



# **OLYMPIAN SWIM CLUB PARENT HANDBOOK**

## Welcome to the Edmonton Olympian Swim Club.

The Olympian Swim Club (OSC) is a non-profit organization registered under Alberta's Societies Act and is proud to be a member in good standing with both Swimming Canada (SNC) and Swim Alberta (Swim AB). Founded in 1974, OSC has been providing exceptional opportunities for both competitive and non-competitive swimmers to grow, develop, and thrive in the sport for over 50 years.

As we kick off the 2025-2026 season, we are excited to continue building on our strong membership across both competitive and non-competitive streams. We are grateful to welcome many new and returning families to the OSC community. With this growth comes valuable opportunities for volunteers to contribute to the success of our club and the many swim meets we proudly host each year. We hope your swimmer finds their experience with their coach, teammates, and the OSC family to be both enjoyable and rewarding.

The Olympian Swim Club (OSC) remains Edmonton's premier year-round, multi-stroke (Individual Medley-based) competitive swim team, offering high-quality, professional coaching for swimmers of all ages and abilities. Based at the Kinsmen Sports Centre, OSC is proud to be part of the City of Edmonton's **High-Performance Pathway (HPP)** program, which recognizes clubs that demonstrate a commitment to long-term athlete development and contribute to the city's sport development goals. As part of the HPP program, OSC participates in preferred facility allocation processes and is required to submit athlete registration data by development stage to maintain our status. The club is committed to developing well-rounded student-athletes in a positive, competitive environment that aligns with these high-performance and developmental standards.

Our club continues to be led by Head Coach Lesley Serediak, one of Canada's most respected swim coaches. Lesley is the only female head coach of a major Canadian swim club and is actively involved with Swimming Canada's Select and Female Coaching Groups. Over her 32-year career, she has coached numerous athletes to national and international success and has supported many swimmers in advancing to collegiate swimming opportunities.

At OSC, success is not just measured by medals or championships—it's about each swimmer's personal journey. We believe in building strong technical foundations, promoting accountability, and fostering a lifelong love for sport. From our pre-competitive **Mini O's** to our National-level programs, OSC is dedicated to creating an inclusive and supportive team environment where each swimmer is encouraged to reach their full potential—in the pool, in the classroom, and beyond.

We continue to follow the principles of **Long-Term Athlete Development (LTAD)**, recognizing that each swimmer's pathway is unique, and that success is a long-term process that begins and ends with a love of sport, commitment to proper development, and enjoyment of the journey.

Thank you for being part of the Olympian Swim Club. We look forward to another exciting, rewarding, and successful swim season together!

**OSC Vision Statement:**

The Olympian Swim Club is Canada's Premier Competitive Swim Team – Winning in Swimming and Succeeding in Life.

**OSC Mission Statement:**

OSC is a competitive swim club where every athlete is provided the environment to reach their fullest potential as winning swimmers and successful, productive individuals.

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|                 |                 |               |                          |           |
|                 |                 |               |                          |           |
|                 |                 |               |                          |           |

## 1 BOARD OF DIRECTORS

The Olympian Swim Club's executive and directors are made up of parent volunteers who have been nominated and voted into their positions by the membership at the club's June annual general meeting.

| BOARD EXECUTIVE | POSITION         | EMAIL  |
|-----------------|------------------|--|
| President       | Steven Plamondon | <a href="mailto:president@olympianswimclub.com">president@olympianswimclub.com</a>         |
| Vice President  | Albert So        | <a href="mailto:vicepresident@olympianswimclub.com">vicepresident@olympianswimclub.com</a> |
| Treasurer       | Dan Gover        | <a href="mailto:treasurer@olympianswimclub.com">treasurer@olympianswimclub.com</a>         |
| Secretary       | Maureen de Kock  | <a href="mailto:secretary@olympianswimclub.com">secretary@olympianswimclub.com</a>         |

