

# Lunenburg Mariners Swim Team



**Parent & Swimmer Handbook  
2025**

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# General Information and Contacts

## Home Pool

Lunenburg and District Swimming Pool, 17 Green Street, Lunenburg, Nova Scotia

## Pool Phone Number

902-634-4499

## Website

<https://lunenburgpool.ca/swim-team>

## Email

[lunenburgmariners@gmail.com](mailto:lunenburgmariners@gmail.com)



## Team Colours

Green and white

## Team Logo: Cod Fish

The choice of a cod fish as the mascot for the Lunenburg Mariners is significant. Lunenburg, Nova Scotia, has a rich maritime history, particularly in the fishing industry. The cod fish has been a staple catch in the waters off the coast of Lunenburg for centuries. As such, it holds significant historical importance to the local community. Former Mariner Swimmers, Beth Hansen Gillis and Crissy Patterson are credited with the design of the Lunenburg Mariners Logo.

## Important Contacts

### Mariners Coaches

Head Coach - Mary-Lou O'Regan: [lunenburgmarinerscoach@gmail.com](mailto:lunenburgmarinerscoach@gmail.com)

Assistant Coach - Nadia Rennehan

### Pool President

Chasidy Veinotte: [chasidyveinotte@hotmail.com](mailto:chasidyveinotte@hotmail.com)

### Mariners Swim Team Committee

Tanya Veinotte Frowd: [tvfrowd@gmail.com](mailto:tvfrowd@gmail.com) or [lunenburgmariners@gmail.com](mailto:lunenburgmariners@gmail.com)

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### Swim Nova Scotia

<https://www.swimnovascotia.com/> or 902.425.5454 ext. 314

# **Lunenburg Mariners Philosophy and Expectations**

At our club, we strive to uphold a philosophy of respect, teamwork, and positive behaviour. All swimmers, staff, parents, and guardians are encouraged to treat officials, coaches, executive members, and peers with the utmost respect.

We believe in creating a supportive and enjoyable environment during practices, swim meets, and social gatherings. To maintain this atmosphere, we ask everyone to avoid disruptive behaviours and to comply with the instructions given by coaches and staff. This ensures a positive experience for everyone involved.

We are committed to the health and well-being of our athletes. Therefore, we encourage all athletes to refrain from using alcohol, tobacco products, illegal drugs, and profane or inappropriate language.

Creating a safe and inclusive environment is a top priority for us. We have a zero-tolerance policy for bullying of any kind, whether it's towards staff, lifeguards, or parents. Bullying, defined as any behavior used to gain power over another person through physical actions, words, or other means, will not be tolerated.

Respect for property is also essential. We ask everyone to take care of the team's and others' property at all times.

Finally, we are committed to ensuring the safety and well-being of everyone in our community. Acts of violence against anyone are strictly prohibited and will be addressed with appropriate measures.

Thank you for your cooperation in making our club a positive and respectful environment for all.

## **Team Eligibility**

We are excited to welcome children ages 5-18 (by June 30 of the swimming year and who have completed one year of school) to join our team! To ensure everyone is ready for the fun and challenges ahead, new swimmers should be able to swim 50m continuously, unassisted, and demonstrate a surface support and back glide.

## **Registration and Fees**

Swimmers can register for the Lunenburg Mariners Swim Team at the Lunenburg Pool. Each year there is an advertised early registration that swimmers can also be registered.

Registration fees will be payable at this time with check or cash.

## 2025 Fees:

\$300 for first child (includes season membership for child)

\$225 for second child (includes season membership for child)

\$185 for third child (includes season membership for child)

## Try-It-Out Week

We warmly invite potential new swimmers to join us for Try-It-Out Week!! Tryout week is held the week before the start of summer session swimming lessons (date to be determined each season). Any swimmer who believes they meet the eligibility criteria is welcome to try out for the team at no cost. This is a fantastic chance to experience our team environment and training. The coach will determine if the swimmer is a good fit for the team. **Try-It-Out week 2025 is June 23-27 from 4pm - 6pm.**

## Time Commitment

Regular Swim practices start on **Monday, June 30, 2025**. The season will conclude on **August 20, 2025**. We ask the swimmers commit to (but this is flexible):

- 3 practices per week
- 3 meets throughout the summer (2025 Bridgewater Meet is mandatory for 2025)
- 3 events per meet

## Practices

The Mariners practice Monday to Friday between the hours of 4pm and 6pm. Practices are structured to improve fitness, technique, and race readiness. Swimmers are encouraged to attend regular practices: the more practices a swimmer attends, the stronger and more confident they will become!

