

LLOYDMINSTER RIPTIDES SWIM CLUB

PARENT HANDBOOK

GENERAL INFORMATION



- Riptides Club information will be provided by way of either e-mail or the Club website: www.lloydminsterriptides.ca
- Please check the site regularly as much of the information you may need can be found by searching the parent tab or simply reading on the home page.
- Annual General Meetings are held in accordance with the bylaws. Attendance is strongly encouraged.

REQUIREMENTS

- **Families are required to add a payment method for automatic debit to the Lloydminster Riptides. Minimal fees will apply as charged by STRIPE at recovery only and are listed when you input your payment information for your reference.**
- Etransfers may be sent to riptidesswim@gmail.com for anything that is not directly billed monthly. For all e-transfers, please include your child's name and what the payment is for.
- Participation in Swim Mania is recommended for all swimmers. They do not need to fundraise, but we do encourage participation.
- Adherence to all Lloydminster Riptides Policies as posted on the Lloydminster Riptides website under Our Club > LRSC Policies is required. Please read through these policies at the beginning of each season so you are familiar with them. Where a Riptide policy does not exist, the club shall follow Swim Alberta policies.

NSF Fees

- An NSF fee of \$75.00 will be applied to your account if it is charged to the Riptides. An NSF charge that results in a swimmer not meeting payment option requirements, will result in the swimmer being removed from all Club activities until such time as the requirement is met.

GROUP CHANGES

Group Changes & Fees

- If your child moves to a different swim group during the season, registration fees will be adjusted accordingly. Group placements are determined solely by the Head Coach, and parent requests for placement changes will not be considered. If a change is recommended, you will be contacted. Fundraising commitments will remain the same, but program fees will be adjusted for the remainder of the season. Swimmers must continue to meet all training and competition attendance requirements to remain in their new group.

VOLUNTEERING – HOME MEET & OFFICIATING

- It is an incredibly large task to organize and run a swim meet. Every club that attends a swim meet is required to supply a minimum number of volunteers to help run it. This can be tasks such as Timer, Stroke and Turn Judge, Runner, Marshalling, or assistance with food service.
- **Riptide Home Swim Meets: Mandatory that a minimum of 1 parent per family volunteer to help with our swim meet.**
- It is highly encouraged that each family works 1 shift at any meet their child attends. This helps gain experience and confidence. If you have been doing your level 1 officiating for more than 3 years, you are highly encouraged to do your level 2 officials course.
- Officials courses are available online. See parent menu on LRSC website for more information.

SWIM MEETS, ATTENDANCE AND FEES

Different Types of Competitions

When you join a swim club and enter this new world at the pool, we know as a parent it can be overwhelming and you will likely have so many questions that you may not know where to begin! One of those questions is probably around swim meets and competitions and which ones your swimmers should attend, which ones they are qualified for and what is the difference between all the swim meets and events posted on our website. Below is a breakdown of the types of swim meets and competitions that we will be attending.

Sanctioned Swim Meets

This is a meet that is approved by Swim Alberta and will be conducted according to Swim Alberta rules with qualified officials on deck. All participants, including coaches, athletes and officials must be Swim Alberta members or registered with another swimming governing body. Sanctioned meets are listed according to levels from 1-5. Levels 1-2 are beginner entry level meets and are recommended for all swimmers. Level 3 is intermediate level swimming and these meets may require qualifying times (a minimum time that the event must be swam in).

Level 4 and 5 are generally provincial level meets and require qualifying times that are set by the province for males and females. These are updated each year.

<https://swimalberta.ca/times/time-standards/>

The results that swimmers achieve at these competitions are their first official results of their swimming career. This is also the first time that swimmers may be disqualified (DQ) in a race due to performing a skill or stroke incorrectly. Not to worry - every swimmer does this at some point!!

Festivals – 12 & under

One provincial competition is the 12 & under Festival, combining swimmers from the north and south, offering heats and finals events. Qualifying for this meet requires getting a “Festival Time”. There are Winter and Summer Festivals.