| BOARD DIRECTORS                              | POSITION          | EMAIL  |
|--|-------------------|--|
| Past President                               | Eugene Gyorfi     | <a href="mailto:pastpresident@olympianswimclub.com">pastpresident@olympianswimclub.com</a> |
| Director - Competition                       | Susan Buhler      | <a href="mailto:competition@olympianswimclub.com">competition@olympianswimclub.com</a>     |
| Director - Competition                       | Vacant            | <a href="mailto:competition2@olympianswimclub.com">competition2@olympianswimclub.com</a>   |
| Director - Engagement                        | Samar Al Hajjaj   | <a href="mailto:engagement@olympianswimclub.com">engagement@olympianswimclub.com</a>       |
| Director - Engagement & Business Development | Paul Lanni        | <a href="mailto:engagement2@olympianswimclub.com">engagement2@olympianswimclub.com</a>     |
| Director - Fundraising                       | Michelle Pratt    | <a href="mailto:fundraising@olympianswimclub.com">fundraising@olympianswimclub.com</a>     |
| Director at Large                            | Alana Cockwill    | <a href="mailto:director@olympianswimclub.com">director@olympianswimclub.com</a>           |
| Director at Large                            | Shelley Zaboroski | <a href="mailto:director2@olympianswimclub.com">director2@olympianswimclub.com</a>         |
| Director at Large                            | Ashley Wilhite    | <a href="mailto:director3@olympianswimclub.com">director3@olympianswimclub.com</a>         |
| Director at Large                            | Michelle Diep     | <a href="mailto:director4@olympianswimclub.com">director4@olympianswimclub.com</a>         |

## 2 STAFF

Our Head Coach is the Head of the Technical Program and is hired by the Board of Directors. Our General Manager is also hired by the Board of Directors and works in conjunction with the Head Coach to ensure that business operations are running smoothly to deliver the best possible program for our athletes.

| POSITION   | NAME                | EMAIL  |
|--|---------------------|--|
| Head Coach, Technical Program Lead, National Coach         | Lesley Serediak     | <a href="mailto:headcoach@olympianswimclub.com">headcoach@olympianswimclub.com</a> |
| General Manager  | Shane Downey        | <a href="mailto:office@olympianswimclub.com">office@olympianswimclub.com</a>       |
| Head Assistant Coach, Lead Dryland Coach, Provincial Coach | Francois Coetzer    | <a href="mailto:francois@olympianswimclub.com">francois@olympianswimclub.com</a>   |
| Head Age Group Coach Regional Coach                        | Ehsan Shafaiyanfard | <a href="mailto:ehsan@olympianswimclub.com">ehsan@olympianswimclub.com</a>         |
| Senior Competitive Coach                                   | Darian Chan         | <a href="mailto:darian@olympianswimclub.com">darian@olympianswimclub.com</a>       |
| Fountain Park Lead Coach, JAG                              | Agnieszka Howat     | <a href="mailto:agnieszka@olympianswimclub.com">agnieszka@olympianswimclub.com</a> |
| Fountain Park Assistant Coach, OW & JOW 1                  | Breanna Picken      | <a href="mailto:breanna@olympianswimclub.com">breanna@olympianswimclub.com</a>     |
| Fountain Park Assistant Coach, JOW 2 & AGD                 | Kayla St. Pierre    | <a href="mailto:kayla@olympianswimclub.com">kayla@olympianswimclub.com</a>         |
| UofA Lead Coach, JAG                                       | Minh Nguyen         | <a href="mailto:minh@olympianswimclub.com">minh@olympianswimclub.com</a>           |
| UofA Assistant Coach, OW                                   | Joyce Downey        | <a href="mailto:joyce@olympianswimclub.com">joyce@olympianswimclub.com</a>         |
| UofA Coach, JOW & AGD                                      | Vacant              |  |
| Terwillegar Lead Coach, JAG                                | Carley Allerston    | <a href="mailto:carley@olympianswimclub.com">carley@olympianswimclub.com</a>       |
| Terwillegar Assistant Coach, JOW2                          | Abby Allen          | <a href="mailto:abby@olympianswimclub.com">abby@olympianswimclub.com</a>           |
| Terwillegar Coach, JOW 1 & OW                              | Vacant              |  |
| Clareview Lead Coach - OW, JOW & AGD                       | Jennah Khazaal      | <a href="mailto:jennah@olympianswimclub.com">jennah@olympianswimclub.com</a>       |
| MacEwan Lead Coach - JOW & AGD                             | Robyn Coleman       | <a href="mailto:robyn@olympianswimclub.com">robyn@olympianswimclub.com</a>         |

### **3 CLUB COMMUNICATION**

OSC is committed to ensuring its members are well informed of club operations, activities, and events.

