

Sport is about challenge.

About striving towards something that is not easy to attain.

About rebounding from failure, about getting back up on the blocks and trying again.

It is about the thrill of accomplishing something you thought you could never do.

It is about having fun and enjoying the sport.

THE RED BOOK

THE RED BOOK

# Port Moody Aquarians



**BCSSA**

BC Summer Swimming Association  
SWIMMING | DIVING | WATER POLO | SYNCHRO

Simon Fraser Region

# Links

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- PMA Website: <http://portmoodyaquarians.ca>
- PMA Twitter: <http://www.twitter.com/ptmoodyaquarian>
- PMA Facebook: <http://www.facebook.com/portmoodyaquarians>
- PMA Instagram: <https://www.instagram.com/portmoodyaquarians>
- BCSSA: <http://www.bcsummerswimming.com/>
- Simon Fraser Region: <http://www.bcssa-sfr.com/>
- General Enquiries: [aquarians.info@gmail.com](mailto:aquarians.info@gmail.com)
- Contact Information: <http://portmoodyaquarians.ca/contact.php>
- Coaching Staff: <http://portmoodyaquarians.ca/coaches.php>
- Volunteer Signup: [http://portmoodyaquarians.ca/volunteer\\_events.php](http://portmoodyaquarians.ca/volunteer_events.php)
- Meet Signup: <http://portmoodyaquarians.ca/meets.php>
- Suggestion Box: <http://portmoodyaquarians.ca/suggest.php>



## BCSSA 2018 Age Locator Diving & Water Polo

Cat "O"	Diving		Birth Year	Water Polo
	3 M	1 M		
O Cat 4	20 & Over	20 & Over	1996	Senior
			1997	
			1998	
O Cat 3 (14 - 19)	17 - 19	17 - 19	1999	
			2000	
			2001	U18
			2002	17 & Under
O Cat 2	15 & 16	15 & 16	2003	U16
			2004	15 & Under
			2005	U14
			2006	13 & Under
			2007	U12 11 & Under
O Cat 1	9 & 10	9 & 10	2008	
			2009	
	8 & Under	8 & Under	2010 & later	

\*Note - Dec 31st is the determining date for ages

Source: <http://bcsummerswimming.com/docs/AgeLocator-WaterPolo&Diving-2018.pdf>

Swimming & Synchro		Birth	Birth
Cat "O"	Div "S"	Month	Year
<b>O - 8 (New) (17 &amp; Over)</b>	<b>O - 8 (New) (20 &amp; Over)</b>	Jan - Dec	1911 - 1996
		Jan - Dec	1997
		Jan - Apr	1998
	Div. VII (17 - 19)	May - Dec	1998
		Jan - Dec	1999
		Jan - Dec	2000
		Jan - Apr	2001
<b>O - 2</b>	Div. VI (15 & 16)	May - Dec	2001
		Jan - Dec	2002
		Jan - Apr	2003
	Div. V (13 1/2 - 15)	May - Dec	2003
		Jan - Oct	2004
	Div. IV (12 - 13 1/2)	Nov - Dec	2004
		Jan - Dec	2005
Jan - Apr		2006	
<b>O - 1 (10 &amp; Under)</b>	Div. III (10 1/2 - 12)	May - Dec	2006
		Jan - Oct	2007
	Div II (9 - 10 1/2)	Nov - Dec	2007
		Jan - Dec	2008
		Jan - Apr	2009
	Div I (8 & Under)	May - Dec	2009
		Jan - Dec	2010
		Jan - Present	2011 & later

**Note - April 30th - the determining date for swimmer's age**

**\*New - To simplify classification of Div 8 swimmers, S8 shall be classified as O8.**

Source: <http://bcsummerswimming.com/docs/AgeLocator-Swimming&Synchro-2018.pdf>

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This book is meant to help parents learn how a swim club operates. Please be sure to share the contents of this handbook with your swimmer. If you have any particular area where you feel you can assist, please feel free to contact us at [aquarians.info@gmail.com](mailto:aquarians.info@gmail.com) or anyone on the PMA [Contact](#) page.

## Our Club

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Welcome to the Port Moody Aquarians Summer Swim Club. This handbook provides new and returning families with important information concerning the summer programs at the club.