Provincial Trials & Championships – 13 & over

Trials and Championships are two separate meets, one each for short course and one each for long course. Trials and Champs use different time standards. Short course trials and champs are in March, and long course trials and champs are in June/July.

Meet Schedule

Please refer to the meet list on the website and BE SURE before registering for a meet your swimmer is allowed to attend. Certain meets are by qualifying times only, others are open. The meet list is subject to change at Head Coach’s discretion. Meet events are also subject to the Head Coach’s discretion. If you have questions about whether a meet is appropriate for your swimmer, speak to your child’s coach.

****IMPORTANT: IF the meet is open to everyone, it is highly recommended that kids attend on these meet weekends and there may be NO FRIDAY EVENING PRACTICES when these meets occur to allow swimmers and coaches to travel. *These practices will not be rescheduled.**

Swim meet attendance is highly recommended. Swim meets are where swimmers practice how to race, and is how swimmers measure their swim practice success. Racing and swimming FAST is one of the most fun parts of this sport!!

Meet Sign Up

It will be the parent’s responsibility to register the swimmer on the club’s website. You will use your account to sign in and confirm or decline each meet by the registration deadline. This must be done in the time frames laid out in the registration email.

Entry Fees

Entry fees for all swim meets are above registration fees and are the responsibility of the individual swimmers. You will be billed for each meet as the season goes. Each hosting club sets the price per swim for their meet – generally \$16-\$20/event.

Scratch Deadlines

Scratch deadlines for each meet will be listed in the meet packages. It is the parents' responsibility to notify the Head Coach, in writing, in order to scratch a swimmer from any meet. Scratches received AFTER the deadline will be treated as a "late" scratch. If you fail to scratch your swimmer before the deadline, fees will still be collected from your account.

Pool Queue

Website <https://www.lloydminsterriptides.ca>

- Swimming software for all registration tasks as well as all club communication, documents, email and swimmer statistics will take place through our home webpage that is powered by Pool Queue (previously Team Unify).

Swim Group Information

Performance Group

Swimmers should be able to swim all four strokes competently

Training Focus

Intended for Senior Swimmers who are on track to, or who have achieved provincial/national time standards

Skills: Pace clock work, measurements (times, stroke counts), managing bathroom breaks, warm up/cool down, pacing, technical refinement, verbal vs. written practice administration, racing/competing in practice, communication (with coaches, swimmers), pre-practice nutrition & hydration management, ability to generate and implement race strategy, goal-setting (short & long-term)

Time: 10+ hours/week

Equipment Requirements

Swim Suit (Training and racing suit)	Mandatory Water Bottle
Swim Cap (Training and Riptide cap)	Snorkel and Flippers
Racing head set (purchased thru club for ~\$120)	Swim Bag and or Mesh Bag

Link to purchase Swimming Equipment: <https://www.lysports.com/team/lloydminster-riptides/>

Swim Meets

Performance swimmers are encouraged to attend every meet possible.

If a swimmer obtains a Provincial or National Time they will be requested to attend those meets. Please see the club calendar for meets. Entries: Swimmers are encouraged to step outside of their comfort zone; however, specialization in this group is accepted. Final Meet Entries will be at the discretion of the Head Coach.

Tsunami

Swimmers should be able to swim all four strokes with reasonable competency

Training Focus

Intended for senior swimmers who are seasoned in swimming, or engaged in multi-sport activities

Skills: Pace clock work, measurements (times, stroke counts), warm up/cool down, pacing, technical refinement, verbal vs. written practice administration, racing/competing in practice, communication (with coaches, swimmers), pre-practice nutrition & hydration management, ability to generate and implement race strategy, goal-setting (short & long-term)

Time: 6-7hrs/week

Equipment Requirements

Swim Suit (Training and racing suit)	Mandatory Water Bottle
Swim Cap (Training and Riptide cap)	Snorkel and Flippers
Swim Bag and or Mesh Bag	

Link to purchase Swimming Equipment: <https://www.lysports.com/team/lloydminster-riptides/>

Swim Meets

Tsunami swimmers are encouraged to attend every meet possible.