There are several ways in which the membership and OSC are able to communicate. Our website [www.olympianswimclub.com](http://www.olympianswimclub.com) is the best resource for club updates and up to date information. The OSC Office, Coaching Staff and Board of Directors will send emails as warranted ensuring that lines of communication between the club and membership remain open and informative.

Coaches will regularly hold parent meetings to discuss what is happening with their swimmers, what they are trying to accomplish, as well as upcoming events. At their discretion, some of the coaches will send follow-up emails to all the parents of their swimmers to recap what has been discussed.

If, as a parent, you have any questions or concerns, you are encouraged to speak with your coach before/after a practice. We do respectfully ask that you do not disrupt the practice while it is in progress. Unless the coach has a prior engagement, they will be more than willing to take the time to speak to you and discuss any concerns you may have.

### **4 OFFICE LOCATION AND HOURS**

The location, contact information, and office hours of the swim club are always up to date on our website.

Olympian Swim Club Office, 108-9100 Walterdale Hill NW, Edmonton, AB T6E 2V3  
Our office is the set of glass doors to the right of Door 3 at Kinsmen Sports Centre.

Phone number: (780) 455-8457

Email: [office@olympianswimclub.com](mailto:office@olympianswimclub.com)

### **5 SWIM SEASON DURATION**

Olympian Swim Club's typical season runs from September to June for all athletes. Our top performing athletes will compete in July, and possibly beyond into August, depending on what competitions are available and what teams they have been selected to participate on.

### **6 POOL LOCATIONS AND GROUPS**

Olympian Swim Club is proud to be a part of the High-Performance Pathway Program at Kinsmen Sports Centre. We are lucky to work with additional satellite pools around Edmonton and St. Albert as well. Our pool locations with directions remain updated on our website. While our JAG/OW/JD/JOW groups all remain at their satellite locations, our NAT/PRO/REG/SC groups rotate around our central pools.

So which groups swim out of which pools?

NAT/PRO/REG/SC all rotate between our main pools: Kinsmen Sports Centre and UofA Pool  
Fountain Park has our satellite program groups: JAG, OW, JD, JOW

UofA Pool has our satellite program groups: JAG, OW, JD, JOW

Booster Juice Recreation Centre in Terwillegar has our satellite program groups: JAG, OW, JOW

Clareview Community Recreation Centre has our satellite programs: JOW, JD

## **7 REGISTRATION AND FEES**

All OSC registrations will be processed electronically using the online system. New members will need to create an account using an email they check regularly, as this email will be our primary method of communicating with families. On the website, you will have access to your own private account that will enable you to easily declare interest for swim meets, sign-up for jobs, see your children's swim times histories, maintain your own contact information, and more.

The fee schedule is kept up to date on our website under the *Competitive* tab. There is a 50% sibling discount on fees and commitments.

As Olympian Swim Club operates under the Swimming Canada and Swim Alberta governing bodies, registration of your athlete with Swimming Canada must be completed before your athlete begins the season. This must be done in order for your athlete to be able to compete in meets, and also be covered under any and all insurance that our governing bodies maintain. Your athlete will not be allowed to attend practice unless registration is fully completed on the Swimming Canada website.



