

## RED DEER CATALINA SWIM CLUB

#2, 4810-50 Ave, Red Deer, AB, T4N 4A3

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Dear Parents and Swimmers,

Welcome to the 2011/2012 swimming season!! Our coaches and athletes are dedicated to the pursuit of personal growth and improvement through sport. As the Head Coach of the Red Deer Catalina Swim Club, I want to ensure that everyone finds a spot in our family where they feel they can learn, grow, and achieve any personal goal desired. My vision for our program is to help make swimming a part of life for our athletes that can be carried forward from club swimming to wherever their futures take them. Our program allows athletes of all ages and abilities to challenge themselves daily to become stronger, healthier, and better than they were the day before. As the 2011 Medium Team Provincial Champions we will work hard as a team to defend our title and be the best team we can as we move in to this Olympic Year. I am really excited to be a part of you and your child's swimming career, and I look forward to watching them grow and achieve greatness!!

See You at the Pool!

Coach Mandi Smith

[coach\\_mandi@hotmail.com](mailto:coach_mandi@hotmail.com)

### CATALINA PROGRAMMING

- **Pre-Competitive:** Basics to competitive swimming. At this level, the young athlete is taught skills relating to the four competitive strokes, starts, and turns. Certified competitive coaches guide the new swimmers in developing skills to be able to confidently enter Catalina's competitive program. This comprehensive 10 week session builds swimming endurance and sport awareness to help teach the young athlete what it means to be a competitive swimmer.
- **Development 2:** Building on the basics. This is our first level of competitive swimming. The swimmers in this squad are generally 12 and under and swim from the second week in September to the second week in June. At this level, the young athlete is introduced to regulated swim practices and swim meets. The expectation at this level is to attend our two RDCSC hosted swim meets and a minimum of three away swim meets. The Certified Competitive Coaches for this level are working on improving swimming skills, increasing endurance, and increasing the athlete's confidence as they start to compete.
- **Development 1:** Building and setting goals. This is our second level of competitive swimming. The swimmers in this squad are generally 14 and under and swim from the second week in September to the second week in June. At this level the athlete is building on their competitive skills and learning how to set personal goals and how to plan to achieve them. The expectation at this level is to attend our two RDCSC hosted swim meets and a minimum of three away swim meets. The Certified Competitive Coaches for this level are working on skills, endurance, commitment, goals, and teamwork.

- **Provincial 2:** Growth and goal achievement. This is the first level of provincial competition and training. The Certified Competitive Coaches for this level are working to help the athletes achieve their provincial goals through skill acquisition, fine tuning, improving training habits, strength building, and competitive experience. Dryland and water sessions are combined to create and optimum level of body awareness, strength, and fitness. The athletes in this squad are generally between the ages of 10 and 14 and currently have a minimum of an MQT time standard or 10 and under "A" qualifying times. This squad trains from the second week in September to the end of June. The expectation of this squad is to attend our two hosted RDCSC meets, a minimum of three away meets, and any Provincial Meets that the athlete qualifies for.
- **Provincial 1:** Goal Setting and setting pathways to achieve them. The athletes in this squad are committed to their provincial goals. Members of this squad are generally between the ages of 10 and 16 and currently have an "A" time or a minimum 13 and over MQT time. The Certified Competitive Coaches for this level are striving for Provincial qualifiers and finalists. Dryland and water sessions are combined to create and optimum level of body awareness, strength, and fitness. This squad trains from the second week in September to the first week in July. The expectation of this squad is to attend our two hosted RDCSC meets, a minimum of three away meets, and any provincial or National meets that the athlete qualifies for.
- **National Team:** Leadership and Competitive Achievement. This is the highest level of competitive training and racing that our program offers. National Squad members train from the second week in September to the last week in July. At this level, the athlete has committed to swimming as their sport. The Certified Competitive Coaches at this level are striving to aid the swimmer in achieving provincial, national and international experience and success. The expectation of this squad is to attend both RDCSC hosted meets and any racing opportunities that coincide with their competitive goals based on the plans set out with their coach and parents. These athletes are the leaders of our program; many are involved with volunteering and coaching the younger squads. They lead our program by example, showing the younger RDCSC swimmers what behaviours and attitudes both in and out of the pool are expected and required of a National Level athlete.