If a swimmer obtains a Provincial or National Time they will be requested to attend those meets. Please see the club calendar for meets. Entries: Swimmers will be encouraged to step outside of their comfort zone. Final meet entries will be at the discretion of the Head Coach.

Rogue

Swimmers should be able to swim all four strokes with reasonable competency.

Training Focus

Refining of the four competitive strokes, starts and turns. Suitable for swimmers who are provincial qualifiers, or are on track to be provincial qualifiers.

Skills: Circle swimming, passing, pace clock work, measurements (times, stroke counts), managing bathroom breaks, warm up/cool down, pacing, technique work, verbal vs. written practice administration, racing/competing in practice, communication (with coaches, swimmers), pre-practice nutrition & hydration management, goal-setting (short & long-term)

Time: 6hrs/week

Equipment Requirements

Swim Suit (Training and racing suit optional)	Mandatory Water Bottle
Swim Cap (Training and Riptide cap)	Optional Snorkle
Swim Bag and or Mesh Bag	

Link to Purchase Equipment: <https://www.lysports.com/team/lloydminster-riptides/>

Swim Meets

Encouraged to Attend: 3 Short Course; 3 Long Course

*If a swimmer obtains a Provincial/National Standard Time they will be requested to attend those meets
Please see the club website calendar for meets this group can attend

Entries: Swimmers will be encouraged to swim every event, at least twice, for both SC and LC season.
Final Meet Entries will be at the discretion of the Head Coach

Breakers

Swimmers are learning and developing the basics of all four strokes

Training Focus

Introduction to all four competitive strokes, Intro to starts and turns.

Skills: Circle swimming, passing, learning to read the clock, managing bathroom breaks, warm up/cool down, verbal vs. written practice administration, speed, agility, coordination, balance, focusing on technique, learning burst speed, intro to competition

Time: 3-4hrs/week

Equipment Requirements

Swim Suit (Training) Swim Cap (Training and Riptide cap) Goggles (2 pairs) Swim Bag and or Mesh Bag	Mandatory Water Bottle Smiles!
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Link to Purchase Equipment: <https://www.lysports.com/team/lloydminster-riptides/>

Swim Meets

Encouraged to Attend: three- 12yr and under meets (or other recommended meets) and 1 long course meet

Please see the club website calendar for meets this group can attend. Discuss with coaches if you are unsure what meets your child is ready for.

Entries: Final Meet Entries will be at the discretion of the Head Coach

Ripples

Swimmers are learning and developing the basics of all four strokes

Training Focus

Introduction to all four competitive strokes, Intro to starts and turns.

Skills: Circle swimming, passing, learning to read the clock, managing bathroom breaks, warm up/cool down, verbal vs. written practice administration, speed, agility, coordination, balance, focusing on technique, learning burst speed, intro to competition

Equipment Requirements

Swim Suit (Training) Swim Cap (Training and Riptide cap) Goggles (2 pairs) Swim Bag	Mandatory Water Bottle Smiles!
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Link to Purchase Equipment: <https://www.team-aquatic.com/>

Swim Meets

Encouraged to Attend: two- 12yrs and under meets

Please see the club website calendar for meets this group can attend. If you are unsure what meets to register your child in please discuss with your coach.

Entries: Final Meet Entries will be at the discretion of the Head Coach

EQUIPMENT

Swimsuit

Swimmers are encouraged to have at least 1 training suit and 1 competitive suit depending on training level.

Swim Cap

1 *Team* swim cap will be supplied by the club to each swimmer at the beginning of the year. Additional caps are available for purchase. Swimmers are required to have a *Team* Swim Cap for competitions and to wear them in every race. Swimmers are expected to also wear a swim cap during practice (this can be any cap).

Team Gear

The club will provide each swimmer with a team t-shirt. Please ensure swimmers have it or any other team apparel available to wear at swim meets. We want to make sure everyone knows the Riptides are in attendance! We will have a team clothing order once registration is complete.

