

CALGARY **SWIMMING**



12 B PARENTS **MANUAL**

A guide to help you through the year

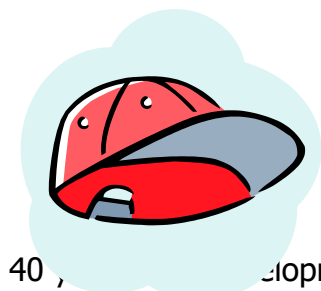
Jeff Welechuk, 12 B Coach
Phone: 403 837-9112 (cell)
Email: welly@calgaryswimming.com

2022 - 2023

Table of Contents:

First things first....who is that guy in the ball cap?	Page 3
What is 12 B all about.....Swimming is turning into a big commitment!	Page 4
Short Course and Long Course.....from four seasons to two and hopefully three!	Page 6
Swim Meets.....Through experience we grow!	Page 7
Communicating.....how to keep the lines open	Page 10
Goal Setting ...is that my swimmer or is the coach putting those ridiculous times in her head?	Page 11
Letting the COACH Coach!how best to support your swimmer	Page 12
The Swim Season's Over.....Now What?	Page 13
Private Lessons.....help or hindrance	Page 13
For Returning Parents.....what to expect	Page 14
Group Movements...advancing through the system	Page 14
Equipment.....what is needed	Page 15
Other useful information, links and resources...	Page 16
Cell Phones\Bullying\Harassment	Page 16
What does it mean to be committed to 12 B?	Page 17

First things first.....who is that guy in the ball cap?



Welcome to 12 B! And to those of you returning – welcome back!

That guy on deck in the ball cap would be me... I am Jeff Welechuk and I have been coaching with UCSC for 27 seasons now. I have been involved in competitive swimming for over 40 years, as a developmental swimmer in my hometown of Hinton, a competitive swimmer earning national team status at 15 in Edmonton, as a master swimmer who still competes in meets and trains up to 5 times a week and as a coach for over 27 years.

I have compiled this manual to help you as parent transition into competitive swimming to ensure it is a positive experience for both you and your swimmer. Swimming at this level is a family commitment and the rewards, friendships, and learning's that both you and your swimmer will experience will be worth the time and energy you both put into the sport of swimming. Speaking from experience I can say that I have learned a tremendous amount about myself and what I am capable of both in and out of the water. Not to mention all the incredible people I have met along the way.

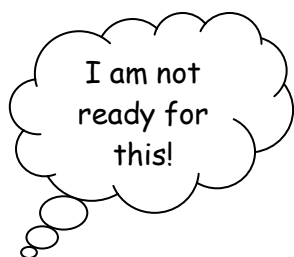
I encourage you to talk to me about any questions you have about the program. I look forward to the opportunity to meet you and get to know you throughout the year.

From Teacher to Swim Coach

This season will be my 5th year teaching at the elementary level. I am teaching grade 4 at Dr. Freda Miller School. While I am 100% committed to coaching 12 B I felt it necessary to be transparent with my dual work schedule. Working 2 jobs is not something new to my schedule as I worked in the oil and gas industry (20+ years) while coaching. Dr. Freda Miller School is deep south. While I had no issues last season with the commute and my teaching responsibilities, as a full time teacher I found it difficult to maintain a healthy lifestyle. As a result, I have decided to decrease my on deck train this season. I will still maintain full administrative duties, attend all meets and be responsible for generating all the workouts. Kenton Williams will be coaching the swimmers on Friday and Saturday. I will be working closely with Kenton to ensure cohesion between the workout sessions.

What is 12 B all about, swimming is turning into a big commitment!

By now swimmers (or their parents) have identified swimming as something they are good at. 12 B is a commitment to a competitive program from the developmental level. The main focus in the group is to “learn to train” with a heavy emphasis on proper technique. By the end of the swim season, swimmers will have acquired the ability to do **interval training** or learn how to use the clock. They will develop an understanding of **workout structure** which includes warm-ups, technical component (focusing on technique and doing things properly), a main set (usually focusing on endurance), and warm down. Part of learning this structure is to also learn **speed changes** (when to swim slow and when to swim fast) and the amount of **effort** required to complete the sets properly. In addition, swimmers will begin to learn to take **responsibility for their own training and progress** in the program by learning how to communicate with their coach about missed practices; taking responsibility for decisions and choices; learning how to make up for missed workouts for special events (i.e. birthday parties/dances, sleep overs); and learning to communicate to their coach how they feel before, during and after a practice. As the year progresses, swimmers will also develop an understanding the importance of **time standards** in and out of practices and what they mean as it relates to qualifying for meets or obtaining goals (“train to train”).



