

Clarington Swim Club Parent Handbook 2023/24



Let's Go ROC!

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Let's Go ROC!

Established in 1988, ROC is proud to be in its 35th swim season. ROC stands for the Racers of Clarington and is registered under the title Clarington Swim Club. For the 2023/24 season we are thrilled to have ~40 swimmers in our competitive program and ~70 swimmers in our novice program. ROC is a non-profit, board run organization with an amazing staff of professional, nationally qualified coaches.

A Message from Our Head Coaches

Welcome to the 2023/24 swim season!

Your family has taken the leap, you've made the decision and now you're here, ready for your child to be part of a sport that will challenge them, make them understand and LOVE hard work and learn to be a contributing member of the ROC team.

The Clarington Swim Club has a long history of swimmers who understand that you get out of the sport what you put into it. If our swimmers can graduate the program with an understanding of how to control what you can control and to cope with what you can't, then we will have successfully done our jobs as coaches. They'll win races, they'll lose races, but at the end of the day, if they can't control the competitor standing beside them, they CAN control their attitude, intensity and attendance to give themselves the best possible opportunity to perform at their highest level.

Coaches' Mission

To provide a safe and challenging environment where our swimmers can develop themselves as athletes and people.

Coaches' Pledge

- To provide a positive learning environment
- To ensure that each swimmer, regardless of ability, has an equal place in their Club
- To ensure that each swimmer knows what is expected of them at practice and at competition
- To reward effort
- To foster the best team spirit in the region and let the swimmers realize the benefits of TEAM
- To understand that the experience of each swimmer is the reason for everything else

We're excited for a great year and cannot wait to get to work!

See you on deck,
Lynsey Rivest & Karen Hillis
Head Coaches, ROC, Clarington Swim Club

Club Communication

Coach Lynsey & Coach Karen	claringtonswimclub@gmail.com
Club Website	www.claringtonswimclub.ca
Office phone	905-442-4636
Newsletters	New newsletters will be put in your child's mailbox on deck. Offers information regarding schedules, practice cancellations, upcoming events, swim meet schedules and team achievements.
Facebook	A private, parent-organized group to communicate with other ROC parents. Search "ROC Parents" to join.

Getting to Know our Coaches

Lynsey Rivest – Head Coach & Team Admin



As a child Lynsey swam with the Clarington Swim Club for nine years as a competitive swimmer. After graduating from the club, she joined the Brock University Swim Team for four years. Upon graduation Lynsey coached for three years as an assistant coach with the Varsity team, but found herself drawn back to the Clarington Swim Club in 2012 as a Novice coach. She quickly became the head age group coach for the junior squad and in 2017 became Co-Head Coach. Currently, Lynsey also leads the behind the scenes action for the teams day-to-day functioning and is the main point of contact for the team as well.

Karen Hillis – Head Coach



Like ROC, Karen is proud to be in her 35th swim season as Head Coach! She has been devoted to the Clarington Swim Club and has inspired thousands of ROC swimmers to achieve their goals in swimming. Karen holds a 4th degree black belt in tae kwon do and is a certified personal trainer. Karen leads the dryland and weight-lifting program for both the Junior and Senior swimmers. Karen also coaches the Master's and Novices too! Karen is dedicated to this community and its' athletes. She believes that true athleticism starts with the head and the heart and, if they are willing, the body will follow. Our swimmers enjoy working hard when she is around and know her for NNNGU (never, never, never give up)!

Logan Wojnica – Assistant Coach



Logan joined Clarington Swim Club as a swimmer in 2015 after watching a family member compete for some years before that. Logan went on to become the Team Captain before graduating from the program in 2019. Logan started her coaching career as a Swim Fundamentals & Novice coach while swimming with ROC and it was a very natural step for her to jump into the ranks of professional coaching in 2019 as the Junior coach. Coach Logan loved her team as a swimmer and carries that love into her coaching.

Roberta (Bobbi) Gjaltema – Assistant Coach



Bobbi started her swimming career at the Oshawa Swim club at the age of 9 and continued racing with the University of McMaster swim team. During her time at Oshawa she coached at a novice and junior level and at University she coached varsity triathletes in the pool. After a 25-year hiatus that included teaching and marketing, she got back into the pool 6 years ago with the Masters' program. This year Bobbi worked to restart her coaching journey and brings to the deck a love of swimming, a solid understanding of the sport and a desire for every swimmer to have fun while working hard.

