

Whitehorse Glacier Bears Swim Club



2009-2010

For further information visit our web site at
www.whitehorseglacierbears.ca

THE SWIMMER'S GOAL LADDER

Start Swimming – Learn all the strokes, starts and turns
Establish times for each stroke and distance
Make "A" qualifying times

Make "AA" qualifying times
Make finals at "AA" Provincial Championships
Medal at "AA" Provincial Championships

Make "AAA" qualifying times
Make finals at "AAA" Provincial Championships
Medal at "AAA" Provincial Championships

Make Youth/Jr. National qualifying times
Make finals at Youth/Jr. National Championships
Medal at Youth/Jr. National Championships

Make National qualifying times
Make finals at National Championships
Medal at National Championships

Make Olympic Games Team qualifying times
Make finals at Olympic Games
Medal at Olympic Games

Remember at each rung of the ladder to:
Have fun - Make every workout – Have fun - Train hard – Have fun
Reach for the stars!

BOARD OF DIRECTORS

A volunteer board runs the Whitehorse Glacier Bears Swim Club. Your involvement is critical to a successful program. If you are interested in helping, please contact the President or any of the other board members listed below. Parents are always welcome to attend board meetings, which are held the second Wednesday of every month at 6:30pm at the Canada Games Centre.

Board of Directors

PresidentPat Duncan

Vice President Peter Cassidy

TreasurerMike McArthur/Andy Bielz

SecretaryJanine Fedoriak

Director.....Stella Leslie

Director..... Tammie Pasloski

Director Marie Cairns

Director Fiona Bakica

Director..... Katrina Brogdon

Director Kimberley Wawryk

Director Gustav Gabor

Director Nicole Dion

Director Charly Kelly

Director Tiffany Frasher

Director/Registrar..... Kandice Braga

Director.....Benita Parkkari

The Glacier Bears Swim Club AGM will be held on October 2009 at the Canada Games Centre. Watch for notice in our Newsletter and on our notice board.

*****Everyone is encouraged to attend!! *****

MEET OUR COACHING STAFF

Marek Poplawski, Head Coach



Marek has coached the Whitehorse Glacier Bears for 5 seasons. During this time our swimmers broke 8 Canadian Age Group records, 32 BC Age Group and Senior records and 735 club records as of April 2009. Our swimmers represented Canada at many international swimming events like European tours in Geneva and Luxembourg, Australian Youth Festival, Junior Pan Pacific Championships in Guam, World Junior Championships in Mexico, North American Challenge Cup, Tri meet between Great Brittan, France and Canada and many international team BC tours. In all those competitions they stood on the podium, came home with medals and proudly represented Canada, Yukon and Glacier Bears Swim Club. They have also been on the podium at many Canadian Age Group and Senior Championships. The accomplishments of all the club's athletes are evidence of the effectiveness and success of our multi-talented coach.

Marek holds a MSC Degree from the University of Physical Education in Warsaw, Poland, International coaching Diploma from Poland, Level 3 National Canadian Coaching Certificate.

The current program involves over 100 swimmers from novice, AA, AAA, Junior national and Senior national swimmers. He has an impressive variety of coaching experience in locations ranging from Poland to Iceland to British Columbia, and he brings with him international coaching experience. As a former national youth champion in Poland, Marek is very familiar with what it takes to achieve an athlete's potential and says that the key to success in swimming is consistency. He emphasizes technique as an important component of developing a successful competitive swimmer. "Imperfect technique or improper strokes, will limit your progress a great deal, so make sure that you remember stroke corrections and try to make them into a new habit. To make it happen, you have to try it in every workout."