However, understanding that summer swimmers have a variety of other commitments, we ask that swimmers aim to attend three practices per week. **Parents do not sit on the deck during practices; instead, bleachers are provided for parents to sit on during practice sessions. This ensures a safe and distraction-free environment for swimmers while allowing parents to comfortably observe their progress from the designated seating area.**

- Beginning swimmers practice between 4:00 - 5:00 pm.

- Experienced Swimmers practice 4:45 - 6:00 pm.
  - Older/Experience Swimmers share the pool with lap swim members between 5:30-6:00 pm.

The coach will decide which group each swimmer will practice with.

## **What does a swim practice look like?**

A common format for a swim practice is as follows:

### **Instruction**

- Stroke/Skill review

### **Some Dryland Training**

- Strength and conditioning exercises out of the pool.
- Activities include core workouts, strength training, and flexibility exercises.

### **Warm-Up**

- Light swimming to increase heart rate and loosen muscles.
- Drills focused on technique for various strokes.

### **Main Set**

- Intense swimming sets tailored to the practice's focus (e.g., endurance, speed, technique).
- Sets often include intervals and rest periods.

### **Stroke Technique**

- Drills and exercises to improve stroke efficiency.
- Focus on specific aspects of strokes, starts, and turns.

### **Cool-Down**

- Easy swimming to relax muscles and reduce heart rate.
- Gentle stretching.

## **Swim Meets**

A swim meet is a competitive event where swimmers from different teams or clubs compete in various swimming events. Swim meets are organized and run by Swim Nova Scotia and the hosting club. Attending all weekend meets is not mandatory to be a part of the team. However, in order to attend provincial events, swimmers have to compete in at least one meet through the regular season.

## Swim Meet Expectations

Swimmers should aim to attend three events during the summer season (not including Provincials) and swim in three events at each meet.

### Mandatory swim meets for 2025:

#### **Bridgewater Swim Meet**

***Note: To be eligible for Provincials (our home meet this year), a swimmer must have competed in at least one invitational meet prior to August 3, 2025. The results must be published on the Swim Nova Scotia webpage and included in the rankings.***

## Attending a Swim Meet

Meets are super fun but are very busy! This section will help prepare you for what to expect at a swim meet. Being well-prepared helps ensure a fun and smooth meet experience.

### Warm-Ups:

- Essential for getting used to the pool and the meet environment.
- Warm-ups can start very early, sometimes before 8 am.
- Arrive at the team's "home base" (our tent!) 15 minutes before warm-up begins.
- All swimmers must participate in team warm-ups.

### Transportation:

- Parents are responsible for driving their swimmers to meets.
- A "meet package" with the swim schedule, directions, parking info, and events will be emailed a week prior.

### Parking:

- Often requires a walk; pack light.
- Specific parking details are included in the "meet package."

### Facilities:

- Swim meets are held at outdoor pools with limited shelter.
- We have two team tents that travel with us to provide shelter.
- Restroom facilities vary; some meets use porta-potties.
- Canteens are usually available for swimmers to purchase food items

### Weather:

- Meets are only canceled for thunder, lightning, or severe rain.
- Be prepared for any kind of weather!

#### Parent Participation:

- Pay close attention to meet announcements and look to the coach for guidance and event times.
- Parents should assist in the team tent to help swimmers stay aware of their events.
- Meets can run ahead or behind schedule, so stay flexible.
- A schedule is provided to each team, outlining event times and the heats swimmers will swim in.

#### Heats:

- Events are organized into heats based on swimmers' best times.
- Swimmers without previous times are entered as "NT" (No Time) and swim in early heats.

#### Meet Duration:

- Meets start early in the morning and can run until late into the afternoon
- Participation swimmers are usually finished their events by noon
- Age group swimmers can expect to spend all day at a swim meet.

#### Meet Registration:

- The coach decides which events a swimmer will register for based on stroke preferences and advancement needs.