The University of Calgary Swim Club has adopted the long term athlete development model (LTAD) which is reflected in the 12 B group. The program has been designed with the ability of swimmers at this age taken into account. In addition, the many years I have spent coaching this age group have taught me what these swimmers are capable of. As a result, I have created a program that incorporates my years of experience and knowledge as a coach with the philosophy of the LTAD model. The program I have designed will allow a swimmer at this level to swim 6 workouts each week for a period of eleven months without burning out. When the season ends, one of my goals is to ensure that swimmers are already looking forward to the next season starting.

From past experience I have found that those swimmers that are most successful are the ones that take responsibility for their swimming. I strongly recommend that swimmers attend all workouts each week. Buy your swimmer an alarm clock and have them wake you up for Tuesday morning workout!

Involvement in other sports and activities is encouraged. In order to make this work, I ask that the swimmer communicate with me frequently about missed practices and their schedule. This can be an opportunity to discuss and learn how to make choices and how to be happy with the choices that we make. I can also help the swimmer begin to understand how one activity can help another activity.

Holiday Training Camp is mandatory for all swimmers. During December, there is usually a two week break from swimming followed by the holiday training camp for all swimmers in the competitive program. The camp generally starts the first weekday after the Boxing Day stat and goes through to the Saturday. With that said, the past couple of season we haven't had a holiday camp for the 12 groups and regular training has resumed after the holiday break.



If there is a holiday training camp, the camp is very important for the development of the swimmer. Swimmers who participate see greater amounts of improvement in the meets following the holiday season. In addition, it can be an excellent opportunity for swimmers to focus on swimming without the school routine.

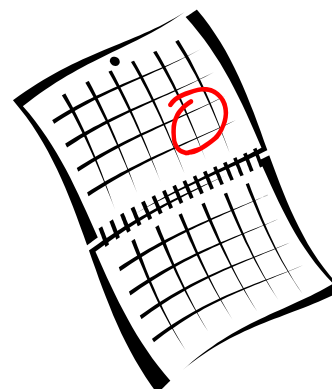
If you are planning a trip during the Christmas break, I encourage you to structure your trip so that you are gone during the first part of the break and are available for the training camp. In the event that your swimmer is unable to attend the camp, please let me know as soon as possible and I can assist you in making arrangements to swim with another club where you will be. This is to ensure that no training time is missed and that all swimmers are at the same training level when we commence in January. I cannot stress enough the importance of attendance at this camp.

12 B will take another break during the school spring break which is generally in March. Swimmers are not expected to swim during this time and are encouraged to take a well needed break following the provincial championships.

Expectation of Swimmers At this level of swimming, it is important that swimmers begin to take responsibility for their own swimming and training. This can occur by swimmers:

- Learning what the requirements is to be in the 12 B squad and raising their ability to that expectation
- Putting forth the required effort when ask and accepting responsibility if they are not improving because of a lack of effort
- Being at practice on time
- Being able to take initiative and challenge the coach
- Not being afraid to make mistakes and learn from them
- Asking questions when they do not understand sets or procedures
- Communicating to the coach when they will be missing practices
- Learning to communicate to the coach how they feel before, during and after a workout
- Taking responsibility for missed practices by looking at where they can make up additional practices
- Being prepared for practice and meets by ensuring that they have packed their swim bags and have all their equipment.
- Learning how to manage their time between studies and training

Short Course and Long Course..... From Four Seasons to Two and hopefully three!



Traditionally, we are use to four seasons – winter, spring, summer and fall. In swimming we have two distinct seasons – Short Course (SC) and Long Course (LC).

Short Course season runs from September to December. Short course meets are swum in a 25 meter pool.

Long Course Sesaon runs from January to July and swim meets are swum in a 50 meter pool. International Swimming Competitions (Worlds, Olympics etc) are swum in a long course 50 meter pool. As a result, sometimes in an Olympic year, you may see some long course pool set ups during the short course meet season.

During both these seasons 12 B will have a micro cycle.

