

CODE OF CONDUCT:

Competitors' Code of Conduct

It is the duty of all competitors to:

- A) Respect and compete by the BCSSA rules.
- B) Resolve conflicts without resorting to hostility or violence.
- C) Respect your opponents.
- D) Respect all coaches and officials.
- E) Support all efforts to eliminate verbal and physical abuse from all sporting activities.
- F) Accept responsibility for your actions and behaviour.

Coaches Code of Conduct

BCSSA has adopted the Coaching Association of Canada's Code of Ethics, its' principles and its ethical standards. The purpose of this code is to establish and maintain high standards within the coaching complement of BCSSA, and to ensure that all coaches act in a manner respectful of the dignity of all competitors within the organization. All coaches are required to read and sign an acknowledgement that they will adhere to the code. The Coaching Guide Confirmation Forms shall be retained by the club. (The Coaches' Code of conduct is available through each member club or BCSSA Office.)

Official's Code of Conduct

Officials in each aquatic activity (swimming, water polo, diving, synchronized swimming) are responsible for promoting the rules of BCSSA to all participants to the best of their ability. Officials' conduct should reflect professionalism through respect for all participants, knowledge of the rules, and the ability to act with integrity and neutrality in the application of the rules.

Parents' Code of Conduct

- A) Understand that your child plays sport for his/her enjoyment, not yours.
- B) Encourage your child to compete by the rules. Teach your child to resolve conflicts without resorting to hostility or violence.
- C) Teach your child that doing one's best is as important as winning. Offer praise for competing fairly and for trying hard.
- D) Do not yell at all, or ridicule your child for making a mistake or for losing a competition.
- E) Applaud good performances from all competitors. Children learn best by example.
- F) Do not force your child to participate in sports.
- G) Respect and support all officials who participate in the sport.
- H) Support all efforts to remove verbal and physical abuse from children's activities. Maintain self-control at all times.



Campbell River Salmon Kings Summer Swim Club Hand Book 2014

This book belongs to the _____ family.

My/our **swim group(s)** is/are called the _____.

My/our **coaches' name(s)** is/are _____.

My/our **swimming division(s)** is/are _____.

Campbell River Salmon Kings Summer Swim Club

52 YEARS OF SUMMER SWIMMING!

website: www.campbellriversalmonkings.ca

CRSK Parents please note – We depend upon your involvement in our volunteer and fundraising activities to provide a high quality yet affordable program for your children. Please ensure that you participate directly in at least one major activity during the course of the season (over and above your participation in our own swim meet).

COACHES & EXECUTIVE - 2014 SEASON

Campbell River Salmon Kings Summer Swim Club
 P.O. Box #554, Station A, Campbell River, B.C. V9W 5T9
 Club Office Telephone **(250) 830-0861**

(Please leave a message and your coach will get back to you!)

<u>Coaches</u>		
	Taylor Paddington	830-0861
	Olivia Carter	830-0861
	Kiersten Paddington	830-0861
<u>Executive</u>		
President	Dean Dobrinsky	420-1011
Vice-President.....	Tim Defert	792-1139
Treasurer.....	Chris Leighton	926-6030
Registrar.....	Karen Johnson	923-1186
Secretary	Chris Flood	895-0077
<u>Directors</u>		
	Scott Wenger	202-1435
	Kristina Wellard	
Apparel.....	Sarah Graham	420-1011
Social	Tracey Wenger	

CLUB AWARDS:

Best Time Ribbon - Singles

Single Best Time ribbons will be awarded after each swim meet, to swimmers that have achieved a best time in an individual event at the swim meet. Swimmers that receive place ribbons in the swim meet do not receive CRSK Best Time Ribbons for the same race.

Best Time Ribbon – 10

Rosette style Best Time Ribbons will be awarded to a swimmer, once they have accumulated 10 best times over the course of the season.

Best Time Towel

Best Time Towels will be awarded to swimmers who qualify in one of two ways (or both, but they still get only one towel). Both a heats time and a final time may be used for the same event in the same meet, if applicable.

- 4 best times achieved at one swim meet, in 4 different individual events.
- 12 best times achieved during the course of the regular season, in individual events

Additional rules for both towels and ribbons

- Times must be done in a sanctioned BCSSA event.
- Times must be done in a regular BCSSA swimming event, not a novelty or special event.
- Relay splits may not be used.
- Times may not be used if the swimmer was disqualified.
- A time must be better than swimmer's best time from the previous season as well, in order to be counted as a best time.