## Preparing for a Swim Meet

Swim meets start early and can last until late afternoon. Here's what swimmers should bring:

- Multiple towels (at least 2)
- Spare goggles
- Extra swimsuit (optional)
- Warm/weather-appropriate clothes
- A cooler with lots of water and healthy snacks
- Cash for on-site canteen (optional!)
- Sunscreen
- Bug spray
- Camping chair(s)
- Large bag for personal items
- Bags for wet clothes
- Fun activities (e.g., card games)



Tips:

- Label all items with your swimmer's name.
- Instruct swimmers to store items directly in their swim bag and zip up pockets to avoid losing them.

## Swim Meet Competition Categories

Swimmers fall into one of two categories:

- Participation Swimmers
- Age Group Swimmers

### Participation Swimmers

Participation Swimmers are typically new swimmers who are developing their skills and are not yet ready for competitive swimming. These swimmers work on improving their technique and building endurance. Participation swimmers participate in practices and swim meets, where they can compete in shorter distance swims.

### Advancing from Participation to Age Group

To move out of participation level swimming, a swimmer must:

1. Achieve 50m freestyle standard time (0:55)
2. Swim 100m Individual Medley (IM)\* properly (demonstrate correct stroke and turn techniques) and meet the time standard (2:15)

\*An Individual Medley (IM) is a swimming race in which the swimmer uses all four competitive strokes in a specific order. The order of the strokes in an IM is as follows: Butterfly, Backstroke, Breaststroke, Freestyle.

In a 100m IM, each stroke is swum for 25 metres. For longer IM events, such as the 200m and 400m IM, the distances for each stroke are proportionally longer, with each stroke swum for 50 metres in a 200m IM and 100 metres in a 400m IM.

These standards can be achieved either during meets or time trials, allowing the swimmer to progress to age group swimming at any point in the season. It is not uncommon for young swimmers to stay in the participation level for multiple seasons.

### Age Group Swimmers

After graduating from the participation, swimmers move to age group swimming. Their

age group level is based on their age at time of graduation from participation. Returning Swimmers who have previously graduated from participation swimming are automatically placed in their age group as of June 20 of the swimming season. Age group swimmers focus on speed, skill improvement, achieving top times and personal bests. Age group swimmers may face disqualifications (DQs) if stroke quality and turn quality is not met. In this event, swimmers do not receive a time for the stroke.

Age Group Levels include: U10, 11/12, 13/14, 15+

## 2025 Summer Meet Schedule

Our team will only attend one meet per weekend. If a swimmer decides they want to attend a meet that is not listed below they will need to contact the coach to be registered for the meet.

Saturday, July 12, 2025	Windsor Bluefins	A
Saturday, July 19, 2025	Bridgewater Barracudas	B
Sunday, July 26, 2025	Kentville Marlins	A
Sunday, July 27, 2025	Colby Sailfish	B
Sunday, August 3, 2025	St. Margaret's Bay Breakers	Full Meet Schedule

### Provincials

Friday, August 15, 2025	Lunenburg Pool	Full Meet Schedule
Saturday, August 16, 2025	Lunenburg Pool	Full Meet Schedule
Sunday, August 17, 2025	Lunenburg Pool	Full Meet Schedule

## Complete Swim Nova Scotia 2025 Meet Schedule

### 2025 Summer Swimming Meet Schedule

DATES	HOST CLUB	TEMPLATE
Saturday, July 5 <sup>th</sup>		
Sunday, July 6 <sup>th</sup>		
Saturday, July 12 <sup>th</sup>	Windsor	A
Sunday, July 13 <sup>th</sup>	Bedford	B
Saturday, July 19 <sup>th</sup>	Bridgewater	B
Sunday, July 20 <sup>th</sup>	Digby	A
Saturday, July 26 <sup>th</sup>	Kentville	A
Sunday, July 27 <sup>th</sup>	Colby	B
Saturday, August 2 <sup>nd</sup>	Waeg/East Hants @ 14 Wing Shearwater Pool	A
Sunday, August 3 <sup>rd</sup>	St. Margaret's Bay Breakers	Full
Saturday August 9 <sup>th</sup>	--	--
Sunday August 10 <sup>th</sup>	--	--
Friday, August 15 <sup>th</sup> - Sunday, August 17 <sup>th</sup>	PROVINCIALS- Lunenburg Mariners	Full Meet Schedule

