

VANCOUVER PACIFIC SWIM CLUB

**VANCOUVER PACIFIC SWIM CLUB
2023-24 REGISTRATION PACKAGE**

**ACHIEVING EXCELLENCE
THROUGH COMPETITIVE SWIMMING**

WELCOME LETTER FROM THE VPSC STAFF

Welcome to all Vancouver Pacific Swim Club members to the 2023-24 Swim Season!

We are very excited to start the new season and are very thankful to all our parents and swimmers for joining us this year. Thank you for your continued trust and support.

VPSC has been one of the top age-group swim programs in Vancouver, and in the province, since it was founded in 1992. VPSC has provided numerous swimmers the opportunity to achieve excellence at the local, Provincial, National, and International levels of competitive swimming. Our mission at VPSC is excellence through competitive swimming.

We are fortunate to work closely with our facilities, such as the UBC Aquatic Centre, the St. George's Senior School, and the Lord Byng Fitness Centre, to deliver our programming at the highest possible level. We are very fortunate to have partners that understand the importance of delivering high quality, competitive swimming opportunities to our members.

VPSC is fully committed to ensuring the health and safety of our swimmers and that each swimmer is maximizing their potential in the water and is given the opportunity to succeed as an athlete.

In preparation for the upcoming season, please read through this package carefully before completing the registration process.

We thank you for joining us this year. We are a stronger community because of your involvement, and we look forward to having a great 2023-24 season!

The VPSC Staff

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THE VPSC PROGRAM

Our program at the Vancouver Pacific Swim Club ensures the success of our swimmers by developing their swimming skills in the water, their athletic prowess out of the water and their support system to ensure long-term success.

Our coaching staff, led by the Head Coach , develops programming so that we can find the ideal pathway to success for each individual swimmer to ensure that they reach their potential. Our facilities, such as the recently built UBC Aquatic Centre, provides a high-performance environment that is unmatched anywhere else in the province.

To develop our swimmers in the water, our coaches have two main priorities. The first is teaching technique. Swimming is a technique-limited sport, meaning that the swimmer will only be able to swim as fast as their technique will allow. We teach our swimmers to swim with technique, reliably across progressively longer distances, as well as with speed so that they can apply their skills to their races.

Our second priority is to excel in competition. The development of our swimmers is focused not just on attaining skills in practice, but to apply those skills in races and achieve success at the highest possible level. For us, swimming fast is the fun part of the sport! We want our swimmers to enjoy the challenge of putting their skills to the test and racing as fast as they can because that is the best way for them to reach their true potential as swimmers.

To excel in the water, we believe that great athletes make great swimmers. Our program uses dryland training away from the pool deck, for all ages, to ensure that our swimmers have the flexibility, coordination and strength required to ensure they maximize their potential not just for the upcoming season, but to ensure long-term success as a swimmer.

To support our swimmers, we also provide an Integrated Support Team, or IST, approach to help our swimmers and their families to build important life skills. Our staff focuses on the development of proper nutrition and mental performance for our swimmers so that they can build reliable skills that will help our swimmers develop important life skills so that they will succeed in the sport and beyond.

At VPSC, our goal is to ensure that every swimmer in the program finds their own pathway to success and reaches their full potential in the water. We look forward to helping each of our swimmers reach their potential this year, and for the years to come with VPSC.

CLUB DEVELOPMENT PLAN

VPSC has a series of initiatives to help the club grow and develop. These initiatives are primarily targeted to promote and recruit new, young swimmers into the club, as well as ensure that the swimmers in the club are put in the best position to succeed along our developmental pathway. The following is a list of some of the programming that we hope to implement through the course of the year if protocols in place due to the pandemic permit us to do so.

REGISTRATION REFERRAL DISCOUNT

This year, VPSC is looking to build up our programming and get as many children into the water as we can. We will be providing an incentive to families that encourage NEW swimmers to come into the program. For any registered family that can bring a new swimmer into the club, they will receive a discount on their training fees:

If a family refers one new swimmer to register with the club, they will receive 50% off September Training Fees for the highest cost swimmer (if more than one in a family)

If a family refers two or more new swimmers to register with the club, they will receive 100% off September Training Fees for the highest cost swimmer (if more than one in a family)

COMPETITIVE/PRE-COMPETITIVE PROGRAMMING

To encourage more new members, the entry standards for our pre-competitive programming:

Bronze - Able to swim 25m of freestyle, 25m on their back, and are deep water safe.

Silver - Able to swim 2 x 25m of freestyle, backstroke, kick on their back and have learned to do dolphin and breaststroke kick.

Gold - Able to swim 50m of Freestyle, Backstroke, Kick on their front and Kick on their back. Must also be able to dive Headfirst into the water, as well as 25m of Breaststroke and Dolphin Kick.

OFFICIATING PATHWAY INCENTIVES

During the 2023-24 season, we have a full slate of hosted competitions throughout the year. We will continue to offer incentives to families to achieve higher and higher levels of officiating as the club needs to build their officiating base of parents. Details on our Officiating Pathway can be found on page 32. A summary is provided below

All families are expected to have a parent attend a minimum of one new officiating course, as well as attain an officiating level that is appropriate for the group that their swimmer is in. (See page 31)

If any member of the family becomes a certified Level 2 official during the year, they will receive a \$200 credit to their account. This requires finishing the Judge of Stroke/Inspection of Turn clinic and one other level 2 clinic, as well as volunteering as a Stroke & Turn judge for multiple meet sessions.

If any member of the family becomes a certified Level 3 official during the year, they will receive a \$400 credit to their account. This requires finishing additional officiating training courses and completing each of those positions at meets throughout the year.

If any member of the family becomes a certified Level 4 official during the year, they will receive a \$400 credit to their account. This requires finishing the referee officiating training course and being successfully assessed as a referee during the year.

HIGH PERFORMANCE ATHLETE SUBSIDY

Competing at the highest levels of competition nationally and internationally, while an impressive achievement and honour, can be very costly. To help support and retain VPSC athletes who achieve the highest levels of our sport, VPSC will provide financial assistance to the swimmers who meet the following criteria:

Level 1: Selection to the BC team for Canada Summer Games (in years where Canada Summer Games are not taking place, VPSC will use the previous games selection process to determine eligibility) – All Competition Fees, transportation and hotel costs are 100% subsidized.

Level 2: Selection to a Canadian National Junior Team (Junior Worlds, Junior Pan Pacs) – All Competition Fees, transportation and hotel costs are 100% subsidized, and 50% of monthly training fees are subsidized.

Level 3: Selection to a Canadian National Senior Team (Olympics, World Championships, Pan Pacs, Commonwealth Games, Pan Ams) – All Competition Fees, transportation and hotel costs are 100% subsidized, and 100% of monthly training fees are subsidized.

To be eligible for the subsidy, a swimmer must have been a member in good standing with VPSC prior to achieving their subsidy level and remain a member in good standing for the following season.

To maintain their current level of funding from year to year, a swimmer must either be re-selected to an equivalent team or improve in their selected event by 1.0%. For example, 1% of 1 minute is 0.6 seconds, 1% of 5 minutes is 3 seconds). In case of injury, VPSC will default to swimming Canada's injury card policy regarding continuation of the subsidy.

REGISTRATION INSTRUCTIONS

Registration for the 2023-24 season must be completed online and should take no more than 15 minutes. Please note that to enhance efficiency and minimize administrative burden, VPSC operates using credit card (no AMEX) for account payments for each swimmer and does **NOT ACCEPT ANY OTHER FORM OF PAYMENT**.

To complete your registration, you must:

Confirm your acceptance of the Media Consent Form
Confirm your acceptance of the VPSC Parent/Guardian Commitment Agreement
Confirm your acceptance of the Parent and Swimmer Code of Conduct
Confirm your acceptance of the Acknowledgement & Acceptance of Risk
Confirm your acceptance of the VPSC Medical Liability Release
Pay \$250 for your Family Membership Fee.