2011/2012 Season Schedule	National	Provincial 1	Provincial 2	Development 1	Development 2	Pre-Comp
<b>Monday (Rec Pool)</b>	5-630p swim	4-5p swim	5-6p swim	4-5p swim	Off	Off
<b>Tuesday (Michener Pool)</b>	615-8a swim 5-7 swim 7-730 dry	615-8a swim 5-530p dry 530-730 swim	Off	4-530p swim 530-6p dry	4-5p swim	4-5p swim
<b>Wednesday (AM – Mich PM – Rec)</b>	615-715a dry (Ignite) 5-630p swim	4-5p swim	615-8a swim 4-5p swim	615-8a swim	Off	Off
<b>Thursday (Michener Pool)</b>	615-8a swim 5-530p dry 530-730p swim	615-8a swim 4-6p swim 6-630p dry	530-6p dry 6-730p swim	Off	4-5p swim	4-5p swim
<b>Friday (Michener Pool)</b>	415-445p dry 5-7p swim	415-445p dry 5-7p swim	5-7p swim 630-7p dry	4-530p swim 530-6p dry	4-5p swim	4-5p swim
<b>Saturday (Michener Pool)</b>	7-9a swim 930-1030 dry (Ignite) 3-5p swim	730-8a dry 8-10a swim	8-830a dry 830-10a swim	7-830a swim 830-9a dry	3-330p dry 330-5p swim	Off
<b>Sunday</b>	Off	Off	Off	Off	Off	Off

**RED DEER CATALINA SWIM CLUB  
2011-12 COMPETITIVE REGISTRATION FORM**

SWIMMER'S NAME: \_\_\_\_\_ SWIMMER ID# (office) \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_  
 CITY/TOWN: \_\_\_\_\_ MALE/FEMALE: \_\_\_\_\_  
 POSTAL CODE: \_\_\_\_\_ CURRENT SCHOOL: \_\_\_\_\_ GRADE: \_\_\_\_\_  
 PARENT'S/GUARDIAN'S NAMES \_\_\_\_\_  
 HOME PHONE: \_\_\_\_\_ DAD BUS. PHONE: \_\_\_\_\_  
 DAD CELL PHONE: \_\_\_\_\_ MOM BUS. PHONE: \_\_\_\_\_  
 MOM CELL PHONE: \_\_\_\_\_ SWIMMER CELL: \_\_\_\_\_  
 FAMILY EMAIL: \_\_\_\_\_ SWIMMER EMAIL: \_\_\_\_\_

T-SHIRT SIZE FOR SWIMMER (cost is included in reg'n fee) \_\_\_\_\_ Date rec'd \_\_\_\_\_

2011-2012	Registration Fee	Monthly Dues	Annual Fundraising	BINGO Commitment
D2	\$220.00	\$117.00	\$175.00	4
D1	\$220.00	\$150.00	\$475.00	5
P2	\$220.00	\$206.00	\$695.00	7
P1	\$220.00	\$217.00	\$740.00	8
Nat	\$220.00	\$250.00	\$870.00	9

Monthly dues are due the first of each month - September 1/11 - May 1/12 - (9 months) - postdated cheques or credit card # required.  
 Registration fee includes: Swim Alberta Registration Fee, Swimathon Fee, Freeze or Fry Hospitality, some Social Events & Club T-shirt.  
 Fees do not include swim meet fees & related meet expenses or required training equipment.

Swimnews Magazine: \$35/year Yes \_\_\_\_\_ (Please check one)

I give permission to have monthly swim fees & expenses charged to credit card # \_\_\_\_\_ Exp. \_\_\_\_\_

\*(Credit card will be charged 1st of each month, credit cards cannot be processed for bingo payouts or fundraising payouts/proceeds)

**Bingo commitments can be paid out at \$60.00/bingo at time of registration only - or I will work my required bingos # \_\_\_\_\_**

Credit Card # \_\_\_\_\_ or \$200 Bingo Security Cheque # \_\_\_\_\_ or payout of # \_\_\_\_\_ bingos @ \$60/per bingo = \_\_\_\_\_

I understand my responsibility to work my assigned bingo commitment. If I do not work my scheduled bingo shift and do not find a replacement, I understand the charge of \$200.00 will be issued and my cheque will be cashed or credit card charged.  
 I also understand my bingo and fundraising commitment may be subject to change if my child changes squads.