# Templates

All meets and time trials follow one of two templates: Template A and Template B. Each template includes specific events tailored for that meet. Events are strategically rotated to ensure that meets remain limited to one day in length. The Mariners' selection of meets guarantees that swimmers have opportunities to participate in both Template A and Template B meets, offering a balanced and varied competitive experience. The 2025 template is below:

2025 Summer Invitational Meet Templates –SUBJECT TO CHANGE	
A	B
<b>Participation</b>	<b>Participation</b>
50 Free* or 25 Free	50 Free*
50 Kick	25 Fly
25 Breast	25 Back
100 IM**	100 IM**
<b>10 &amp; Under</b>	<b>10 &amp; Under</b>
25 Free	25 Fly
25 Breast	25 Back
100 Free or 200 Free	100 IM
<b>11-12</b>	<b>11-12</b>
200 Free	200 IM or 100m IM
50 Free	50 Fly
50 Breast	50 Back
<b>13-14</b>	<b>13-14</b>
200 Free	200 IM
50 Back	50 Breast
100 Breast	100 Free
50 Free	50 Fly
100 Fly	100 Back
<b>15 &amp; Over</b>	<b>15 &amp; Over</b>
200 Free	200 IM
50 Back	50 Breast
100 Breast	100 Free
50 Free	50 Fly
100 Fly	100 Back
Age Group Relays (2 templates to run medley & 1 template to run free) in the middle of the day	Open Relays (2 templates to run free & 1 template to run medley) at the end of the day

## Notes:

- \*Swimmers must achieve the 50m Freestyle time standard of .55 to swim the 100m IM
- \*\*Swimmers must achieve the 100m IM time standard of 2:15 to move into the age group events. These times may be achieved at invitational meets or time trials using legal starts/strokes/turns.
- 11 & Over: mixed gender and age (scores and awards by multi-age group)
- 13+14 - must swim 200 and 200 IM; choice of 2 other events.
- 15 + O - choice of 3 events
- 100m IM will be swum as 12 & Under (scores and awards by multi-age group)
- 200 IM & 200 Free will be swum as 11 & over (scores and awards by multi-age group)
- Clubs are asked to organize in-house 400 Freestyle time trials and email the results to Swim Nova Scotia. These will be included in the weekly rankings.

## 2025 Provincials

Provincials mark the culmination of the swim season, spanning three exciting days held in August. This year, the 2025 Provincials will take place at the **Lunenburg and District Swimming Pool** from **Friday, August 15, to Sunday, August 17, 2025.**

Qualification Criteria:

1. **Participation Swimmers:** All swimmers automatically qualify for participation and can swim up to three events.
2. **Age Group Swimmers:** Age group swimmers must meet specific qualifying time standards for each event, based on age group and gender. Achieving a qualifying time in certain events ensures that age group swimmers can compete in a maximum of five events at provincials. If a swimmer doesn't meet the standard qualifying time, they still qualify to participate but are limited to two events.

**2024 Summer Provincials Qualifying Criteria**

<b>2024 Summer Swimming Provincial Championships Qualifying Standards</b>								
<b>FEMALE</b>				<b>Event</b>	<b>MALE</b>			
<b>10 &amp; Under</b>	<b>11-12</b>	<b>13-14</b>	<b>15 &amp; Over</b>		<b>15 &amp; Over</b>	<b>13-14</b>	<b>11-12</b>	<b>10 &amp; Under</b>
1:44.92		1:20.89	1:15.90	<b>100 Free</b>	1:12.85	1:19.41		1:44.79
3:58.57	3:29.72	3:01.56	3:03.07	<b>200 Free</b>	2:50.66	3:05.11	3:30.47	3:58.28
	7:56.14	7:03.03	7:01.06	<b>400 Free</b>	6:32.52	7:11.31	7:57.48	
		1:43.96	1:35.52	<b>100 Back</b>	1:28.79	1:43.55		
		1:50.96	1:46.43	<b>100 Breast</b>	1:34.85	1:50.86		
		1:38.65	1:35.14	<b>100 Fly</b>	1:27.24	1:37.68		
2:05.39	2:00.00			<b>100 IM</b>			2:02.00	2:07.64
	4:00.00	3:34.10	3:32.93	<b>200 IM</b>	3:22.82	3:42.22	4:05.81	

To be eligible for Provincials, a swimmer must have competed in at least one invitational meet prior to August 4<sup>th</sup>, 2024. The results must be published on the Swim Nova Scotia webpage and included in the rankings.