Trophies:

1. Hardest Trainers - male and female (full season)
2. Most improved swimmer (full season)
3. Aggregate awards by Division (Div. 1-7 plus O) (Trophies & Plaques)
4. Runner up Aggregate awards by Divisions (Medallions)
5. Andy Hudock Memorial award (all round swimmer)
6. Best Sportsmanship award (full season)
7. Most Promising Newcomers
8. Cinderella and Prince Charming Swim award (most outstanding swim of the season)
9. Crown award for Junior swimmers
10. 5/10/15 year Medallion (long standing members)
11. Neil McMillan Memorial swimmers choice award

Blocks	the things used to dive off of at swim meets. You may dive from the pool edge if you wish.
Division	the name for a group of swimmers divided by age.
DQ	(not to be mistaken for Dairy Queen!) short for disqualification, occurs if the stroke or turn is not done properly. This happens to everyone sooner or later!
Event	a name for a single race (ie. 50 Free)
Event #	the number that corresponds to the event being swum.
Heats	all the events -all divisions swum in the first part of the day.
Finals	at certain meets only, the six or eight fastest swimmers from the heats get to race each other in the afternoon.
Heat sheet	where the swimmer's names and event numbers are listed at meets.
Marshalling	the area where swimmers get their time cards before racing and wait here before their race.
Starter	the person with the gun or horn. He/she starts each race.
Timers	the friendly people who sit behind the lanes and take your card and time your race.
Warm-up	takes place before the swim meet starts, prepares the swimmers for the races and allows coaches to take attendance.

MISCELLANEOUS TERMS:

CRSK	the name of our team, short for Campbell River Salmon Kings
CAM	short for C ampbell River summer swim club.
Camping	what most families do at two day swim meets.
Executive	the wonderful people (parents) who co-ordinate and make decisions for the club. These people are willing to answer ANY questions you may have.
Team Spirit	cheers, wearing club colours, and supporting team mates at meets and practices.

PRESIDENT'S MESSAGE:

Hello Parents and Swimmers,

On behalf of the entire Salmon King Executive:

“Welcome to the 52nd⁺ season for the Campbell River Salmon Kings!”

Summer Swim Season is always a great time for new beginnings. We have an exciting year ahead of us. We would like to welcome our new coaches Taylor Paddington, Kiersten Paddington and Olivia Carter. All are former Salmon Kings and are pumped to bring some new energy to the Salmon Kings.

Please remember that we have few coaches and many swimmers. Please let the coaches focus on the kids during practice sessions. You will be amazed at how fast your kids will develop with regular, consistent coaching. The coaches will be happy to answer your questions and concerns outside of practice time

Swim meets: We are a swim club. Swim meets are really really fun and are the reason that the kids train so hard all week. Did I mention that they are fun. I hope that everyone participates in at least one meet this year, in addition to our own Salmon Kings meet. Our home meet occurs on July 5th and 6th at Centennial Pool. It is recognized across Vancouver Island as one of the best, most fun meets of the season, the highlight of the weekend is our Air Band Contest. Please don't miss it!!

Parents. We are all volunteers and are here to ensure that our kids get the most out of their season. Truthfully, many of the parents will agree that it is as much fun for us. If every one of us can help and pitch in, the season will run smoothly. We have had a great club for many years and that is due to a great group of involved families. Last year we had great support from our parents – THANK YOU!!

Many on our Executive are new. We all have kids swimming in the program and strive to provide the best experience for all of our swimmers. If you any questions, concerns, or ideas that will make for a better club, please let us know. The executive members email list is on our website at www.campbellriversalmonkings.ca

I look forward to meeting you all at “Meet the Coaches Night” and throughout the year.

Let’s get swimming!!!

Dean Dobrinsky
President, Campbell River Salmon Kings

SUMMER SWIM CLUB GLOSSARY OF TERMS:

The following terms should help to dispel the mysteries of Summer Swimming for new families in the club. We hope to cover all the terms used by coaches, swimmers, and parents at the pool and swim meets.

