

The Rosetown Royals Speed Swimming Team

General Policy

The goal of the Rosetown Royals Speed Swim Team is to introduce swimmers to competitive swimming, improving swimming skills and enhancing their physical well being. Participants will be taught to do their best, while maintaining good sportsmanship.

While this is an introduction into competitive swimming for some, it is the advancement of those competitive skills for others. It is not a substitute for swimming lessons. Swimming lessons are encouraged for all participants as they teach valuable tools to keep the swimmer safe in the water.

As such, we require all swimmers to meet a minimum standard to be apart of the Rosetown Royals Speed Swim Team. These standards are for the safety and security of all participants. This also allows all participants to benefit from the teaching of the on deck coaches.

Swimmer Standards

Minimum standards are as follows:

- Completed Red Cross Swim Kids level 4 or equivalent.
- Or the participant can be considered if they can complete the following:
 - A 25 meter length of front crawl and a 25 meter length of back crawl continuously, without stopping and unassisted, without the aid of any floatation device, wall or lane markers.

Pre-Competitive Swimmer

- Fee of \$200
- Minimum age of 6 years old as of April 30 of the current year.
- Swim every Monday / Wednesday
- If a beginner, practice time will one hour per session.
- If advanced, practice time will be an hour and a half per session.

Competitive Swimmer

- Fee of \$300 (includes payment for two regular season meets)
- Minimum age of 7 years old as of April 30 of the current year.
- Coaching staff to approve swimmer
- Will attend a minimum of two swim meets for the season
- Will swim every Monday / Wednesday for May & every Monday, Tuesday, Wednesday Thursday in June & July with the option of morning swims on Tuesday & Thursday (if available).
- If a beginner, practice time will one hour per session.
- If advanced, practice time will be an hour and a half per session.

Equipment

Swimmers will attend practices and swim meets with an appropriate swim suit, goggles, towel, water bottle, sweatpants or shorts and running shoes. A swim cap is beneficial for the swimmer but not required. Nose plugs may also assist some swimmers. Training aids will be supplied and administered by the coaching staff.

Swimming Sessions

Pre-competitive and Competitive swimmers will attend each week of the summer swimming season. Exceptions include when the July 1 holiday falls on a practice date as well as the week prior to Provincials. Only competitive swimmers attending Provincials will attend the last week of the swim season.

Each practice session will include a combination of dry land activities as well as in pool workouts. Swimmers should come prepared to complete dry land activities in addition too in water activities.

Dry Land Activities

Will include the following:

- Skipping: a skipping rope is supplied but if the swimmer finds it difficult to skip with a rope, then the swimmer will be able to simulate the action of skipping.
- Medicine ball: different activities will be complete by the swimmer using a medicine ball. Some activities are completed solo, while others are with a partner.
- Planks: various types of planks will be held for up to 60 seconds at a time.
- Flutter kicks: while the swimmer is laying on their back, legs will be raised to flutter kick with straight legs. This till be done for up to 60 seconds a time.
- Exercise bands: swimmers will use resistant bands to complete various exercises.
- Run / Jog: there will be times when swimmers will be taken on a run / jog. During this activity swimmers will also complete sprints.

Water Activities

Will include the following:

- Teaching the mechanics of the freestyle, backstroke, breaststroke and butterfly swims.
- Using equipment to aid in the swimmers development. Equipment may include flippers, snorkels, paddles, pull buoys as well as other equipment as deemed necessary.

Swimmer Conduct

Each swimmer will adhere to the following:

- Listen to the coaches instructions.
- Respect the coaches as well as the other swimmers.
- Good sportsmanship is required at all times.
- Horseplay, pranks or mischievous antics will not be tolerated before, during or after a practice or swim meet.

Should a swimmer misbehave or conduct themselves inappropriately, the following courses of action will be taken:

- **First event:** The swimmer will be talked to about the occurrence and will sit on the pool deck for 10 minutes. The parent/guardian will be made aware.
- **Second event:** The swimmer will be talked to about the occurrence and will be asked to sit on the pool deck for a time determined by the coach. The parent/guardian will be made aware and the Club Executive will be informed.
- **Third event:** The swimmer will be talked to about the occurrence and will be asked to sit on the pool deck for a time determined by the coach or will be asked to remove themselves from practice / event. The swimmer will not be allowed at practices unless the parent/guardian is in attendance. The swimmers membership with the club will be reviewed at the end of the week with a decision from the Executive committee being relayed to the parent/guardian.
- If the swimmer is allowed to continue membership and a fourth event occurs, the swimmer will be dismissed from the Rosetown Royals Speed Swimming Team. There will be no refund of fees when the swimmer is dismissed from the program.

