



2011 Information Book

Welcome to the 2011 Season of the Provost Piranhas Swim Club. We are looking forward to a fun and enjoyable season!

“The focus of the Provost Piranhas Swim Club is to provide a positive environment for swimmers at all levels to achieve personal goals while having fun and developing healthy lifelong skills. We emphasize sportsmanship and team spirit, and encourage our swimmers to appreciate the efforts of others. We advocate doing and being your best.”

We encourage you to attend as many meets as your family schedule permits, we would like to encourage all swimmers to attend our home meet on June 25, 2011.

Parents are expected to help officiate at out of town meets this includes timing, stroke and turn. If you are interested in becoming an official please contact one of the executive.

New this year, we have set up a website which contains the information on this handout and much more, you can check it out at www.provostpiranhas.ca.

2011 Coaching Staff

Rebecca Allen – Coach

Deon Erasmus – Assistant Coach

Emma Allen – Assistant Coach

Registration Fees

The 2011 fee schedule is as follows:

Membership Fees are as follows:

- ≈ \$200 for full time swimmer (1.5 hours/day)
- ≈ \$150 for beginner swimmer (45 min)
- ≈ Caution Fee for bottle drive \$50/swimmer

Beginner Swimmers:

We are offering a two week trial period for beginner swimmers, if after the trial your child decides not to continue your fees will be refunded less \$50 which covers the cost of insurance, registration and pool use during those two weeks.

**Please make cheques payable to
Provost Piranhas Swim Club**

Pictures

We will be doing a group photo and individual photos on June 8 at the pool. We would like to have all swimmers attend for the group photo. More information to follow. The cost of the individual photo is \$15, this must be ordered through Joanne Paulgaard prior to picture day.

Fundraising

Bottle Drive

We will be doing our annual bottle drive on Wednesday, May 25 starting at 5:30.

Swim Clothing

Suits

The competition swim suits are black and yellow; the prices are listed on the order form. Suits are available for purchase until April 14 from Lorna Brad.

Clothing

Sweatpants, jackets, hoodies, bags and caps. Prices listed on order form. These will be available to purchase until April 14, see Joanne Paulgaard for more information.

There will be another try on at Crescent Point Place on April 14 from 3:30 – 4:30.

If you would like to order grab bag suits, goggles, etc. you can order directly from Team Aquatics at:

www.team-aquatic.com

login: piranhas swim

password: werock1

Practices

Swim Club will start on May 9, we may or may not be in the pool this day, if not please bring runners and water bottle as we will start with dryland training.

Monday-Friday 5:00 – 6:30pm fulltime swimmers

Monday-Friday 5:00 – 5:45pm beginner swimmers

****practice times are subject to change****

Monday, May 23 – no practice – Long weekend

Friday, July 1 – no practice – Canada Day

The week of August 8-12 will be for swimmers who qualify for Provincials.

≈ **Please ensure your child(ren) bring a full water bottle to each practice.**

≈ Swimmers in our club may range from 5 to 18+ of age. For this reason, our older members are expected to provide a good example for our younger members and to welcome all new swimmers.

≈ Courtesy towards pool staff and coaches is expected from all swimmers. Pool staff and coaches have the authority to ask any swimmer who is misbehaving to leave the building.

≈ Fighting, swearing or not listening to the coaches will not be tolerated.

≈ Parents are allowed to view practices, but are not allowed on the pool deck at anytime. Any issue or concerns can be directed to any executive member.

Swim Club Equipment

All registered Piranhas swimmers are entitled to the use of training equipment during off hours.

Swim Meets

Provost Swim Meet will be on Saturday, June 25. All parents are required to help. There will be a planning meeting in early June with more details.

Out of town swim meets, there are several meets within our area that our club participates in, it is the decision of the swimmer and their parents as to which meets to attend. There will be a signup sheet posted at the pool to sign up for each meet.

The cost of each meet varies but is approximately \$12 which will be invoiced out at the end of the season. If a swimmer is registered for a meet and then decides not to attend you will still be charged. It is the swimmers responsibility to inform the coach if they will not be attending a meet they are registered for.