The Port Moody Aquarians is a non-profit organization affiliated with the [BC Summer Swimming Association](#) (BCSSA) that competes within the Simon Fraser Region, one of the 8 regions comprising the BCSSA. We have a fun and intensive season that runs from May 1<sup>st</sup> until the Provincial Championships in August. Swimmers learn stroke improvement, starts and turns, competitive racing, team participation, and good sportsmanship.

The Port Moody Aquarians began in the summer of 1970. The club has grown steadily in membership over the years, and provides swimming opportunities to children and youth in the TriCity area. We maintain an excellent working relationship with the City of Port Moody and train out of the two outdoor pools in Port Moody: Westhill and Rocky Point pools. Swimmers in all groups have scheduled practices at both of these facilities. As a club, we are renowned for hosting our Golden Spike meet which coincides with Port Moody's Golden Spike Days. We believe in supporting our swimmers with the best coaching available and providing our swimmers with a positive learning experience.

### Port Moody Aquarians Mission Statement

*“The Port Moody Aquarians Swim Club is a community youth program committed to providing its members with opportunities to develop and improve athletic skills, social skills, self-esteem, and gain valuable life experiences by participating in a summer competitive team program that is safe, healthy, and fun.”*

**“A” Level Swimmers:** Those swimmers having faster than “B” times in three strokes. Once a swimmer has an A time, a swimmer cannot compete in the B Category for the remainder of the season.

**“B” Level Swimmers:** Those swimmers swimming times faster than the B qualifying times as set by the Region but slower than the A qualifying times. These swimmers are able to participate in AB meets.

**AB Meets in Simon Fraser Region:** Meets in our region do not have separate events for A and B swimmers so there is less emphasis about official “A” and “B” times. If you attend out of region swim meets (Fraser South Region), you may be entered into separate “A” or “B” events based on that region’s time standards.

**Marshalling:** The arranging of swimmers into their heats and lanes in the order that they will compete.

**NT:** No Time. Often seen at development meets. Swimmers are given this designation as they don’t have an official time in an official race and/or no time was provided for the swimmer.

**DQ: Disqualified/Disqualification:** Assigned by on deck officials for violations of the rules concerning strokes, starting, touching the wall incorrectly, etc. Swimmers who are DQ’d are usually informed as such by deck officials before the swimmer leaves the pool deck.

## Appendix

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### “Swimming Lingo and Jargon”

**BCSSA:** [BC Summer Swimming Association](#). All Port Moody Aquarian swimmers and coaches are members of this association as part of their registration with our club. The association includes summer aquatic clubs that operate competitively from May to August throughout BC.

**Summer (S) Swimmers:** Swimmers who swim in the summer but do not train at swimming more than two hours per week in the off-season.

**Open Swimmers aka “OCAT” Swimmers:** Those swimmers who exceed the summer swimmer training limits in the off-season. The distinction between a summer swimmer and an open swimmer is made on the understanding that an open category swimmer would have an unfair advantage over a summer swimmer.

**2 Hour Rule:** Originally when BCSSA was formed, almost all summer swim club members practiced in outdoor pools and could only swim from May to August (due to weather); and DID NOT swim during the winter months. Now, with the availability of indoor pools, many summer swim clubs can and do swim throughout the winter months. In order to maintain a level of fairness in competition to those swimmers who DO NOT have access to swimming in the winter, 2 categories (S & OCAT) were created with the primary distinction between the two being a limit of 2 hours of training in the off-season.

**S & O Declaration:** There are a number of exceptions and other restrictions to be classified as a Summer (S) Swimmer, which is not easy to explain in a sentence or two. This is why the [S & O Declaration Form](#) is required to be read and signed for all athletes so everyone understands and respects the rules. Please take the time to read through it carefully and ask questions if any of it does not make sense to you.

**Development Swimmers:** Swimmers starting out who have not achieved B level qualifying times consistently.

**A and B Qualifying Times:** Time thresholds set by the region based on the median times for each event and gender. Slower times are designated as B qualifying times while faster times are designated as A Times.

## Group Organization

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The club is divided into 4 or 5 (depending on enrolment) main practice groups. The names of the groups vary each year, but they have similar compositions and goals. Coaches set group placements in mid to late April. Swimming skill is the primary consideration, but age and fitness level is also considered. Coaches may request some swimmers attend an evaluation.