**Links to all the forms mentioned above can be found on the last page of the registration package.*

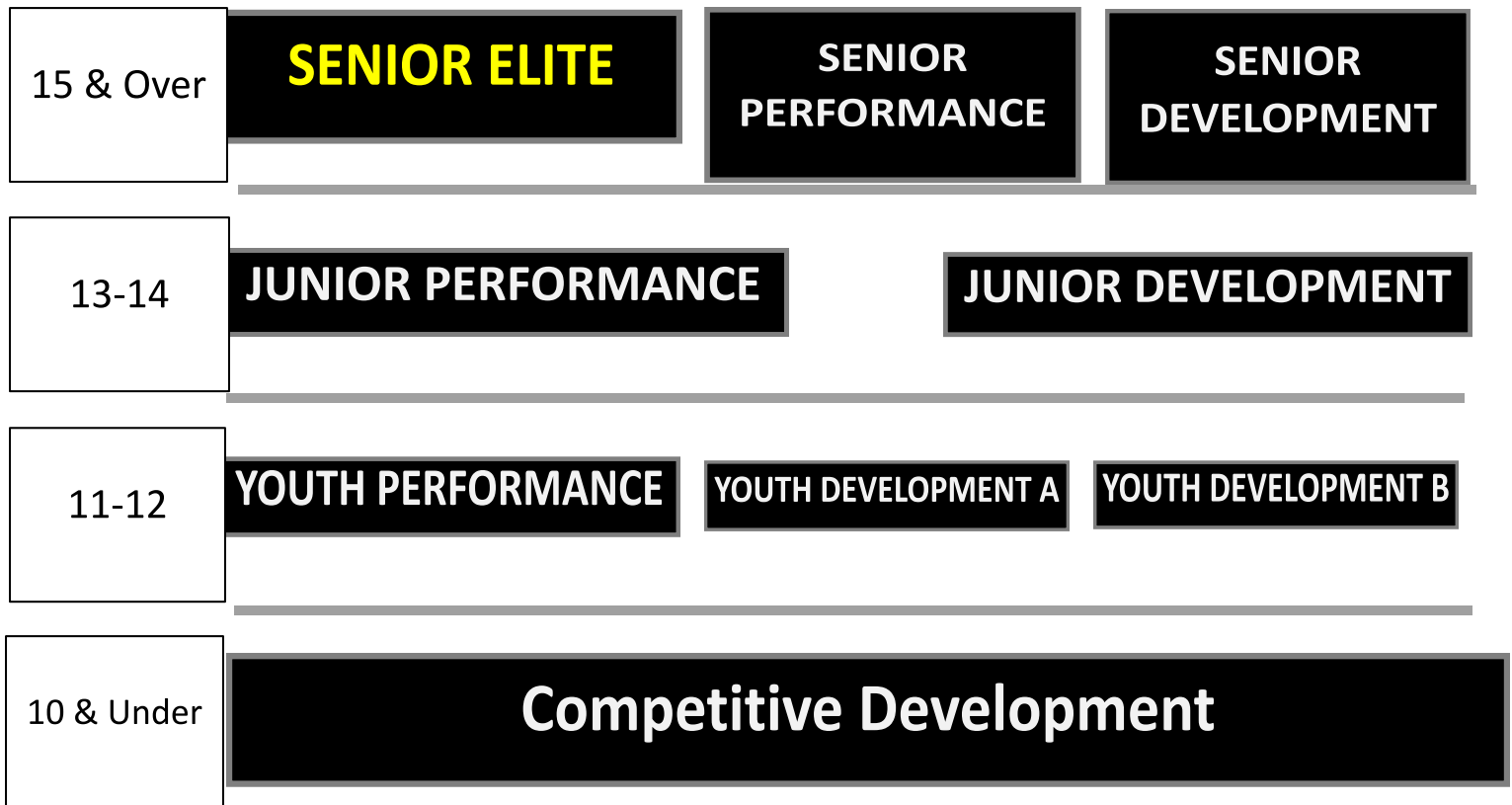
The Family Membership Fee includes a club issued T-Shirt, 2 VPSC Swim Caps and Club administrative costs. The Family Membership Fee is a non-refundable charge and will be charged immediately upon registration.

Each family is required to earn the number of Volunteer Points listed for their group. Further details can be found on page 28 on how each family can earn their Volunteer Points through the course of the season.

Training Fees	To be paid for every month of training
Family Membership Charge	\$250, non-refundable upon registration.
Volunteer Points	The number of Volunteer Points that each family is required to earn through the course of the season.
Swim BC/SNC Registration	Cost by age. 8 & Under: \$103.50, 9-10: \$123.50, 11-14: \$165.50, 15 & Over: \$207.50

Welcome to VPSC!!!

COMPETITIVE PROGRAM STRUCTURE



This structure represents the *ideal* formation of each of our **competitive** swim groups. As our club and athletes continue to grow and develop, there may be modifications to the group structure to ensure the continued long-term development of all our swimmers.

Under our new Group structure for the **COMPETITIVE** program, we have 2 primary criteria for group placement: Age and Performance.

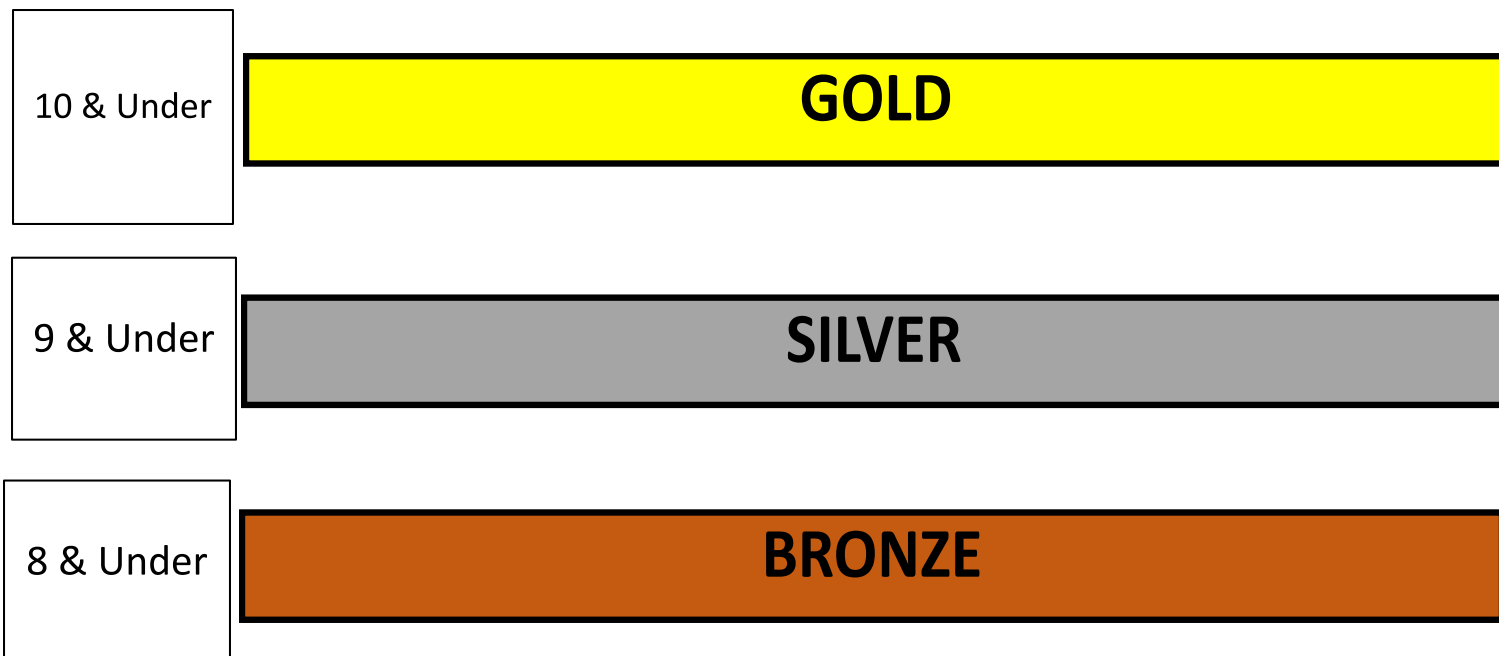
To best approach the Provincial program laid out by Swim BC, the ages for our groups are based on the age of the swimmers on **March 1st, 2024**. Group placements are based on this competition age, as well as coaches discretion in terms of what is best for the athlete and group. This ensures that the coaches of each group can develop appropriate programming and ensure each swimmer can attend meets and compete with other swimmers in their peer group.

The Youth Performance, Junior Performance and Senior Performance groups are expected to compete at the Swim BC Provincial Level.

The Comp Dev, Youth Development A, Youth Development B, Junior Development and Senior Development groups are expected to compete at the Lower Mainland Region, and Divisional Championship meet level.

