



Issue 2; November 2024

PATRIOTS NEWS

Official Newsletter of the Calgary Patriots Swim Club

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UPCOMING MEETS

 Sign into your Patriots account to see upcoming meets! [VIEW NOW](#)

SAVE THE DATES

2024-2025 AGM

 Saturday, December 7th 8:00 AM
MNP Community & Sport Centre,
Riverview Room

FOLLOW US

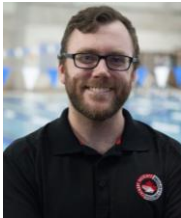


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COACH'S MESSAGE

Hear it directly from the source....your Coach!



The Role of Parents for Young Swimmers

By Chad Michie, Assistant Head Coach and Grey Squad Coach

The role of parents in the development of young swimmers is a nuanced and critical one. While parental involvement can greatly influence a swimmer's experience and growth, it is essential that this involvement be both supportive and balanced. A key aspect of this

support involves recognizing the importance of coaches in providing instruction, guidance, and expertise.

First and foremost, parents are often a swimmer's first role models and motivators. From the moment a child begins swimming, parents can instill a love for the sport and a positive attitude towards competition. This enthusiasm can foster a supportive environment where swimmers feel encouraged to pursue their goals. However, it is vital for parents to understand that their primary role is to support their child emotionally and logistically, rather than to take on the coaching mantle themselves.

One of the most significant ways parents can support their swimmers is by allowing coaches to fulfill their instructional roles. Coaches are trained professionals who possess the knowledge and experience necessary to teach techniques, develop training regimens, and provide constructive feedback. When parents intervene or attempt to coach their children, it can create confusion and undermine the coach's authority. This interference can lead to mixed messages for the swimmer, making it difficult for them to absorb and apply the guidance they receive from their coach.

Excessive parental involvement in coaching can lead to undue pressure on the swimmer. When parents impose their own expectations or strategies, it can overshadow the swimmer's enjoyment of the sport. Swimmers who feel pressured to meet parental expectations may experience anxiety, which can negatively impact their performance and overall experience in the pool. Instead, parents should focus on fostering a love for swimming by celebrating personal improvements and efforts rather than solely outcomes.

Effective communication between parents and coaches is essential in ensuring a swimmer's development. Parents should strive to maintain an open dialogue with coaches, discussing their child's progress and any concerns. This partnership allows for a shared understanding of the swimmer's goals and challenges while enabling coaches to provide the necessary support and instruction. By aligning their efforts, parents can help create a cohesive support system that benefits the swimmer.

Parents should be mindful of the importance of creating a balanced lifestyle for their young athletes. Encouraging swimmers to participate in a variety of activities outside of swimming helps develop well-rounded individuals. While commitment to training is crucial, ensuring that swimmers have time for social interactions, academics, and other interests promotes a healthier overall development. This balance can enhance a swimmer's mental well-being, ultimately contributing to their success in the sport.

Finally, parents play a crucial role in modeling sportsmanship and resilience. Demonstrating respect for coaches, officials, and fellow competitors helps instill values that swimmers will carry throughout their athletic careers and beyond. By modeling a positive attitude, parents can teach their children how to handle victories and defeats gracefully, fostering an environment where learning and growth are prioritized.

In conclusion, while parents are vital to their swimmers' development, their support should focus on creating an encouraging environment, allowing coaches to provide instruction, and fostering a balanced lifestyle. By taking on this supportive role, parents can significantly enhance their child's swimming journey, promoting both personal and athletic growth.



CALGARY PATRIOTS SWIM CLUB TOP 10 LISTS

Our top 10 lists go beyond acknowledging record holders; they celebrate the remarkable achievements of our entire Club. [Short Course](#) and [Long Course](#) list can be viewed by following these links.