- Cap the rubber hat worn on one’s head. Check out our club caps.
- Clock the instrument used to time your swimming.
- Coach the qualified individuals hired to teach the kids to swim and swim fast.
- Deck the area around the pool where swimmers and coaches meet before practice.
- Flags let a swimmer know when he/she is nearing the wall while swimming backstroke
- Flip turns a forward somersault at the wall to help turn around (backstroke and freestyle) without touching with a hand.
- Goggles the plastic cups you wear to cover your eyes
- Kick-board equipment used often to hold you up while using your legs only.
- Pull-buoy A piece of Styrofoam held between your legs used in arms only sets.
- Rope a long line with floats on it used to divide the lanes of the pool. Not used for pulling or sitting on.
- Sets what the workout is divided into.
- Strokes freestyle (Free), backstroke (Back), Breaststroke (Breast), Butterfly (Fly), individual medley (IM) (Fly, Back, Breast, Free).
- Suit worn to cover your birthday suit.
- Workout a practice to improve technique, endurance and have fun!

SWIM MEET TALK:

- Swim meet -a competition where swimmers compete against other swimmers from other clubs, emphasis on fun and personal improvement.
- “A” swimmer -those who have achieved the highest level of summer swimming.
- “B” swimmer -those who have achieved the second level of summer swimming.
- “C” swimmer -those who have achieved the entry level of summer swimming.
- Development - -those who are learning the basic techniques of competitive swimming.

RELAYS:

When you sign up for a meet, let your coach know if you would like to be on a relay, and have your parents initial the relay column on the sign-up sheet. Coaches will try to accommodate everyone who would like to swim on a relay team, however, sometimes this may not be possible. When you arrive at the meet, please check the relay list. **If you are on a relay, please be prepared to stay until the end of the meet as relay events are usually last.** It is not fair to the other members of the relay for a swimmer to leave early.

SWIM STROKES AND DISTANCES:

Div. 1 – Div. 3					
50m - Free	50m - Fly	50m - Back	50m - Breast	100m - Free	100m - IM
4 x 50m - Free Relay		4 x 50m - IM Relay			
Div. 4 – Div. 8 <i>(Div. 4 does not swim 100m – Fly)</i>					
50m -Free	50 m - Fly				
100m -Free	100m - Fly	100m - Back		100m - Breast	
200m - IM					
4 x 50m - Free Relay		4 x 50m - IM Relay			

C.R.S.K. SWIMMING SEASON:

We will be having a “Meet the Coaches” night on Wednesday, April 30th at 7:00 pm in the Multi-purpose room at Carihi Secondary. You will meet the coaches and executive and learn what you need to for the season ahead. Be sure to be there!

Our regular swimming season begins Thursday, May 1st at Strathcona Gardens. Some swim practices will include dry land training (which may be outdoors). Running shoes (not flip flops) shorts/sweats, t-shirts and water bottles are required for dry land.

We will move to the Centennial Pool in early June.

Our coaches will decide which training group best suits your child’s ability.

Minimum standard: Children should be able to swim one width of the pool comfortably without standing on the bottom (equivalent to level 3/4 of the Red Cross Swimming Lessons). Breathing properly while swimming is not required but is an asset.

Swim Meet Sign Up/Registration and Meet Fees:

Meets are held on the island virtually every weekend starting June. Swim meet sign-up sheets and meet fees will be posted on the club bulletin board by Wednesday each week. Parents should sign their child up on the swim meet entry list. Since there are only a few days between sign up and each weekend meet, **swim meet fees are due at the time that you sign up.** If meet fees are not paid before entries are submitted, your child may not be able to compete.

Each host club sets their own meet fees so not every meet fee will be the same. Please make sure you have checked to ensure that you have paid the appropriate amount. While the majority of swim meets require swimmers to register in advance, occasionally **deck entries** are permitted. If you “deck enter” you will pay a premium amount per race. If you will be deck entering, please be prepared to pay at the meet prior to race time as most clubs require payment immediately.

NOTE: CRSK swimmers do not pay meet fees for our Campbell River (CAM) meet.