Parent Standards

Parents or guardians are asked to have the swimmer at the pool at least 15 minutes prior to practice with all equipment needed. Assisting with the set up and take down of the equipment gets the swimmers started in their practice quicker. If you are not sure how to help, please ask a coach. We start set up promptly at 5:30 and must be off deck by 7pm.

No parents / siblings on deck or talking to coaches during the practice. Only registered swimmers and coaches are allowed on deck during practice. There is a grass area on the south and east sides of the Rosetown pool that allows you to watch your swimmer.

Each family is required to assist in the duties of a home speed meet. This is detailed below under "Host Meet"

Email will be our primary communication tool however sometimes coaches or club executives will phone or text. Please respond promptly to emails and communications as it is often vital for setting up such things as crews for our fundraising commitments.

If your swimmer attends swim meets, we ask for prompt payment of these fees at the end of the season.

Swim Meets

Swim Sask rules require swimmers to compete at a minimum of two (2) swim meets to qualify their attendance for Northern Semi-Regionals. Our events page will detail the regular season swim meets for swimmers to attend. Meet fees usually range from \$25 - \$40 during the regular season.

Host Meet

It is the obligation of a parent from each family to contribute by supporting our club swim meet that we host each year. This includes working at the concession, prize table as well as food preparation. It is also vital for our swim meet to have parents as officials. Each year there are officials clinics held through out the province, please ask or check our website to learn more about these clinics.

Refund Policy

If a swimmer decides that this is not for them, fees can be refunded according to the timeline below:

- Prior to May 1st, fees will be refunded less the \$25 registration fee.
- Prior to the completion of the first 2 weeks of practice (May 15), fees will be refunded less a \$50 fee.
- No refund will be given after the completion of the first 2 weeks (May 16).

Fundraising

The Rosetown Royals is a not-for-profit club, but that doesn't mean we just want your fees. If we are going to develop first class athletes and individuals, we need your time and energy too. It is everyone from the coaches, to the swimmers, to the parents and families that make the Rosetown Royals a "Team".

As such the Rosetown Royals require all parents to contribute their time and effort to fundraising activities. These include a possible bottle drive at the start of the season. A few other fundraiser activities do become available through out the season such as moving chairs / tables during the Harvest Festival or completing food prep for Ladies Night Out.

All families are expected to assist in one or more fundraisers with one parent and the swimmer. We understand that sometimes families have situations where they are unable to assist and as such we do have an option to "opt out" of these activities for a fee of \$200 per involved swimmer.

Awards

At the end of the season all swimmers will be considered for the awards listed below in which they qualify.

Most Dedicated;

Consideration is given to the following:

- Motivation and drive of the swimmer while at practice.
- If more than one swimmer stands out after these criteria then consideration should be looked at from the swimmers demeanour while at swim meets. Is there a true sportsmanship mentality? (Does the swimmer cheer on their team, are they involved in helping in the team tent?)
- Number of practices attended can assist in finalizing a recipient. (explained absences will be taken into account)

Most Promising;

Consideration is given to the following:

- A swimmer that shows strong work ethic in and out of the pool
- Shows strength beyond their age category with each of their swim styles
- This swimmer will likely be in the first year of their age category, but is competing at or close to the top of their category.
- This can be a swimmer that is at the top of their age category, but competes with the top swimmers in categories above their own.
- This swimmer shows the promise to compete and finish on the medal podium in the coming new year.

Most Improved:

Consideration is given to the following:

- This swimmer will show the most growth with their technique
- This swimmer will learn new strokes and/or show their knowledge in completing the stroke properly, without disqualification
- Diving is also an area to consider improvement with
- Competitive swimmers can have their times considered for improvement. Is this swimmer continually dropping time from their swims?
- Non-competitive swimmers, if timed during practices can have their time improvements considered (ie: flutter kick tests, etc...)
- If more than one swimmer is identified, then consideration should be given to the demeanour of the swimmer and how they're dedicated to learning new strokes

Highest Achievement:

Consideration is given to the following:

- This will be based on points earned from the swimmer attending swim meets.
- The swimmer with the highest amount of points earned at the end of the season will earn this award.
- A swimmer from each gender will be awarded.