Marek oversees a coaching staff of 9 talented coaches:

Assistant Coaches

Kathy Zrum

I am a mom of two swimmers, Brendan and Jason, who have both been involved with the Whitehorse Glacier Bears (for 14 years) since it was a summer club and then as the club transitioned to a year-long club. Why did I get involved? Partly because I had the skills and knowledge to coach (NCCP certified Level 2 coach and working towards Level 3 certification), and partly because I was just not very good at sitting on the sidelines. Over the years I have coached at the Cubs, Black Bear and Polar Bear Squads levels (summer club was Cubs, Junior and Senior Development). "I find it so very exciting to work with the talented and dedicated groups of swimmers with the Whitehorse Glacier Bears Swim Club. I enjoy teaching them skills to develop each individual into not only great swimmers but also great people." I also love to find creative drill ideas that help swimmers improve on the fundamentals aspect of the sport of competitive swimming. In her spare time during the summer months Kat can be found whitewater rafting and canoeing on many Yukon rivers or paddling her new sea kayak on our local lakes, or simply playing softball in the summer and skiing in the winter months.

Corey Bradbury

Corey comes to us from the east coast where he has been involved in swimming as a coach for almost 12 years. He has coached Age Group swimmers for most of his twelve years while also coaching Master and Paralympic Swimmers. He coached for the St. John's Legends Swim Club as an assistant coach, the CBS Bluefins as an assistant coach and with the Antigonish Aquanauts as Head Coach in Nova Scotia. In 2005 he attended the US Open Paralympics Development Team. His main goal as a coach is to improve the technique of the swimmer he works with while focusing on the swimmer as a person first, then as an athlete.

Jim Thompson

Jim has been involved with the Glacier Bears since 1994. He has had a daughter and son both swim competitively with the club and has served on Swim Yukon Board. He has organized Christmas and Spring swim camps and was an organizer for training camps for Canada Summer Games. Jim has been actively assisting coaches while absent from the pool and has enjoyed working with all levels of swimmers. He is presently coaching dry land training.

And also **Stephanie Dick, Cindy Underhill, Kelly Patrick and Benita Parkkari.**

REFUND POLICY:

Swimmers have ONE WEEK from the first practice to withdraw from any program to receive a full refund minus a \$25 administration fee. Refunds requested after this time will be considered by the Board of Directors on an individual basis and with a letter of request. **You are responsible for advising the WGB board, in writing, if your swimmer decides to leave the club.**

Please note: ALL SWIM BC INSURANCE FEES ARE NON-REFUNDABLE.

If you have any questions about the fees, please do not hesitate to contact anyone on the Board for further explanation.

FUND RAISING REQUIREMENTS:

Please see the fund raising pages in this manual.

CODE OF CONDUCT:

Please see the CODE OF CONDUCT information section at the end of this manual.

FUND RAISING

In order to produce excellent swimmers, the Glacier Bears Swim Club must raise sufficient revenues to pay for use of the pool, quality coaching and other expenses.

Registration fees contribute only a portion of our finances. This is supplemented by fund raising. The idea of fund raising has been around for a long time. It is when a non-profit organization such as ours seeks financial contributions in order to operate effectively. The swim club requires the commitment of all parents and swimmers to fund raising, in order to make our club successful!

For the 2009/2010 season the Glacier Bears Swim Club has planned the following fund raising activities:

1) Bingo - this needs updating

We run approximately 51 bingos per year and it is **required** that every swimmer in Teddy Bears work one bingo, Cubs 1 or 2, Black Bears have someone work a

minimum of three bingos for them. Swimmers in Polar Bears must work a minimum of five bingos. Swimmers in Kodiaks must have someone work a minimum of seven bingos for them. Swimmers in Silver Tips must have someone work a minimum of ten bingos for them ** (see the end of this section for benefits available for working more than the required number of bingos). The number of bingos required PER FAMILY will be capped at a maximum of 12 bingos per family. Bingos signed up for must be divided evenly (as much as possible) amongst the four quarters of the calendar year, in order to be fair to all members. **Please think about training as a Caller or Banker, we could use the extra trained people.**

2) Raffle

We may be holding a raffle beginning in January 2010. There will be sign-up sheets posted at the pool in December. Kodiak and Silver Tip parents will be required to sell tickets on three occasions per family. All other groups (with the exception of Teddy Bears) will be required to sell tickets on one occasion per family.

3) Silent Auction

WGB may plan to hold a silent auction spring of 2010. Details will be distributed closer to the event.

4) Swimathon

WGB may plan to hold a swimathon in the spring of 2010. Details will be distributed closer to the event.