POOL PROGRAM OUTLINE/EXPECTATIONS

Practice Attendance

Swimmers should aim to attend all the practices throughout the week, however many of our swimmers are involved in multiple sports or sometimes things come up. Just keep in mind, the more practices your child attends, the more improvement you will see.

Missing Practices

If a swimmer needs to miss a practice- that's okay! Many of our swimmers are multi-talented and multi-sport individuals. More importantly, academics should also be the focus of our athletes. If your child needs to miss a practice last minute, there is no need to contact the Head Coach! We operate on the assumption that athletes and families make the choices that best suit their family. If you know in advance your swimmer will be missing for extended time (ie 4 days or more in a row) please let us know as we can cancel lanes to save money if we have too many missing. Just keep in mind that the more practices swimmers attend, the more likely they are to see improvements.

Meet attendance is not mandatory because we know there are increased costs with this, but swimmers should attend meets whenever they can. Racing at competitions is highly encouraged. Competing is an important aspect of the sport, and a fantastic way to teach your child life skills.

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Meet Expectations

The coach's expectation is that swimmers who attend meets do the following:

- Remain Autonomous- Learn to self-regulate and self-manage
- Be on time! This means showing up on deck at least 15 minutes prior to your warm up time, ready to go.
- YOU MUST COMMUNICATE WITH THE COACH IF YOU ARE GOING TO BE LATE. The coaches are not responsible for late athletes and missed swims.
- Remain On Deck at ALL Times- no visits to the bleachers
- Maintain healthy food and hydration choices- No fast food!
- Come prepared with all of their equipment
- Be Coachable! By any coach on deck!
- Be respectful to all coaches, officials and athletes by adhering to the Swim Alberta Swimmer Code of Conduct at all times.
- Manage & self-regulate warm up and cool down (Rogue, Tsunami, Performance)
- Swim all entered events, relays, prelims and finals- scratches should be discussed with the head

coach.

- Be open and flexible with meet events, swim offs, relays, or changes in meet structure-no complaining!

Communication

Communication from the Head Coach will be relayed through email or in person if the coach has the availability. Please ensure that you are checking your email consistently, as many updates come through this stream.

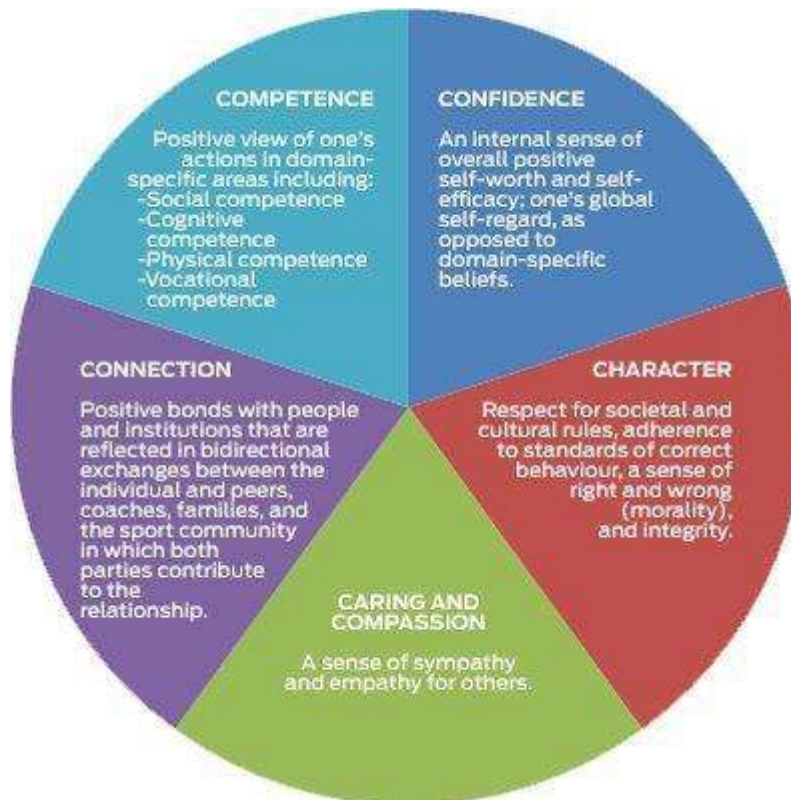
If you have any questions, comments, or concerns about anything that occurs on deck, please follow the 24 hour rule: Give yourself 24 hours to review the circumstance and then come and talk to the Head Coach directly (face to face). It is easier to manage misunderstandings and conflict with a conversation, rather than email, text, or phone.