For the short course season, the first micro cycle will run from September to December. The JP Fiset meet, in Edmonton, will act as the championship meet for this cycle. The second cycle will run fro Janyuary to March with the Alberta Provincial Trials or Alberta Champioships being the peak meets. These meets will typically be run long course. However, Alberta Trials may run\nshort course. The third cycle will run March to July, ending with the Summer Alberta Championships.

During each season, I plan workouts so that swimmers will increase their training and build to the point where I will have them prepared to swim at their best for the championship meets. These are very important meets and swimmers are working hard all year with a focus to swim at these meets. *These would be priorty meets and all attempts should be made for a swimmer to attend these meets if they are qualified.*

At this level it is important that swimmers become aware of swimming beyond the provincial level. The next level of competition has the swimmers competing nationally at the Junior National Championships and/or Western Canadian Championships. These national meets have age restrictions. For girls they must be 13 years of age or older to compete and for boys it is 14 years of age. Many of the 12 B swimmers are two young to compete at these meets but have begun to set goals to achieve the entry standards. At this point in their development it is important to be aware of what the next swimming level is.



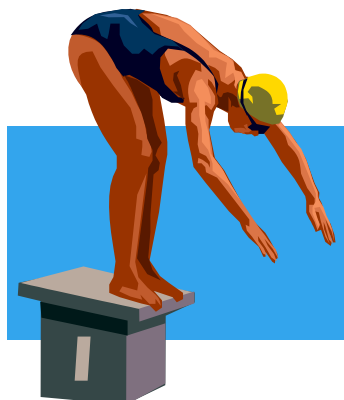
What are these meets? The focus or peak meet for 12 B will be **Alberta Championships**. In order to qualify for Alberta Championships, a swimmer must achieve an “Championship” time standard. A “Championship”

time standard can be attained in all events. Swimmers will need to obtain a championship time within the specified qualifying period.

Alberta Provincial Trials. There may be some swimmers in the squad that do not have an Alberta Championship time standard. In this case, Alberta Provincial Trials will be the focus meet for these swimmers. When a swimmer achieves 2 or more Alberta Championship time standards they are disqualified from competing at Alberta Provincials.

!!!! A Note about Time Standards !!! As parent's, I would strongly encourage you not to be concerned with the time standards. Your swimmers will begin to figure them out as the swim season progresses. Let the attainment of these standards be their focus, not yours. Celebrate with them when they achieve them, but don't get discouraged at near misses or set expectations that your swimmer may not be ready for.

Swim Meets.....Through experience we grow!



Attending a Swim Meet At the start of each season, I will provide you with a listing of meets that 12 B will be participating in. I will also be able to highlight for you which meets are priority meets if you have to make decisions about which meets to attend. Although it is not necessary to attend all meets, it is recommended. Parents must sign up for meets through the swim club website (www.calgaryswimming.com). Even if not attending a swim meet please sign on and decline the event as this greatly helps the coach plan events for swimmers and saves me time tracking parents down! Requests can be made to assist the coach with planning.

What meets look like The format of the meets can vary. They are generally two - three day meets. Some meets will have qualifying times (Alberta Championships and Speed Meet) and other meets will be open. Some meets will be set up as timed finals which mean the swimmer will only swim the event once. Other meets will be set up as heats/finals, which means that swimmers will swim in a heat session in the morning and if they place in either the top 8 or 10 depending on the size of the pool will return to swim finals in the afternoon.

Relays are an important part of many swim meets, especially for larger clubs. Swimmers are expected to participate in relays, "My mom says I can not swim on a relay unless I make a final" is not an acceptable excuse. With that said we do try to accommodate travel situations when out of town. A relay list maybe published before the start of the meet. These lists are used as a guideline for the coaches. The relays will be revised to ensure the 4 fastest swimmers are on the A team. Almost always they are revised based on performance at the meet. Swimmers should check with the coaches before leaving the pool about their relay status

Picking Events to compete in Throughout the season I will pick events for swimmers to compete in. This ensures the full development of the swimmer. In choosing events I take into consideration any goals that the swimmer and I may have discussed, the readiness of the swimmer for a particular event and the need to swim all events to fully develop a well rounded athlete. For Alberta Trials & Championships swimmers pick their own events with guidance from their coach.



Knowing what swimmers are swimming When entries are complete these events will be posted online on the club website Under the Member Section. You will need to Log In in order to access this feature.

Entries & Results >> click "Here" button >> Entries >> Locate the meet and click "Entries" link

Locate your swimmers name to obtain entries.