MESSAGE FROM THE BOARD

Communication and insights from our Board of Directors



Updates to Policies and Procedures for a Safe Sport Environment

By Ryan Thompson, Member at Large: Communications

As part of our commitment to maintaining a safe and supportive environment for all members, the Calgary Patriots Swim Club is implementing several policy and procedure changes. These adjustments are designed to protect our athletes, volunteers, coaches, and staff while aligning with Safe Sport practices. Below is a summary of the changes coming into effect:

1) Police Information Check and Vulnerable Sector Check Requirements

The Calgary Patriots and Swim Alberta have required a Police Information Check with Vulnerable Sector Verification (PIC-VSV) for all coaches, team managers, chaperones, employees, members of the board of directors, potential directors, and any adult living in a designated billet home. The Vulnerable Sector component of this check is essential for roles involving trust or authority over minors, the elderly, or those with disabilities. However, recent updates to the mandated PIC-VSV guidelines have revised the eligibility for this check to be conducted.

- Club directors and employees no longer qualify for the Vulnerable Sector portion, as these roles are deemed not to have sufficient direct contact with a vulnerable group.
- The PIC-VSV requirement will remain in effect for coaches, chaperones, and adult household members in billet homes, as they continue to meet the eligibility criteria for positions of trust or authority.

Though directors and employees do not qualify for the Vulnerable Sector Check, the Club will continue to conduct standard Police Information Checks on all employees, directors, and potential directors.

2) Mandatory Safe Sport Training for All Club Personnel

In line with our focus on safety and accountability, in addition to coaches, Safe Sport Training will now be required for all Club employees, directors, potential directors, chaperones, and billets regardless of whether they have direct contact with athletes or not. While it will not be mandatory, all members of the Calgary Patriot Swim Club are encouraged to complete the Safe Sport training module. This training covers crucial guidelines for creating safe, inclusive, and respectful environments in sports. For more information on Safe Sport Training, please refer to the *Stroke of Genius* section of this newsletter.

3) Club's Discretion in Volunteer and Officiating Roles

To further enhance safety and suitability, our policies will be updated to allow the Calgary Patriots Swim Club to accept or reject any individual applying for volunteer or officiating positions at the Club's sole discretion. This ensures that all involved individuals align with our Club's values and commitment to safety.

4) Verification of Identity for Volunteers and Officials

Finally, to reinforce trust and transparency, the Club may request volunteers and officials to verify their identity with a government-issued photo ID. This added measure helps confirm the identity of all individuals in these roles, adding an extra layer of security for everyone involved.

These policy updates reflect our ongoing dedication to providing a secure and positive environment within the Calgary Patriots Swim Club. We appreciate the cooperation and understanding of all our members as we implement these changes. Together, we can ensure that the Club remains a safe and enjoyable space for everyone.

If you have any questions regarding these changes, please reach out to [Dave Sweeney](#), President or [Kevin Coulman](#), Head Coach. Thank you for your continued support!



JOIN OUR BOARD!

Volunteer board members play a crucial role in leading our club to success. The following shadow positions are open for the 2024-2025 swim season. The intent is that after shadowing these positions for one year, you would then take over the role the following year. (click on the position to learn more about it):

[Meet Manager](#)

[Officials Coordinator](#) (2 positions)

If you would like more information about any of these positions, please contact Dave Sweeney, President at president@calgarypatriots.com.

FUNDRAISING

We've partnered with SkipTheDepot!

What is SkipTheDepot? A door-to-door bottle collection service that makes refundable recycling and fundraising easier than 1,2,3

1.Download the app and book a pickup using <https://app.skipthedepot.com/yycpsc>

2.Place your bags outside

3.Your donation will assist the Club in offsetting expenses associated with equipment purchases, team travel, special events etc.

Of note, Senior Patriots swimmers will also be conducting bottle drives during the upcoming swim season to assist in funding their travel meets and training camp.

*Stay tuned for the upcoming fall dates.

If you are interested in helping the fundraising committee, please email sponsorship@calgarypatriots.com.



Download the app and start donating to us today!