Swimmers in the Senior Elite group will be selected into the group based on their performance AND commitment level. Swimmers are expected to compete at the Western Canadian Open and maintain a 90% attendance record. Swimmers younger than 15 years of age MAY be selected into the group at the coaching staff's discretion, provided they have already met the performance and commitment standards for the group.

PRE-COMPETITIVE PROGRAM STRUCTURE



This structure represents the *ideal* formation of each of our pre-competitive swim groups. As the club and athletes continue to grow and develop, there may be modifications to the group structure to ensure the continued long-term development of all our swimmers.

Under our group structure for the pre-competitive program, our primary criteria for group placement will be based on the swimming skills that they have developed. The older the swimmer is, the more skills the swimmer is expected to have prior to entry into our program. These entry standards are as follows:

Bronze - Able to swim 25m (1 length) of freestyle, 25m on their back (kicking or swimming) and are deep water safe. Approximately Swim Kids Level 4

Silver - Able to swim 2 x 25m (2 x lengths) of freestyle, backstroke, kicking on their back and have learned to do dolphin kick and breaststroke (whip) kick. Approximately Swim Kids level 6

Gold - Able to swim 50m of Freestyle, Backstroke, Kick on their front and Kick on their back. Must also be able to dive headfirst dive into the water, as well as 25m of Breaststroke and Dolphin Kick. Approximately Swim Kids 8

To ensure congruence throughout our programming, the ages for our groups are based on the age of the swimmers on **March 1st, 2024**. Group placements are based on this competition age, as well as coaches discretion in terms of what is best for the athlete and group. This ensures that the coaches of each group can develop appropriate programming and allow for seamless transition from group to group as the swimmer develops their skills in the water.

Swimmers who excel at learning new swimming skills at their level may graduate to the next level during the year. Swimmers in the Gold group who swim faster than a 4:00 200 Individual Medley during the year may be invited to join the Competitive Development group to begin the pathway on the competitive side of the program.

NON-COMPETITIVE PROGRAM STRUCTURE

14&O

SENIOR MASTERS

11-13

JUNIOR MASTERS

This structure represents the ideal formation of our non competitive program. This program is for swimmers interested in continuing to swim and train, but are either involved in multiple other activities or are generally more casually interested in the sport. This is a non-competitive program. However, swimmers can opt in to racing at our local hosted meets throughout the season.

To move into a competitive program, they will need to show commitment to their training schedule and meet competitive programming requirements for their age. Additional fees will be incurred to participate in Swim BC sanctioned competitions.

Under our group structure for the non-competitive program, our primary criteria for group placement will be based on the swimming skills from previous programs or assessments completed by VPSC coaching staff. These entry standards are as follows:

Senior Masters - 14&Over, previously registered in VPSC, or equivalent to a legal 200 FR, 100 BK, 100 Breaststroke, and 25 Fly. (Red Cross 10 minimum)

Junior Masters - 11-13, previously registered in VPSC or equivalent to a legal 100 FR, 100 BK, and 50 Breaststroke. (Red Cross 10 minimum)

To ensure congruence throughout our programming, the ages for our groups are based on the age of the swimmers on **March 1st, 2024**. Group placements are based on this age, as well as coaches discretion in terms of what is best for the swimmer and group. This ensures that the coaches of each group can develop appropriate programming and allow for seamless transition from Junior to Senior as the swimmer develops their skills in the water and ages up.

SENIOR ELITE

Group Description: This group is considered the pinnacle of the club. Swimmers in this group will train towards National level competitions, including Westerns, Canadian Junior Champs and Trials meets. Swimmers must maintain a 90% attendance, attend all meets and show the behavioral skills to ensure the group's long-term success to remain in the group.

Target Age: 15 and over as of March 1, 2024

Pre-Requisites: Western Canadian Open Qualifying Times across multiple events, 90% attendance.

Selection into this group is at the discretion of the Head Coach.

Primary Competitions: Swim BC and Swimming Canada hosted events.

Required Equipment: Goggles, Water Bottle, Band, Pull Buoy, ARENA Powerfin Pro Fins, ARENA Elite Finger Paddles (15 Year Olds & Younger), Strokemaker Paddles (16 Year Olds & Older), Finis Snorkel, Tempo Trainer Pro, Hockey Puck, Mesh Equipment Bag, VPSC Training Suit, VPSC T-Shirt, VPSC cap.

Schedule: Subject to change, dryland for ALL Seniors on Monday and dryland for Senior Elite on Friday is 60 mins and included in the schedule below. 15 minutes of activation on deck before practice is also included in the schedule below.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		5:45-7:00 Saints		5:45-7:00 Saints		7:15-9:30 Saints	
PM	4:00-7:00 UBC	4:45-7:00 UBC		4:45-7:00 UBC	4:00-7:00 UBC	2:00-4:15 UBC	

Cost for Group:

Monthly Training Fee*	\$480
Family Membership Charge**	\$250
Volunteer Points Fee***	\$1000
Swim BC/Swimming Canada Registration	\$207.50

*For the 2023/24 season, training fees will be charged monthly. 30 days of notice via email to your coach is required if you withdraw before the end of the season.

**There is only one Family Membership Charge per family.

*** One charge per family at the beginning of the season based on the highest-level family member.

SENIOR PERFORMANCE

Group Description: This group is meant to align with the senior-aged competitions hosted by Swim BC. Swimmers in this group will be on a path towards high performance at the Provincial Championship meet. Swimmers may continue their progress towards qualifying for national-level competitions such as Western Canadian Open and Canadian Junior Championships.

Target Age: 15 and over as of March 1, 2024

Pre-Requisites: Swim BC Divisional standards across multiple events. Must show commitment towards continual improvement and show behaviours that will ensure the success of all swimmers in the group.

Selection into this group is at the discretion of the Senior Performance Coach, in consultation with the Head Coach. The coaching staff reserve the right to accept swimmers that meet some, but not all, requirements for the group.

Primary Competitions: Qualifying and excelling at Swim BC hosted competitions.

Required Equipment: Goggles, Water Bottle, Band, Pull Buoy, ARENA Powerfin Pro Fins, ARENA Elite Finger Paddles (15 Year Olds & Younger), Strokemaker Paddles (16 Year Olds & Older), Finis Snorkel, Tempo Trainer Pro, Hockey Puck, Mesh Equipment Bag, VPSC Training Suit, VPSC T-Shirt, VPSC cap.

Schedule: Subject to change, Dryland for ALL Seniors on Monday, Dryland for Senior Performance on Wednesday is 60 mins and included, All practices include 15 mins of activation prior to in-water training.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		5:45-7:00 Saints				7:15-9:30 Saints	
PM	4:00-7:00 UBC	4:45-7:00 UBC	4:00-7:00 UBC	4:45-7:00 UBC		2:00-4:15 UBC	

Cost for Group:

Monthly Training Fee*	\$455
Family Membership Charge**	\$250
Volunteer Points Fee***	\$1000
Swim BC/Swimming Canada Registration	\$207.50

*For the 2023/24 season, training fees will be charged monthly. 30 days of notice via email to your coach is required if you withdraw before the end of the season.

**There is only one Family Membership Charge per family.

*** One charge per family at the beginning of the season based on the highest-level family member.

SENIOR DEVELOPMENT

Group Description: Swimmers in this group will be exposed to a multi-faceted training plan that will help them develop as overall athletes within their development as a swimmer. Swimmers in this group will be on a path towards performing at the LMR Championship-level.

Target Age: 15 and over as of March 1, 2024

Pre-Requisites for Returning VPSC Swimmers: Qualify for Lower Mainland Region (LMR) competitions and show commitment towards continual improvement.

Pre-Requisites for New Swimmer Joining VPSC: Must be able to meet the LMR Championship meet standard, fully participate in the group's meet, and practice schedule and show commitment to continual improvement.

Primary Competitions: LMR Championships and/or equivalent local competitions.

Required Equipment: Goggles, Water Bottle, Band, Pull Buoy, ARENA Powerfin Pro Fins, ARENA Elite Finger Paddles (15 Year Olds & Younger), Strokemaker Paddles (16 Year Olds & Older), Finis Snorkel, Hockey Puck, Mesh Equipment Bag, VPSC Training Suit, VPSC T-Shirt, VPSC cap.