AGE CATEGORIES FOR 2013 - SUMMER SWIMMERS

Div. 1	May 1, 2005 or later	10 & under
Div. 2	Nov. 1, 2003 - April 30, 2005	9 yrs – 10.5 yrs
Div. 3	May 1, 2002 - Oct. 31, 2003	10.5 yrs - 12 yrs
Div. 4	Nov. 1, 2000 - April 30, 2002	12 yrs - 13.5 yrs
Div. 5	May 1, 1999 - Oct. 1, 2000	13.5 yrs - 5 yrs
Div. 6	May 1, 1997 - April 30, 1999	15 yrs & 16 yrs
Div. 7	May 1, 1994 -April 30, 1997	17 yrs – 19 yrs
Div. 8	April 30, 1994 and earlier	20 yrs & over

AGE CATEGORIES FOR 2013 - “O” SWIMMERS (WINTER SWIMMERS)

O Cat-1	(Div. 1, 2, & 3)	May 30, 2002 or later
O Cat-2	(Div. 4, 5, & 6).	May 1, 1997 – April 30, 2002
O-8	(Div. 8)	April 30, 1997 and earlier

An “O” swimmer is one who has been swimming more than two hours per week during the winter season (Sept. 30/2013-April 30/2014). These swimmers will train with summer swimmers but will normally race against other “O” swimmers at swim meets.

B.C.S.S.A. (B.C. SUMMER SWIMMING ASSOCIATION)

MISSION STATEMENT

The B.C.S.S.A. exists to promote, encourage and develop an individual’s capacity to achieve life skill through participation in competitive aquatic activities. In doing so, B.C.S.S.A. will arrange, operate, and facilitate competitions and activities for member athletes in all communities of British Columbia and surrounding areas.

SWIMMERS - THINGS TO DO AND REMEMBER AT SWIM MEETS:

1. Arrive at the pool at least 15 minutes before warm ups.
2. Bring warm comfortable clothing, sweats preferred, to wear between events. Label all your belongings with your name and club. Lost & Found articles are usually brought to the next swim meet.
3. Go to your coach who will confirm your races
4. Parents: for new and young races write your event numbers on the swimmers arm or hand (use a sharpie). Know your event numbers and strokes. Check to see if you are on a relay team.
5. Always watch which events are being swum, so you can be on time for your events. Note: events are all numbered so you know when to go to marshalling.
6. See your coach before and directly after each race. Then you can find your parents and friends.
7. Ask your timers for your time after each event and talk to your coach before you stop to talk to anyone else.
8. Show good sportsmanship by congratulating your opponents after each race. All swimmers must stay in the water until everyone has finished swimming.
9. Support your fellow team-mates by cheering them on.
10. Bring a lunch of good healthy food, juices, fruit, vegetables, and sandwiches. JUNK FOOD IS NOT IDEAL RACING FOOD (candy, pop, chips, etc.). Please clean up after yourself and put litter in the garbage.
11. Keep clear of the pool deck. When not competing, save your energy by playing low keyed games (cards, reading, etc.) in the team tent.
12. At outdoor meets try to stay in the shade if it is sunny and hot. Do not lie in the sun. Drink lots of water. Bring a water bottle. Wear sun screen and a hat.
13. Get lots of rest before meets (go to bed at a reasonable hour) and between heats and finals.
14. Your coaches are very busy people at swim meets. Please wait your turn patiently to talk to them.
15. Swim the best you possibly can. You should be tired when you finish.
16. Ask other swimmers to help you understand swim meet procedures (time card pick ups, marshalling, etc.).
17. Support your team by wearing your team colours, t-shirts, suits, and cap. Wearing a club swim cap helps our coaches (and parents) identify our swimmers in the water. Participate in all team cheers.

SWIM CLUB APPAREL

Club apparel will be for available for purchase throughout the swim season. Days and times will be announced. Our C.R.S.K. club colours are navy and gold. Items for sale include team suits, shirts and swim caps. All swimmers will be provided with yellow CAM swim cap at the time of registration. The purchase of club apparel is optional.

Swimmers are encouraged to wear their team shirts to swim meets.

- Swimmers are not permitted to use or wear any devices that may aid their speed, buoyancy, or endurance during a race. Nose clips and goggles are permitted.
- In swimming competitions, the competitor must wear a swimsuit in one or two pieces. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit.
- All swimsuits shall be non-transparent. The swimwear (swimsuit, cap and goggles) of all competitors shall be in good moral taste and suitable for the individual sports disciplines and not to carry any symbol which may be considered offensive.
- The referee of a competition has the authority to exclude any competitor whose swimsuit or body symbols do not comply with this rule.
- All swimwear worn must conform to current FINA swimwear approval guidelines as listed.