- **Mini Aquarians** (starts early June)
  - Mini Aquarians program is for 5 and 6 year olds, and swimmers will practice at the main pools at Rocky Point, and Westhill and will be invited to participate in Development Swim Meets. This program will practice 3x a week, one hour each practice. Participation in this program does not guarantee promotion to the Development program.
- **Development**
  - Swimmers in the development group have minimal or no competitive skills or experience but are able to swim **one length** (25 meters) of the pool unassisted. Emphasis in the development group is on stroke development but swimmers also learn about the fundamentals of competitive swimming, develop their flexibility, participate in Development swim meets, and learn about being part of a team.
- **Junior (White)**
  - This group is designed for swimmers with some competitive swimming skills or older swimmers new to competitive swimming. Emphasis is on stroke and skill development. These swimmers generally compete in the A/B meets.
- **Intermediate (Red) / Senior (Black)**
  - The swimmers in these groups have more competitive swimming skills and experience. The emphasis shifts more towards training and stroke correction. Some older swimmers with less competitive swimming experience may also be placed in this group.

The groups are designed and structured so that individual swimmers progress at their own pace through the various groups as their skills develop. The coaches will inform parents and swimmers in regards to the suitability of any group changes. We strongly encourage parents to speak to the coaches if they have any concerns in regards to any coaching and/or training related issues and/or group placements. Groups may be given alternative names by the coaching staff such as Red, Black and White.



### Coaches Philosophy

*“We, the coaches, believe that competitive swimming is one of the greatest sports in the world. It fosters in the individual a desire for personal excellence and a commitment to achieve. Our role as we see it is to nurture that desire and commitment through programs focused on physical and mental skill development. Overlying all of this, we know that swimming is fun, and that this spirit should be the driving force of everyone's involvement with the sport.”*

The coaches are responsible for organizing and running practices, including dry land training and “*in-water*” workouts. We rely on the coaches’ technical expertise to decide on the composition of the practice groups and relay teams.

If you have any questions or concerns about your swimmer’s development please speak to one of the coaches. Our coaches are happy to speak to parents before or after practice but **not during practice** or warm up/warm down as their attention is focused on the swimmers. After practice is usually the best time to speak to the coaches in person. Coaches can also be contacted via email. Current coaching staff and their contact information can be found on the [coaches](#) and [contact](#) pages on the PMA website.

### Relay Policy:

Coaches will select swimmers to swim on relay teams based on a variety of criteria including, but not limited to: their times, race results, attitude, work ethic, and attendance. Every effort will be made to send the fastest possible team to the blocks, but one swimmer will not be placed on a relay over another solely on time results. The decisions of the coaching staff in this regard are final. Please speak directly to the supervising coach if you have any questions or concerns about relays.

positions. You can sign up to help as a volunteer at any time. Current contact information can be found on the [website](#).

Volunteer Position	Responsibilities
Concession Coordinator	Organizes the concession operation and volunteers.
Social Coordinator	Organizes the social events and volunteers.
Meet Manager	Organizes the Spike Meet and volunteers.
Webmaster	Maintains the website and online registration processing.
Awards Coordinator	Organizes meet ribbons, short-term awards, and year-end awards.
Equipment Coordinator	Organizes team suits, caps, and clothing orders. Also organizes volunteers to bring team popups to the swim meets.
Officials Coordinator	Organizes officials training for club members. Also organizes the officials needed for the Golden Spike Meet.
Sponsorship Coordinator	Organizes sponsorships for the Spike Meet and other club fundraising needs.
Fundraising Coordinator	Organizes club fundraising efforts and volunteers.
Team Gear Coordinator	Organizes team suits, caps and other team gear.

### Fees and Fundraising

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Registration usually begins in February. Program fees are listed on the PMA website. We know that families differ in their willingness to participate in fundraising. For each full program registration, you will be issued raffle tickets worth \$100 as your way to earn back some of your fees. You can choose to sell the raffle tickets or fill them out yourselves. All raffle tickets need to be returned before the draw at the Homecoming meet in August.

There are also other fundraising activities during the season which are listed on our website fundraising page. The Swim-a-thon is one of our most successful fundraisers and one the kids get most excited about.