Schedule: Subject to change, Dryland for ALL Seniors on Monday, Dryland for Senior Development on Wednesday is 60 mins and included. All practices include 15 mins of activation prior to in-water training.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM	4:00-7:00 UBC	4:45-7:00 UBC	4:00-7:00 UBC	4:45-7:00 UBC		2:00-4:15 UBC	

Cost for Group:

Monthly Training Fee*	\$405
Family Membership Charge**	\$250
Volunteer Points Fee***	\$1000
Swim BC/Swimming Canada Registration	\$207.50

*For the 2023/24 season, training fees will be charged monthly. 30 days of notice via email to your coach is required if you withdraw before the end of the season.

**There is only one Family Membership Charge per family.

*** One charge per family at the beginning of the season based on the highest-level family member.

SENIOR MASTERS

Group Description: Swimmers in this program are interested in continuing to swim and train, but are either involved in multiple other activities or are generally more casually interested in the sport.

Target Age: 14 and over as of March 1, 2024

Pre-Requisites for New Swimmer Joining VPSC: previously registered in VPSC, or equivalent to a legal 200 FR, 100 BK, 100 Breaststroke, and 25 Fly. (Red Cross 10 minimum)

Required Equipment: Goggles, Water Bottle, Pull Buoy, Fins, Kickboard Mesh Equipment Bag, VPSC Training Suit, VPSC T-Shirt, VPSC cap.

Schedule: Subject to change. All practices have 15 mins of activation included.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							10:45-12:00 UBC
PM				6:15-8:00 UBC	4:45-6:30 Saints		

Cost for Group:

Monthly Training Fee*	\$200
Family Membership Charge**	\$250
Volunteer Points Fee***	\$400
Swim BC/Swimming Canada Registration	\$207.50

*For the 2023/24 season, training fees will be charged monthly. 30 days of notice via email to your coach is required if you withdraw before the end of the season.

**There is only one Family Membership Charge per family.

*** One charge per family at the beginning of the season based on the highest-level family member.

JUNIOR PERFORMANCE

Group Description: This group is meant to align with the 13-14 year old age category for competitions hosted by Swim BC. Swimmers in this group are on a path towards high performance at the provincial and national level as they progress through the program. The expectation for swimmers in this group is to excel at the provincial level and ensure long-term success in the sport.

Target Age: 13-14 as of March 1, 2024

Pre-Requisites: Swim BC Divisional standards across multiple events. Must show commitment towards continual improvement and show behaviours that will ensure the success of all swimmers in the group.

Selection into this group is at the discretion of the Junior Performance Coach, in consultation with the Head Coach. The coaching staff reserves the right to accept swimmers that meet some, but not all, requirements for the group.

Primary Competitions: Qualifying and excelling at Swim BC hosted competitions, as well as working towards Western and Canadian Junior Championships time standards.

Required Equipment: Goggles, Water Bottle, Band, Pull Buoy, Kickboard, ARENA Powerfin Pro Fins, ARENA Elite Finger Paddles, Finis Snorkel, Hockey Puck, Mesh Equipment Bag, VPSC Training Suit, VPSC T-Shirt, VPSC cap.

Schedule: Subject to change. Dryland for Junior Performance on Wednesday/Saturday for 30 mins is included. All practices include 15 mins of activation prior to in-water training.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM				5:45-7:00 Saints		9:45-12:15 UBC	
PM	6:45-8:30 Saints	6:45-8:30 Saints	4:45-7:00 UBC	4:30-6:30 UBC	4:45-7:00 UBC		

Cost for Group:

Monthly Training Fee*	\$385
Family Membership Charge**	\$250
Volunteer Points Fee***	\$800
Swim BC/Swimming Canada Registration	\$165.50

*For the 2023/24 season, training fees will be charged monthly. 30 days of notice via email to your coach is required if you withdraw before the end of the season.

**There is only one Family Membership Charge per family.

*** One charge per family at the beginning of the season based on the highest-level family member.

JUNIOR DEVELOPMENT

Group Description: Swimmers in this group will be exposed to a multi-faceted training plan aimed at helping them develop as overall athletes parallel to their development as a swimmer. Swimmers in this group are on a path towards top performances at the LMR Championship-level and qualifying for Swim BC Provincial-level competitions across multiple events.

Target Age: 13-14 as of March 1, 2024

Pre-Requisites for Returning VPSC Swimmers: Exceeding LMR Qualification standards across multiple events.

Pre-Requisites for New Swimmer Joining VPSC: Must be able to meet the LMR Championship meet standard, fully participate in the group's meet schedule, and show commitment to continual improvement.

Primary Competitions: LMR Championships and/or equivalent local competitions.

Required Equipment: Goggles, Water Bottle, Band, Pull Buoy, Kickboard, ARENA Powerfin Pro Fins, ARENA Elite Finger Paddles, Finis Snorkel, Hockey Puck, Mesh Equipment Bag, VPSC Training Suit, VPSC T-Shirt, VPSC cap.

Schedule:

Subject to change. Dryland for Junior Development on Thursday/Saturday for 30 mins is included. Add 15 minutes of activation on deck before practice for all Junior groups.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM						9:45-12:15 UBC	
PM	6:45-8:30 Saints	6:45-8:30 Saints		4:30-6:30 UBC	4:45-7:00 UBC		

Cost for Group:

Monthly Training Fee*	\$355
Family Membership Charge**	\$250
Volunteer Points Fee***	\$800
Swim BC/Swimming Canada Registration	\$165.50

*For the 2023/24 season, training fees will be charged monthly. 30 days of notice via email to your coach is required if you withdraw before the end of the season.

**There is only one Family Membership Charge per family.

*** One charge per family at the beginning of the season based on the highest-level family member.

JUNIOR MASTERS

Group Description: Swimmers in this program are interested in continuing to swim and train, but are either involved in multiple other activities or are generally more casually interested in the sport.

Target Age: 11-13 as of March 1, 2024

Pre-Requisites for New Swimmer Joining VPSC: previously registered in VPSC or equivalent to a legal 100 FR, 100 BK, and 50 Breaststroke. (Red Cross 10 minimum)

Required Equipment: Goggles, Water Bottle, Pull Buoy, Fins, Kickboard Mesh Equipment Bag, VPSC Training Suit, VPSC T-Shirt, VPSC cap.

Schedule: Subject to change. All practices include 15 mins of activation prior to in-water training.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM				6:15-8:00 UBC	4:45-6:30 Saints		11:45-1:00 UBC

Cost for Group:

Monthly Training Fee*	\$200
Family Membership Charge**	\$250
Volunteer Points Fee***	\$400
Swim BC/Swimming Canada Registration	\$165.50

*For the 2023/24 season, training fees will be charged monthly. 30 days of notice via email to your coach is required if you withdraw before the end of the season.

**There is only one Family Membership Charge per family.

*** One charge per family at the beginning of the season based on the highest-level family member.

YOUTH PERFORMANCE

Group Description: This group is meant to align with the 11-12 age group at competitions hosted by Swim BC. Swimmers in this group are on a path towards high performance at the provincial level as they progress through the program. The expectation for swimmers in this group is to excel at the provincial level and ensure long-term success in the sport.

Target Age: 11-12 as of March 1, 2024

Pre-Requisites: Swim BC Divisional standards across multiple events. Must show commitment towards continual improvement and show behaviours that will ensure the success of all swimmers in the group.

Selection into this group is at the discretion of the Youth Performance Coach, in consultation with the Head Coach. The coaching staff reserves the right to accept swimmers that meet some, but not all, requirements for the group.

Primary Competitions: Swim BC junior-aged competitions or equivalent local competitions.

Required Equipment: Goggles, Water Bottle, Band, Pull Buoy, Kickboard, ARENA Powerfin Pro Fins, ARENA Elite Finger Paddles, Finis Snorkel, Hockey Puck, Mesh Equipment Bag, VPSC Training Suit, VPSC T-Shirt, VPSC cap.

Schedule: Subject to change. Dryland for all Youth groups on Sundays 10:15 to 11:00am. All practices include 15 mins of activation prior to in-water training.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							10:15-1:00 UBC
PM		5:15-7:00 Saints	6:45-8:30 Saints	6:45-8:30 Saints		2:00-4:15 UBC	

Cost for Group:

Monthly Training Fee*	\$305
Family Membership Charge**	\$250
Volunteer Points Fee***	\$600
Swim BC/Swimming Canada Registration	\$165.50

*For the 2023/24 season, training fees will be charged monthly. 30 days of notice via email to your coach is required if you withdraw before the end of the season.

**There is only one Family Membership Charge per family.

*** One charge per family at the beginning of the season based on the highest-level family member.

YOUTH DEVELOPMENT A

Group Description: This group is meant to align with the 11-12 age group at competitions hosted by Swim BC. Swimmers in this group will begin their path towards qualifying for provincial level competitions as they develop as overall athletes in the water. The expectation for the swimmers in this group is to progress from the regional level into provincial level competitions.