CLUB/COACHING STANDARDS

Any Coach- Any Time

The Lloydminster Riptides Swim Club is committed to ensuring that each individual swimmer gets the coaching and skill development that they need. The program is modeled on the idea of “any coach-any time.” What does this mean for your child? Each swimmer will be provided the opportunity to learn from different coaches, with differing styles-personalities-and methods of teaching. We ask that your family be open, flexible and willing to participate with this model, as it is a requirement of registration with the club.

Holistic Development



Our goal is to ensure that we are providing experience and development in all aspects of living. When we see our swimmers, we don't just see their pool potential, but also their potential as well rounded individuals! The club and coaching staff aims to support and teach in areas that involve their academics, social/emotional intelligence, character, connectivity, and humanism.

Technique vs Speed

Swimming is all about best times and personal performance! To reach higher levels of success, our

swimmers are encouraged to build their technical foundation every day. Whether your swimmer is involved in Ripples or Performance, technique will be a key aspect of their training. As parents, we ask that you encourage your children to focus on retention and skill building, and watch as the speed evolves over time.

Multi-Sport Development

The club encourages all swimmers regardless of age, to engage in multiple sports! In keeping with our holistic development model, our coaches and staff will encourage participation in a wide variety of activities. This involvement helps to develop coordination, flexibility, agility, character, and resiliency.

PARENT INFORMATION

Parent Role/Expectations

One of the most important things you can do as a swim parent is to be supportive! Swimmers need their own personal cheerleaders, and positive role models at home!

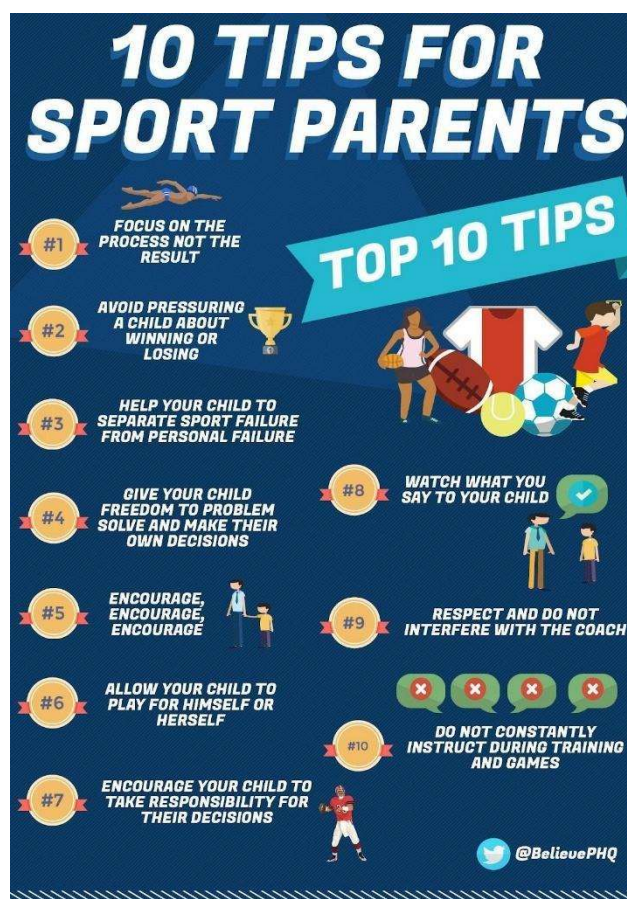
Please be sure you are familiar with the Riptides and Swim Alberta Code of Conduct Policies.

