



# 2024 Information Book

Welcome to the 2024 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 22, 2024 as well as the Regional Meet on August 9-11.

Parents are expected to help officiate at out of town meets including timing, and stroke and turn officials. If you are interested in becoming an official please contact our Club Officials Administrator, Marie-Lucie Gendron.

## **Executive**

President	Marie-Lucie Gendron
Vice President	Claire Lavigne
Treasurer	Blaine Sherring
Secretary	
Computer Liaison/Registrar	Sherrilyn Spencer
Director/Social Media	Stacy Lloyd
Meet Manager	Justine Wetzstein
Officials Chair	Marie-Lucie Gendron

## **2024 Coaching Staff**

Danielle Provick – Head Coach  
Kassidy Parkins - Assistant Coach

## **Registration Fees**

Cheques payable to Provost Piranhas Swim Club, or e-transfer provostpir1@gmail.com

The 2024 fee schedule is as follows:

**Membership Fees** are as follows:

- ★ \$350 for full time swimmer (ages 9+)
- ★ \$300 for 8 and under swimmer (30-45 min/day)
  - **No life jackets allowed**
- ★ Caution Fee for bottle drive is \$100/swimmer.

### **Two-Week Trial**

We are offering a two week trial period for all **new** swimmers. If, after the trial, your child decides not to continue, or the coach suggests that your child wait another year, your fees will be refunded less \$50, which covers the cost of insurance, registration and pool use during those two weeks. In order to be in swim club, your child should be able to swim a length of the pool, unassisted.

### **Swim Camp**

The Swim Camp date is TBD; the cost of the camp has been included in the fees. This is a great camp to build your child's confidence and swimming skills. We encourage all swimmers to attend.

### **Pictures**

We will be doing a group photo and individual photos on Thursday, June 6 at 5:00 pm. We would like to have all swimmers attend for the group photo. The cost of the individual/family photo is \$27. Please indicate on the registration form if you would like photos. It is not mandatory for swimmers to purchase photos.

### **Fundraising - Bottle Drive**

We will be doing our annual bottle drive on Tuesday, May 21 starting at 5:00pm.

**\*\*One adult/family must attend bottle drive\*\***

### **Swim Clothing**

The competition swimsuits are black and yellow. Other Swim club clothing is also available. See Michelle Moncrieff for more information.

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

[www.team-aquatic.com](http://www.team-aquatic.com)

### **Practices**

Swim Club will start the first week of May, with dry land training for swimmers age 9 and over.

Mon, Tues, Wed, Thurs from 5:00 - 6:00pm.

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

### **May – August**

Monday, Tuesday, Wednesday and Thursday, 5:00 – 7:00pm

**All swimmers will be contacted with their swim times once confirmed.**

There will be **no practice** on the following dates. There may be additional changes that will be communicated via email throughout the season.

**Monday, May 20**

**Monday, Aug 5**

- **Please ensure your child(ren) bring a full water bottle to each practice.**
- Swimmers in our club may range from 5 to 18+ years 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 permitted on the pool deck.

### **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 22. 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. **Parents are asked to sign their child up for the meets they wish to attend on the [Provost Piranhas website](#). If you have signed up for a meet and are unable to attend please notify the coaches so they can scratch the swimmer from the meet. This must be done before 7 am on the day of the meet.**

**Note: Your swim club fees include the Provost Swim Meet plus two additional swim meets at NO charge!** If your child is able to attend more meets than this, you will receive an invoice at the end of the season. The cost of each meet varies but is approximately \$25-\$35.

Things to bring to swim meets:

- Cap
- Goggles
- Easy slip on/off shoes to wear on deck
- Sleeping bag or blanket
- Towel – 3 or more
- 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

Each swimmer may enter in up to 4 individual events at a swim meet; the coaches will discuss with the swimmer which events they would like to enter.

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 will be at the discretion of the coaches. The selection of the teams may vary during the season.

Parent officiating is required at each meet. If you would like to become an official please contact our Meet Manager.

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**

**Region C**      \*\*\*dates are subject to change

Saturday, May 26 – Camrose Sea Serpents

Saturday, June 1 - Vermilion Vipers

Saturday, June 8 - Lloydminster Rebels

Saturday, June 15 – Wetaskiwin Olympians

**Saturday, June 22 - Provost Piranhas**

Saturday, July 6 - Wainwright Torpedoes

Saturday, July 13 – Edmonton Huma

Saturday, July 20 - Fort Saskatchewan Piranhas

Saturday, July 27 - Edmonton Derrick Devil Rays & Sherwood Park Millenium Marlins

Friday, August 9 - Sunday, Aug 11 - Regionals - Edmonton

Friday, August 16 - Sunday, Aug 18 – Provincials - Edmonton

## **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. 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 marshaling area on time, prior to their race. Coaches will not search for swimmers.