Target Age: 11-12 as of March 1, 2024

Pre-Requisites: Exceeding LMR Qualification standards with the expectation of qualifying for Swim BC Divisional-level competitions across multiple events. Swimmers must be able to show a willingness to learn their swimming skills to ensure long-term development in the sport.

Primary Competitions: Swim BC junior-aged competitions or equivalent local competitions.

Required Equipment: Goggles, Water Bottle, Band, Pull Buoy, Kickboard, ARENA Powerfin Pro Fins, ARENA Elite Finger Paddles, Finis Snorkel, Hockey Puck, Mesh Equipment Bag, VPSC Training Suit, VPSC T-Shirt, VPSC cap.

Schedule: Subject to change. Dryland for all Youth groups on Sundays 10:15 to 11:00am. All practices include 15 mins of activation prior to in-water training.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							10:15-1:00 UBC
PM	5:45-7:00 Saints		5:45-7:00 Saints	6:45-8:30 Saints		2:00-4:15 UBC	

Cost for Group:

Monthly Training Fee*	\$280
Family Membership Charge**	\$250
Volunteer Points***	\$600
Swim BC/Swimming Canada Registration	\$165.50

*For the 2023/24 season, training fees will be charged monthly. 30 days of notice via email to your coach is required if you withdraw before the end of the season.

**There is only one Family Membership Charge per family.

*** One charge per family at the beginning of the season based on the highest-level family member.

YOUTH DEVELOPMENT B

Group Description: This group is meant to align with the 11-12 age group at competitions hosted by Swim BC. Swimmers in this group will begin their path towards qualifying for provincial level competitions as they develop as overall athletes in the water. The expectation for the swimmers in this group is to progress from the regional level into provincial level competitions.

Target Age: 11-12 as of March 1, 2024

Pre-Requisites: Exceeding LMR Qualification standards with the expectation of qualifying for Swim BC Divisional-level competitions across multiple events. Swimmers must be able to show a willingness to learn their swimming skills to ensure long-term development in the sport.

Primary Competitions: Swim BC junior-aged competitions or equivalent local competitions.

Required Equipment: Goggles, Water Bottle, Band, Pull Buoy, Kickboard, ARENA Powerfin Pro Fins, ARENA Elite Finger Paddles, Finis Snorkel, Hockey Puck, Mesh Equipment Bag, VPSC Training Suit, VPSC T-Shirt, VPSC cap.

Schedule: Subject to change. Dryland for all Youth groups on Sundays 10:15 to 11:00am. All practices include 15 mins of activation prior to in-water training.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							10:15-1:00 UBC
PM	5:45-7:00 Saints		6:45-8:30 Saints	5:15-7:00 Saints		9:15-11:00 Saints	

Cost for Group:

Monthly Training Fee*	\$280
Family Membership Charge**	\$250
Volunteer Points Fee***	\$600
Swim BC/Swimming Canada Registration	\$165.50

*For the 2023/24 season, training fees will be charged monthly. 30 days of notice via email to your coach is required if you withdraw before the end of the season.

**There is only one Family Membership Charge per family.

*** One charge per family at the beginning of the season based on the highest-level family member.

COMPETITIVE DEVELOPMENT

Group Description: Swimmers in this group will be starting their competitive swimming pathway. They will be exposed to a multi-faceted training plan aimed at helping them develop as overall athletes within their development as a swimmer. Swimmers in this group are on a path towards performing at the LMR Championship-level.

The number of different groups available for this level is dependent on the number of 10 & Under swimmers who have reached the LMR-qualifying standard: 4:00 for 200 IM.

Target Age: 10 and under as of March 1, 2024

Pre-Requisites: Qualify for Lower Mainland Region (LMR) championships and show commitment towards continual improvement. Selection into this group is at the discretion of the Competitive Development Coach, in consultation with the Head Coach.

Primary Competitions: LMR Championships and/or equivalent local competitions.

Required Equipment: Goggles, Water Bottle, Band, Pull Buoy, Kickboard, ARENA Powerfin Pro Fins, Finis Snorkel, Hockey Puck, Mesh Equipment Bag, VPSC Training Suit, VPSC T-Shirt, VPSC cap.

Schedule: Subject to change. Saturday Dryland on deck for 30 mins before practice is included. All other practices include 15 mins of activation prior to in-water training.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM		5:15-7:00 Saints	5:45-7:00 Saints	5:15-7:00 Saints		9:00-11:00 Saints	

Cost for Group:

Monthly Training Fee*	\$255
Family Membership Charge**	\$250
Volunteer Points Fee***	\$600
Swim BC/Swimming Canada Registration	\$123.50

*For the 2023/24 season, training fees will be charged monthly. 30 days of notice via email to your coach is required if you withdraw before the end of the season.

**There is only one Family Membership Charge per family.

*** One charge per family at the beginning of the season based on the highest-level family member.

GOLD

Group Description: This group will teach swimmers skills necessary for competitive swimming. This includes learning all four competitive strokes, as well as starts and turns for all events.

Swimmers that have achieved and exceeded those standards will be assessed for their skill level across all strokes prior to progressing towards the Competitive Development and Youth groups.

Target Age: 10 and under as of March 1, 2024

Pre-Requisites: Able to swim 50m of Freestyle, Backstroke, Kick on their front and Kick on their back. Must also be able to a Head first dive into the water, as well as 25m of Breaststroke and Dolphin Kick. Approximately Swim Kids 8. Selection into this group is at the discretion of the Mini Makos Lead Coach, in consultation with the Head Coach.

Primary Competitions: VPSC Hosted PASS Meets, PASS Meets hosted by other clubs and Swim BC sanctioned meets.

Required Equipment: Goggles, Water Bottle, VPSC Kickboard, Long Fins, Mesh Equipment Bag, VPSC Training Suit, VPSC T-Shirt, VPSC cap.

Schedule: Subject to change. All practices include 15 mins of activation prior to in-water training.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gold 1	AM						6:45-8:00 Byng	
	PM	4:45-6:00 Byng		4:45-6:00 Byng				
Gold 2	AM						6:45-8:00 Byng	
	PM	5:45-7:00 Byng		5:45-7:00 Byng				
Gold 3	AM						6:45-8:00 Byng	
	PM		5:45-7:00 Byng		5:45-7:00 Byng			

Cost for Group:

September Monthly Training Fee*	\$205
Family Membership Charge**	\$250
Volunteer Points Fee***	\$400
Swim BC/Swimming Canada Registration	\$103.50-123.50

*For the 2023/2024 season, training fees will be charged monthly. 30 days of notice via email to your coach is required if you withdraw before the end of the season.

**There is only one Family Membership Charge per family.

*** One charge per family at the beginning of the season based on the highest-level family member.

SILVER

Group Description: This group will teach swimmers skills necessary for competitive swimming. This includes learning all four competitive strokes, but particularly Freestyle, Backstroke and Breaststroke. Swimmers will also be taught starts and turns for all events.

Swimmers that have achieved and exceeded those standards will be assessed for their skill level across all strokes prior to progressing towards the Gold group.

Target Age: 9 and under as of March 1, 2024

Pre-Requisites: Able to swim 2 x 25m (2 x lengths) of freestyle, backstroke, kicking on their back and have learned to do dolphin kick and breaststroke (whip) kick. Approximately Swim Kids level 6. Selection into this group is at the discretion of the Mini Makos Lead Coach, in consultation with the Head Coach.

Primary Competitions: VPSC Hosted PASS Meets.

Required Equipment: Goggles, Water Bottle, VPSC Kickboard, Long Fins, Mesh Equipment Bag, VPSC Training Suit, VPSC T-Shirt, VPSC cap.

Schedule: Subject to change. All practices include 15 mins of activation prior to in water training.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Silver 1	AM						7:45-9:00 Byng	
	PM	4:45-6:00 Byng		4:45-6:00 Byng				
Silver 2	AM						7:45-9:00 Byng	
	PM		4:45-6:00 Byng		4:45-6:00 Byng			
Silver 3	AM						7:45-9:00 Byng	
	PM		5:45-7:00 Byng		5:45-7:00 Byng			

Cost for Group:

September Monthly Training Fee*	\$185
Family Membership Charge**	\$250
Volunteer Points Fee***	\$400
Swim BC/Swimming Canada Registration	\$103.50-123.50

*For the 2023/24 season, training fees will be charged monthly. 30 days of notice via email to your coach is required if you withdraw before the end of the season.