Things to Do:

- Support
- Cheer
- Encourage
- Teach Responsibility
- Teach Autonomy
- Teach Accountability
- Respect the Coach, Officials, Other Parents
- Encourage Coachability

Things to Avoid:

- Questioning decisions by the coach or referee
- Disrespecting/gossiping to or about other athletes/parents/coaches/board members in the bleachers



- Going on deck: No parents are allowed on deck at any time
- Coaching your swimmer during practices and/or meets
- Hindering your child from thinking for themselves

As a club, we are only as strong as our membership. We need to remain accountable to one another, the coaches, the board, and the swimmers to ensure a positive and safe environment.

INTRODUCTION TO COMPETITIVE SWIMMING

Governing Swimming Bodies:

Provincial: Swim Alberta

National: Swimming Canada (SNC)

International: World Aquatics

Competitive Strokes and Events (metres):

Freestyle (FR): 50, 100, 200, 400, 800, 1500

Backstroke (BK): 50, 100, 200

Breaststroke (BR): 50, 100, 200

Butterfly (FL): 50, 100, 200

Individual Medley (IM): 100*, 200, 400

Relays: 4 x 50, 4 x 100 (both FR and Medley), 4 x 200 FR

Terms

- **SCM:** short course metres (25 metre pool); short course season typically September-January
- **LCM:** long course metres (50 metre pool); long course season typically January-August
- **DQ:** disqualification at swim meets due to an infraction
- **PB/best time:** 'personal best' time for a particular event. Find your swimmers' on the LRSC website: go to 'Events & Results' => 'Results' => 'Members'
- **Prelims/finals:** preliminary heats (am session) and finals (pm session) for those who qualified from prelims
- **Timed finals:** preliminary session only (no finals)
- **Invitational Meet:** invitational meets are for any swimmer to attend (no time standards are required)
- **Qualifiers Only meets:** qualifiers only means that swimmers must attain a particular time standard in order to attend
- **Power Rankings:** TAS Power Rankings are found on the Swimming Canada website – the SNC database is used to rank swimmers in each event based on their age and gender (you can look up your swimmer's ranking for both SC and LC for both Province-wide and National rankings)

INTERESTING/HELPFUL LINKS

- *Lloydminster Riptides Swim Club: lloydminsterriptides.ca*
 - **Swim Alberta:** www.swimalberta.ca – check out the Alberta Records, a link to Power Rankings, Provincial Time Standards, as well as tour teams, camps, and funding opportunities
 - **Swimming Canada:** www.swimming.ca – read Canadian swimming headlines, view the National & International meet calendar, look up your swimmer's Power Rankings or all-time best times list
 - **Alberta Officials:** www.swimalberta.ca/officials – find upcoming officiating clinics and learn about the ladder of officiating
 - **Swimming World Magazine:** www.swimmingworldmagazine.com – find technique tips, sample work outs, and a time conversion tool to convert times between SCM, LCM, and SCY (or subscribe to the hard copy monthly magazine – a great gift idea for your swimmer!)
 - **USA Swimming:** www.usaswimming.org – there are many reasons they're the best swimming nation in the world! Check out the Parent section under the 'Member Resources' heading
 - **Swim Swam:** www.swimswam.com – another swim news site that caters to a younger audience with a mixture of breaking news, useful articles, and fun videos

COACH CONTACT INFORMATION

Head Coach: Cory Totman, cory.totman@gmail.com

For concerns please practice the 24 hour rule. Once this time has lapsed, please contact either the Head Coach or a Board Member to voice your concern.

BOARD CONTACT INFORMATION

President – Nicholas Dobson, riptidesswim@gmail.com Attention: President

Vice President – Darryl Lambert

Treasurer – Natasha Brubacher

Secretary – vacant

Registrar – Heather Tebay

Directors at Large – Rachel Lambert, vacant