## 8 PRINTABLE REGISTRATION CHECKLIST

### OSC Registration:

- ☐ Log-in to your OSC account on [www.olympianswimclub.com](http://www.olympianswimclub.com).
  - ☐ Please ensure that all information regarding you and your athletes is up to date on the website<sup>1</sup>.
- ☐ From the *Competitive* registration page, complete the online registration process. The following forms have been built into the registration process, and must be agreed with to complete the registration process:
  - ☐ OSC Swimmer Code of Conduct
  - ☐ OSC Parent Code of Conduct
  - ☐ Annual Financial Commitment
  - ☐ Volunteer Commitment
  - ☐ Swim AB FOIP
  - ☐ Credit Card Authorization

Your account will be billed on September 1st, or within one week of registration.

### Swimming Canada Registration:

Once all OSC registration has been completed online and the Swim AB registration fee, Apparel fee, and first month fees have been paid, OSC will register swimmers with Swimming Canada.

- ☐ Members will receive a link from Swimming Canada via email. Please complete the information as requested. Common mistakes are as follows<sup>2</sup>:
  - ☐ Not agreeing to the Acknowledgement & Assumption of Risk Form
  - ☐ Not confirming password and personal information and hitting save
  - ☐ Not completing consent form and hitting save

### Account in good standing:

The Member account must be in good standing with no outstanding balances from the previous season. The balance must be cleared to zero prior to attempting registration.

<sup>1</sup> This information is used as emergency contact and medical information that will be available to your coach at all times for the health and safety of your athlete(s). Incomplete information on the website will lead to your athlete not being registered.

<sup>2</sup> If you have any questions or do not receive this form via email, please reach out to the OSC office and we will communicate with Swim AB on your behalf.

## **9 FINANCIAL OBLIGATIONS**

### Registration Fees

This group of fees is made up of four (4) components, 1) the Swim AB/SNC registration fee, 2) the apparel fee, 3) Social Fee and 4) the first month fee. Fees are reassessed each season. This registration fee is a Swimming Canada registration fee which allows swimmers to compete in sanctioned meets and covers the cost of the Swim Alberta insurance. Registration fees are due in full at time of registration and are non-refundable.

### Monthly Fees

Monthly aquatic and dryland program fees are to cover the cost of coaches' salaries, pool fees and the dryland program. Fees differ based upon your swimmer's group placement. Monthly fees are to be paid from September through June/July, depending on what competitions your athletes qualify for later in the season. At the time of registration, first month's fees will be assessed, and all other months are to be paid in monthly installments. There is a 50% sibling discount on fees.

### Annual Financial Commitment (AFC)

All members of the Olympian Swim Club are required to fulfill the Annual Financial Commitment, a specific dollar amount, each season. These cover the other portion of the coaches' salaries, pool fees and the dryland program that is not covered by the monthly fee. This amount is listed in the fee schedule and differs based on your swimmer's group placement. The AFC can be completed using a combination of bingos/fundraisers/concession shifts/cash. The AFC must be completed in full by August 31st, and 40% of the AFC is due by January 31st each season. Fines, making up the difference of the required AFC and what has already been earned, will be assessed to those members who do not complete their AFC by this date. This commitment is detailed in the fee schedule. There is a 50% sibling discount on commitments.

The following are the options which each Member has for the fulfillment of their Annual Financial Commitment through bingo or concession shifts:

- Sign-up for and work shifts to earn credit in accordance with the Unified Financial Policy.
- Secure the services of another Member or individual to work shifts to earn credit on their behalf in accordance with the Unified Financial Policy.

All members of the Olympian Swim Club are able to participate in fundraising events in order to work off their Annual Financial Commitment. All fundraising activities are voluntary.

Credit cannot be banked or carried forward from one season to the next. Any Member who does not earn enough credits to fulfill their Annual Financial Commitment by August 31st will be fined at the rate set out in the Unified Financial Policy. This fine shall be added to the Member Account and the Member shall not be permitted to register a swimmer for any subsequent Swim Season until this fine has been paid.

### Member Participation Points (MPP)

All members of the Olympian Swim Club are required to earn OSC Member Participation Points; the number of points is based upon the level of training of your swimmer. Members can earn points in numerous ways; officiating at swim meets, participating on committees or volunteering to take on club tasks. The Member Participation Point system is in place to ensure that all OSC member families share in the responsibility on a minimum level. All OSC member participation points must be earned by August 31st, or Member accounts will be charged \$10 per point.