MEMBER SURVEY: PREFERRED GEAR AND EQUIPMENT RETAILERS

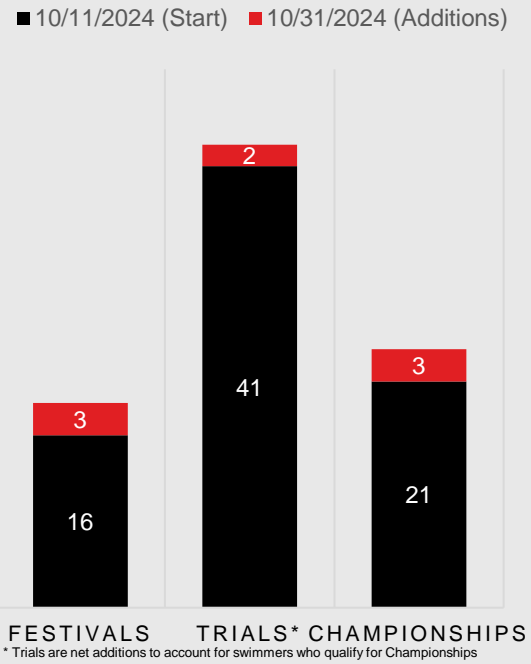
We're excited to explore potential partnerships that will make high-quality equipment more accessible and affordable for our members. Your feedback is essential to help us focus our efforts! Where do you currently purchase your equipment? Let us know your preferred retailers by sharing your thoughts [here](#).

Patriots Poolside Chronicles

A section dedicated to the swimmers!



Provincial Meet Qualifiers



NEW QUALIFIERS	
Meet	Swimmer(s)
Festival	Claire Scholefield
	Miia Sikorska
	Tian Ren Shi
Trials	Anna McLellan
	Eva Vaage
	Megan Sauder
	Casper Nimmon
	Charlie Serra
Championships	Leah Thompson
	Emiko Wong
	Owen Jamieson



Calgary Patriots Swimming Successes – A Fantastic Start to the Season!

As the competitive swim season unfolds, our Calgary Patriots are making waves across various meets, showcasing their dedication and skill. We're thrilled to celebrate some outstanding performances and milestones achieved by our swimmers recently.

We're proud to announce that ten Calgary Patriots swimmers qualified for the South Swim Alberta Fall Discover Camp. Congratulations to Kira Barber, Vera Swanson, Aria Warwick, Aoife MacDonnell, Leah Thompson, Emiko Wong, Isla Curtis, Federico Martino, Will Cameron, and Jaden Lee for earning this honor through exceptional performances at the 2024 Summer Provincial Long Course meet. The camp provided these athletes with a valuable development opportunity.

Additionally, a big congratulations to Samuel Bygrave on his selection for the Swim Alberta Distance Camp. Samuel's outstanding swims in the 800m and 1500m freestyle events earned him a spot in this camp, which focuses on supporting distance swimmers under Swimming Canada's Distance Swimming Strategy.

We're also delighted to celebrate Levi Hildebrand's selection to Swimming Canada's 2024 National Development Program ID Team. Levi's achievement is a testament to his commitment and skill, recognized through his impressive performance at the 2024 Speedo Canadian Swimming Championship.

Our season has kicked off with our swimmers achieving 1,095 personal best times and 419 podium finishes across 6 meets. Special mentions go to Audrey Thompson and Everett White-O'Neill for achieving their first Swim Alberta Top 5 Youth Recognition Times at Team Champs.

These accomplishments are a fantastic start to our season, and we're excited to see what lies ahead. Congratulations to all our swimmers, and a heartfelt thank you to our coaches, volunteers, and families who make these successes possible. Go Patriots!

For more details on our swimmers' achievements and meet highlights, be sure to visit our [blog](#).

RECENT MEETS SUMMARY				
Swim Meet	# of Swimmers	Personal Bests	Podium Places	Club Records
Fall Invitational	21	57	32	0
Jack Frost	70	325	52	0
KSC Halloween Howler	31	84	15	0
Mountain Madness	48	204	29	0
UCSC Fall Start Up	41	72	6	2
CP Team Champs	175	353	285	1

NEW CLUB RECORDS		
Event	Swimmer	Time
100 IM	Will Cameron	01:05.84
50 Fly	Will Cameron	27.25
100 Fly	Will Cameron	01:03.06

2024-2025 VOLUNTEER OPPORTUNITIES

Much of the success of our club can be attributed to our volunteers. If you would be interested in volunteering as a squad parent, chaperone, or at a social event (team BBQ, awards banquet, or parent social) please email office@calgarypatriots.com. Opportunities also exist for fundraising and communication initiatives. More information on volunteer opportunities may be found [here](#) on the Club's website.



