

2023/24

Ridge Meadows Swim Club

Registration Information Package

WELCOME LETTER

FROM THE RMSC DIRECTOR OF SWIMMING

A big welcome to all our new and returning Titans swimmers for the 2023/24 season for the Ridge Meadows Swim Club (RMSC)! We are coming off a very successful 2022/23 season for all our Titans swimmers, with the club being the biggest it has ever been, and swimmers representing RMSC at all levels of competition across Canada! The success of our new Titans Swim School will help to set up the club and our swimmers for success in the future, and we are excited to continue to work with all our Titans swimmers through their swimming career. We thank you all for your continued trust and support, as we continue to build and grow the club. Every season will be better and better, and we are excited for the 2023/24 season to be our best one yet!

RMSC, previously the Haney Seahorse Swim Club, has served the Maple Ridge and Pitt Meadows areas since 1982. At the start of the 2022/23 season, The Haney Seahorses Swim Club, was renamed to Ridge Meadows Swim Club, Home of the Titans. Under this new identity, the club has grown to the biggest it has ever been, while introducing new programs to serve different parts of our community. As we continue to work to grow the club and increase the number of swimmers in the water with RMSC, we are also working to support our RMSC athletes as they strive to compete at the highest-level competitions in the country. Our goal at RMSC is to support our athletes in developing into exceptional young adults, while learning important life lessons that will carry them into the next phase of life and achieving success in the pool.

Last season was a very successful season for RMSC. We had swimmers representing the club at the highest level of competition in the country, which included the Swim BC Divisionals, Swim BC Provincial Championships, the Western Canadian Championships, and the Canadian Swimming Trials. We also were represented at the North American Indigenous Games in Halifax, NS, and had 6 swimmers compete at the Far Western LC Championships in Concord, California this summer. We saw over 130 swimmers wear the Titans cap through the season, which is our highest enrollment in over 6 years, and had close to 300 swimmers take part in our Titans Swim School program. Our swimmers participated in the club's 2nd Annual Swim-A-Thon, with our swimmers raising over \$15,000 for the club. We also hosted our two competitions, one in the Fall and one in the spring, bringing over 500 swimmers from around the LMR to the Maple Ridge Leisure Center throughout the season.

For the 2023-24 season, we are excited to continue to grow on the momentum that has been created during the previous season, and to celebrate some more fast swimming from our RMSC swimmers! 2024 is an exciting year in the world of sports, with the 2024 Summer Olympics right around the corner. The Olympic year always brings another level of excitement to the pool, and we can't wait to bring some of that excitement to MRLC. Maple Ridge is also hosting the 2024 BC Summer Games, which is an exciting time for our community, with the Titans being involved in the organization and execution of the event. RMSC will also be hosting THREE RMSC competitions this season in November, February, and April, and are excited to have our swimmers participate in our 3rd Annual RMSC Swim-A-Thon and to continue to grow from the success of the previous season. We will also continue to work with local businesses and community members to put together what hopefully becomes one of the best age group swimming programs in the Lower Mainland.

We thank you again for trusting our RMSC coaches with your swimmer's development and for your support of the program. We are a stronger community because of your involvement, and we look forward to having a great 2023/24 season!

See you at the pool!

Sarah Rudolf
RMSC Director of Swimming

RMSC PROGRAM INFORMATION

Our program at the Ridge Meadows Swim Club ensures the success of our swimmers by developing the building blocks of all 4 strokes and swim skills, a love for racing and competition, as well as the skills they need to develop into extraordinary athletes, students, and community members.

Our coaching staff, led by our Director of Swimming, Sarah Rudolf, develops programming that helps to develop the individual pathways to success for each individual swimmer. The staff also puts a focus on developing our swimmers overall athletic abilities in the pool and on the deck. Our program incorporates dryland training at all levels in the program, to ensure that our swimmers have the flexibility, coordination and strength required to maximize their potential not just for the upcoming season, but to ensure long-term success as an athlete.

As RMSC is a competitive swim club, the goal for each one of our competitive program swimmers is to have them get off the block in a competitive environment 1-2 times a month. Each swimmer will attend competitions throughout the season that will challenge them and have them race in unfamiliar environments, allow them to achieve success in a more familiar setting, as well as attend swim meets where they act as leaders to their RMSC teammates. The development of our swimmers is focused not just on attaining skills in practice, but to apply those skills in races and achieve success at the highest possible level. For us, swimming fast is the fun part of the sport!

Throughout the season we are also excited to organize club events which will have a social, educational, or technical focus. These may include club wide fun events, volunteer opportunities, nutritional and mental skills seminars, or opportunities to work with other coaches in the sport! We hope to provide our swimmers with all the information and support they need to be confident in going after their goals.

At RMSC, our goal is to ensure that every swimmer in the program finds their own pathway to success and reaches their full potential in the water and in their life away from the pool. We look forward to working with each swimmer in the program this season, and for seasons to come.