Learning Responsibility At this level of swimming, it is important that the swimmers take on more responsibility for what is happening at meets. This is accomplished by:

- Arriving at the meet 60 minutes before the scheduled first race.
- Being aware of what is happening during the meet and getting themselves to the blocks on time for their heat
- Being organized and prepared – knowing where their racing goggles and cap are
- Reporting to the coach before a race if uncertain about swim and what strategy to use
- Reporting to the coach after each race to talk about how they did and where they want to improve for next time.
- Packing nutritious snacks and water to keep up energy levels
- Encourage swimmers to be responsible for packing their competition bags for the meets. Parents can facilitate this by providing the swimmer with a list of items that needs to go in the bag, but letting the swimmer become responsible for packing it.

Expectations at Meets For all meets, it is important that swimmers arrive at least 15 minutes before the scheduled warm-up time. The warm-up time indicates when swimmers can enter the water according to meet management. However, prior to that time the team will meet to have a team meeting with coaches, team cheer and perform dry land stretching. It is important that swimmers participate in this group experience as it sets the stage for the meet.

There maybe certain circumstances where swimmers maybe allowed to come later and warm up to avoid long wait times at the pool. These circumstances normally happen around peak meets. In these situations my rule of thumb is to be jumping in the pool for warm up 1 hour before they race.

When travelling to an out of town meet the focus needs to be on the meet and competing. This provides the swimmer with important learning so that they understand the meet is the focus when they begin to travel with the club and without parents. When at an out of town meet ensure that swimmers eat properly and have proper snacks on deck that they have packed, that they are getting adequate rest, and that they know that the focus should be on what is happening at the pool and not on local attractions.

Team Travel – Allowing your swimmer to travel with the team. Part of accepting responsibility for their swimming is allowing 12 B swimmers to do team travel. Most swimmers with have hopefully had experience with team travel by attending the Elk Valley Dolphin swim meet in Fernie (pre-covid times).



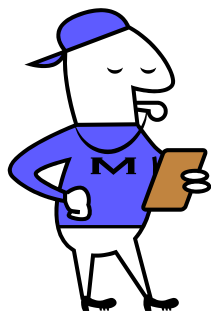
At first, travel meets seem overwhelming to many parents, but it has been proven that the experience for the swimmer is well worth it I would also encourage you to talk to parents in 12 B and other squads who have had swimmers attend travel meets. Parents are welcome to travel and watch the meet, staying in a room or hotel close by.

If you are really unsure about sending your child, you can always get involved by putting your name forward as a volunteer chaperone!

Parent Involvement For club hosted meets and for meets held in the city, there is an expectation that parents will assist in officiating. Without officials, we cannot run meets. Take an opportunity to review the Officiating Info link under the Members Section on the website to get a better understanding of officiating expectations. We can only build a good program and a strong club if parents get involved.

Not in a meet For those swimmers not attending a meet, there is usually no training available. It's therefore important you attend as many swim meets as possible

Remember.....it is through experience that we grow!



Communicating.....how to keep the lines open

Contacting Jeff:

Phone: (C) 403-837-9112

Email: welly@calgaryswimming.com

Swimmer/Coach As mentioned previously, at this stage it is important for swimmers to begin to take responsibility for their training. If swimmers need to miss a practice, they are encouraged to talk to me ahead of time, call\text me or send me an email. I also appreciate getting emails after the fact if a swimmer missed a workout because of unforeseen or unplanned circumstances.

Parent/Coach At the beginning of each month, a calendar that outlines training days, meets, days off, special events, etc for that month will be posted online in the 12 B section on the website. If you have any questions about the program, coaching or your swimmer I encourage you to phone, email or set up a time to talk to me at the pool.

If a problem arises From time to time there will be a conflict in the pool between your swimmer and the coach. The best thing to do if you get an upset swimmer in the car on the ride home is to talk to them and get an understanding from them as to what happened. I would then encourage you to talk to me to get my perspective on the situation as well. We can then work together to have the swimmer talk to the coach during the next practice to ensure that we can resolve the problem as quickly as possible. If problems escalate, you have the option of taking your concern forward. The chain of command is:

Jeff → Jan → Dave

If you go directly to Dave, he won't know what is going on, and you will be encouraged to take the concern back to your coach to resolve.

Squad Manager The squad manager will assist me in communicating any information to the group that is needed. Coordination of group events will also go through the squad manager.