Novice Coaches

This year we have current senior swimmers and previous ROC swimmers coaching the Novice group. On deck you'll see Kylie, Maya, Evelyn and Fiona. They are excited to connect with the newest and youngest members of the club.

Swimmer's Code of Conduct

Swimmers must learn how to prepare for athletic performance and how to behave in a way that promotes their own health and mental well-being, and demonstrate the same to the younger members of the team.

- Swimmers will conduct themselves in a sporting manner and respect their fellow athletes, coaches, chaperones, officials and pool staff
- Swimmers will behave in a manner which favorably reflects on themselves, their families, their community, the Clarington Swim Club and the sport of swimming
- Swimmers must comply with travel, training competition, curfew and behavioral guidelines set by coaches and/or chaperones
- Swimmers will not use tobacco, alcohol, illegal substances or drugs
- Coaches and chaperones must be made aware of prescription medication used by the athletes (i.e. Epi Pen)
- Swimmers will not abuse any person, physically or verbally, and will not use profanity
- Swimmers will not abuse any property or take property that is not theirs
- Swimmers will wear proper team uniform to competitions (see page 6)
- Swimmers will stay with their team and coaches on deck during swim meets
- Swimmers are expected to stay on deck during swim meets until all ROC swimmers are done competing

Swimmer's Responsibilities

As individuals the swimmer's responsibilities include:

- Attend all practices (If liberties are taken with schedule, coaches should be made aware)
- Meet all your school and familial commitments – learn to budget your time
- Being punctual for your workouts
- Applying yourself fully to the challenges of a practice
- Maintain a positive attitude during practices and competitions
- Accept victory and defeat equally
- Be a good team mate – support your team mates when they need it
- Be a good team mate – challenge them every practice
- Endeavour to increase your self-discipline and self-control and always strive to better yourself
- Display good sportsmanship in all competitive activities to both competitors, officials and parents

Swimmer Discipline

If a swimmer contravenes the code of conduct, the coaches may:

1. Suspend swimmer from practice.
2. Suspend swimmer from the current competition and have them sent home at parent's expense.
3. Impose reprimands, restitution, formal verbal or written apologies, or any form of disciplinary action considered appropriate.

IMPORTANT***If there is a situation that your child is suspended you will receive an email from the coach involved.

***Any swimmer or parent may appeal a disciplinary action by submitting a formal written appeal to the head coaches via email within 5 days of the suspension.

Problem Resolution

If your swimmer is having an issue with a coach or another team mate, follow these steps to resolve the problem:

1. Always start by addressing any issues with our Head Coaches either in-person or by email.
2. If you are having a hard time resolving the issue with the Head Coaches or would like to file a complaint with the Board, you can find more information on how to do this on the club's website.
 - Visit claringtonswimclub.ca
 - Under the tab "Club Info" you will find "Complaint Management – Policies & Procedures"
 - Refer to this document on how to file a complaint with our Board appointed "Complaint Coordinator"

Team Uniforms

- Every competitive swimmer should have a ROC swim cap (black or white) and a ROC t-shirt for swim meets
- Orders for team uniforms typically go out at the beginning of the swim season and again before Christmas (great for gift giving) and then as needed after that
- Items such as deck coats, sweat shirts, water bottles, etc., are available to order, but not mandatory
- Jenny Turner is in charge of team uniform orders. Please email Jenny to place an order or if you have any questions

jturner@pvnccdsb.on.ca

Buying Equipment

Everything your swimmer needs to train will be provided for them on deck (i.e. flutter board and pull buoy). If you're looking to purchase swimsuits/jammers or goggles here are two recommended places:

Mega Clothing Outlet located in Whitby is a Speedo Outlet and sells suits/jammers for \$20-25 each.

Team Aquatics Supplies located in the Toronto Pan Am Sports Centre sells bathing suits, goggles, caps, backpacks, etc. and ROC swimmers receive a 20% discount off any purchases (see restrictions noted on card). For online purchases use the Shark Card below and if in person, present this card and the password is NNNGU.