MOVING FORWARD AND NEW PROGRAMMING

This year, as in the 2022-23 season, the club will continue to offer initiatives and programs to help the club grow and develop into a program that can support our goals for the future. These programs are primarily targeted to promote and recruit new, young swimmers into the club, as well as creating opportunities for swimmers within our community to experience the RMSC program and what we offer. We also will be focusing on developing our officiating roster within the club, with the goal of being able to fill all positions at our hosted competitions with RMSC parents and program members. The following is a list of some of the programming and initiatives that we will be running during the 2023/24 season.

NEW GROUPS and GROUP NAMES

We are introducing one new program this season at RMSC. The **SENIOR COMPETITIVE** program is intended for swimmers 13-16 years old who will be attending LMR level competitions and work towards performing at the Swim BC Divisionals Championships. Swimmers at this level have started to think about long term goals in the sport of swimming. Focus is on developing the athlete and the person in and out of the pool.

We have also changed the name of our Tiny Titans 1, 2 and 3 programs, to **TITANS 1, 2 and 3**. We were aware of some confusion between our Titans Swim School Program and new Titans program and hope the change in name will reduce any confusion around each of our programs.

SUMMER SKILLS

Swimmers that register for the Summer Skills program need to be members of a BCSSA summer swim program and are looking to develop their skills and make technical gains during the winter. The skills that the swimmers develop during the winter will support their summer training and performance. This program will adhere to the BCSSA rules laid out to maintain a swimmers "S" designation. The Summer Skills groups will run during two sessions this season. An update that has been made to the Summer Skills program this season, that each registered swimmer will have an individualized schedule within the competitive groups at RMSC. The Summer Skills group placement will be based on results from the 2022/23 BCSSA season, the swimmers age, and maturity level. Schedules will be decided upon by the Director of Swimming, and the registered family.

TITANS PROGRAM – COMPETITION FEE

As RMSC is a competitive swim club, racing and participating in competitions is an important part of your swimmer's development in and out of the pool. For example, an athlete would not participate in a soccer team and not go to any of the weekend games! To encourage families to attend competitions, as well as to highlight the importance of racing and competitions for our RMSC swimmers we have implemented a **Competition Fee for the Titans 1, 2 and 3 programs of \$165.00**. This fee will cover the costs of all Fast Fridays, Mini Meets, PASS Meets, as well as our RMSC hosted competitions. This fee will be charged on September 15th, 2023, and is mandatory for all swimmers registered in Titans 1, 2 and 3. If your swimmer cannot attend one of the scheduled competitions, the coaches understand that conflicts will arise. Please note that there will be no refund on this fee due to missed events.

MEMBERSHIP PARTICIPATION POINTS POLICY

The MPP fee is to serve as a deposit to encourage all parents and members to volunteer at all events hosted by the club and get involved in the RMSC community. The fee is calculated to allow all parents the opportunity to earn points through the season, with the number of MPP's determined by the group level. Each MPP has a value of \$10.00. Each family will be charged a single Member Participation Fee, regardless of the number of registered

swimmers in the club, and this fee is determined by the swimmer who is in the highest-level group.

1. At the start of the season, RMSC families will commit to completing the MPP's assigned to their account based on their swimmer that is in the highest-level groups.
2. RMSC families will have opportunities to earn points towards working off their MPP total for the season by volunteering at club events, hosted competitions, fundraisers, etc. If a family does not finish their point total for the season, the remaining points will be multiplied by \$10 and charged to the families account by the end of the season.
3. At the time of registration, registered families will agree to authorize the swim club to process any MPP fees owing at the end of the swim season on their credit card on file on or after May 30th of each season.

FUNDRAISING FEE POLICY

Fundraising is a key component to our ability at RMSC to provide the best swimming experience for all our athletes. Not only is it key to the funding of the operations of the club, but it also helps us to minimize your swimmers training fees each season. Ridge Meadows Swim Club, as a non-profit organization, relies on and encourages all of our family members to participate in all fundraising campaigns in order to keep the total cost of operating the Club to a minimum.

1. 50% of the fees listed for each group will be charged to your family's account on September 30th, 2023.
2. The fundraising fee will be reconciled by June 15th each year, where each family will be charged the remaining fee depending on how much money is raised during the seasons Swim-A-Thon and other fundraising opportunities. If your swimmer raises the full amount of the fee listed below, or goes above and beyond, they will receive a credit on their account for the remaining 50% of the fundraising fee.
3. If your swimmer withdraws from the program before the RMSC Swim-A-Thon or main fundraiser, the Fundraising Fee is prorated and assessed to the length of time your swimmer is in the program, and the amount fundraising that has been completed on your swimmer's account.

NEW SPONSORSHIP INITIATIVE

Another avenue for our families to complete their fundraising obligation each season is to bring in a corporate or community sponsor throughout the season.

1. If your family can help establish a sponsorship donation towards RMSC, the amount that is donated to the club can be used towards your fundraising fee each season.
2. Any amount that is brought in by your family above and beyond your fundraising fee, the club will put a credit of 25% of the total amount (up to \$1,000.00) of the donation on your account.

For Example: A swimmer from National Development secures a sponsorship donation of \$1,000.00. With their Fundraising Fee being \$400.00, they will receive a credit of \$400.00 on their account, as well as a credit of 25% of \$600.00, the amount of the donation above and beyond their Fundraising Fee.