All times being submitted for entry to Provincials must be achieved between June 1<sup>st</sup>, 2024-August 4<sup>th</sup>, 2024 (rankings will be published on August 5<sup>th</sup>).

No time entries will not be accepted for Provincials, entry times must be published in the Swim Nova Scotia rankings as of the entry deadline.

PARA swimmers are eligible to compete in the designated PARA events. PARA events will be dependant on the classification of PARA swimmers.

All athletes who fulfill the above criteria are eligible to attend Provincials\*, following the event entry eligibility determined as follows:

\* Individual club policies will determine which eligible athletes are entered in the meet

PARTICIPATION LEVEL swimmers are eligible to swim any 3 PARTICIPATION LEVEL events. As per regular season rules, Participation Level athletes are eligible to swim the 100 IM if they have met the 50 free graduation standard. If swimmers qualifying for the 100 IM after the 50m Free, they may contact meet management and enter the 100 IM. Participation swimmers may only score points for 3 events. If a swimmer graduates on Saturday and deck enters the 100 IM, they will not score that event (if they have swum 3 events already).
AGE GROUP LEVEL swimmers are eligible to swim AGE GROUP events.
10-and-under AGE GROUP swimmers achieving qualifying times in 100 OR 200 free AND 100 IM are eligible to swim any 5 individual events in their age group.
11-12 AGE GROUP swimmers achieving qualifying times in 200 OR 400 free AND 100 IM OR 200 IM are eligible to swim any 5 individual events in their age group.
13-14 AGE GROUP swimmers achieving qualifying times in 200 OR 400 free OR 200 IM AND any other eligible events to swim any 5 individual events in their age group.
15-and-over AGE GROUP swimmers achieving a qualifying time in ANY event are eligible to swim any 5 individual events in their age group.
AGE GROUP LEVEL swimmers who have not achieved AGE GROUP QUALIFYING STANDARDS are eligible to swim any 2 individual events in their age group.
ALL AGE GROUP LEVEL swimmers are eligible to participate in a maximum of 2 relays in addition to individual events.
<p>RELAYS:</p> <ul style="list-style-type: none"> <li>-Athletes participating only in relays must be entered in the club roster submitted for provincials (there is no minimum number that must qualify for Provincials). This can be accomplished by entering the athlete's name in at least one relay event. At the beginning of each session, relay teams will need to be confirmed.</li> <li>-If a Participation swimmer graduates, they are eligible to join an age group relay (that is pre-entered in the meet).</li> <li>-Relays are available for Age Group level swimmers only.</li> <li>-All 'A' relays will be seeded ahead of 'B' relays. Only 'A' relays will score.</li> <li>-At least two (2) of the four (4) members swim in that age group.</li> <li>-Swimmers must not move to a younger age group (from which they are entered) to fill up the relay. However, a swimmer may move to an older age group.</li> <li>- For relay events please use the following formula if you do not have a relay time in the 13 &amp; over events: take 45% of the 100m time to calculate the 50m time.</li> </ul>

## Time Trials

These mini swim meets are held exclusively at our home pool and do not involve other teams. **We do not have a Time Trial Scheduled for the 2025 season.**

- Time trials offer swimmers the opportunity to practice racing, utilize starting blocks and systems, and reinforce event rules. Like regular meets, they follow either the A or B templates.
- For age group swimmers, time trials serve as a chance to achieve standard times for provincial qualifying events. For participation level swimmers, they aim to attain times necessary for advancing to the age group level.
- Time trials occur sporadically throughout the summer, with all swimmers expected to attend the full two-hour session. A schedule/calendar will be provided at the

beginning of the season.

- Compliance with Swim Nova Scotia standards is imperative for conducting a time trial, including the presence of all required officials (referee, starter, stroke and turn judges). Without these officials, recorded times cannot be counted.
- Parental involvement is crucial for the success of time trials, as volunteers are needed for various positions. Without parent volunteers, the event cannot proceed. A timers' clinic will be offered at the beginning of the season for parents interested in learning how to time races. Further communication regarding volunteer opportunities will be sent closer to upcoming events by the time trial coordinator via email.