5) Other fund raising activities, as they may occur, may be required.

The amount of money that needs to be raised by the club each year is determined by the Swim Club Board. Many of our costs are fixed, such as coaching and pool rental. Some costs fluctuate with the number of registrations received at the beginning of the session. **Our most important fund raising activity is bingo. We rely on our volunteers to come through on their bingo commitment!**

In order to ensure an equal contribution to fund raising by all swimmers and parents, at the time of registration **three** \$150 cheques or Visa slips must be issued for each swimmer (**five** cheques/Visa slips for Polar Bears, **seven** cheques/Visa slips for Kodiaks, **ten** cheques/Visa slips for Silver Tips swimmers). The cheques will be held by the Whitehorse Glacier Bears Swim Club and will be returned when the bingos have been completed. If a swimmer or parent fails to have someone work one or more of their required bingos, one or more of their cheques will be cashed and funds remitted to the club. Fund raising obligations may be traded amongst parents and swimmers, but this must be worked out between the individuals in question.

If a swimmer or parent wishes to earn “travel credits**” towards travel to swim meets, every extra bingo worked will add \$75 to the swimmers “travel fund”, which can be used to cover the costs of hotel rooms, travel, etc. The club is always looking for committed parents to volunteer to train for the positions of bingo caller or bingo banker. Travel credits for these positions will be \$100 per every extra bingo worked! For more information on this great opportunity, please see anyone on the board**

New ideas on fund raising are always welcome! Just give anyone on the Board a call!

Financial statements on revenues and expenditures are available at any time by contacting the club treasurer.

SWIM MEET FEES

Every meet that swimmers attend involves meet fees paid by the Glacier Bears Swim Club for the events that the swimmers enter. These fees represent a large cost to the club and one that many parents have been previously unaware of. For example, every swimmer that attended the June 2007 Kamloops Classic Swim Meet and swam in eight races resulted in a cost of \$54 to the club. Every swimmer who attended the January 2007 Haines, Alaska Winter Games swim meet and swam in six races resulted in a cost of \$25.50 US\$ to the club. Traditionally these meet fees have been covered 100% by the club, but this is not the usual practice by most clubs. In order to meet our ever rising expenses, while still trying to keep fund raising under control, the Glacier Bears Board has decided to begin recouping some of the meet fees paid by swimmers to attend meets held **outside of Whitehorse**. Therefore the club will be requiring a \$25 payment, to be invoiced by WGB, for each meet that a swimmer attends **outside of Whitehorse**. **(Note: this fee will NOT apply to our two local meets – Ryan Downing Memorial and Yukon Invitational – or to any local time trials).**

If anyone has any questions on the above, please see anyone on the Board.

OFFICIATING

This is one of the easiest ways to help the club out and get a front row seat to watch your child perform. As an official at any swim meet your swimmer is involved in, you can watch your swimmer compete, meet other parents and enjoy the competition. The Glacier Bears requires parents of ALL swimmers to become at least Level I certified by the Black Bear Level. The following explains the five levels of officiating and how they are obtained:

Official Certification System

Level I – Red Pin

Participate in a Section approved training program which includes successful completion of the Clinics for Timekeeper, Marshal, and Safety Marshal.

Level II – White Pin

1. Be CERTIFIED in Level I (i.e. completed ONE (1) successful deck evaluation in each Level I position).
2. Successful completion of the clinics and TWO (2) successful on-deck evaluations in any TWO (2) of the positions listed below:
 - Recorder/Scorer (Desk Control)
 - Clerk of Course
 - Judge of Stroke/Inspector of Turns (counts as 1 position)
 - Chief Timekeeper
 - Meet Manager
 - Chief Finish Judge/Chief Judge Electronics (count as 1 position)
 - Starter

Level III – Orange Pin

1. Be CERTIFIED in Level II.
2. Successful completion of ALL the clinic positions listed under Level II.
3. Have TWO (2) successful on-deck evaluations in FOUR (4) additional positions listed under Level II, one of which must be Stroke and Turn/Head Lane Timekeeper.