**There is only one Family Membership Charge per family.

*** One charge per family at the beginning of the season based on the highest-level family member.

BRONZE

Group Description: This is the entry-level group for the club, where swimmers learn fundamentals across all four strokes, but particularly freestyle and backstroke. The group provides a fun environment to learn the skills necessary for long-term success in swimming.

Target Age: 8 and under as of March 1, 2024

Pre-Requisites: Able to swim 25m (1 length) of freestyle, 25m on their back (kicking or swimming) and are deep water safe. Approximately Swim Kids Level 4. Selection into this group is at the discretion of the Mini Makos Lead Coach, in consultation with the Head Coach.

Primary Competitions: VPSC Hosted PASS Meets.

Required Equipment: Goggles, Water Bottle, VPSC Kickboard, Long Fins, Mesh Equipment Bag, VPSC Training Suit, VPSC T-Shirt, VPSC cap.

Schedule: Subject to change. All practices include 15 mins of activation prior to in water training.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bronze 1	AM							
	PM	3:45-4:30 Byng		3:45-4:30 Byng		4:15-5:15 Byng		
Bronze 2	AM							
	PM	4:15-5:00 Byng		4:15-5:00 Byng		5:00-6:00 Byng		

Cost for Group:

September Monthly Training Fee*	\$165
Family Membership Charge**	\$250
Volunteer Points Fee***	\$400
Swim BC/Swimming Canada Registration	\$103.50

*For the 2023/24 season, training fees will be charged monthly. 30 days of notice via email to your coach is required if you withdraw before the end of the season.

**There is only one Family Membership Charge per family.

*** One charge per family at the beginning of the season based on the highest-level family member.

EQUIPMENT REQUIREMENTS

All specific training equipment needs are listed in each group description through this registration package.

On top of these training requirements, it is expected that every swimmer also has:

VPSC T-Shirt – One will be provided upon registration at the beginning of the year.

VPSC Cap – Two will be provided upon registration at the beginning of the year.

VPSC Training Suit – All swimmers are required to purchase a VPSC Training Suit. Training suits for boys should be either a JAMMER or SPEEDO style suit. Girls should be wearing a one-piece suit. There will be information provided to families on when and how to place their training suit orders.

VPSC Backpack - All swimmers should have a backpack to safely store their clothes while on the pool deck during training and competitions. These can be ordered through the club and information will be provided when it is time to order.

VPSC Track Jacket – All swimmers that will be attending competitive meets (i.e., Senior Elite/Performance/Development, Junior Performance/Development, Youth Performance/Development A/B,, Competitive Development) should have Track Jackets to represent the club professionally. They are to be worn for travel meets as well as medal presentations. These can be ordered through the club and information will be provided when it is time to order.

Training equipment should be purchased through Team Aquatic Supplies. The list of required equipment is outlined in the group descriptions above. The Shark Club Card found below can be used to receive 15% off any TAS purchase.

Mesh Bag - All swimmers should have a Mesh Bag that will safely store their training equipment for swimming so that it can travel safely to and from home.

Racing Suit – For swimmers in Senior and Junior groups racing at the Provincial and National level, it is expected that each swimmer has their own racing suit. For all other swimmers, it is NOT recommended that they purchase a racing suit unless it is at the discretion of the Lead Coach for that group.



FUNDRAISING EXPECTATIONS

Fundraising is a key component to the financial health of our club and programs. We rely on fundraising initiatives to meet our club's expenses, focusing on minimizing training fee increases. VPSC, as a non-profit organization, relies on and encourages our members to participate in all fundraising campaigns to keep the total cost of all groups in the club at a reasonable level.

Pool costs and coaching represent over 85% of the total budget. The Fundraising Committee, under the direction of the Board of Directors, plans and implements fundraising projects such as the Swim-A-Thon event, swim meet sponsorship, swim meet hosting, special clinics, among others. Club Members are welcome to join the committee.

Swim-A-Thon

The yearly Swim-A-Thon is our largest fundraising event each year historically representing over 75% of our fundraising objectives. For the Swim-A-Thon, swimmers raise funds by obtaining sponsorship with the goal of raising the minimum amount suggested by the club. Goals for each swimmer are set in January and are scaled depending on the level or group the swimmer is in. Youth Development groups will have a lower goal than the Regional Groups, which have a lower goal than the Provincial and High-Performance groups. Bonus prizes are offered for swimmers who exceed the minimum suggested amount by a set percentage.

This year, the Swim-A-Thon is set for **Saturday, May 11th, 2024**. It is planned as a fun event for the swimmers and includes a group gathering after with all family members encouraged to attend.

Swim Meet Hosting

VPSC is involved in hosting all levels of swim meets throughout the swim season. Each swim meet is an opportunity for our club to raise money through registration and providing volunteers. Club members are encouraged to assist in the operation of the meets in various capacities with the financial goal being a profitable event.

VOLUNTEER POINTS PROGRAM

Throughout the course of the year, ALL VPSC families are expected to volunteer to ensure that the club is able to run high quality swim meets and events. The expectations for volunteering increase as your swimmer progresses through the club. **The club operates a points program that has members pay a volunteer deposit at the start of the season that is earned back by signing up for volunteer jobs at meets and events during the season.** The table below outlines the requirement by group. Only one volunteer deposit is required per family but is charged based on the family member who is at the highest level. **One member in every family of swimmer(s) participate in volunteering (in any capacity) in 1 session of 2 separate VPSC hosted meets.**

GROUPS	POINTS NEEDED PER YEAR	START OF YEAR DEPOSIT
Senior Groups	100 Points	\$ 1,000
Junior Groups	80 Points	\$ 800
Youth and Competitive Development groups	60 Points	\$ 600
Gold, Silver, Bronze	40 Points	\$ 400

Credits for the earned points will be processed in January and June, 2024. As families acquire volunteer points throughout the season these points are posted on their club account under Job Credits. It is the responsibility of each family to review their account on our website to see where they are with respect to earning back credits. If at any time you require assistance with this, please feel free to contact finance@vancouverpacificswimclub.com

There are many ways to earn volunteer points throughout the year. The tables that follow outline the roles and the volunteer points associated with each role.

Year Round Volunteer Roles

ROLE	POINTS EARNED
Board of Directors (President, VP, Treasurer, Secretary)	100 points per year
Board of Directors at Large	75 points per year
Equipment Coordinator	75 points per year
Fundraising & Sponsorship Coordinator	75 points per year
Club Officials Director (COD)	75 points per year
Volunteer Coordinator - 2 positions	75 points per year
Hospitality Coordinator	50 points per year
Parent Group Liaison	25 points per year

Officiating Roles at a Meet

ROLE	POINTS EARNED
Safety Marshal	2 points per session
Timekeeper	5 point per session
Stroke & Turn	8 points per session
Chief Timekeeper	10 points per session
Meet Manager	50 points per meet (multiple days required before, during and 1 after the meet)
Meet Manager/Office Assistant	10 points per session
Clerk of Course	15 points per session
Starter	15 points per session
Recorder/Scorer (Hytek)	15 points per session
Chief Judge Electronics (CJE)/Chief Finish Judge (CFJ)	15 points per session
Quantum Operator	15 points per session
Referee	15 points per session

Volunteer Roles at a Meet

ROLE	POINTS EARNED
Volunteer/Team Check-in	5 point per session
Checkpoint / Door Monitor	8 points per session
Runner	5 points per session
Awards Coordinator	25 points per meet (multiple days required before)
Awards Assistant	5 points per session
Meet Photographer (if allowed)	10 points per session
Event Set-up	10 points per meet
Event Tear Down	10 points per meet
Chaperone (Drop Off and Pick Up Pass Meets)	2 points per meet
Hospitality – Food Prep if required	5 points per session
Hospitality – Shopping before event	10 points per event
Hospitality – Drop off and pick up	5 points per session

We also have some other opportunities throughout the year for parents to earn additional points:

Other Volunteer Opportunities

ROLE	POINTS EARNED
Chaperone on Away Trips	15 points per day
Event Photographer	10 Points per event
Club Event Hospitality	10 points per event
Club Event Assistant - organization, set-up, clean-up	10 points per event
Translator	4 points per document
Attend Annual General Meeting	2 points

Throughout the course of the year, there may be volunteer opportunities that are not listed above. Points awarded for these additional duties will be given at the discretion of the Volunteer Coordinator and the Club Manager. In addition, up to 15% of the total volunteer points needed in the year can be earned by volunteering at non-VPSC meets that VPSC swimmers are attending.