Record of AFC and MPP will be maintained on the club website, using the online job sign-up system. Information will be updated as it is received - the typical confirmation of credit will occur two weeks following the event, and this can be checked by Members in their account. Members shall have 60 calendar days from the earlier of the date that the summary referred to in Paragraph 15.2 is posted to the OSC website or provided to them to indicate in writing to the OSC office that they disagree with this summary. Unless a summary is objected to within 60 days of the earlier of the summary being received by the member or being posted on the OSC website the summary shall be deemed to be correct.

Please refer to the Unified Financial Policy (under Bylaws & Policies), and fee schedule (under Fees & Commitments) on our website for more details on the above financial commitments.

The Monthly Fees, Annual Financial Commitment, and Member Participation Points are three (3) separate pieces of the commitment that is required by the Olympian Swim Club. Money paid towards monthly fees does not reduce the amount of Annual Financial Commitment that needs to be earned, and vice versa. Member Participation Points are volunteer hours, however, there is a fine associated with them in order to discourage Members from last minute cancellations that could jeopardize the success of club run events.

## **10 GROUP DESCRIPTIONS AND GROUP MOVES**

A detailed breakdown of our group descriptions can be found on our website.

The Olympian Swim Club is a performance-based program. A required level of demonstrable technical skill is necessary before moving to the next group. As our athletes age, technical refinement and competitive development become more important. Swimmers will be introduced incrementally to higher level skills and more volume; however, this does not mean our athletes aren't focused on fun! At OSC we pride ourselves on creating training environments that develop a positive team atmosphere as well.

The Head Coach is responsible for the development of our satellite program and coaches. The Head Coach will be responsible for providing mentorship, direction, and oversight to our satellite pool coaches.

The Olympian Swim Club follows the Swimming Canada Athlete Development Matrix (ADM). The ADM is a broad roadmap for the development of swimmers and describes the observations, actions, and words we want them to portray, demonstrate, and display across each stage of development.

- For more information on the ADM see the link - [Appropriate Athlete Development](#)

### Group Moves

The discussion surrounding group moves typically begins in early June. Coaches are responsible for deciding the movement of any athletes, and these are reviewed by the Head Coach and Head Assistant Coach in order to do what is best for the development of the athlete. Each athlete is assessed individually, keeping in mind what they hope to achieve out of the program. At the end of the season, group move letters are sent to Members with information regarding the athlete's group for the upcoming season.

As swimmers gain strength, skills, and ability, the coaching staff will identify whether or not an individual is capable of moving up to the next group. The age and ability of the athlete are always considered. Prior to moving up a swimmer, the coaches look for the following:

- The athlete shows sufficient conditioning and ability to handle the additional practices and/or longer training sessions.
- The athlete has a good knowledge of training skills and continuous effort appropriate to the level that they are moving to.
- The athlete can perform the strokes and their drills and understand their uses as employed in the new group.
- The athlete responds well to coaching and coaching cues and takes initiative in their development.
- The athlete is interested in swimming at the higher commitment level of the higher group.

If a move is considered in season, the swimmer's parents are contacted first and informed of the coach's intention to move the athlete up to the next group and how that move will take place. Most of the time, the approach is a gradual one called the step-up program where the athlete participates in the new group once a week in addition to their normal training regimen.

## **11 SWIM MEETS**

Competing is one of the main areas of focus for the Olympian Swim Club. Competitions are fun, exciting and provide an avenue of monitoring improvement for the athlete and the coach. While beating a time is one of the most obvious and visible ways to see improvement, coaches focus on many other areas of improvement at competitions. It is important to be aware of a coach's focus prior to a competition as best times are not always the main focus. Often, the athletes will enter a competition for the experience of racing while focusing on maintaining techniques. Athletes will compete at a variety of meets where the caliber will vary from entry level swimmers to top performers in the province or the nation. Coaches determine the schedule of competitions based on the goals of the group and club.