4. Conduct ONE (1) Level I clinic under the direction of a Level IV or V official.

Level IV – Green Pin

To be completed in the order listed below:

1. Be certified in ALL Level II & III positions.
2. Successfully complete the REFEREE clinic.
3. Gain experience as a Referee at a minimum of TWO (2) meets.
4. Complete ONE (1) year of active service as a Level III official.
5. Have organized, conducted and/or supervised a minimum of TWO (2) Level II officials clinics within the year of application.
6. Notice of intent to be evaluated must be made prior to evaluation.
7. Complete a minimum of TWO (2) on-deck evaluations in the position of Referee.

Level V

1. Complete a minimum of ONE (1) year experience as a certified Senior Official.
2. Have organized, conducted and/or supervised a minimum of TWO (2) officials clinics at Level II within the year of application.
3. Be evaluated TWO (2) times as a Referee or Starter.
4. Work a minimum of TWO (2) sessions at a National Meet at any position.
5. Provide a photocopy of completed signed-off officials card to the provincial Officials' Chairperson for review and approval.
6. If the provincial Officials' Chairperson is satisfied that the candidate has met all requirements, the candidate's name will then be presented for National Certification (Blue Pin) to the National Officials' Committee (NOC) Chairperson.
7. Once national certification is approved, a congratulatory letter and Master Official certification card will be sent to the candidate by the NOC Chairperson.
8. In order to remain an ACTIVE MASTER OFFICIAL in Canada, a Level V BLUE Pin official must work a minimum of FOUR (4) SESSIONS spread over

a minimum of TWO (2) MEETS in any given swim year, and have participated in ONE (1) clinic.

* Master Officials who do not comply with #8 may apply for reinstatement to their provincial chair of officials, who may require certain senior level clinics be re-done.

*** CERTIFIED means that the clinic card shall be signed and dated by the Referee after working each of TWO (2) sessions in that position at an S/NC sanctioned competition.

Swim Yukon will also be holding official's clinics in Whitehorse at various times during the year. **We hope you can attend these sessions. Your expertise/assistance with the time trials and swim meets that are run through the year will be very much appreciated – we can't hold these local events without parent participation!**

For more information, contact anyone on the board of either Swim Yukon or the Glacier Bears.

?? WHAT ABOUT SWIM MEETS ??

You and your swimmer are thinking about participating in your first swim meet! Here is some information as well as some tips to follow so that your first meet experience is a great one! *Always remember to talk to your coach about the events your child should be entering if you are not sure, it should be between the coach and the swimmer and there is always a deadline for entering the events.*

What is a Swim Meet?

Swim meets are an important part of competitive swimming. They are the reward for all the hours of training, especially the early mornings. Swim meets are not just about competing against other swimmers; they are a yardstick to evaluate your own progress. Swimming may be termed an individual sport, but the spirit of camaraderie and team is an enormous part of "the experience". Depending on the meet there may be up to 13 different individual events and up to three different relay events for boys and girls at a swim meet. Swimmers will generally compete in up to seven individual events and up to two relays in either a two or three day meet. Some meets swim "timed finals" only. That means the swimmers race the event once. Other meets have heats and finals, where the top eight swimmers from heats swim again in the evening for the medals.

The Racing Season:

In most jurisdictions, the competitive season is broken into two halves; Short Course (September - March) and Long Course (March-August). The length of a short course pool is 25 meters and the length of a long course pool is 50 meters. Most pools have eight lanes and each lane is usually 2.5 meters wide. The water temperature must be kept at 26 degrees Celsius. Long course is where the "real action" takes place. All major international events, including the Olympics, are swum in long course pools.

OK, So What's a Time Trial?

A time trial is an opportunity for our club to get together for an abbreviated swim meet. We set up various events (for our youngest to our most experienced swimmers) and encourage everyone to become involved. We make this a low-pressure situation so everyone's introduction to racing is a positive one. Even though our time trials are relatively small events, the times swimmers make are "official" and can count as qualifying times for other events.

What races are usually held at swim meet/time trials?

Freestyle events: in the freestyle, the competitor may swim any stroke he or she wishes. The usual stroke used is the front crawl. The freestyle is swum over 50, 100, 200, 400, 800 and 1,500 meter distances.