MATERIAL

The material of the swimwear will definitively be constituted only by textile fabric(s).

SHAPE

- MEN: swimwear shall not extend above the navel or below the knee.
- WOMEN: swimwear shall not cover the neck, extend past the shoulder, nor extend below the knee. No zippers or other fastening system is allowed.

USE

Swimmers shall wear only one swimsuit, taping is not permitted.

OTHER IMPORTANT SWIM CLUB INFORMATION:

1. The Campbell River Salmon Kings Swim Club (C.R.S.K. or CAM) is a competitive swim club offering young swimmers in Campbell River and surrounding areas the opportunity to swim competitively, from roughly May 1 to mid-August of each year. The C.R.S.K. is operated by an elected board of directors and is registered annually with the B.C. Summer Swimming Association (B.C.S.S.A.) of which C.R.S.K. is a member.
2. C.R.S.K. exists to promote, encourage and develop each swimmer's capacity to achieve excellence and life skills through participation in competitive swimming in a team atmosphere of fun, commitment and sportsmanship.
3. Swim meets are held on the weekends throughout the summer (some are one day; most are two-day events). Many families camp at each meet, so check the bulletin board and discuss camping or hotel options with other parents.
4. Our program is open to all and we encourage all family members to participate in family functions such as mini meets, BBQ's and our CAM meet.
5. Swim meets are run by volunteers. Timers and place judges are easy fun jobs that all meets require. All officials must be in place in order to start the meet. Please do your part and do what you can to share the load. Free training is provided so don't be afraid to try.
6. The highlight of the season is our own meet. We depend upon **all CRSK families** to be fully involved!!
7. Our season registration fee is one of the least expensive on the Island. A large amount of our operating budget comes from BC Government Gaming Grants which enables us to off-set costs and keep our fees low. To continue to receive these funds, our club must be able to show active parent volunteer participation. There may also be fund raising events throughout the season. Please help out and support your club when these events occur.
8. C.R.S.K. also offers winter maintenance up to 2 hours/week in the indoor pool, October to April.

Swimmer's Times: Swimmers and their parents are encouraged to keep a record of their official times for each event from swim meets. It is helpful for each swimmer to know and be interested in their best times for each stroke so they can set personal goals for themselves.

Coaching: Parents should not be on the pool deck during training sessions. This is so the coaches have each swimmer's full attention while coaching. If you need to communicate with a coach, please see them after practice is finished or feel free to leave them a message.

Travel Policy: Swimmers generally travel to swim meets with their family. If your child will be travelling to a meet with another family, please let your coach know and please contact this family to discuss the trip with them.

Swimmers' Responsibilities:

- Swimmers travelling with another family shall pay their share of travel, accommodation, and food.
- **No possession or use of alcohol, tobacco in any form, or any illegal substances.**
- Swimmers under the age of 12 shall not go anywhere unless accompanied by an adult.
- Thirteen year olds and over are to travel in groups of three or more with permission of parents.
- Swimmers will speak to the parent they are travelling with, before leaving the pool or camping/hotel area.

Discipline Policy: If a swimmer misbehaves or is uncooperative at practices and/or swim meets, a coach has the right and responsibility to ask the swimmer to leave the pool deck. The coach will follow up this action by contacting the parents. If a swimmer consistently misbehaves in or around the pool, at practices and/or at swim meets, there will be a meeting between the coach, swim club executive and the parents of the swimmer to discuss disciplinary action and future association with the club. The club reserves the right to remove a swimmer due to misconduct of the swimmer.

Safety of swimmers: It is the responsibility of the parents to ensure that their child/children are safely in the change room of the pool or meeting area for dry land training before the parent leaves the child. The swim club takes no responsibility for a child who is dropped off at the door and left to find their own way into the pool area, or is not picked up promptly after practice. We will do our best to ensure your child's safety while they are in our care. All adult coaches are screened for Criminal Records and reviewed in the correct procedure to deal with the children.