Most groups will average approximately one (1) competition per month. If there are questions or concerns regarding the meet schedule, it is important to discuss with your swimmer's coach which competitions your swimmer should enter. The Coach's plans include a progression from one meet to the next. A missed meet may have an adverse effect on your swimmer's progress.

The competition season is broken into two parts; the short course season, and the long course season (where athletes compete in a 25m pool and 50m pool, respectively). The short course season runs from September - March. This is followed by the long course season, running around March - June. National and international competitions happen over the summer. Once above the Regional level, swimmers will have an increased opportunity to train in a long course pool.

Many competitions have meet qualifying times, where an athlete must meet a minimum standard to attend the meet. Your coach will be able to confirm whether or not your swimmer is qualified for these meets. The number of events an athlete is able to compete in is often determined by the number of meet qualifying times they have achieved.

OSC hosts two in-house competitions every year: OSC Home Opener, and OSC Blue & White. Home Opener is hosted at the start of the new season and is a great opportunity for athletes to “get their feet wet” when it comes to competing again. Having taken time off over the summer, this early season meet is meant for swimmers to remember (or be introduced) to what a typical racing atmosphere is like, and to have fun! Our junior athletes will have the chance to meet our top-level athletes and create interclub relationships. **Blue & White** is our end-of-season competition, typically held at the end of June. This is the last chance most of our junior swimmers will have an opportunity to race if they have not qualified for provincial or national championship meets, and another opportunity to bond as a team. **Non-Competitive (NC) swimmers, including AGD – Non-Competitive participants, are also welcome to participate in Blue & White. NC swimmers are eligible to attend one sanctioned meet without needing to upgrade their registration, and Blue & White is a perfect opportunity to bring the entire club together for a fun, inclusive event.**

OSC will also be hosting a number of invitational swim meets during the 2025-2026 competitive season that will require the entire membership to step up and volunteer in order for them to be successful:

- Home Opener - October 19, 2025.
- We will be hosting a series of 12&Under swim meets throughout the season.
  - 12 & Under Series #1 - November 9, 2025,
  - 12 & Under Series #2 - January 11, 2026,
  - 12 & Under Series #3 - April 12, 2026, and
  - 12 & Under Series #4 - May 24, 2026.
- Along with the 12&Under series we will be hosting our annual signature JP Fiset Invitational Swim Meet December 11 to 14, 2025. This meet brings in swimmers from across Western Canada and has the reputation of being one of the premier short course swim meets in the country.
- Blue & White: June 21, 2026.

This season we are once again being asked to be the host swim club for the Alberta Winter Provincial Championships on March 19 to 22, 2026.

### Meet Sign-Up

Our website lists the upcoming competitions. You will find general information for each meet as well as a button you can click on to sign up for the meet. The club will send out emails to the membership announcing upcoming meets as well as a reminder email as the event sign up deadline approaches.

### Championship Competitions

#### What are “Festival”, “Provincials”, and “Champs”?

Each of these is a Swim Alberta hosted invitational competition that requires meeting a time standard in order to participate in the competition. These qualifying standards are sometimes used at other competitions throughout the season to determine eligibility.

Achieving a Festival, Provincial, or Championship qualifying time will earn you a place at each of these competitions, respectively. Qualifying Swimmers may qualify for the Provincial Championships by achieving one (1) Provincial Championship time standards for their age category within the qualifying period or by winning an event at the Summer Provincial Trials.

A link to all up-to-date qualifying times can be found on OSC website. These times can also be found on the Swim AB and Swimming Canada websites. There may be some cases where an athlete will need more than one qualifying time in order to be registered in the OSC meet. If you are unsure of these details, they are typically detailed in the meet package, or as always, feel free to reach out to your coach.

When reading these charts, please ensure you are looking at the appropriate age category, keeping in mind that ages are calculated based on the first day of any competition. If your swimmer ages into the older category before the first day of the competition, they will need to qualify for the older standard.

## **12 TRAVEL**

There are three (3) ways in which competitions that require travel outside of the greater Edmonton area will be traveled to:

- 1) Mandatory team travel (accommodations and travel to/from the competitions must be with the team),
- 2) Non team travel (on your own), and
- 3) Optional team travel.