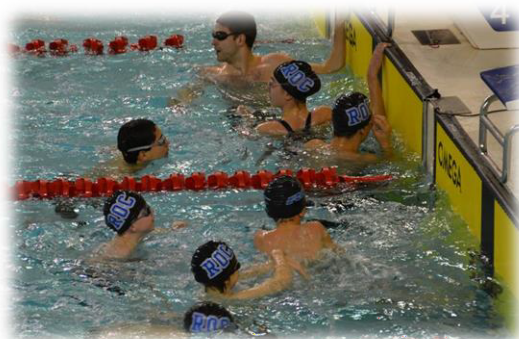
 **TEAM AQUATIC SUPPLIES LTD**

SHARK CLUB PROGRAM

Club: Clarington Swim Club
Online Coupon Code: CLA045
Expires: August 31, 2024

Program subject to change and/or cancellation at any time.
Discount is valid on regular priced in-store, in-stock merchandise only.
Card must be presented at time of purchase.
Not valid at Swim Meets and other Sales Events, or in conjunction with other discounts.

#SwimExperts



Clarington Cup

On the 4th Wednesday of every session the whole club, including the novices, come together to have fun and compete in place of regular scheduled practices. Swimmers will be divided in to 4 teams, with the senior swimmers as team captains. The night will start with a warm-up, some fun games and then swimmers will race up to 5 races; 25m of each stroke and a length of kick. The races will be timed and recorded to track their progress throughout the year.

There are 5 Clarington Cup opportunities for your child to participate in. Senior swimmers are to arrive on deck at 4pm, while Junior, Youth Fitness and Novice swimmers are to arrive at 4:30pm (or as early as you can). The event will finish by 7pm.

Clarington Cup is also a fundraiser. After each Clarington Cup we will be offering pizza. The winning team will receive a free slice of pizza, while others will have to pay. Points are earned by swimmers when they race. If the swimmer hasn't raced before they will receive 2 points per swim. If the swimmer gets a best time, meaning their time was faster than before, they will get 3 points per best time. If their time was slower than a previous time, they will receive 1 point. The team that earns the highest amount of points wins.

IMPORTANT***These nights require a minimum of 9 volunteers and even better if we have up to 13 volunteers to help time the races on deck. There is no sign-up or training needed for these nights. Just come on out on deck at the beginning of the night when your swimmers are warming up and you'll be directed from there!

Swim Meets

ROC swimmers compete in many local, regional, provincial and sometimes national level swim meets. The schedule has been sent via email and upcoming swim meets will be posted in the newsletters. Swimmers may travel to meets all over the province and if they qualify for national meets, may travel throughout Canada.

ROC's meet schedule is determined by the Head Coach. The goal is to provide an appropriate competitive experience for all swimmers regardless of level. Coaches will determine what events ('swims') the swimmers will participate in. However, any concerns the swimmer has should be discussed with the coach directly.

There are many different types of swim meets and they can last anywhere from half a day to 3 days, depending on the meet and level. The meets a swimmer attends are dependent on many factors including age, level, speed and qualifying standards met.

Swim meet fees can range from \$50-60 per day of the event. For away meets you will have to budget in hotel, food and travel costs. These costs are not included in your annual fees.

IMPORTANT *** If a timing conflict exists for a swim meet, coaching staff must be notified at least 3 weeks in advance. After this point, families will be responsible for meet fees incurred by the Club, even if their swimmer doesn't attend.

ROC Hosted Swim Meets

ROC usually hosts 3 competitive meets per season at our home pool. One other local club will be invited to compete with us. The meet is typically 4 to 5 hours in length.

Hosting swim meets can be very beneficial to the club. It is the club's biggest source of fundraising. However, in order to make money from our swim meets, they need to be sanctioned by Swim Ontario. To be approved by Swim Ontario to host a swim meet we need enough qualified officials on deck in various roles. If we don't have enough officials on deck that are qualified, we cannot run a sanctioned meet and the club will lose an opportunity to make a profit.

For ROC to host a swim meet we need at least 23 qualified officials on deck. This includes:

- 9+ timekeepers
- 6 turn judges
- 2 stroke judges
- 1-2 Clerk of Course (organizing swimmers into their heats/lanes)
- 3-4 chief starters (electronics)
- 1 starter

How to Become a Qualified Official

Adele Thompson is the “Club Official Chair” for ROC. Part of her role is to ensure our clubs membership has enough qualified officials to run our in-house swim meets. She can help you coordinate and register your courses and will monitor the clubs’ progression of official development.

As a small club we need at least one parent from each competitive family to volunteer as officials during our meets. It is the goal of the club to have 35 members qualified at both Level I and Level II this season. To become qualified, you will need to take on-line or in-person courses through Swim Canada. These courses are very simple and can take 1-2 hours to complete.