## **Regionals**

The Regional Swim Meet is the final meet of the season, only the swimmers who place 1<sup>st</sup> or 2<sup>nd</sup> in their event continue on to Provincials. Swimmers must tell the coach if they will be unable to attend Provincials especially if they are to be on a relay team.

Swim  
your  
heart  
out ♥♥

## Provost Piranhas Swim Club Policies

1. [Safe Sporting Environment Policy](#)
2. [Code of Conduct and Ethics](#) (Athletes, Coaches, Officials, Parents & Club Board)
3. [Screening Policy](#)
4. [Universal Access & Inclusion Policy](#)
5. [Discipline and Complaints Policy](#)



### Expectations of Swimmers, Parents, Coaches; Additional Policies and Rules

The Provost Piranhas Swim Club is a non-profit organization that raises its annual budget by fees and fundraising activities.

The Provost Piranhas Swim Club's philosophy reads:

***“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.”***

#### 1 Expectations of Swimmers

- 1.1 To obey all rules and regulations of the club and coaches.
- 1.2 To be on time for practices and competitions.
- 1.3 To participate as a team member in competitions.
- 1.4 To sign up for the swim meets they wish to attend by the set deadlines.
- 1.5 To attend practices if they intend to participate in scheduled competitions.
- 1.6 To remember that you represent your club and your community when you are competing.  
Conduct yourself appropriately at all times; no swearing, teasing, felt pen graffiti on your body, etc.  
Always be gracious whether you win or lose.
- 1.7 Swimmers questions may be taken up either with the Coach or a member of the executive after the practice.
- 1.8 All swimmers will obey all instructions from either coach.
- 1.9 Swimmers are responsible for making sure they are on deck 10 minutes before their event at a meet.
- 1.10 Swimmers are responsible for deck tidiness and looking after their own belongings.

#### 2 Expectations of Parents

- 2.1 To participate in fundraising activities or pay a caution fee in lieu of participation.
- 2.2 To officiate/volunteer at swim meets. Each club needs to provide one official per 3 swimmers attending the meet.
- 2.3 To encourage their children to participate in all club activities (i.e.: practices, fund raising, meets, etc.)

- 2.4 To allow the Coaches to do the coaching. Comments, concerns and questions are to be directed to a member of the executive, and parents are to clearly state their expectations as to how the concern is dealt with.
- 2.5 Due to Swim Canada insurance requirements, absolutely no unqualified persons are allowed on deck.
- 2.6 Remember that our children swim for their enjoyment and development, not ours.

### **3 Expectations of Coaches**

- 3.1 To follow the directives of the club executive.
- 3.2 To have a training program outline.
- 3.3 To carry out the program or arrange for a competent and qualified substitute.
- 3.4 To communicate openly with the executive.
- 3.5 To encourage full participation in practices and meets.
- 3.6 To ensure swimmers are adequately warmed up prior to practices and meets.
- 3.7 To attend swim meets and if unable to attend, to inform the executive and contact and reimburse a suitably qualified replacement.
- 3.8 To keep swimmer Best Times up to date.
- 3.9 To take responsibility for poolside discipline.

### **4 Additional Club Policies**

- 4.1 A verbal announcement will be made regarding all upcoming meets outlining meet details, including place, time, number of events per swimmer, etc. Swimmers must sign up for these meets themselves by the set deadlines.
- 4.2 With regard to relay events, if a swimmer misses a relay and causes the team to be scratched, this swimmer stands the possibility of not being selected for future relay teams.
- 4.3 At the Regional Meet, each member is allowed to choose his or her 4 individual events. Swimmers are chosen to swim relays at the coach's discretion. .
- 4.4 We encourage all members to attend all practices or meets. Swimmers MUST notify the coach of holiday plans and known absences from swim meets and practices. Also we ask the swimmers to notify a coach or executive member if a swimmer entered in a meet must withdraw.
- 4.5 Swimmers and their families are encouraged to participate in all club fund raising activities, and are required to provide the club with a caution fee cheque.
- 4.6 Should a parent not want their child to participate in fundraising activities, they must contribute to the club through their caution fee.
- 4.7 If no coach or qualified substitute is available at a practice due to unforeseen circumstances, practice will be canceled in accordance with our insurance requirements.
- 4.8 Swimmers competing on a Regional relay team must commit to Provincials.
- 4.9 Any form of bullying will not be tolerated from coaches, swimmers or parents. This is cause for immediate suspension from the club.

### **5 Club Rules**

- 5.1 Pushing or throwing a member in the pool at a practice or a meet is an automatic suspension for that practice or meet at the discretion of the coaches.
- 5.2 Swimmer will be removed from practice by the coaches if constantly fooling around in the pool or not training as per the coaches instructions.
- 5.3 Each swimmer is required to wear a pair of swim goggles and a cap for every practice and meet. Label your belongings.

***You will be signing an acknowledgement of the Provost Piranhas Swim Club Philosophy, Expectations, Policies and Rules on your Membership Application. Please read them carefully, making sure your swimmers understand and follow the rules.***