OFFICIALS PATHWAY POLICY

As we prepare for the 2023-24 season, our goal is to have one parent/guardian from each RMSC family to be Level 1 certified by December 31, 2023. The courses required to achieve this certification can be done online through Swim Canada and the club will assist in facilitating this. We will also offer in-person or zoom courses as we prepare for our hosted meets in November 2023, February 2024 and April 2024.

To help motivate our members to start along the official's pathway the club would like to incentivize our families to not just be active volunteers at our competitions, but to continually progress through the officiating pathway throughout the course of the year. To encourage this, we are offering the following incentives to accelerate the number of qualified officials we can develop within the club:

OFFICIATING LEVEL CREDIT EARNED

Become a Level 1 Certified Official Receive a personalized Swim BC name tag, as well as your own RMSC Red Officials shirt.

Become a Level 2 Certified Official \$100 credit to your account.

Become a Level 3 Certified Official \$200 credit to your account.

Become a Level 4 Certified Official \$300 credit to your account.

With these expectations, and the incentives the club is providing, we hope that we can quickly build up the volunteer base required for our meet hosting and continue to provide high quality, exciting racing opportunities for our RMSC swimmers and visiting clubs through the course of the year.

2023/24 REGISTRATION INFORMATION

Registration for the 2023-24 season must be completed online and should take no more than 15 minutes. Please note that RMSC operates using credit cards for all club transactions and does *NOT ACCEPT ANY OTHER FORM OF PAYMENT*.

To complete your swimmer's registration, please complete the steps below:

NEW RMSC SWIMMERS

1. Head to the RMSC website and click on the "Sign-in" button in the right top corner of the home page.
2. Click on the Green "Create Account" Button. Enter in your email, and the password you would like to use. A confirmation email will be sent your way, which you will need to confirm before being able to sign-in to complete the process.
3. Once you are signed in, please click on your email which will show in the top right-hand corner. Click on "My Account". Update the "My Profile" and "Payment Methods" sections. You can also scroll to the bottom and click on the "Add Members" section to add your swimmers.
Please note: You will need to provide a Personal Health Number as well as a Credit Card number to complete the registration process.
4. Once you are signed in and all your information is updated, head to the home page and select the "Register Here" link from the "Registration 2023/24" drop down menu.
5. When you reach the registration page, you will see that the registration is broken up by group. Please select the group that your swimmer has been placed in for the 2023/24 season.
6. Once the registration is complete you will receive a confirmation email and a sales receipt for your Swimmer(s) Membership Fee.

RETURNING RMSC SWIMMERS

1. Sign into your account and update any account information on the RMSC website. Head to the home page and select the "Register Here" link from the "Registration 2023/24" drop down menu.
2. When you reach the registration page, you will see that the registration is broken up by group. Please select the group that your swimmer has been placed in for the 2022/23 season.
3. Once the registration is complete you will receive a confirmation email and a sales receipt for your Swimmer(s) Membership Fee.

During the registration process, you will be asked to confirm the that you have read over, and agree to the following documents and agree to the information below:

1. Confirm your acceptance of the RMSC Parent/Guardian Code of Conduct.
2. Confirm your acceptance of the RMSC Medical Liability Release.
3. Authorizes RMSC to process the MPP fee through my CC on file for the MPP amount owing on or after May 30th , 2024.
4. Authorizes RMSC to process the Fundraising fee on my CC on file for the amount owing at the end of the 2023/24 season.

Below is the schedule of fees for the RMSC 2023/24 season. Please note that the specific amounts that are charged for each group can be found on the next section of this registration package:

Swimmer Membership Fee \$140.00

Charged at the time of Registration. Only charged once per season per swimmer. NON-REFUNDABLE. Includes a Speedo Training Suit, 2 T-shirts, and an RMSC Cap.

Yearly Group Training Fee Amount Dependent on Swimmers Group Placement

First installment or Full Yearly Training Fee comes out on **September 15th.**

Swim BC/Swimming Canada Registration \$49.50 - 207.50

Fee depends on swimmers age, and competitive level. Charged to family account on **September 15th.**

Fundraising Fee Amount Dependent on Swimmers Group Placement

50% of the fee is charged on **September 30th.** Amount Dependent on swimmers' group, with fee being charged for each swimmer registered in a family.

Member Participation Fee

Charged to family account at the end of the season after June 15th, 2024. Membership Participation Fee is only charged once per family, based off the fee for the highest-level swimmer.

Titans Program Competition Fee

Charged to families registered in Titans 1, 2 and 3, and covers the cost of all Fast Fridays, Mini-Meets, PASS Meets, and RMSC Competitions for the 2023/24 season. Fee will be charged on **September 15th.**

Other fees that can come up throughout the year can include the list below. Please note that we will make sure to communicate to all members any dues or charges that will be posted to your account before they are charged.

- Meet Entry or Event Fees
- Equipment Fees
- Team Gear Fees
- Travel and Meal Fees
- Dryland Program Fees