Things to bring to swim meets:

- Cap
- Goggles
- Easy slip on/off shoes to wear on deck
- Sleeping bag or blanket
- Towel – 3
- Small tent if swimmers camp is located outdoors
- Travel games, books, cards, etc.
- Nutritious snacks/lunch fruit, granola bars, crackers, cheese strings, yogurt tubes, fruit juice, low carb items
- Lawn chair
- Water/Gatorade
- Avoid – pop, chips, candy, chocolate

At a swim meet, the number of heats varies depending upon the number of swimmers entered. The final placing is based on times from all the heats in the event. Each swimmer may enter in up to 4 events at a swim meet with the exception of Wainwright where a swimmer can enter in 6 events.

For relays, depending on the number of swimmers in an age group in attendance at the meet, the coaches may or may not enter a team. Selection of relay teams by the coaching staff is based on: Swimmers in the same age category:

- ≈ Attendance at practices
- ≈ Attitude and quality of work during training
- ≈ Speed

The selection of the teams may vary during the season. The coaches endeavor to be fair and reward hard work and good sportsmanship.

Parent officiating is required at each meet. Level 1 official's information is available online at <http://www.swimalberta.ca/officials/certification-4.htm>. If you would like to become an official please contact an executive member.

Level 1 positions are:

**Timers

**Safety Marshalls

**Marshalls

Each attending club at a Meet is required to provide 1 official for every 3 swimmers attending from our club. If clubs do not provide the required number of parent Officials, it will be at their Meet Manager's discretion whether or not the attending club will be permitted to compete.

Meet Schedule

June 4 – Killam

June 11 – Wetaskiwin

June 17 & 18 – Lacombe (long distance on Friday)

June 25 – Provost

July 2 – Allstars in Fort McMurray

July 9 & 10– Wainwright

July 9 – Red Deer

July 16 – Ponoka

July 23 – Forestburg

July 30 – NO MEET

August 5-7 – Regionals – Wetaskiwin

August – 12-14 – Provincials – Calgary

Conduct During Swim Meets

When our club is invited to a Swim Meet, we are the guests of the host team. Therefore, swimmers must abide by certain rules.

- ≈ Upon arriving at the pool, each swimmer will check-in with the coach. There is an assigned warm up time for each club this is usually 30 mins to 1 hour before the meet begins. The coach must attend the scratch meeting before the meet starts and must inform the Officials of any swimmer(s) who will not be competing or if a swimmer is entered into a wrong event.
- ≈ Swimmers are to remain in the camp area during the meet or inform the coach if they are leaving the pool area.
- ≈ Our club is responsible for the cleanliness of all our camp area. All swimmers are to pick up after themselves and use the garbage cans provided. If our camp areas are not cleaned up properly, we will lose our \$100 deposit to the host club.
- ≈ There will be zero tolerance for swimmers or coaches acting up on deck. The referee will make a decision as to the swimmer's or coach's removal of the meet.
- ≈ Swimmers are only allowed to write their event numbers on their hands or arms, no inappropriate writings are allowed on their bodies.
- ≈ Swimmers will not be allowed on deck with their coaches unless they are being marshaled. It is the parents and swimmers responsibility to have the swimmer in the marshalling area on time, prior to their race. Coaches will not search for swimmers.

Regionals

Regionals will be hosted in Killam on August 5-7, 2011. The Regional Swim Meet is the final meet of the season, only the swimmers who place 1st or 2nd in their event continue on to Provincials in Calgary on August 12-14, 2011. Swimmers must tell the coach if they will be unable to attend Provincials.

Year-End Wind-up

Tuesday, August 9, 2011 – More information to follow.

Executive

President	Lisa Beier	(780) 753-4999
Vice-President	Lorna Brad	(780) 753-4935
Treasurer	Joanne Paulgaard	(780) 753-4720
Secretary	Cindy Sieben	(780) 753-8462
Computer Liason	Lorelei Enzenauer	(780) 753-4934

Directors

Casino Chairperson	Val Paulgaard	(780) 753-6665
Meet Manager	Julie Bouma	(780) 753-2003
Officials Chairperson	Julie Bouma	
Bottle Drive Coordinator		
Parade Coordinator		