HOSTED SWIM MEETS AND OFFICIATING REQUIREMENTS

Swim meets are a vital part of providing a great competitive swimming experience to our members. Hosting competitions allows for our swimmers to showcase their swimming skills in the water while also providing the club with an additional revenue source during the year.

To host a successful meet, the club requires dozens of volunteers in order to provide a high-quality competitive opportunity to our swimmers and our community. Swim meets are 2 to 4 days in duration with 2 to 3 sessions per day. A session is typically 3 to 4 hours in length. Below is a list of various volunteer officials that are needed to host a meet at our pools:

UBC Aquatic Centre - 10 Lane Pool

Official	Needed per session
Timer	12 - 32
Safety Marshall	4-6
Judge of Stroke/Inspector of Turns	14-24
Clerk of Course	2
Chief Timekeeper	1 – 2
Chief Judge Electronics	1
Recorder Scorer (Hytek)	1
Quantum Operator	2
Starter	2
Meet Manager	1
Referee	2

St. George's Pool - 6 Lane Pool

Official	Needed per session
Timer	16-18
Safety Marshall	2-4
Judge of Stroke/Inspector of Turns	10-12
Clerk of Course	1
Chief Timekeeper	1
Starter	1
Meet Manager	1
Referee	1

The club's goal is to ensure that every parent reaches a minimum standard of officiating education so that they can contribute to the club as effectively as possible. The following shows the officiating levels the club expects parents to achieve within each swimmer group. The expectation is that all new families have one parent become a Level 1 Certified Official by **December 31, 2023**, all returning families should be working on Level 2 or 3. The courses required to achieve this certification can be done online through the Swim BC RTR system. All information required to facilitate this is available on our website.

GROUPS	OFFICIATING COURSES COMPLETED
Senior Groups	Swimming 101 + Stroke & Turn + 2 of Clerk of Course, Chief Timer, Starter, Recorder/Scorer and Chief Judge of Electronics, Meet Manager
Junior Groups	Swimming 101 + Stroke & Turn + 1 of Clerk of Course, Chief Timer, Starter, Recorder/Scorer and Chief Judge of Electronics
Youth and Comp Dev groups	Swimming 101 + Stroke & Turn
Gold, Silver, Bronze	Swimming 101

Once you have your Level 1 Certification, the club would like to incentivize families to continually progress through the officiating pathway throughout the course of the year. To encourage this, we are offering the following incentives to accelerate the number of qualified officials within the club:

OFFICIATING LEVEL	CREDIT EARNED
Become a Level 2 Certified Official	\$200 credit to your account
Become a Level 3 Certified Official	\$400 credit to your account
Become a Level 4 Certified Official	\$400 credit to your account

For more information on what is currently available please visit our website under Member Info/Officials Training or contact our Officials Coordinator at officials@vancouverpacificswimclub.com.

CLUB PHILOSOPHY

At VPSC, our coaching staff is committed to ensuring that each swimmer in the club is not only meeting their goals in the upcoming season, but also achieving their potential over the course of several years with VPSC. Our coaching staff is committed to this by bolstering these 3 primary factors: Commitment, Competition and Long-Term Athlete Development.

Commitment: For each of our groups, swimmers are expected to be engaged with the coaches, the group, and the Club to realize their long-term development as a swimmer. Regardless of the group, the following are *some* of the expectations for the swimmers in all our groups:

- 1) Maintain 80% attendance and communicate with coaches about any long-term absences
- 2) Participate at swim meets regularly throughout the year
- 3) Showcase coachability and a willingness to learn to improve over the long-term.

Swimmers are strongly encouraged to participate in multiple sports, particularly at a younger age. At times, these activities may conflict with our practice schedule. We ask parents to ensure they are in communication with the coaches to ensure that every swimmer is committed to becoming the best athlete they can be, in and out of the water.

Coaches will communicate with parents if a swimmer is not meeting the expectations of the group and to outline what is expected of the swimmers within their group. If a swimmer is still unable to meet the commitment standards of the group, they may be asked to swim in a group that has a lower amount of training time. This will allow the swimmer to continue to train based on their commitment level, while also ensuring that the training plans for each group are directed to the swimmers that they are intended for.

Competition: What differentiates joining a swim club, like VPSC, and continuing to swim in other forms (such as lessons and lifeguarding) is that our training is geared towards every swimmer excelling in *competition!* Much like joining other sports teams, being a part of a swim club involves participating in multiple competitions throughout the year, frequently traveling to new places to race against other swimmers their age.

In addition, while swimming is generally thought of as an 'individual' sport, being a part of a swim club means competing with, and for, your teammates. At VPSC, we have the following expectations with regards to competing throughout the year:

- 1) Participate at swim meets regularly throughout the year
- 2) Attend the primary meet for the group (i.e., Provincial, Divisional, Regional Championships)
- 3) Participate in all relays when asked
- 4) Attend meets wearing VPSC attire, including shirt, cap, and suit.

Parents are asked to give coaches ample advanced notice to coaches if a swimmer is unable to attend an upcoming meet. However, if a swimmer is missing multiple competitions due to other conflicts, they may be asked to swim in a group that has a lower number of competitions. This will allow the swimmer to continue to train based on their commitment level, while also ensuring that the training plans for each group are directed to the swimmers that they are intended for.

Long-Term Athlete Development: To ensure that our swimmers are being taught the appropriate skills at the right stage of physical development, we structure our groups primarily by the swimmer's age. In doing so, we can structure our training schedules and our overall programming based on the developmental needs of each swimmer not just for the upcoming season, but for their entire journey as part of VPSC. For some swimmers, this may be over 10 years!

Our goal as coaches is to ensure that every swimmer leaves this program with the skill set required to succeed both in and out of the water. Our coach staff does this in the following ways:

- 1) Providing an appropriate number of hours in the water to ensure each swimmer continues to improve without risking injury or burnout.
- 2) Developing dryland and extracurricular programming to help supplement their in-water training to ensure swimmers can participate for longer in the water while staying healthy.
- 3) Developing a competition plan that allows our swimmers to race frequently while having enough time in practice to continue their skill development.
- 4) Provide information and education to parents to help them support their swimmer (i.e., nutrition) and the club (i.e., volunteering).

Swimmers are encouraged to participate in multiple sports, especially at younger ages. Over time, as a swimmer grows with the program and their performances increase, the commitment required for continued improvement in the water increases, especially once they are 15 and older. Effectively communicating with the coach becomes a vital part of the developmental process for the coach to help support the swimmer in achieving their goals in and out of the water.

Oftentimes, parents feel the need to seek additional swim training for their children during the year. It is *strongly recommended* that parents do not do this without consulting their coach. Adding additional training sessions can result in the swimmer being confused because of having multiple coaches, overtrained because of doing too much training at their stage of development, and burned out from the sport because the swimmer is never given time to recover from swimming and enjoy other activities.

Our coaching staff is always looking out for what is best for every athlete not just for today, but over the long-term. Effective communication between the coaching staff and the parents is vital to ensure that the swimmer is not just improving continuously but is enjoying the process of becoming the best swimmer that they can be.

SWIMMER/COACH RELATIONSHIP AND COMMUNICATION

At VPSC, we believe that effective communication is vital for the success of the swimmers and coaches in our program. At younger ages, the coaches will be communicating directly with parents AND swimmers about upcoming training schedules, meet schedules and club events. Likewise, it is expected that parents and swimmers communicate directly with the coach about upcoming conflicts a swimmer may have that may require them to miss a practice or an upcoming club event.

As swimmers grow in the club and advance to the Senior aged groups, swimmers, much like at school, are expected to have increasing ownership of their own swimming and communication with their coaches. This would include communicating directly with the Coach about upcoming school schedules, extracurricular activities and other events that may result in absence from club activities. Regardless of the age of the swimmer, Coaches will always be available for direct communication with the parents.

In communicating with Coaches, it is important to ensure that the communication is done in a respectful and professional manner. While Coaches are on-deck, they are expected to be focused on running a safe and effective practice and will not be available to meet with parents during practice time. Coaches are available to meet up to 15 minutes after every practice, as well as through email. Many of our coaches are part-time and balance their time coaching along with other school and work schedules, so patience is appreciated if communication is done through email.