Office All meet coordination, club gear and administration items outside of the squad are done through the office.

In the stands....learning NOT to believe everything you hear!

As the year progresses so will the talk in the stands. Although talk in the stands happens throughout the year, experience has taught me that June and July are difficult times for parents. It has been a long season, everyone is getting tired, and for some reason, rumors begin to percolate about group movement, coach movement and many other things. Don't be

duped by a rumor! If you have not heard it from me, chances are that it is gossip and the information is not true.

Goal Setting.... is that my swimmer or the coach putting those ridiculous times in her head?

My years of coaching have taught me that the swimmer needs to drive this and as they move through the year, they slowly begin to understand time standards and what they mean. Being able to figure this out on their own is way more powerful for the swimmer, than the coach or parent defining the goal for them. As a coach, ultimately I want the swimmer to drive their success, not the parent or coach. It is best for the swimmer to learn that the coach is a tool they can use to help get to where they want to be with their swimming. At the beginning of the season, swimmers are exposed to a lot of new firsts and understanding the workout structure without being stressed with time standards is really the first goal of the season.



Having said that, I do begin to lay a foundation for goal setting with a number of tools that 12 B swimmers have access to such as: Alberta Trials & Championship time standards, Youth Recognition Standards and Junior National\Western Standards. I generally wait for the swimmer to approach me about goals or what they are trying to accomplish. Once they do this, I can then help them look at ways they can achieve what it is they are after and help them frame in a meaningful way what it is they are trying to achieve. At this level, it is important that the swimmer is continuing to work towards something and not just stop and be satisfied with their latest achievement (for example a Championship time standard.) I will work with the swimmer and talk to them about "now that you have achieved that, what is next....what do you want to do now". In the same tone if they haven't figured out what the Alberta Trials & Championship time standards are I will make sure that this is the first standard they look at and work towards. As a coach, I help the swimmer understand which times come first and which ones they can look at attaining so that it is realistic and accomplishable for each individual swimmer.

As swimmers progress and attain and understand time standards, I will work with them to encourage progress into Youth Recognition time standards (Swim Alberta program) and club records. Most returning swimmers have this already figured out and will be the starting point to their season.

Worth Repeating I cannot stress enough the importance of letting swimmers drive the attainment of times. As parents, I would strongly encourage you not to be concerned with the time standards. Your swimmers will begin to figure them out as the swim season progresses. Let the attainment of these standards be their focus, not yours. Celebrate with them when they achieve them, but don't get discouraged at near misses or set expectations that your swimmer may not be ready for.

Letting the **COACH Coach!!!.....how best to support your swimmer**

Coaches and parents have two very different roles in competitive swimming. As a coach, I am qualified to assess a swimmer's performance and technique and provide them with instruction, mentoring and coaching to help them become the best swimmer they can be. As a parent, your role is to support your swimmer in attaining the goals that **they** have set for themselves.

In order to ensure that I can help your child become the best swimmer they can be, I need:

- To have your trust as a parent in my ability as a coach.
- To be able to push the swimmer when I feel they are not swimming to their potential.
- To be able to let them swim easy when they are not up to par.
- To sometimes let swimmers continue to swim with bad habits and even make mistakes, after repeated attempts to correct them until they learn that perhaps it's not a good thing. A disqualification usually fixes this problem. I strongly believe that it is through mistakes that we are able to learn and become better people and swimmers. It is okay for your swimmer to make mistakes and learn from these mistakes. Let me coach them through this from a swimming perspective.
- To be able to keep order and provide the structure which is needed for improvement. This means being able to correct swimmers when they are goofing around, not focusing, disrupting the workout for others or not doing things properly because they were not paying attention.
- To be able to coach them without interference from the parent. If you are coaching your swimmer behind the scenes they are getting two different messages – one from me as coach and the other from you as their parent. These messages are usually conflicted. Their loyalties will always remain with the parent. If this situation arises my role as a coach is nullified and I have to take on the supportive role of a parent in order to give the swimmer the balance they need in order to be successful.

