complement to their training, and a rehearsal before the Prelim and Championship meets. This meet is scheduled for Sunday January 19th, 2020. Time to be confirmed closer to the date.

Entry fees for the Elementary and Middle School Swim Meets will be charged separately. Details will be included in the meet package available prior to the meet.

School Responsibilities:

1. One or more teacher sponsors must be in attendance at all practices after school. Teacher sponsors will also need to be available at the Stand Up and Race and Elementary and Middle School Swim Meets.
2. Volunteer parents to act as on-deck helpers during practices.
3. Teachers and parents are welcome to help as much as they like during the practice sessions.
4. Provide estimated registration numbers prior to the start and finalized registration numbers after the third swim practice.
5. Provide an attendance roster (list of swimmers names) at the first practice **and** by email to accounts@islandswimming.com. A finalized list is required by the third week; the list must be emailed to the office.
6. Ensure swimmers have bathing suits, towels and goggles.
7. Provide a reliable contact person with email and phone.
8. Provide submission of meet entries for the Stand Up and Race and Elementary and Middle School Swim Meets.

Island Swimming Responsibilities:

1. Provide excellent coaching staff for your team from within our own professional staff.
2. Develop positive programs for your group to allow individual improvement in a team environment.
3. Provide an affordable, fun, quality after school program for your students.
4. Provide competitive development opportunities including Stand Up and Race and Elementary and Middle School Swim Meets.

Program Goals:

1. Provide quality coaching that helps swimmers improve their swimming skills while providing a challenging and fun atmosphere.
2. Assist local schools in offering a school program that is beneficial to both the students and staff members.
3. To prepare students for the Annual Elementary and Middle School Swim Meet and to introduce them to the exciting world of competitive swimming.
4. To inform students and parents of Island Swimming programs and to identify students who may be interested in continuing with competitive swimming.

Proven Success:

The Island Swimming Programs have a rich history of success, and we are proud to be the home club of Canada's 2012 Olympic Silver Medalist and 2008 Olympic Bronze Medalist, Ryan Cochrane. Ryan began swimming with the school programs and continues to be a proud member of Island Swimming.

For more information visit our website at: www.islandswimming.com

SWIM TEAM REGISTRATION INFORMATION

School Registration Form:

You will find the School Swim Program Registration form at the end of this package. Use this form to register your preferred days and times in the School Swim Program.

Please ensure that you provide Diana, via email, with an **estimated number** of participants prior to the start of the first swim practice.

Please provide the office, via email, with **final** registration numbers after the third practice.

Student Registration Form:

You will find a sample form at the end of this package. Please feel free to use this form for your students or create your own! This form is provided for school use only.

Available Swim Sessions:

Pool time is available starting in end of October/November. We recommend a minimum start at the beginning of November to allow for 12-14 sessions. Please indicate the weeks your school swim team would like to practice on the registration form. All schools will be permitted one session per week.

Meet Schedule:

Stand Up and Race	Sunday January 19^h, 2020
Preliminary Meet	Wednesday, February 12th, 2020
Championship Meet:	Sunday, February 23th, 2020

Swimming Ability:

It is up to the discretion of each school to decide a minimum age for swim club participation. For safety reasons, participants should be a **minimum of Swim Kids Level 5 OR able to complete one length of the 25 meter pool unassisted.**

Swimmers may “**try-out**” for the first two practices and will be evaluated by the coach for suitability before committing to the full program. **Remember:** Final registration numbers are due at the end of the third practice.

2019-2020 School Swim Program Registration

School Name: _____ **Pool Location:** _____

Estimated Number of Swimmers: _____

Remember: Final numbers are due by the end of the third week.

Day and Time (Preferred):

1st Choice _____ (day) _____ (time)

2nd Choice _____ (day) _____ (time)

Number of Weeks: _____

Place an "X" in the empty box, to the left of the date, to indicate the weeks you require.

Pro D days and Stat days have been included to assist with your scheduling.

Early Start:			
X	Date	Pro D Day	Stat Day
	Oct 21-25	Oct 25 all	
	Oct 28-Nov 1		

November - December				January - February			
X	Date	Pro D Day	Stat Day	X	Date	Pro D Day	Stat Day
	Nov 4-8				Jan 6-10		
	Nov 11-15		Nov 11		Jan 13-17		
	Nov 18-22	Nov 22 all			Jan 20-24		
	Nov 25-29				Jan 27-31		
	Dec 2-6				Feb 3-7		
	Dec 9-13				Feb 10-14 *	FEB 14 all	
	Dec 16-20				Feb 17-21**		Feb 17

*Preliminary Meet, Wednesday February 12th

** Pool time may be limited this week due to the U-Sports National Championships at SCP.

Teacher/Sponsor: _____

Contact Phone #: _____

Contact Email: _____

Expected Swim Meet Participation:

Stand Up and Race	Yes	No
Elementary/Middle School Meets	Yes	No

Please complete and return the registration form (or whole package) to the Island Swimming Office
meetadmin@islandswimming.com to secure your booking.

Student School Swim Program Registration

Please fill out the following and return to the school prior to the first practice.

Name: _____

Age: _____ Grade: _____ Date of Birth: _____ Gender: _____

Address: _____

Phone #: _____

Emergency Contact: _____

Emergency Phone #: _____

Favorite Strokes: _____

Basic program costs include pool time and coaching. Cost is \$4.50 for each session.

Swimmers are responsible for all sessions their school attends.

Important Dates to Remember

Stand Up and Race: Sunday, January 19th, 2020

Cost: \$8.00 per swimmer

All swimmers are welcome to attend the Stand Up and Race meet, including new and novice swimmers.

Elementary/Middle School Preliminary Meet: Wednesday February 12, 2020

Cost: \$10.00 per swimmer

School will be scheduled to attend one of these days. Preliminary meets are for non-competitive swimmers, or swimmers in a novice level within a swim club.

Elementary/Middle School Championship Meet: Sunday February 23rd, 2020

Cost: \$12.00 per swimmer

The Championship meet is for those who have qualified from the Preliminary meets and/or is a competitive swim club swimmer wanting to represent their school.

Any questions about swimmer qualification or any meets – please email meetadmin@islandswimming.com

Adult Volunteers

Volunteers may be required to supervise your swimmers on deck and in the change rooms.

Swimmers Notes

1. Remember you are representing your school at a public facility. Please use manners and common sense.
2. Leave your valuables at home.
3. You will need a swimsuit and towel. Cap and goggles are optional.
4. Be responsible for your own belongings while you are at the pool.
5. Pay attention to your coaches and teachers, ask lots of questions and have fun!

Parents Signature: _____ Date: _____