Backstroke events: in the backstroke, the swimmer must stay on his or her back at all times. The stroke is an alternating motion of the arms. Backstroke race distances are 50, 100 and 200 meters.

Breaststroke events: perhaps one of the most difficult strokes to master, the breaststroke requires simultaneous movements of the arms on the same horizontal plane. The kick is a simultaneous thrust of the legs called a frog or breaststroke kick. Breaststroke races are distances of 50, 100 and 200 meters.

Butterfly events: the most physically demanding stroke, the butterfly features the simultaneous overhead stroke of the arms combined with the dolphin kick. The dolphin kick features both legs moving up and down together. Butterfly races are swum in 50, 100 and 200 meter distances.

Individual medley: the individual medley, commonly referred to as the I.M., features all four competitive strokes. In the I.M., a swimmer begins with the butterfly, changes to the backstroke after one-fourth of the race, then the

breaststroke for another quarter and finally finishes with the freestyle. The I.M. is swum in 100, 200 and 400 meter distances.

Medley relay: in the medley relay all four strokes are swum by four different swimmers. No swimmer may swim more than one leg of the relay, which is swum in backstroke, breaststroke, butterfly and freestyle order. The medley relay is 400 meters -or four by 100 meters.

What time should I be at the pool for a swim meet/time trial?

The coaches usually give out an information sheet to all the swimmers a few days in advance of a meet, outlining when the warm-ups and competition start, reminders for things to bring, etc. Meets usually begin around 8:00 a.m., with warm-ups starting as early as 6:30 a.m.

What should I bring with me?

Be sure to bring the following:

- a warm pair of sweatpants and top for wearing on the deck (preferably WGB clothing)
- Glacier Bears T-shirt
- deck sandals
- swimsuit, 2 pair of goggles, and 2 swim caps (it is important to have spares)
- several towels (it is nice to have a dry one after a race)
- healthy food, or money to buy some
- lots of water, or sport drinks
- note pad to record your times
- playing cards, books, games, etc.
- born to race attitudes!!

What should I do when I get to the pool?

As soon as you arrive at the pool, head to the direction of team and the coach. At meets that are located out of town, it is important that you stay with the team and

keep your belongings in a central location. The coaches are always pumped before the racing starts. They will likely be found sipping their coffee and pouring over the upcoming day's "heat sheets". These sheets show all the swimmers entered in an event and their times. This is where you find out how the competition stacks up.

Warm-ups:

Start by waking yourself up by swinging out your arms and doing a general stretch. When it's time to hit the water, head over to the lane assigned to your club. Your coach will meet you there and tell you what to do for warm-up. Usually warm-ups consist of some easy swimming followed by some fast sprints. Warm-ups last about 45 minutes to an hour.

Going to marshalling:

On the event sheet your coach gave you, each race is assigned a number. The meet organizers will call out this number when it's time for you to go to marshalling. Marshalling is the area where swimmers are organized into their heats in preparation for the race. Listen carefully to the announcements. When you hear the event before yours being called, go and see your coach for your pre-race pep talk. After your pep-talk, go straight to marshalling.

After the race:

After you're finished swimming, go straight to your coach for your post-race talk. Your coach will talk to you about what went well in the race, and what you still need to work on. After your talk, it is important to do a "cool down" (there is usually an area of pool space set aside for this purpose). When you have completed your cool-down, you are free until your next event is called.

The Results:

After the event, your time (and the times of all other swimmers in the event) will be posted near the pool.

Awards:

Awards vary from meet to meet. At most meets, ribbons are awarded to swimmers who finish in the top six places. If the meet is held in an eight-lane pool, seventh and eighth place ribbons are also awarded. At some meets, aggregate and runner-up trophies, plaques or ribbons are awarded to the swimmers in each division who have the best overall results at the meet. Swimmers generally receive their awards after the first practice session following the meet.

Relays:

Coaches select swimmers for relays based on past performances and personal best times. A list of relay swimmers will be posted on the wall near your club area.

Strategy tips for swim meets/time trials:

The sprint races (50 and 100 meters) are an all-out burst of speed from start to finish. The slightest mistake can cost precious hundredths of seconds -and the race.