The method of team travel will depend on the projected participation of the meet and/or the logistics of bussing or flying. The intended way of travel will be communicated on the meet sign-up sheet. If you are required to travel on your own (non-team travel), it will be your responsibility to get to and from the meet, in addition to making your own arrangements for accommodation and transport for your swimmer to and from each session. If the meet is a mandatory team travel meet (travel by bus or plane), athletes will be dropped off and picked up at a predetermined meeting point. Accommodations will be made by the club, food and snacks will be provided by chaperones, and travel to and from each session will be pre-arranged. The cost of a club travel meet will be shared amongst all athletes going to the meet this way; no prorating will be accommodated for.

### Athlete Opportunities

Each swim season offers a variety of opportunities for athletes outside of the Olympian Swim Club program. Many athletes will have opportunities to qualify for provincial tour teams and as they progress through their swimming careers they may qualify for national teams. Swim Alberta is the administrative body for any provincial teams. Criteria for qualifying to the teams can be found on their website at <https://swimalberta.ca/swimmers/tour-teams-camps/>, under *Swimmers -> Tour Teams & Camps*.

## **13 EQUIPMENT AND TEAM APPAREL**

A link to the required equipment list for each level can be found on the website.

When starting with OSC, your swimmer will need a training suit, towel, a pair of goggles as well as a spare pair, at a minimum. When registering, the team apparel package comes with an OSC team t-shirt, as well as a silicone cap. Some equipment will be included in your apparel package at certain levels.

As they progress through our program, athletes will be asked to purchase a variety of equipment for both training and competition purposes. At any given time during training, athletes will use a variety of equipment to assist in skill development. In order for coaches to provide equal training skills, it is strongly recommended that athletes purchase the equipment recommended on the equipment list. Additional training tools may be requested by each coach at their discretion. Coaches will be able to discuss the importance of specific equipment at parent meetings if needed.

### Team Apparel

Team apparel is a crucial component to OSC team spirit and club unity, especially at competitions.

The Olympian Swim Club has a variety of OSC apparel such as bathing suits, caps, shirts, hoodies that can be purchased. At the start of each season each athlete will be able to access the list of apparel and equipment per training group on the OSC Website, however, athletes are welcome to purchase items outside of the recommended list.

It is recommended that you label all of your swimmer's articles with their name. It is easy for things to get swapped around at practice, or misplaced during a swim meet, and if the missing articles are labeled, it is much easier to retrieve them later. Remember, your child is not the only one with an OSC cap and shirt at the meet.

### OSC Store

From time to time, the Board of Directors launches an OSC Store through a promotional marketing company, where members and their families will be able to purchase OSC-branded apparel and other items.

### Racing Suits

Racing suits become more important as the performance level of your athlete increases.

Racing suits are not currently required for athletes at a provincial level and below, and training suits can be used for competitions at all levels for in-season meets. Racing suits are only required for National Championship meets; however, the option is there.

## **14 OSC AWARDS BANQUET**

Each year, the Olympian Swim Club has a special night to celebrate the achievements of the young swimmers from the previous year. Awards are given in the following categories:

### Most Improved: male/female (1 award per gender per performance level)

This award is presented to the male and female swimmer who is the most improved swimmer over the course of the season. The award may be based on attitude, skill level and performance. This award is mainly subjective and based on the coach's discretion.

### Most Valuable: male/female (1 award per gender per performance level)

This award is presented to the most valuable male and female swimmer in each group. These swimmers are considered valuable due to their excellence, effort, attendance, attitude, and leadership qualities both off and on the deck. The recipient of this award is one who places the highest at the group's highest level of competition.

### Dedication Award: (1 per performance level)

The most dedicated award is presented to the swimmer who has great passion and dedication to the sport of swimming. This swimmer regularly attends practices, is very attentive during those practices and draws on coaches' feedback to continuously and consistently improve. This swimmer goes above and beyond expectations of the coach.