Creating A Safe Sport Environment: A Collective Effort

By Natalie Swanson




For young athletes, a positive, fun, and safe sport culture fosters growth, enjoyment, and the lifelong participation of active and healthy lifestyles.

Safe Sport is our collective responsibility to create, foster, and preserve sport environments to ensure these positive, healthy, and fulfilling experiences.

Maltreatment in sport is multi-faceted and complex. It includes deliberate acts that result in harm or the potential for harm, regardless of the perpetrator’s intent and can include abuse, neglect, assault, harassment, bullying, hazing, and discrimination. To make matters more complex, action against maltreatment can be difficult, often going against the current culture of an organization. Through awareness, training, and action, we can establish and maintain a safe, inclusive environment for everyone involved.

Who Plays a Role?

Safe Sport requires the deliberative efforts of ALL participants, parents, sports stakeholders, sports club administrators, and the organization’s leaders. To fully facilitate a culture of safe sport, a collaborative effort is required to recognize and prioritize the welfare, safety, and rights of everyone.

-  **Decision Makers**
Senior staff, directors, operational board members, case managers
-  **Direct Athlete Contact**
Athletes, coaches, parents, training staff, chaperones, officials
-  **Non-Direct Athlete Contact**
Administrators, governance committees, board members

RULE OF TWO

A leading practice to ensure a safe sport environment for all

The Rule of Two ensures all interactions and communications are open, observable, and justifiable.

HOW IT WORKS

Two responsible adults (a coach, parent, or screened volunteer) are always present with a participant. This includes in-person contact and in virtual settings.


 <ul style="list-style-type: none">• Two trained and screened coaches• One participant	 <ul style="list-style-type: none">• One trained coach• One screened adult• One participant	 <ul style="list-style-type: none">• One coach• Two participants	 <ul style="list-style-type: none">• One coach• One participant
Best Practice	Acceptable	Acceptable	Avoid



TAKE THE TRAINING

The Safe Sport Training module was developed by the Coaching Association of Canada for anyone involved in sport. This training was designed to prevent and address maltreatment across the Canadian sport system. It is everyone’s responsibility to protect participants, coaches, and sport organizations from harm and risk.

Safe Sport Training E-Module

 Complete in 1.5 hours
FREE!

Access Now: [NCCP’s The Locker](#)

IF YOU SEE SOMETHING, SAY SOMETHING

Know the signs of maltreatment:

Social and attachment difficulties

Impaired coach-athlete interactions, disturbed peer interactions, social withdrawal from others

Cognitive and academic deficits

Low academic achievement, low academic engagement, difficulty paying attention and regulating emotions, difficulty starting tasks and staying focused on them to completion

Emotional and behavioural effects

Low self-esteem, ineffective coping, increased anger, frustration and verbal aggression, increased feelings of unhappiness, depression or anxiety, suicidal tendencies, eating disorders

Physical effects

Headaches, weight gain or loss, unexplained bruises or injuries, psychosomatic symptoms

Natalie is a fellow Calgary Patriots parent and is the CEO, Founder, and Head Coach of Run.Jump.LEAD!, an organization with a mission to remove barriers and increase female participation in sport and leadership by delivering specialized programming designed for the specific physical and social-emotional needs of girls.

Sources: Coaching Association of Canada



1-888-83SPORT (77678)
info@abuse-free-sport.ca
abuse-free-sport.ca

If you are a victim of abuse, harassment, or discrimination in a sport environment you are encouraged to contact the Abuse-Free Sport hotline. It is a free, anonymous, confidential and independent service in both official languages.

You can reach them by phone or text at 1-888-83SPORT(77678), or email at info@abuse-free-sport.ca

To review the Calgary Patriots’ Policies and Procedures, click [HERE](#)

LANE LEADERS

Our club is supported by an active, dedicated and engaged parent community

Officiating 101

By Iris Jackson, Swim Canada/Alberta Level V Official

Congratulations on being part of an amazing sport. Your child's commitment is going to expose you to many great volunteering opportunities.

You may be wondering what officiating is all about; why is it necessary and why should I do it?

Why do we have swim meets?

A swim meet is the equivalent of a game for any other athlete in a sport. It gives your athlete an opportunity to strut their stuff and show you what all the hard work in practice has been for.