Steps to becoming qualified:

1. Email Adele your full name and email. She will start your registration with Swim Canada (ajjthompson@gmail.com).
2. Once you receive an email from Swim Canada, you can complete the registration process and access your Officials account to begin signing up for courses.
3. Refer to the Certification Pathway chart below to plan which courses to take first. There is a specific order to complete them in. Focus on Level I and II for now.
4. Once you have completed a course, it will be recorded in your Swim Canada officials account.
5. If an on-deck evaluation is required, this is very simple and Adele will help arrange this.
6. Ask Adele questions if you find yourself wondering what courses to take or what roles the club needs help filling.
7. Take more courses!

IMPORTANT***Our first in-house swim meet is December 2, 2023. We would like everyone to aim to have at least one of your courses completed by this time.



Year of Transition: [Certification Pathway](#) updates for 2022

Additional updates coming in 2023

Required Clinics					Required 2 - Deck Evals						
Level III Referee	Level III (note 5)	Level II Developing Referee	Level II	Level I	Clinic	Position	Level I	Level II	Level II Developing Referee	Level III (note 5)	Level III Referee
✓	✓	✓	✓	✓	Intro to Swim Officiating	Timekeeper		✓	✓	✓	✓
✓	✓	✓	✓	✓	Safety Marshal	Safety Marshal					
✓	✓	✓	✓		Stroke & Turn	Stroke Judge or Turn Judge (HLT)		✓	✓	✓	✓
✓	✓	✓	any one of these clinics		Chief Timekeeper	Chief Timekeeper		Any 1 position	✓	Any 4 positions	✓
✓	✓	✓			Clerk of Course	Clerk of Course			✓		✓
✓	✓	✓			Starter	Starter			✓		✓
✓	✓	✓			CFJ/CJE	CFJ/CJE (note 1)					
✓	✓	✓			Meet Manager	Meet Manager					
✓	✓				Recorder-Scorer	Recorder-Scorer					
✓	✓	✓			Para Swimming E-module or the Domestic Para Swimming Clinic (note 2)						
✓		✓			Referee (note 3)	Referee (note 4)					

How to Support the Club

ROC has always been fortunate to have an amazing group of swim parents to help the team out. There are many tasks/jobs to be done, and throughout the year parents will be asked to contribute their time and energy. Volunteers are always welcome and appreciated. Here are some ways you can help:

1. Become a qualified Official and volunteer at our in-house swim meets
2. Be a chaperone at out-of-town meets
3. Help with fundraising
4. Be a timekeeper at our in-house Clarington Cups
5. Volunteer to help at the club's social events and activities throughout the year
6. Help find companies to sponsor our club

Fundraising

ROC is very thankful to have fundraising activities planned throughout the year to help keep the cost of our programs down. We do rely on the parents of competitive swimmers to help us with this task.

Fundraising opportunities will be announced throughout the year via email. Please help in any way you can and as always, if you have any ideas for new fundraising opportunities, email the coaches or gather a few parents during practice to discuss!

2022/23 Fundraising Results

Bottle Drive	July to September	~\$1500
ROC Hosted Competitions	October/March/April	~\$4500
Yuk Yuk's Comedy Night	March	~\$4000

Sponsorship

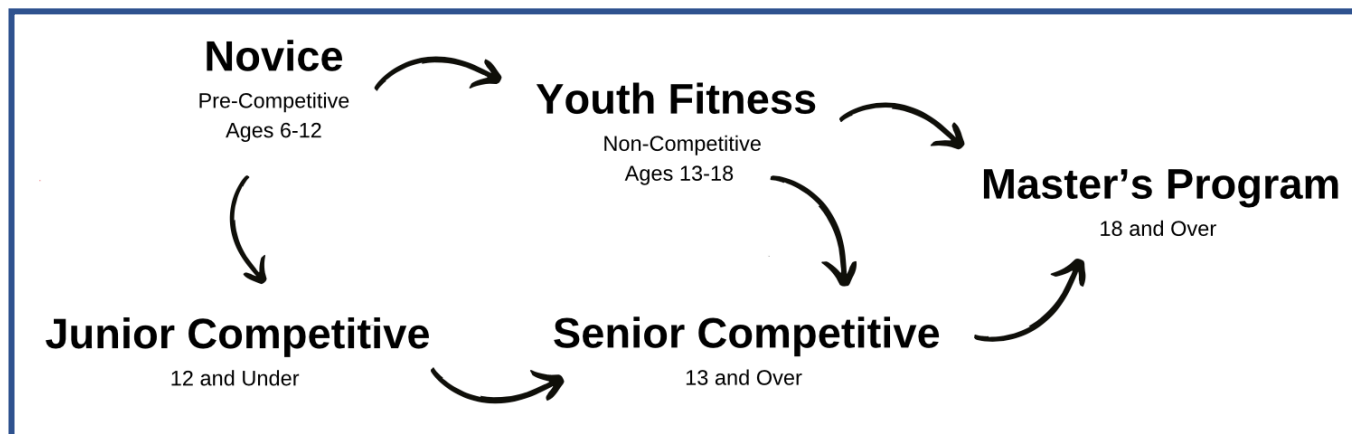
ROC currently has no sponsors but, in the past, this has been a very successful way to help the club replace old equipment or help the club keep up with new technology. If you have any connections or are aware of anyone that would like to get involved in sponsoring the club, please email our Head Coaches to discuss. There is opportunity for us to advertise their company during in-house swim meets, Clarington Cups and in our newsletters.