## Swim Equipment

Swimmers require minimal equipment for their training and meets. Here's a breakdown of the essentials:

**Swimsuits:** Swimmers need a comfortable swimsuit. While the team offers a team swimsuit for purchase at the start of the season, it's optional. Alternatively, swimmers can choose their own suit, preferably tight-fitting and in the team's color (dark green or black). For girls, a one-piece racerback style is recommended, while boys should opt for "jammer" style suits. Swimmers are encouraged to wear whichever suit aligns with their comfort and preference.

**Swim Caps:** The team provides swim caps, which swimmers may wear during time trials. Caps are beneficial for practice sessions as they keep hair away from the eyes, aid in breathing technique, and reduce water resistance, thereby enhancing speed.

**Goggles:** Swimmers are responsible for their own goggles. Goggles not only protect the eyes but also improve visibility underwater. It may take some trial and error to find the right pair that fits well and seals comfortably around the eyes. Anti-fog solutions or techniques like spitting in the goggles can help prevent fogging.

**Footwear:** Many swimmers find it useful to have sandals or flip-flops to protect their feet around pool areas, especially during swim meets.

**Carry Bag:** A bag to carry belongings is essential for swimmers, helping to organize and prevent loss of items.

**Tip:** Labeling all belongings, especially team apparel, can help prevent loss or mix-ups.

## Social Activities

**Spirit Night:** Scheduled before our home meet, Spirit Night is a chance for team bonding and preparation. We'll set up posters and decorate our tent area, fostering team camaraderie and excitement as we showcase our pool to visiting teams.

**Deck Spirit Night:** Taking place the week before provincials, this event is dedicated to team spirit and preparation. We'll set up posters, practice cheers, and come together as a team to gear up for Provincials weekend.

**End of the Year Party:** A celebratory gathering for the Mariners team to mark the conclusion of the season. The party will feature pizza, snacks, and awards, with entertaining races involving parents, swimmers, and the coach.

## Volunteer Opportunities

Volunteering is a crucial aspect of swim team participation, as it ensures the success of our team and meets. All parents/guardians are expected to contribute their time and effort to various roles.

**Timers and Officials:** Parents can participate in timing roles by attending the timers clinic offered at the start of the season. This clinic serves as an introduction to officiating and allows parents to contribute to meets, both home and away, as well as time trials.

**Time Trials:** Throughout the season, volunteers are needed for time trials and club championships. Roles include timers, scribes, runners, marshals, record keepers, and officials. The time trials coordinator will send out emails prior to the required dates to solicit volunteer assistance.

**Coordinating Annual Spirit Night:** Volunteers are needed to coordinate food and chaperones for the annual spirit night, a vital social event for team bonding.

## Annual Awards

Each year, the coach(es) determine which swimmers will receive the annual awards. Occasionally, an award may be shared by two swimmers. The awards ceremony takes place at the end of the season during the closing party. Each recipient takes home the trophy or plaque for the off-season and returns it at the start of the next season. All recipients receive a medal to keep.

## Award Categories

- Spirit Award
- Leadership Award
- Most Promising Swimming
- Outstanding Performance
- Most Dedicated
- Most Improved



## Annual Lunenburg Meet

Our home meet requires assistance with various tasks, including clothing sales, canteen operation, providing meals for deck officials, and fulfilling on-deck responsibilities such as timing, scribing, running, marshalling, and more. Most roles require minimal training but a high level of enthusiasm. **We are not hosting an annual meet in 2025 because we are hosting provincials. We will still need volunteers!**

Officials play a crucial role in ensuring fair and equitable competition by implementing technical rules and regulations. Here's an overview of the various official roles:

- Timers: Operate stopwatches and record the official time of swimmers.
- Chief Timer: Briefs timers before the session, takes the lead swimmer's time in each heat, monitors timer accuracy, and alerts the referee if needed.
- Turn Judges: Observe turns and finishes to ensure compliance with stroke rules.
- Stroke Judges: Monitor strokes from both sides of the pool to ensure adherence to rules.
- Relay Takeoff Judges: Monitor relay exchanges to ensure proper timing.
- Marshal: Assists with directing swimmers to correct heats and lanes and maintains deck control.