The 200 meter events require the swimmer to have a sense of pace as well as the ability to swim in a controlled speed.

The 400, 800 and 1500 meter freestyle require the swimmer to constantly be aware of where they are in the water and how tired they are becoming. Swimming the first portion of the race at too fast a pace can sap a swimmer's strength. Swimming the first portion of the race too slowly can separate the swimmer from the pack and make catching up impossible.

There are two ways to swim a distance race. Swimmers may elect to swim the race evenly (holding the same pace throughout the race) or they may negative split the race. A negative split occurs when the swimmer covers the second half of a race faster than the first half.

Starts and Turns:

Many races are won or lost in starts and turns. In the start, the starter who visually checks that all swimmers are still, calls the swimmer to the starting position. Then, once the starter is satisfied, either a gun or electronic tone starts the race.

Quick turns are essential to a good race. In all events the swimmer must touch the wall, but in the freestyle and backstroke the swimmer may somersault as he or she reaches the wall, touching only with the feet. In the other two competitive strokes, the swimmer must touch the wall with both hands before executing the turn.

PARENT RESOURCES

For parents and swimmers with access to the internet, there are several good sources of information available:

1. Whitehorse Glacier Bears Swim Club web site, located at www.whitehorseglacierbears.ca
This site has information on what is happening with our club, and links to other interesting resources.
2. Swim Yukon web site, located at www.swimyukon.ca
This is the site of the governing body for swimming in the Yukon Territory.
3. Swim B.C. web site, located at www.swim.bc.ca
Resources available on this web site include a meet calendar for upcoming swim meets in B.C., qualifying time standards (A, AA, AAA and national), and the latest in B.C. swimming news.
4. Swimming/Natation Canada web site, located at www.swimming.ca
This site has lots of information on the national swimming scene.

CODE OF CONDUCT

The Whitehorse Glacier Bears Swim Club is committed to fair play in sport and in all its programs. Swimmers and parents are encouraged to read and follow the fair play codes on this page. All swimmers, coaches and chaperones are required to sign the Code of Conduct prior to the first swim practice.

Members of the Whitehorse Glacier Bears include swimmers, coaches, officials, parents and board members. All members are ambassadors for swimming, the City of Whitehorse and the Yukon Territory. You gain many benefits from your participation in organized competitive swimming. Your participation brings with it some responsibilities. These responsibilities include the following:

- At all times be courteous and helpful to teammates, coaches, other swimmers, officials and the general public.
- Participate according to the rules and in the spirit of fair play.
- Adhere to any regulations that are established during competitions. These might include curfews, nutritional guidelines and others designed for safety

and to maximize the benefits or participation. Members will be advised of regulations on a periodic basis.

- Participate in team activities and strive to build team spirit.
- Lead a positive alcohol, tobacco and drug free life style. Regardless of age, tobacco and alcohol products are not allowed during any WGBSC event.
- Be aware that you may be subject to random drug tests without notice if you achieve certain levels within the sport. Education programs will be provided at appropriate times.
- Be punctual at all times.
- Make restitution for any personal or property damage caused during WGBSC events.
- Remain at competitions for award presentations, banquets and other events unless previous arrangements have been made.
- Wear team uniforms when requested to do so.

Members unable to comply with these responsibilities may be subject to:

- Disciplinary action up to and including suspension from activities,
- Immediate return home at their own cost, and/or
- Removal from the Whitehorse Glacier Bears Swim Club.

As a parent of a swimmer I:

Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials and the coaches at meets and practices.

- Maintain self-control at all times. Know my role.
 - A. Swimmers-Swim
 - B. Coaches-Coach
 - C. Officials-Officiate
 - D. Parents-Parent

WHITEHORSE GLACIER BEARS SWIM CLUB
CODE OF CONDUCT

Having read and understood the Whitehorse Glacier Bears Swim Club Code of Conduct, I agree and comply as a member in good standing.

Member's Name: _____

Member's Signature: _____

Date: _____

Parent/Guardian (if under 19): _____

Please return this signed form to your swimming coach. Thank you.