Social Events

ROC is very passionate about TEAM and making swimmers feel like they are a part of a community of friends who they can rely on to support them, push them and have fun with. Throughout the year there will be opportunities to gather as a team, outside of swim practices, to have fun and build relationships. Our Head Coaches will keep you posted via email and newsletter of any activities that the club has planned. Here are a few examples of previous events:

- All-day relay
- Dunk tank at Apple Fest and Maple Fest
- Rock wall climbing
- Tree-top trekking
- Flying Squirrel

How to Navigate through the ROC Programs



Novice Program

6-12 years old

Lay down the basic skills to swim like a competitive swimmer

3 swim practices per week

5 Clarington Cup (in-house competition) opportunities

Youth Fitness Program

13-18 years old

Youth swimmers wanting fun, fitness and stroke improvement. No competition commitment.

3 swim practices per week

5 Clarington Cup (in-house competition) opportunities

Junior Competitive Program

Ages 12 and under

Competes in swim competitions throughout Ontario

4 swim practices per week and 3 dryland sessions per week

Competes in up to 12 competitions between October and June

Senior Competitive Program

Ages 13 and over

Competes in swim competitions throughout Ontario. If swimmer qualifies, they may compete across Canada.

6 swim practices per week, 3 dryland sessions per week and 2 weight lifting sessions per week

Competes in up to 12 competitions or more between October and June

Master's Program

18+ years

Adult swimmers wanting fun, fitness, stroke improvement, triathlon/open water training, and/or competition.

Up to 5 practices available per week

How to Navigate Through the Programs

This process is led mainly by the Head Coaches. The Head Coaches will communicate when your child is ready to move to the next program. If your child has an interest in switching to a competitive program from the novice or youth fitness programs, and you haven't heard from the coaches, please contact them to discuss your swimmers' opportunities.

Tips for New Parents at Swim Meets

Warm-Ups

Coaches will want to have their swimmers ready to go 15 minutes prior to the start of warm-ups. This will give the swimmers time to do their on-deck activation and give coach's time to organize and explain the warm-up. During the warm-up's swimmers will learn about the pool, how many strokes to the wall from the backstroke flags, where they start their flip turn, and get a feel for the start blocks. The warm-ups provide a final rehearsal for the events which the swimmer will be competing in, and finally an opportunity for swimmers to get their bodies awake and in motion.

How do you know what event your swimmer is in?

- You will receive notice of the events your swimmer is signed up to swim in their mailbox on deck. It is your swimmer's responsibility to get this home to you!
- A few days before a meet you can search the hosting team's website for the "heat sheets" which you can download and print yourself.
- "Meet Mobile" is an app that gives you access to the meet package, heat sheets and even real-time results. There is an annual cost to this app.

Marshalling

- This is the area close to the starting blocks where the swimmers are organized into their lanes and heats.
- It is helpful to write your swimmers event, heat and lane on their arm for them to refer to at the meet. Example: 50free H2 L8

Equipment List for the Swimmers

- Pack extra goggles for meets – they go missing and straps break.
- Pack extra suits for meets – just in case.
- Pack extra ROC caps – they do rip!
- Swimmers should have at minimum a ROC t-shirt and something warm to wear between their swims. Make sure they are labeled.
- Water – stay hydrated! Swimmers are encouraged to eat meals before and after the meet/session and avoid eating during the meet.
- 2 towels per swimmer and a swim shammy to help stay warm and dry.
- Our team has a "no electronic rule" on deck at swim meets (no iPads, iPhones, etc.). Coaches will confiscate them for the duration of the meet.