Officials at meets: At no time should a parent, relative, or friend of a swimmer enter into a discussion with one of the meet officials regarding an official's decision. There is a dispute (or protest) process, and it involves the coaches and club officials only. Anyone violating this rule is subject to being ejected from the meet, at the discretion of the Meet Manager and Head Official. If you have what you consider is constructive criticism, please bring it forward to the club coach, Club Officials' Rep, or President.

Marshalling at swim meets: Parents, relatives, and friends are not to accompany swimmers to the area behind the blocks at the start of the race. If you desire, someone may accompany them to (but not into) the marshalling area. A coach may accompany a swimmer to the starting blocks (and in the race for novice events). Once again, at the discretion of the Meet Manager and/or Head Official, anyone violating this rule may be ejected from the meet.

Behaviour at swim meets: Behaviour of the children at the meet, on the pool deck and around the general area (club tents and grassy areas around the pool) is to be monitored by adults.

Clean up after swim meets: At the end of the meet, we must ensure that the area we and our children occupied is cleaned up and left exactly as we found it.

Refund Policy: CRSK swimming fees will only be refunded if applied for within two weeks of the child's earliest swimming start date after their registration. BCSSA fess cannot be refunded, which in 2014 is \$40.

Volunteer Policy: CRSK requires a \$100 volunteer deposit with registration. We ask that parents volunteer a minimum of 5 hours per swimmer. Parents are asked to track their volunteer hours. Cheques will be held until the end of the summer swim season. Parents who have volunteered the minimum amount of time will have their cheques returned. Parents who have been unable to volunteer will have their cheques cashed.

CRSK & ISLAND REGION SWIM MEET & CRSK EVENT SCHEDULE – 2014

Wednesday	April 30	Meet the Coaches Night & Late registration at 6:00 pm , Carihi Secondary Multipurpose Room
Thursday	May 1	First practices in the indoor pool (Strathcona Gardens) as per schedules
Monday	May 19	Victoria Day - No swimming – indoor pool closed
Saturday	May 31	Duncan - Cowichan Valley Breakers (indoor)
Sunday	June 1	Duncan – Cowichan Valley Breakers (indoor)
Monday	June 2	March to Centennial Pool & Family BBQ
Saturday	June 14	Victoria - Oak Bay Orcas (Commonwealth Pool)
Sunday	June 15	Victoria - Oak Bay Orcas (Commonwealth Pool)
Saturday	June 21	Courtenay - Blue Devils (outdoor)
Sunday	June 22	Courtenay – Blue Devils (outdoor)
Thursday	June 26	Swimathon
Friday	June 27	Nanaimo - White Rapids (outdoor) Heats & Finals
Saturday	June 28	Nanaimo – White Rapids (outdoor)
Sunday	June 29	Nanaimo – White Rapids (outdoor)
Friday	July 4	Campbell River Pre-Meet Preparations
Saturday	July 5	Campbell River - Salmon Kings (outdoor)
Sunday	July 6	Campbell River - Salmon Kings (outdoor)
Monday	July 7	Day of Rest for Salmon Kings

CRSK & ISLAND REGION SWIM MEET & CRSK EVENT SCHEDULE – 2014

Wednesday	July 9	Mclvor Lake Beach Day
Saturday	July 12	Sidney - Piranhas (indoor)
Sunday	July 13	Sidney - Piranhas (indoor)
Wednesday	July 16	Miracle Beach Camp Out Group Campsite - details to follow
	July 14-18	Challenge Week (tentative)
Friday	July 18	Salt Spring Island - Stingrays (open water)
Saturday	July 19	Salt Spring Island - Stingrays (indoor)
Sunday	July 20	Salt Spring Island - Stingrays (indoor)
Friday	July 25	Pancake Breakfast
Saturday	July 26	
Sunday	July 27	
Thursday	July 31	Regionals BBQ & Desert Challenge (New)
Friday	August 1	Regionals – Vic (indoor)
Saturday	August 3	Regionals – Vic (indoor)
Sunday	August 3	Regionals – Vic (indoor)
Monday	August 4	Day of Rest for Salmon Kings
Wednesday	August 6	Club Awards night – Centennial Park CRSK Annual General Meeting (AGM) Fun Swim for all CRSK swimmers Family BBQ
Friday	August 15	Provincials – Kamloops
Saturday	August 16	Provincials – Kamloops
Sunday	August 17	Provincials – Kamloops