As well, swim meets are a source of income, a fundraiser if you will, for the host club. A successful swim meet can ease the pressure of additional fundraising for a club's membership.

So why do we need to officiate?

Swimming is a technical sport governed by a very specific set of guidelines and rules. Due to this, many trained officials are required to run a swim meet.

At a minimum it can take 30-40 officials to run a swim meet in a six-lane pool. The number of officials increases with each additional lane at the host facility. It is not unheard of requiring 100 + officials to run a meet if you are operating two 10 lane pools simultaneously. This is why we need you.

So how do I become an official?

There are different levels of officiating in Alberta/Canada.

Clinics are delivered in a couple of ways. At the beginning of each season Swim Alberta as well as some of the local clubs will host in person or online clinics led by a qualified referee OR you can take the eLearning modules available through Swimming Canada's [Learning Management System](#) (LMS).

If you choose the online course, the course completion will automatically be added to your official's account. This helps track your history as you move along the officiating hierarchy. In the classroom setting, the referee hosting the clinic takes an attendance and this information is passed on to Swim Alberta/Swim Canada on your behalf.

Regardless of the method of taking the clinic, once you have completed your course, it is strongly recommended you print off the official's certification card. As you complete your on-deck evaluations, you need to have your card signed by the referee of the session so that you receive credit for working.



Officials Training Clinics

Swimming Canada offers regular in-person training clinics for various officiating roles, including Stroke and Turn, Electronics, and more advanced positions beyond Timer. To register, please follow these steps:

1. Log into the [LMS](#) using your sportlomo User Account.
2. Select "Login As" an Official and click "Login to LMS."
3. At the top of the page, choose "Clinics."

A list of available clinics will be displayed, each with a link for registration. Currently, Inspector of Turns and Judge of Stroke Clinics are scheduled for January 4, 2025, from 8:30 AM to 12:30 PM in the Riverview Room at the MNP Community & Sport Centre.

Step 1: Register as an official in the Swimming Canada Officials Registration system. This is usually done by the club's officials coordinator.

Step 2: Level I Official

The Level I official has successfully completed the courses for **Introduction to Swimming Officiating** and **Safety Marshal**. Here is a description of the three different deck positions that these courses cover.

Safety Marshal - this individual is responsible to ensure that the warm-up part of the meet is run in a safe manner. This job requires the official to arrive 15 minutes before the start of warm-ups, confer with the referee and/or meet management on any specific procedures and be on deck throughout warm-ups. This job finishes with the end of warm-ups.

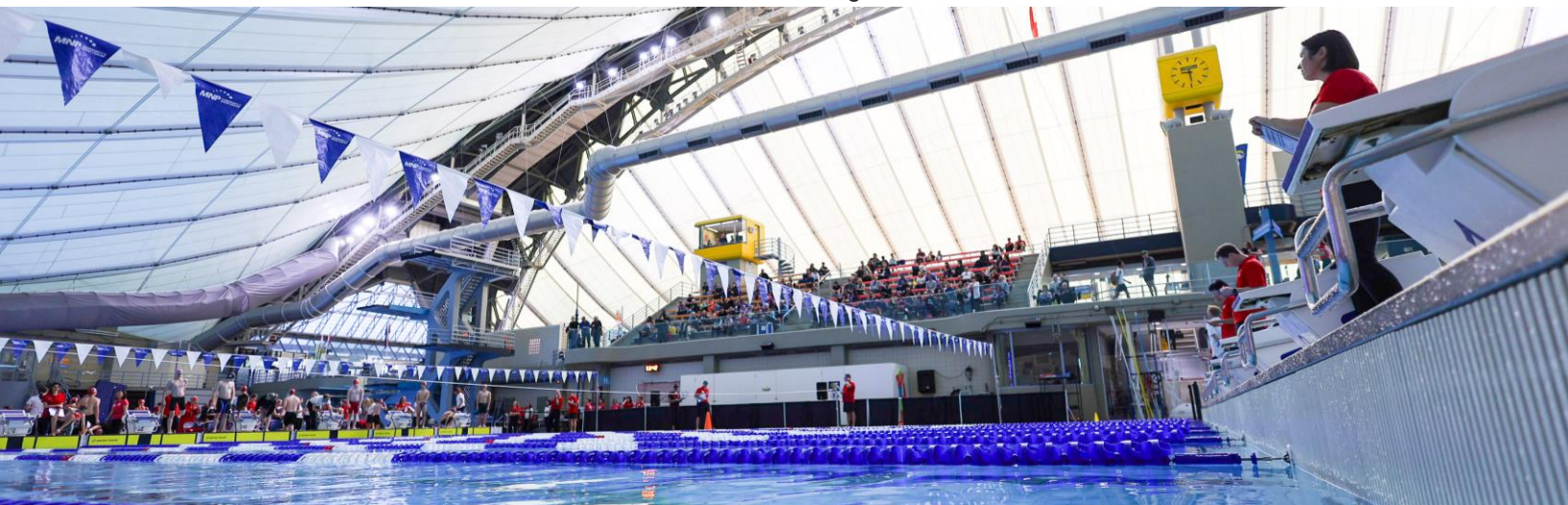
Marshal - this individual is responsible for organizing the swimmers of a meet into their respective events, heats and lanes and to ensure the orderly flow to the blocks to help keep the meet running on time.