**Fundraising amount paid out at registration in lieu of participating in fundraising \$ \_\_\_\_\_ .**

Parent's Signature \_\_\_\_\_ Date: \_\_\_\_\_

Postdated Cheques submitted for monthly fees #'s: \_\_\_\_\_

I understand that the registration fee must be paid at time of registration and is non-refundable, along with the first month's training fees which are also non-refundable. I understand that my account will be subject to a fee change if my swimmer(s) is promoted to the next squad. I understand my swimmer will not be allowed to participate unless my account is in good standing. I understand that swim fees are due on the first of each month and there will be no refunds for partial months. There will be no refunds of program membership fees for time (complete months) missed except for medical reasons. In this case a medical verification and approval of the Board of Directors will be required. Requests for refunds must be made to the Board of Directors at the first opportunity when it is known the swimmer is not able to participate for a complete month.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

**MEDICAL INFORMATION WHICH WILL BE ON FILE  
AT THE POOLS AND AT SWIM MEETS**

SWIMMER'S NAME: \_\_\_\_\_

ALBERTA HEALTH CARE # \_\_\_\_\_

**MEDICAL INFORMATION THAT THE COACHES AND CHAPERONES SHOULD BE AWARE OF:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**EMERGENCY CONTACT NAMES & PHONE NUMBERS:**

	Name:	Number:	Relationship
1)	_____	_____	_____
2)	_____	_____	_____
3)	_____	_____	_____
4)	_____	_____	_____
5)	_____	_____	_____

I give my permission for my child to travel with the Red Deer Catalina Swim Club specifically to compete and participate in any such activities that the Club deems fit. I give my permission for the approved Coach/Chaperone to act accordingly on my behalf in any emergency situation regarding my son/daughter.

To compete, these forms must be completed. No swimmer will be allowed to train or enter swim meets if their swim account is in arrears or if they are not fully registered. There will be no exceptions to this rule.

Parent's Name \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_



# RED DEER CATALINA SWIM CLUB

## Parent Code of Conduct

As a parent of a swimmer and member of Red Deer Catalina Swim Club, I will abide by the following guidelines:

- I. Practice *teamwork* with all parents, swimmers and coaches by supporting the values of *Discipline, Loyalty, Commitment and Hard Work*.
- II. As a parent, I will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) or interfere with coaches on the pool deck.
- III. I will not Interrupt or confront the coaching staff on the pool deck during practice or meets
- IV. I will 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.
- IV. I will maintain self-control at all times. Know my role.

**Swimmers – Swim**  
**Coaches – Coach**  
**Officials – Officiate**  
**Parents – Parent**

- V. I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmer will not be permitted or tolerated.
- VI. I will enjoy involvement with Red Deer Catalina Swim Club by supporting the swimmers, coaches and other parents with positive communication and actions.
- VII. During competitions, I will direct questions or concerns regarding decisions made by meet officials to a member of our coaching staff. Parents address officials via the coaching staff only.

**Sanctions.** Should I conduct myself in such a way that brings discredit or discord to Red Deer Catalina Swim Club, or to Swim Alberta/Swim Canada, I voluntarily subject myself to disciplinary action. RDCSC maintains the right to terminate any membership with/without cause in the interest of our vision, mission and objectives.

**Swimmer Name:** \_\_\_\_\_

**Parent Signatures**

Name \_\_\_\_\_ Date \_\_\_\_\_ Signature \_\_\_\_\_

Name \_\_\_\_\_ Date \_\_\_\_\_ Signature \_\_\_\_\_



## *Membership Package 2011-2012*

### **Red Deer Catalina Swim Club BINGO Information and Rules**

The RDCSC bingo chairperson is Glenn Cossey. Glenn can be reached at 403-227-1568 or email at [gccossey@hotmail.com](mailto:gccossey@hotmail.com)

A large percentage of the swim club budget is based on bingo income, and according to Alberta Gaming and Licensing only certain expenses may be paid from the bingo revenue.

We are Associate Members at the CANNERY BINGO HALL, located just north of the Real Canadian SUPERSTORE downtown and just west of the Saputo milk plant on Gaetz Ave southbound. Their phone number is 347-2833.

Only members or associate members over 18 years old can work RDCSC bingos. Members include the parents and /or guardians of the swimmer in the club. Associate members are members who have been approved by the board of directors.

If RDCSC is short workers for a scheduled bingo, the club is fined \$100 for a first time offence; \$300 for the second offence, and after the third offence, Catalina's bingo license will be suspended.

It is your responsibility to know the dates of your scheduled bingos. As a courtesy, we have been sending out an email to remind everyone of their dates but sometimes things do arise and those reminders don't get out. Please understand and check your calendars regularly.

It is very important that you attend your scheduled bingo shift or find a replacement. It is NOT the bingo coordinator's responsibility to find a replacement. When you do find a replacement, please notify Glenn at the above phone number. The fee to hire a replacement worker is \$60.