<b>Executive Position</b>	<b>Responsibilities</b>
Vice President	Assists the president in their duties. Also in charge of hiring and managing coaching staff along with the support of the directors.
Treasurer	Manages all financial accounts and transactions including collecting fees, paying salaries, and other expenses. Produces annual budget, grant applications, and issues tax receipts.
Registrar	Processes all club registrations and payments for submission to the BCSSA. Enters these registrations into the Hy-Tek system and generates the club's contact lists.
Secretary	Records minutes for all executive meetings and handles many organizational tasks for the club. May also handle club communications (email & news posts) if another volunteer is not available.
Swim Director	Manages the swim program and swim staff. May also organize the Golden Spike Meet if another volunteer is not available.
Public Relations Director	Respond to or forward emails. Send out club communications via email. Post to Twitter / Facebook. Liaise with media.
Director at Large	Responsibilities may change each year depending on what is needed. Usually tied to one of the volunteer positions listed below.
Director at Large	Responsibilities may change each year depending on what is needed. Usually tied to one of the volunteer positions listed below.
Past President	Position for past president of the club to stay involved as newer members take over. May be tied to one of the volunteer positions listed below.

## **PMA Volunteers**

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In addition to the executive positions, there are several volunteer positions that play a significant part of running the club. Many of these positions would benefit from having several people involved. Two of these volunteer positions are often tied to the Director at Large executive

## **Swimming Basics**

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There are four main strokes that are part of competitive summer swimming: Backstroke, Freestyle, Breaststroke, and Butterfly. Swim meets consist of age division swimmers competing within each stroke category (see the appendix for the latest age divisions published by the BCSSA). In the freestyle event, swimmers may choose any stroke that they wish but usually choose the front crawl.

The individual medley or "IM" consists of the combination of each of the strokes. Younger swimmers in the development category start with 25 m race intervals while older swimmers race in 50, 100 or 200 m intervals.

Relays consist of four swimmers either all racing the same stroke and the same distance interval or all doing different strokes and the same distance interval.

The swimming pools utilized during swim meets are 25 m long and have 6 or 8 lanes. Deck officials watch the swimmers to ensure that they are doing the strokes correctly and that they are not getting an unfair advantage by starting early. If a swimmer is disqualified during a meet they will not have an official time and their time will be disqualified ("DQ"). It happens. Think of it as learning opportunity. Almost every seasoned swimmer will tell you that they have DQ'd numerous times, particularly on the more difficult strokes.

## Practices

Practices are held at **Westhill Pool**, near Glenayre and College Park, starting in May. In late-June the City of Port Moody opens **Rocky Point Pool** and then both pools are used. All practices run rain or shine.

These are the time windows (Monday to Friday) when we usually have our pool time through the season. Each practice is for 45-90 minutes in the pool, with some additional time before/after for warm up/stretch.

	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
May to mid-June	6:00 – 7:15 AM	4:00 – 8:00 PM	
mid-June to end-June	6:00 – 7:15 AM	5:00 – 6:00 PM	8:00 – 9:00 PM
July to mid-August	7:00 – 8:30 AM	5:00 – 6:00 PM	8:00 – 9:00 PM

Exact times and pool depends on group placement and pool availability. Each swim group will have 4 or 5 afternoon practices plus additional morning practices. These are the number of practices each group usually has per week - varies from the start to end of season. Swimmers are not required to attend every practice.

**DEVELOPMENT:** 4-5 /wk      **JUNIOR:** 5-6 /wk      **INT/SENIOR:** 5-7 /wk

Mini Aquarians have 1-hour practices 3x per week starting in early June.

### What to bring to Practice:

- Swim Suit
- Towel
- Goggles
- Swim Cap – for long hair
- Water Bottle
- Runners
- Athletic clothing for warm up
- Padlock – if you have valuables to lock up

The public has access to the facilities during practice; so **do not leave valuables in the change rooms**. Small lockers are available.

### Deck Policy:

Our BCSSA insurance and contract with the City of Port Moody allows only registered swimmers and coaches on the pool deck during practice.