### Sportsmanship Award: (1 per performance level)

This award is presented to one swimmer in each group who demonstrates the qualities of sportsmanship throughout the season. These swimmers possess a great attitude, are upbeat, and are always helpful, considerate, and encouraging to their teammates and coaches. This athlete plays by the rules and is the most respectful of their teammates.

### Leadership Award: (1 per performance level)

The Leadership Award recognizes an athlete who exemplifies outstanding leadership both in and out of the pool. This award honors a swimmer who not only achieves personal excellence in competition but also inspires teammates through their dedication, sportsmanship, and positive attitude. Recipients are known for fostering a supportive team environment, encouraging others to reach their potential, and demonstrating resilience and commitment to the sport. This award celebrates the impact of strong leadership on the collective success of the team and the growth of fellow athletes. This swimmer leads by example, shows initiative, supports teammates, cheers and mentors others.

### Club Record Award:

The Club Record Award is a prestigious recognition bestowed upon swimmers who have demonstrated exceptional talent and determination by breaking club records at the OSC. This award celebrates those athletes who have pushed the boundaries of their performance, showcasing their commitment to excellence in a specific event.



#### Iain Armstrong Award: (1 official per season)

This annual award was established in 2018 to honour the contributions of former OSC member Iain Armstrong to the Olympian Swim Club and the Alberta swimming community. This award goes to a person who demonstrated the qualities that Iain brought to his officiating.

These qualities include:

Fairness, Kindness, Patience, Positive Attitude and Dedication to Officiating.

#### Stella M. Pullen Award: (one per club, usually goes to a grade 12)

This award is presented to a swimmer who has demonstrated all of the attributes of the previous awards. This person is a team leader, shows great team spirit, is a top performing athlete and exemplifies everything the OSC wants in an Olympian swimmer.

## **15 HOW TO PARTICIPATE/HELP**

There are always ways to help out! Most will require only a small portion of your time.

#### Committees

Although it is not a requirement, you may have a skill that benefits the club! Committees are often a call for parents to come together to help with a specific event. Even if you don't have a particular skill, by helping out on a committee that interests you, you are helping your swimmer and the club. Committee work takes very little time, just a willingness to get involved!

#### Chaperoning

OSC is committed to ensuring that athletes are safe and well cared for at all club travel meets. To do this, the club requires parent volunteers to act as chaperones. The number of chaperones required is dependent upon the number of kids participating in the club travel meet.

Chaperones will be responsible for grocery shopping, cooking meals and providing snacks to the athletes over the course of the meet. Often this job does not allow the parent an opportunity to watch the meet, however, if more than one chaperone is in place responsibilities can be shared to give one an opportunity to see some of the competition.

#### Officiating

Officials are a key component of being able to run a meet. Each club that hosts a meet is responsible for acquiring the appropriate number of officials. OSC encourages members to participate whenever possible, especially at OSC hosted events. You get the best seats in the house, and it's a great way to earn Membership Participation Points (MPP)! Here are some of the roles that we always need filled:

#### Timers

Timers are responsible for getting the time for the swimmer. The job would entail either using a stopwatch and manually timing the swimmer, or if there is electronic timing, pushing a plunger to stop the backup system when the swimmer touches the wall.

### Marshaling

The Marshal is the person at the meet who would help organize the swimmers before their races. For younger swimmers the marshal may actively group the swimmers into their heats and line them up before their races.

### Office Administration (formerly, Clerk of Course)

The Office Administration (formerly, Clerk of Course) would be the person who would accept any scratches or late entries to the meet and notify the referee of any changes.

### Judge of Stroke

Judges of Stroke are responsible for making sure the swimmers do not make any stroke infractions. Usually there are about 2-4 stroke judges working each session of the meet.

### Inspector of Turns

Inspector of Turns are responsible for making sure the swimmers do not make any turn infractions. Usually there are about 8-10 Inspector of turn judges working each session of the meet.

### Starter

The Starter is the person who uses the starting equipment to signal the beginning of the race.

### Referee

The referee is the official who is in charge of the session. The referee will signal the starter that the race is ready to begin and is the person that stroke and turn officials report to in case of any disqualifications.