You can support your swimmer by:

- Ensuring that they get plenty of rest and **eat properly**
- Helping them get to workout on time
- Encouraging them to communicate to me when they will be missing a workout
- Not being concerned with the attainment of times
- Letting your swimmer search for approval from the coach at the end of the race before searching the stands for approval from you as their parent.
- Try leaving the stands. During workout if your child is constantly looking into the stands for your approval, I can't coach them to the best of my ability. Try leaving the stands during some of the practices so that their full attention can be on me and what they are doing in the water.
- Staying off the deck during meets and workouts. If you really want to be on deck, the best way to do that is as an official.
- After a race, meet or workout, ask your swimmer **what they have learned**. If they have questions get them to talk to the coach.
- Love them no matter what the outcome of the race!



The Swim Season's Over...Now what?

When the swim season is over it is recommended that swimmers take a much needed and deserved break away from the pool. You should try and stay active with some physical activity but no structured training is required.

If you would like to participate in a swim camp go ahead and do so. Remember though that the next swim season is usually 6 weeks away and you want to ensure there's no burn out for the upcoming season.

Private Lessons....help or hindrance

In the past I have encountered situations where parents feel their swimmer requires private lessons, either from me or an outside source.

If you feel the need to have your swimmer participate in private lessons ask yourself the question: "**why**"? Is it because as a parent you feel your swimmer is not progressing at the same rate as the other swimmers. Remember that each swimmer progresses and develops at their "own" rate. Comparing them to other swimmers in the pool is not necessary. They will get to where they need to be when they are ready and able.



If you and your swimmer do decide to pursue private lessons, make sure that this is their choice and not yours as a parent. It is best to communicate this to me as coach. If a swimmer is being coached by two different coaches who have not had the opportunity to collaborate on the swimmers needs, the swimmer will be getting different technical feedback. In addition, the swimmer can become stressed between their loyalties. Imagine being presented with two different technical views and being told that you shouldn't say anything about the extra help. The result is slower progression and the swimmer will end up not enjoying the sport.

If extra help is required let's have open communication to ensure that the swimmer is not presented with any conflicting ideas so that they feel they can discuss topics honestly and openly.



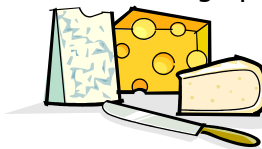
Nutrition ...getting an early start

At this age, swimmers rely heavily on their parents for proper nutrition. You can begin to help your swimmer understand the importance around nutrition, by following the Canada food guide for meals and snacks. Choosing healthy snacks before and after a workout will go a long way to establishing good habits for the future. Fruit, vegetables, crackers, cheese, and nutrition bars are good choices. A protein snack immediately following a workout will help the muscles recover quickly. This can be cheese, milk or nuts. Chocolate bars, chips and candy are not healthy choices.



Please avoid being that parent: "Here's \$10! Go get yourself a snack from the vending machine."

If parents would like more information around nutrition, we can look at setting up a nutrition session with parents and swimmers with a sport nutritionist.



For returning parents....what to expect

I recognize that you likely have a fairly good handle of what the program is all about. As a parent of a returning swimmer, I would like to point out a couple of things for you to keep in mind:

- Swimmers who swim with me for a second year, have a good sense of what is going on. They know what to expect of me as coach and they know what to expect at meets.
- I look to returning swimmers to be role models in the squad. These swimmers will demonstrate their experience by leading out the lanes and are expected to help the new and younger swimmers understand what is happening during workout if they get confused or mixed up.
- Don't expect the group to start up where we left off at the end of last year. Although they have experience behind them, it is important that we regroup and build the squad as a team. They will be re-taught some of the basics that they would have gone through at the beginning of the first year they swam with me. This time though they are in a leadership position with a whole new set of skills to learn.

Group Movements..... Advancing through the system

Generally speaking there are no group movements throughout the season. However, in certain circumstances it may become necessary. As a coaching staff we will address situations as they arise and determine the best course of action for the swimmer. As we are a large club and swimmers are increasingly improving to achieve new standards group standards are changing. We do our best to create cohesive squads where all swimmers are concentrating on the same meets, have the same commitment and training ability. It is important to keep in mind that

group standards are not static and may change from season to season. From 12 B swimmers will progress to Regional\Provincial squads. In certain circumstances swimmers may move to the National squad. Time standards have been used as a guide to place swimmers into training groups. However, we consider a swimmers character (attendance, attitude, commitment, etc.), this may be evaluated to grant access into another squad. It's important for both parents and swimmers to note that from 12 B swimmers will most likely progress to the regional and provincial squads.

Equipment....what is needed



All team geared can be ordered through the office (club suits, kickboards, t-shirts). Please contact Jessica directly.