## Ensuring Club Growth

The health and long-term viability of a swim club is dependant on retaining existing members and encouraging new members to join. Swimmers are encouraged to tell their friends at school, on their various sports teams, at dance, and around their neighbourhood etc. about the club and to bring them to the pool to show them what the club is all about. Swimming is a great cross-training summer sport for soccer, hockey, field hockey, volleyball etc. What better way to spend your summer than hanging out with your friends doing a healthy activity and learning a life long skill?

## Club Structure

A parent volunteer executive board oversees the running of the club. The club is registered under the *BC Societies Act*. A formal constitution and bylaws are in place to govern how the club operates. A copy of the constitution and the bylaws is available from the Executive.

## PMA Executive

All executive positions are elected volunteer positions. New board members are needed annually and are voted in at the Annual General Meeting held in September. All families and parents are urged to attend as this is a very informative meeting. Following the election of all new officers in the fall, the executive will continue to meet once a month, at times set by executive members. Remember, you as a member of the club are always welcome. Please contact an executive member for the time and place of each meeting. Current contact information can be found on the [website](#).

<b>Executive Position</b>	<b>Responsibilities</b>
President	Chairs all meetings and oversees the club's operation. Represents the club at official functions and promotes the club to the community.



## Provincial Meet

The Provincial Meet marks the official end of the Swimming season. It moves around to different locations in the Province each year. Each region is assigned a portion of the duties they are responsible for to help run this meet.

## August Pool Party

On the Saturday after Regionals, the club has a last fun social event at the pool to end off the season.

## AGM/Awards Night

In September, at the end of the season there is a combined PMA AGM/Awards night. The evening also features a potluck dinner and fun activities for the kids during the AGM. Elections for the various PMA executive positions are held for the following season. Awards are presented by the coaches to selected swimmers in the various groups. The awards are not given based on performance in meets but rather on personal growth, effort, and commitment.

## Communication

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Communication amongst our members is extremely important. The club's main way to distribute messages is through email, so be sure to check your email frequently as we will send out notices about changes in schedules, upcoming meets, etc. Most of the club-wide messages are also posted to our [Twitter](#), and [Facebook](#) accounts – but they do not include all of the messages sent out by the club. If you need to change the email address we contact you with, be sure to let us know so you won't miss out on important information. Please also be sure to check the notice boards at the Westhill and Rocky Point pools for additional information and pool and club training schedules. Please be sure to notify the coach if your swimmer cannot attend a meet for which they have signed up for.

## Swimmer Expectations

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Improvement is dependent on practice and swimmers should try to attend as many practices as they can each week and be on time for those practices. Practices start with dry land training for some groups, so be sure that swimmers arrive with running shoes and a water bottle. We expect swimmers to try their best at every practice, display good sportsmanship, and listen attentively to the coaches. There will be a “zero tolerance policy” on the use of profane language towards the coach from either swimmers or their parents. Swimmers should ensure that they leave the pool once the practice is over.

## Parent Expectations

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Parents have an important role to play as members of PMA and in their swimmer's development. Not only are parents responsible for getting their children to practice, on time with their swimsuits and towels, and helping out with swim meets, but parents also need to provide the emotional support necessary to give their children a positive swim experience. Remember swimming is a life-long sport. Please don't compare your swimmer to others swimmers. Children develop at different rates and what may be capable for one child may not for yet possible for another. Don't worry, it will come. If you have concerns speak to one of the coaches: They have your child's best interest at heart. Please encourage your child's effort not the outcome. If swimmers don't get the result that they wanted but they tried their best, then celebrate that. These are life lessons and coping with disappointment is an important skill. Cheer on the other PMA swimmers at the swim meets. Your child is not the only swimmer there and we are all part of the PMA family.

Additional tips:

- Check your email and the notice board frequently.
- Ensure that the swim meet entry information is correct and you **sign up well before the deadline.**
- Ensure that swimmers bring all the necessary items needed to swim meets and you are there to supervise them when they are not in the pool.

- **If your swimmer is unable to attend a meet for which they have signed up for, please ensure that coaches are aware of this well in advance.**  
The club loses money paid out for meet fees for swimmers when they fail to attend.
- If your swimmer is entered in a relay, you will need to stay at the swim meet until the relays are swum. **It is unfair to the other swimmers in the relay if you decide to leave early.**
- Help out at the swim meets by volunteering. There are jobs for every skill level.
- Label all PMA swim wear and swim caps (you will thank us for this!)