For the Parents

- Bring a pillow or stadium chairs to sit on in the bleachers – note sitting all day in the bleachers can become very uncomfortable.
- There is usually some sort of concession at larger meet venues, but the food choices are limited and take cash only.
- Dress in layers, it can get very hot and humid inside.
- If your child is disqualified (DQ'd) don't fret about it. It happens to the best of swimmers and you just need to be supportive and reassuring. This is a great learning moment for swimmers.
- Parents will not be able to accompany their swimmers into the pool locker room or on the pool deck.
- Most pools have raised stadium seating for the spectators – a great view but arrive early as this can fill up quickly.
- Encourage your children to talk to their coach before and after each event for feedback.

Tips for Positive Parenting in Competitive Swimming

Your Role as a Parent

Your primary role as a swim parent is to provide a supportive, loving and stable environment in which your child can develop as both an athlete and a good person. As a parent, you know how it is important to be a positive role model in your child's life; children feel your emotions. We encourage you to always demonstrate to your child good sportsmanship towards *all* involved in the sport. This includes team mates, coaches, officials, opponents, supporters and so on.

Developing an Athletes First Perspective

An "athletes first" perspective can help some children achieve more than they would if they were consumed with the idea of winning in the short term. An obsession with winning can create a fear of failure, which can result in a less than average performance and a very upset child. Be careful with your language around performance and self-worth: "You won, you are such a good girl" has the implication that if they hadn't they wouldn't be good. "Wow what a fantastic effort, you put everything into that swim!" can be used after a win or a loss as the comment is about *the performance*, not self-worth. It is the coaches' role to provide swimming-specific feedback on the race itself.

Build Your Child's Self-Esteem

As a parent, you are one of the main influences in your child's life and one of your most important roles is to build their self-esteem. A child with good self-esteem is more likely to be proud of their personal accomplishments and accept challenges and new tasks. On the other hand, children who find their confidence through winning can go through some very hard times when they lose. It is important that your child knows they can be successful without winning.

If your child is aiming to better their Personal Best (PB) for a certain race and they do so, they are successful regardless of what place they finish in; it is the best they have ever achieved and their effort is to be rewarded. PBs can be measured in race time, skills completed to given standards, stroke counts, race pacing and many other areas critical for long term improvement, not just time. As long as your child puts in their best effort, make them feel like a winner.

Let the Coach, Coach

It is the coach's job to offer your child constructive analysis on their swimming. A parent's role is to support, encourage and recognize your child's efforts. When parents attempt to coach their child, the child may become confused and their coach may then be unable to establish best practices going forward. It can be hard for a child as they become inundated with advice. It is equally important to never undermine the coach in front of the athlete, or vice versa as this can be extremely harmful to the relationship. Keep up communication with your swimmer, but leave the coaching to the coach.

Keeping the Sport Fun

Whether your child will be the next Canadian Olympic gold medal winner or whether they swim at club events only, the experience should be enjoyable. It is recommended for your swimmer to have their PB recorded each time they race, this is what they will be trying to beat rather than the other swimmers. PB recording ensures the focus is on individual improvement rather than purely on winning or losing. Your child may come 10th in a race, but if they beat their PB, they are successful.

It's important that we don't compare our children with others, particularly of the same age. All children develop physically and emotionally at different rates. There will be times where progress is fast or slow and/or there will be a plateau of success. It is your role to support the swimmer's efforts and keep their enthusiasm high!

ROC Board of Directors

Clarington Swim Club is a non-profit, board-run organization. Our Head Coaches are in charge of the day-to-day running and programming for the swimmers, while the Board of Directors ensure that our club is financially responsible and that the clubs' objectives are being fulfilled.

Board meetings take place bi-monthly. If you would like to attend a meeting as a guest you can contact our Head Coaches to provide you with the details of the next meeting.

Annual General Meeting

This meeting is held in the fall of each year. The Treasurer will present a financial report and answer any questions you may have.

Special Election Meeting

This meeting is held in the Spring each year to nominate and elect members for the following season. Information on this will be provided via email and newsletter.

2023/24 Board of Directors and Committee Members

President	Karen Hillis
Vice President	Michael Patrick
Treasurer	Jordan Thompson
Secretary	Lynsey Rivest
Director	Nichole Webster