Timekeeper (Timer) - this individual has what many consider to be THE most important job on the pool deck. A swimmer competes at a swim meet for one thing and one thing only, a time. To that end, the timer is responsible to ensure that this happens. We rely on you to observe the touches and finishes of a race and obtain an accurate time for the athlete.

To be fully signed off as a Level I official, you are required to have two successful deck evaluations as a Timekeeper.

So, am I done after I become a Level I official?

There are many positions on the pool deck. Once you have completed your Level I you can move on to become a Level II and higher official.



LANE LEADERS (continued)

Our club is supported by an active, dedicated and engaged parent community

What does it take to become a Level II official?

A fully certified Level II official is an individual that has successfully completed **TWO** Level II courses. This includes completing the course and the required number of deck evaluations.

Level II courses are as follows:

Inspector of Turns (IT) and Judge of Stroke (JS) - this individual is responsible for observing the execution of the swim by the athlete during the race. They judge the legality of the stroke and report any infractions to the referee. They provide a fair and impartial race to all swimmers. To complete the requirements, you will need two successful deck evaluations as an IT and one successful evaluation as a JS.

Chief Timer - this individual is responsible for overseeing all the Timers working on the pool deck. It is their responsibility to deal with concerns arising with timing. You are the liaison for the referee and the electronics officials with the timers.

Administration Desk - this individual may work with the Meet Manager to set up all the events of the meet, accepting entries, processing scratches and relays. This is done prior to the meet and during the warm-up period at the beginning of the meet. They will also work throughout the meet making any necessary changes to athletes and swims. This is considered an office position and may take place on deck or away from the deck in a separate room.

Chief Finish Judge/Judge of Electronics - the CFJ/CJE is responsible for verifying the times recorded by timers and/or as part of the electronics system. They make note of any adjustments required and ensure they are processed. This is also an "office" position.

Starter - this individual oversees starting the races once the referee has given them the go ahead. Their job is to ensure that each swimmer receives a fair start, and no one receives an advantage.

Meet Manager - this is for the person who truly loves the sport. This individual commits a large amount of time in setting up, organizing and running the meets (game time).

Chief Recorder and Recorder - this individual is responsible for ensuring that the times are recorded in the program used by meet management. They will make any adjustments as noted by the CFJ/CJE and any disqualifications that occurred. They print off all the results for approval by the referee and then for posting for everyone to see. This is another "office" position.



Some of these courses are available online but others require face to face instruction.

With so many courses how do I know which one to take next?

Most people take Inspector of Turns and Judge of Stroke as their first Level II courses. It teaches you about the execution of the strokes and why the swimmers are required to swim in a certain way. You are learning the rules of the game just like in hockey or football.

After that, it is really your choice which one you take. Some people enjoy doing the "office" jobs, others prefer deck positions. You decide; there are no bad jobs. Both the Starter and the Meet Manager require a strong working knowledge of the various positions that are required during a swim meet.

So, after Level II then what?

Currently, Level III, IV and V officials are the various stages of becoming a referee.

To become a **Level III** official, you need to complete **ALL** the Level II courses and certify in three additional positions with two successful deck evaluations in each position.