### **Tips for New Families:**

We want new families and swimmers to feel part of PMA club. If you are unsure of anything, ask questions. You can contact the Public Relations Director or ask any of the more experienced swim families who are more than happy to help!

## **Volunteering**

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The PMA is a non-profit organization and in order to keep our fees low we rely strongly on our members. Volunteers help with meet setup and tear down, equipment, fundraising activities, meet organization, etc. Volunteer opportunities include participating in the executive and volunteering during the meets. Volunteer opportunities at meets include: concession workers, announcing, timing, marshalling, place judging, awards, on deck officiating, etc. It is essential that you volunteer during the summer and are prepared to do one shift at each swim meet that your child attends.

## **Swim Meets**

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Swim meets are an opportunity for swimmers to learn more about the sport of competitive swimming and an opportunity for swimmers to try out their newly developed skills. Meets can be signed up for online on the PMA website and/or through your coach. If you have any questions about which particular swim meets would be best for your child, please contact the coaches.

Parents also learn how to do some of the volunteer jobs, such as timing, that are needed at every meet. The meet is also an opportunity for coaches to evaluate the swimmers in terms of their abilities in a meet environment. A must attend event for all swimmers and their parents!

### **Golden Spike Meet (A/B/Development Meet)**

This is the PMA's signature Port Moody Swim Meet held at Westhill Pool coinciding with the Golden Spike Days Festival. There are events for all swimmers, including those in Development groups. This meet requires considerable volunteer effort so be sure to help out!

### **Away Meet in July (Development and A/B Meet)**

One of our fun events during the summer is an away meet. This is an opportunity for swimmers and their families to travel and camp together at a new location. Activities sometime include a team dinner and fun team bonding activities.

### **Regionals (A/B Meet)**

The Simon Fraser Regional Meet is held in early August and is the qualifier for the Provincial Meet. Qualifiers and qualifying relay teams from the clubs making up the Simon Fraser Region advance to the Provincial Meet and collectively represent the Simon Fraser Region. The five clubs that form the Simon Fraser Region include the Port Moody Aquarians, Coquitlam Sharks, Port Coquitlam Marlins, Burnaby Barracudas, and the Burnaby Mountain Mantas. 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place finishers for individual events, and 1<sup>st</sup> and 2<sup>nd</sup> place finishers for relay events at the regional meet are eligible to represent the Simon Fraser Region at the Provincial Meet. Any swimmer who swims a Provincial Qualifier time ("PQT") in the finals (as set by the BCSSA based on the prior year's final results from the Provincial Meet) is also eligible to enter the Provincial Meet and represent the Simon Fraser Region.

- Folding chairs
- Coolers (if needed)
- Blankets or sleeping bag (if needed)
- Tarps (if raining)
- We have large PMA pop-ups (tents) but many families also bring along their own small pop-up tents.

If you have a truck or large Crossover/SUV/Van, we are always in need of volunteers to bring the club tents to the meets.

## Notable Events During the Summer Swim Season

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### PMA Swimwear Orders

Notice will be provided to all swimmers of the dates that PMA Team Swimwear can be ordered - samples will be available to try on. It is recommended that each swimmer have at least two PMA swim caps as can rip over time. PMA swimwear is also a requirement for all meets following the May time trials.

### Olympic Week – one week in mid-July

Training intensity is increased as the season progresses and peaks during this week (hence the name). Coaches also organize a bunch of fun team building activities that are outside normal practice times. Past events have included a hike around Bunzten Lake and a duathlon.

### Swim-a-thon

This is one of the club's biggest fundraiser, usually run during Olympic Week, where swimmers raise money based on the number of laps they swim. All swimmers, including Mini Aquarians, are encouraged to participate.

### May Time Trials (Unofficial Practice Meet)

A practice PMA only swim meet held at the Westhill Pool in late May. This meet is an opportunity for swimmers to set benchmark times from which their development can be measured and an opportunity for swimmers and parents to see how a swim meet is organized and run.

Swim meets occur on almost every weekend during the summer in various locations throughout the Lower Mainland. Development meets (for development swimmers only) tend to occur on Friday evenings while A/B meets tend to run on Saturdays and Sundays and tend to last all day. Participation in any/all of the meets is not a requirement. You can choose to participate in as many or as few meets (or not) as you desire. However, participation in meets is strongly encouraged as they are a great learning experience and are fun family activity. **Swimmers as much as possible swim against similar swimmers with similar times.** Swimmers should demonstrate good sportsmanship at all times, cheer for your teammates, and support the PMA.