If a parent has a question about the upcoming schedule, entries into an upcoming meet or anything else pertaining to the training program, parents are asked to direct these questions to their children's coach **FIRST**. In most cases, this will be the best and quickest way to have questions answered and will help ensure that the coach and the parents in the group are communicating effectively. If necessary, a Parent Liaison may be available to assist in communicating directly with the coach.

Throughout the year, the coaches will periodically engage in goal setting and evaluations for all our swimmers. Feedback will be conducted and/or distributed as appropriate, relative to the swimmer's performance and commitment level. Depending on the level of the swimmer, this may include group or individual meetings, parental education, and assessment reports.

Finally, we pride ourselves in hiring and developing Coaches who not only create a positive environment in which our athletes can grow and improve but provide an environment that is safe, respectful, and inclusive. As per Swim BC guidelines, all our coaches have successfully completed Criminal Records Checks (CRC). As well, all coaches and volunteers are required to have completed training through the National Coaches Certification Program (NCCP) and have either completed their Community Coach course, their Swimming 101 course, or an equivalent course completed outside of Canada. In addition to this, VPSC Coaches participate in numerous Professional Development opportunities for the purpose of providing the knowledge and skills to bring out the best in VPSC swimmers.

For any general questions and inquiries about the club, your account, or upcoming events, please email info@vancouverpacificswimclub.com.

DISPUTE RESOLUTION POLICY

If parents have questions related to swimming and training, such as practices, meets, schedules and equipment, it is important to talk with your swimmer's coach **FIRST**. The best way to communicate with your child's coach is to meet them after practice, when they will have more time to answer questions and provide information. Communicating through email directly with the coach is also a good way to ask for, and receive, information from the coach.

Through the season, we will have a Parent Liaison(s) assigned to act as a point of contact if you have questions about the club, not related to swimming. They will answer your question or direct you to the best person.

MANAGING CONFLICTS

Communication is the best way to reduce conflicts within the club. For the most part, swimmers, coaches, and parents can resolve disputes successfully between themselves. When issues arise, please increase communication between the affected parties.

Try to keep foremost in your mind that you and the coach have the best interests of your child at heart. If you trust that the coach's goals match yours – even though their approach may be different – you are more likely to enjoy a positive rapport and constructive dialogue. Also remember that the coach must balance your perspective of what is best for your child with the needs of the team or group.

Parents are strongly encouraged to communicate directly with their swimmer's coach. For most issues, this will be the best and most effective way to get information or resolve an issue. If a parent is not comfortable doing so, VPSC has assigned Parent Liaisons to each group. The Parent Liaison is available for all families who wish to communicate information and/or issues they feel more comfortable sharing via this route. The Parent Liaison will then raise the issue directly to the Coach first, and to the Director of Swimming and/or the Parent Representative on the board *only* if the issue remains unresolved. All parents are encouraged to know who their Group's Parent Liaison and to understand their role in assisting with effective communication with the Coach and other Club members.

VPSC will not disclose any information about a complaint except as necessary to investigate the complaint or to take disciplinary action, or as required by law. Matters pertaining to a swimmer/family are managed confidentially within VPSC with the expectation that all VPSC members will respect each other's privacy and confidentiality in a similar manner.

Our goal is to teach swimmers to resolve conflicts in a positive way, with coaches and parents being role models of this behaviour to the swimmers. Aggressive behaviour should always be avoided with parties treating each other in a respectful manner. Please review the VPSC Codes of Conduct for swimmers, parents, and coaches.

BOARD REVIEWS

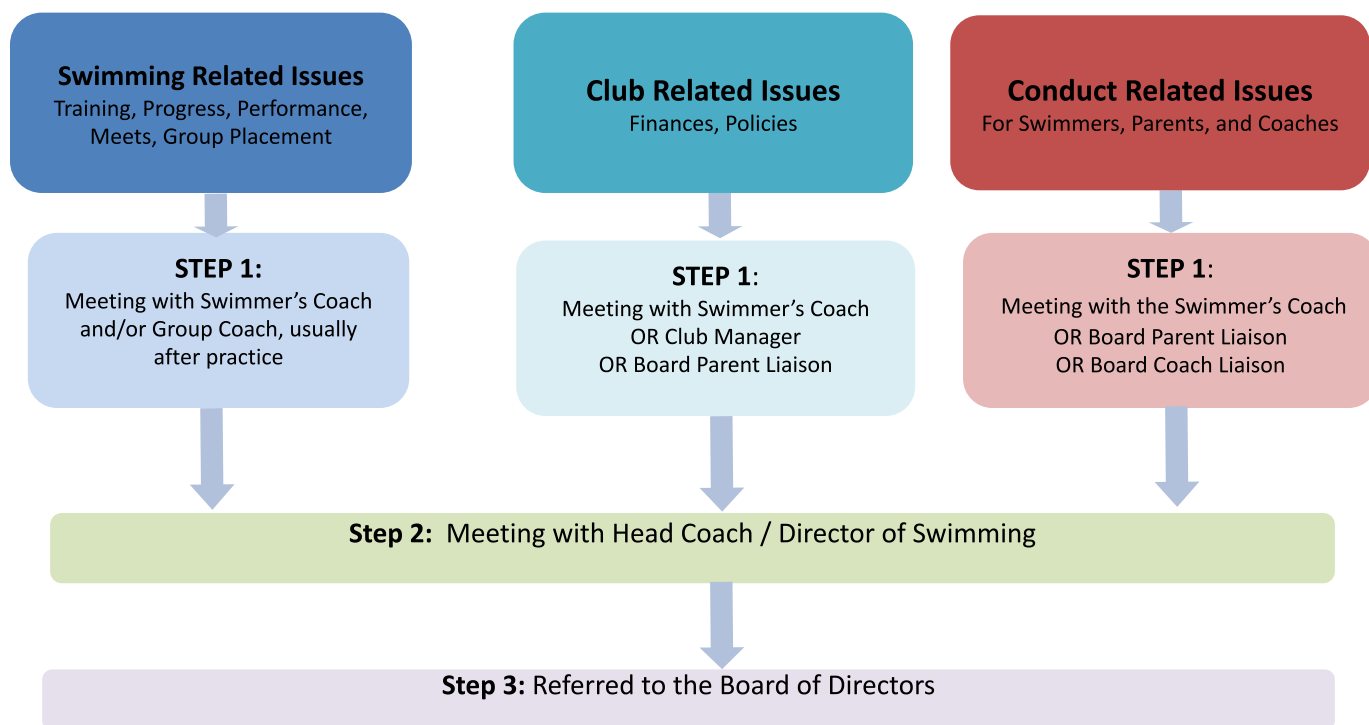
It is important to keep the lines of communication open. Anytime you have a question, suggestion, or concern, please contact the appropriate coach, Group Parent Liaison, Head Coach, or a Board Member depending on the nature of the issue.

Most matters relating to activities at the pool, at a meet, during training sessions or related to the swimming program are initially referred to the Head Coach/Director of Swimming.

If the issue remains unresolved following Step 2 and is a matter which is more appropriate for the Board of Directors to intervene, then a formal meeting will be set with the swimmer and/or parent, the Head Coach, and a Board Member(s). The Board Member(s) will then present a summary of the issue at the next Board meeting, which is held monthly. The Board will discuss the issue and consider its continued role in the issue and, if appropriate, propose solutions and vote on the outcome. A quorum of Board Members must be present to have a binding decision on the outcome. A vote may be delayed if further information is needed or there is not a quorum.

APPEALS

If a member is dissatisfied with the Board's decision, then VPSC will consent to participate in the Swim BC's Member Dispute Resolution Process, including its binding arbitration process.



FORMS AND CLUB POLICIES

Below are the list of forms and club policies all VPSC members have given consent for:

Mandatory Forms/Policies:

[VPSC PARENT/GUARDIAN COMMITMENT FORM](#)

[VPSC SWIMMER CODE OF CONDUCT](#)

[VPSC MEDICAL LIABILITY RELEASE](#)

Provincial Sport Organization Forms:

[SWIM BC REGISTRATION CONSENT FORM](#)

[ACKNOWLEDGEMENT AND ASSUMPTION OF RISK FORM](#)

**a link will be sent to your email once registered with SwimBC*

Can be Opted-Out:

[PARENT COMMUNICATION CONSENT FORM](#)

[ATHLETE PROTECTION MEDIA CONSENT FORM](#)

Thank you for being a part of the Vancouver Pacific Swim Club for the 2023-24 season.

See you at the pool!!!