Additionally, you will complete the Para Swimming eLearning module and direct the Level I – Introduction to Swimming officiating clinic.

Remind me again, who is the Referee?

Referee - this individual is the one in charge of the entire working pool deck during the meet. They are responsible for everything that happens and everyone that is involved with the meet from briefing the safety marshal(s) before warm-ups start until the last result of the last race has been signed off at the conclusion of the session. To become a fully certified Level V Referee can take a number of years to achieve as you work your way up through all the courses.

Okay, so what's a Level IV official then?

A **Level IV** official is an individual who has successfully completed any outstanding certifications for remaining Level II positions. They have completed the referee clinic and have experience as a Referee at a minimum of five sessions working at different competitions in different pools and pool configurations. The Level IV official has also conducted a minimum of two different Level II clinics.

They will have completed one year of active service as a Level III official working a variety of positions which includes a minimum of two sessions as SJ or IT.



LANE LEADERS (continued)

Our club is supported by an active, dedicated and engaged parent community

They will be evaluated and have two successful evaluations in the position of Referee by a Level V official. An official may act as a Referee upon completion of the Referee clinic and who has completed the Meet Manager and CJE/CFJ clinics but has not been fully certified in these positions. Certification in these positions will be required to achieve Level IV status.

What is a Level V official?

A **Level V** official is a referee that has worked for a minimum of one year as a Level IV official.

They have conducted or supervised a minimum of two different Level II clinics and worked a minimum of two sessions at a Swimming Canada national competition in any position. They have obtained the Provincial Official's Chairperson or delegate's approval to be evaluated and have two successful evaluations as a Referee or once as a Referee and once as a Starter.

They have submitted the completed Level V Official Certification Form to the Provincial Officials' Chairperson.

If the Provincial Officials' Chairperson is satisfied that the candidate has met all requirements, the candidate's Level V Official Certification Form will be submitted to Swimming Canada for Officials, Competitions and Rules Committee (OCRC) approval. If the OCRC approves the candidate, they are then certified as a Level V Master Official. A congratulatory letter and Master Official certificate will be sent to the candidate with a copy forwarded to the Provincials Officials' Chairperson.

Does this finally mean I am done?

Yes, at the Provincial level. If you choose to, one can continue working towards national and international recognition which would allow you the opportunity to be selected to represent Canada as an official at meets such as the World Aquatic Championships, the Commonwealth Games and quite possibly, the Olympics.

So why do I need to take a course each year, why can't I just do one or two courses and be done with it?

A swim club is an ever-evolving entity. Swimmers come and go and with them, the experience of their parents as an official.

As you can see, it can take some time to complete all the courses to reach the upper levels and this traditionally only occurs as long as an athlete is involved in the sport.

There are some parents that get involved in the sport because their child is involved and find that they really enjoy it and become "lifers" staying involved long after



their child is done. Unfortunately, they are few and far between and this is why we need you to continue to seek out the knowledge that will help you grow in the sport as your swimmer does.

A few things to remember:

If you want your time at a swim meet to go by faster, volunteer. There really is no better place to watch your child swim than from the deck. Who wants to sit in overcrowded, overheated stands? It also shows your swimmer that you believe in what they are doing.

EVERY official on the pool deck is a volunteer, referees included. We are all giving of our time so that every swimmer can compete. Even though we are all volunteers, there is a certain expectation of conduct that is expected of us.

Swim Alberta, our governing body, has a Code of Conduct which outlines their expectations of us as well as informs parents of what they are offering in return. Swim Canada has their Safe Sport policy which we are also expected to adhere to.

I cannot stress this point strongly enough. When you volunteer to officiate, you remove your parent hat at the door and replace it with your official's hat. It is important that we remain impartial when we are on the pool deck as this makes every swimmer feel as if they are being treated fairly and equally. We are not there to criticize technique, discourage swimmers or speak to them in any manner that may have an adverse effect on their swim or their enjoyment of their sport. Swimming is as much a mental sport as it is a physical one.

And finally, **WITHOUT YOU, THERE IS NO GAME FOR YOUR ATHLETE.** Please remember this the next time you are asked to volunteer.

Swimming is an amazing sport and a life skill. Enjoy it with your children.