On meet days arrive early and look for the PMA tents with the PMA logos prominently displayed. It is best to check in with your coaches as soon as you arrive on meet days.

All swim meets have warm-ups that occur prior to the day's events. Check with your coach as to the time of warm-ups each day. Warm-ups usually occur an hour before a meet is to begin. These **warm-ups are mandatory and are important for swimmers as they can get used to the pool** and are important for coaches as they can determine whether or not all swimmers are present. Please ensure that you arrive on time for warm-ups. Swimmers as a group enter the pool with at least one coach supervising so check in with the coaches on meet day and proceed to the pool as directed by the coach as a single group. **Swimmers must also report to their coach before and after each race.** Swimmers also need to participate in the loud and boisterous team cheer before each meet. Let everyone know that the Aquarians are here and that they mean business!

Swim meet programs are available for purchase at all meets for a nominal fee. The programs list the order of the races and the participants. Be sure to check the program to see which race your swimmer is participating in.

Swimmers are responsible for listening to announcements concerning their races and for being at the marshalling area in plenty of time for their race. Swimmers are expected to check in with the marshalling officials in the marshalling area. If you are new to swimming and swim meets, ask one of the more experienced families for help in negotiating your first meet.

A number of officials are present at swim meets. These include:

**Timers:** Parent volunteers at the end of the swim lanes who operate either stopwatches or electronic triggers.

**Lane Recorder:** Records the times from the lane timers (if not done electronically) and checks that the correct swimmer is in their lane.

**Stroke and Turn Judges:** Officials who judge that the turns and strokes comply with the official rules governing each stroke.

**Place Judges:** Judges usually on the side of the pool recording the relative placements of the swimmers (important in the case of a tie by time).

**Runners:** Brings the place and time documentations from the deck to the office.

**Marshalls:** Arranges the swimmers in the correct order in terms of heats and lanes.

**Starter:** The official controlling the start of the race.

**Referee:** The deck official overseeing the running of the meet.

These are all parent volunteers so please be respectful of these volunteers at all times.

At all meets, the PMA is asked to provide deck officials and volunteers to ensure that meets run smoothly. We are often assigned lanes at set times and are asked to provide timers, deck officials, place judges, marshals, etc. Be sure to check the sign up PMA volunteer sign up sheet that will be present at all meets. We all take turns and it really is a lot of fun on the deck and the food that they provide to deck officials is often quite good! (One of the perks of doing the job).

Finals usually consist of the six or eight fastest swimmers in the qualifying heats. The next two fastest swimmers are usually named as alternates should any of the qualifying swimmers not be able to race. The swimmers then re-race the race to determine the final standings. Times and placement order in the finals are the official time and placement order for the race.

Relays occur after the finals of the individual events have occurred. If your child has signed up for a relay event, you are obligated to stay until the relay has occurred. It is not fair to the other swimmers on the relay otherwise.

Race results are usually posted somewhere near the pool deck by division, event, and by gender. If your swimmer is DQ'd they will not have an official time and a DQ will appear in the location in which their time should be located. If your swimmer's time has an "A" or "B" designation adjacent to the time, this means that your swimmers has achieved a time standard set by the BCSSA for your swimmer's age and gender.

We believe that our swimmers should look good in and out of the water and we encourage swimmers to wear their club suits, T-shirts, and hang out together in the team tent.

Keep in mind **swim meets run rain or shine** so be prepared.

### **What to bring to Meets:**

- Swim Suit (bring your team suit along with other dry suits)
- Towels. Can't have too many! Bring at least a couple so that you always have at least one dry one
- Goggles (at least two in case one breaks)
- PMA swim cap (and a back-up one just in case)
- Flip flops or other footwear that is easy to slip on/off
- Water bottle
- Healthy food, drinks, and snacks
- Warm clothes
- Long robe/parka/jacket
- Money for the concession (if needed)
- Money for a program (if needed)
- Games (cards, books, etc.) to play while waiting for your events
- Sunscreen and hat