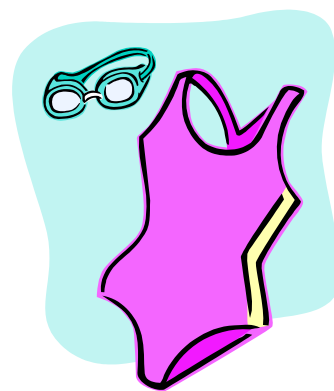
The following is a list of equipment that your swimmer will need for the season.

- Fins
- Paddles (Jr. paddle such as Stroke Maker, Speedo Power Paddle, Finis Agility Paddle)
- Snorkel
- Kick board, pull buoy (these can also be borrowed from the pool). The club kick board makes for a cool birthday or

Christmas present.

- Mesh bag to hold and keep all equipment together
- Swim bag for towels, shampoos etc,
- Swim Cap – swim caps are optional, although swimmers that have hair in their face will have to wear a cap for training. Club caps are mandatory at meets and training Monday to Friday.
- Racing Suit – for meets
- Training Suit – because swimmers are in the water up to 6 times per week, it is recommended that you purchase a polyester training suit.
- Goggles
- Racing goggles (used for swim meets only, recommended but not necessary)
- Water bottle for training

Special Note About Racing Suits If you came up through Lorna's development group you will have heard the saying "*teeny, tiny and tight*". This is the most accurate way to capture the fit of a racing suit. A racing suit should be somewhat difficult to get into and remain quite tight as it will loosen a bit in the water. At this level, the latest technological suits have no benefit. These racing suits do not assist a swimmer at this level. Most of the specialized racing suits such as the LazerX, are not even made with sizes small enough for this level of swimmer.



Other useful information, links and resources

Websites:

University of Calgary Website (www.calgaryswimming.com)

- Our club's own website is full of relevant information and news about our club.
- **Please also be sure to read and review the Members Section.**

Swim Alberta (www.swimalberta.ca)

- This site can provide parents and swimmers with information on upcoming swim meets, the provincial time stands and in general what's happening with competitive swimming in Alberta.
- Links to other club sites through the Swim Alberta site can provide you with a meet information package for upcoming meets hosted by the club.

Swim/Nation Canada (SNC) (www.swimming.ca)

- This is that national sport body site and has information on upcoming meets, long term athlete development plans, and other news worthy information pertaining to the swimming world.

Swim Results – Meet Mobile

Swim Gear:

Team Aquatics has an annual sale in September with 25% off all swim gear (training suits, fins, goggles etc). An announcement usually comes out of the office. Watch for this! The line-ups can get long, and they usually have a cash only line that moves much quicker. This is a good time to stock up on goggles and purchase training suits for swimmers.



Cell Phones \Bullying \Harassment:

With the advances in today's technology most swimmers all have a cell phone. While the cell phone is an awesome tool for communicating it can also have negative affects with bullying\harassment. UCSC has a harassment officer in place that can be utilized if a swimmer feels they need mediation. To ensure a safe, positive environment is created for all 12 B swimmers please monitor your swimmers phone and teach them proper cell phone usage.

When at the swim meets (especially during finals sessions) I will not allow swimmers to be on their phones. Their focus should be on the meet and what is happening in the pool.

What does it mean to be committed to 12 B?



Over the past few years I have had to talk with swimmers about what it means to be committed to 12 B or swimming at this level. Simply put commitment is:

“the state or quality of being dedicated to a cause, activity, etc.”

In order to create a positive environment where all swimmers can achieve their goals and progress to the next level of performance swimming coach, swimmer and parent need to be at the same level. This means:

- Coach, swimmer and parent are committed to all scheduled practices
 - It is expected that a missed practice (one off) can be made up by attending another squad workout.
 - As swimmers advance through the program achieving performance standards requires a full time commitment to training. Something that becomes increasingly more difficult for multi-activity swimmers. Swimmers at this level are encourage to do other things but need to understand the importance of committing to all scheduled practices
 - If parents are not committed to the training schedule it makes it extremely difficult for the swimmer to be committed
- Coach, swimmer and parent are committed to scheduled swim meets
- Coach is committed to providing swimmers with the appropriate training environment for swimmers and ensure they are doing well
- Swimmers are committed to the hard work and time that goes into preparing for competition
- Parents are committed to providing the necessary support required to have a swimmer at the 12 B level and ensure they are doing well