- Clerk of the Course: Seeds swimmers in their heats and lanes, ensures accuracy of heat sheets, and assists with deck control.
- Starter: Directs swimmers to "take your mark" and ensures fair starts.
- Referee: Oversees the entire competition, ensuring adherence to rules and making final decisions on any issues.
- Meet Manager: Organizes the meet logistics, coordinates with officials and coaches, and handles post-meet administration.
- Statistician/Computer Operator: Manages meet data, including scratches, results, and administrative information required by Swim NS.

As the event approaches, we'll be reaching out to our wonderful community for volunteers. Your support is invaluable, and we appreciate your willingness to contribute to the success of our swim team events. Thank you in advance for your dedication and commitment!

## Swimmer Responsibilities

Swimmers have responsibilities to their club mates, coaches, and parent volunteers. Here are some key ones:

1. Focus on Personal Development: Swimmers should concentrate on learning technique and rules, prioritize their health, and above all, enjoy themselves in the sport.
2. Obey Pool Regulations: Swimmers must uphold the club's good relationship with pool staff by following pool rules and treating lifeguards with respect.
3. Punctuality: Swimmers should arrive on time for practice, ready to swim, and ideally be on deck about 15 minutes prior to the start of a training session. It's essential to stretch before entering the water, typically led by the coach.
4. Respect for Coaches and Volunteers: Swimmers should show respect towards coaching staff and volunteers who dedicate their time to support the team.
5. Considerate Training Mates: Swimmers should be mindful of their fellow lane mates, avoiding unplanned stops that could cause disruption. Being aware of swimmers both in front and behind and treating them with courtesy is crucial.
6. Consistency: Regular attendance is essential for skill development and improvement. While recognizing that summer may bring other commitments and vacations,

swimmers should strive to be present for training sessions whenever possible and attend at least three practices per week.

7. **Respect Officials' Decisions:** Any disagreements or protests should be communicated through the coach rather than directly by the swimmer or their parents.
8. **Cleanliness and Respect at Meets:** Swimmers and their families are responsible for cleaning up personal belongings and ensuring garbage is properly disposed of at the end of a meet.
9. **Adherence to Code of Conduct:** Swimmers should adhere to the club's code of conduct, promoting a positive and respectful environment for all members.
10. **Model Good Sportsmanship:** As a swimmer, it's important to demonstrate good sportsmanship at all times. This includes showing respect towards coaches, officials, fellow swimmers, and competitors. Whether in victory or defeat, maintaining a positive attitude and treating others with kindness and fairness reflects positively on both the individual and the club as a whole

By fulfilling these responsibilities, swimmers contribute to a positive and productive atmosphere within their club and uphold the values of sportsmanship and teamwork.

## **Parent/Guardian Responsibilities**

Parent and guardian involvement is crucial in supporting their child's participation in swimming. Here are some key responsibilities parents/guardians should fulfill:

1. **Ensure Timely Attendance:** Parents should ensure their child arrives at the pool on time for both practices and meets.
2. **Transportation:** It's the responsibility of parents to arrange transportation to and from meets for their children.
3. **Communication of Medical Issues:** Parents should inform the coach of any medical problems their child may have to ensure appropriate care and accommodations.
4. **Communication Channels:** For minor concerns, parents are encouraged to communicate directly with the coach. Larger issues can be addressed with the coach liaison or a board member.
5. **Meet Participation:** Parents should fill out meet requests and respond to coach

requests promptly to maximize their child's participation opportunities and streamline coaching efforts.

6. Volunteerism: The club relies on volunteer support for various activities such as board duties, committee work, time trials, and hosting swim meets. Parents are encouraged to contribute whenever possible, even if it's just within their abilities.
7. Encouragement and Support: Parents should provide encouragement and support to their child throughout their swim club experience, especially during challenging moments like adjusting to cold pools or long practices. Mentors can also play a role in encouraging younger swimmers.
8. Patience and Focus on Improvement: Parents should be patient as their child learns technique and develops skills, focusing on their self-improvement rather than immediate results.
9. Parent Meeting Attendance: It's important for parents to attend the parent meeting at the beginning of the season to stay informed about club policies and expectations.
10. Model Good Sportsmanship: Parents should model good sportsmanship for their children, demonstrating respect for coaches, officials, and other swimmers.

By fulfilling these responsibilities, parents/guardians play an essential role in fostering a positive and supportive environment for their child's participation in swimming.