**To eliminate "No Shows", we are requesting a \$200 cheque or credit card imprint, to be held in trust.** Each time you do not show up or have a replacement for your scheduled bingo, a cheque will be cashed, or a debit made to your account. This is considered a penalty and you will still need to work your required amount of bingos.

**Please be on time for your shift. For a daytime bingo, you must be at the hall by 11:00 AM, and the evening bingo, 4:30 PM. If, for any reason, you will be late PLEASE notify the hall at 347-2833, option #4.**

**Bingo Commitments for the 2011-2012 Swim Season are as follows:**

Development 2 – 4

Provincial 2 – 7

National - 9

Development 1 – 5

Provincial 1 – 8

***If there is more than one child per family, the bingo commitment will be that of the child in the highest squad.***



## Membership Package 2011-2012

### FUNDRAISING INFORMATION

Red Deer Catalina Swim Club relies on funds generated through fundraising efforts, **other than Bingos**, to help balance the budget. The swim club has adopted a policy where by, each family is committed to raising a designated amount of funds, based upon the squad in which the swimmer is registered. These fundraising amounts are determined by such things as pool time, coaching time, administrative costs etc.

Once your fundraising amount has been reached, any additional funds generated are divided, 90% to the swimmer's account and 10% to the club. This credit to a swimmer's account may never be returned to swimmer, in cash. The club realizes that this time commitment may cause problems for some families so there is an option to pay out your fundraising.

#### Fundraisers that may be available this season are:

Student Union Ticket Paks – Late August/Early September 2011  
Almond Sales – September 2011  
Swimathon – TBA  
Safeway Gift Cards – Dec. 2011  
Epicure  
Nossacks

#### *New fundraisers are always welcome!*

The family plan is 100% for the highest level swimmer, 50% for each swimmer after that, based on what squad they train with.

If your swimmer changes squads during the season, your fundraising commitment may change.

	100%	50%
Development 2	\$175.	\$87.50
Development 1	\$475	\$237.50
Provincial 2	\$695.00	\$347.50
Provincial 1	\$740.00	\$370.00
National	\$870.00	\$435.00

**Option 1 : Participate in Club Fundraising**                      **YES**                      **NO**

I wish to participate in club fundraising. I understand that if my commitment is not met by May 31, 2012 that I am responsible for the difference.

**Option 2 : Payout of Club Fundraising**                      **YES**                      **NO**

I agree to pay the Red Deer Catalina Swim Club the amount of payout commitment for my swimmer, which must be paid at the time of registration.

I agree to the above conditions and understand the implications involved.

\_\_\_\_\_  
Swimmer's Name

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Date

## REQUIRED EQUIPMENT

\*The following equipment items are required for each swimmer at every practice.

### DEVELOPMENT 1 and 2

#### *Water Gear:*

- 1 Kickboard
- 1 Pullbuoy
- 1 water bottle
- 1 mesh bag
- 1 pair of fins (socks if you're getting blisters)
- 1 swim cap
- 1 pair of goggles

#### *Dryland Gear:*

- Towel

### PROVINCIAL 1, 2, and NATIONAL

#### *Water Gear*

- 1 Kickboard
- 1 Pullbuoy
- 1 pair of hand paddles
- 1 water bottle
- 1 mesh bag
- 1 pair of fins
- 2 caps
- 2 goggles
- Snorkel
- Drag suit

#### *Dryland Gear*

- 1 Skipping Rope
- Indoor Shoes (non-marking soles)
- Clothing to wear during dryland sessions
- 1 Swimming Notebook/Diary to track daily progress throughout the season.



**SEPTEMBER 2011 SQUAD SCHEDULES**

Day	Date	Nat	P1	P2	D1	D2	PC		
	1								
	2								
	3								
	4								
Monday	5								
	6	Rookie Camp. Competitive swimmers no swimming.							
	7								
	8								
	9								
	10								
	11								
Monday	12	5-630pm	4-5pm	5-6pm	4-5pm			Rec Pool	
	13	5-730pm	5-730pm		4-6pm	4-5pm			
	14	5-630pm	4-5pm	4-5pm				Rec Pool	
	15	5-730pm	4-630pm	530-730pm		4-5pm			
	16	415-7pm	415-7pm	5-7pm	4-6pm	4-5pm			
	17	Welcome Back Camp		8-10am	7-9am				
	18								
Monday	19	5-630pm	4-5pm	5-6pm	4-5pm			Rec Pool	
	20	5-730pm	5-730pm		4-6pm	4-5pm	4-5pm		
	21	5-630pm	4-5pm	4-5pm				Rec Pool	
	22	5-730pm	4-630pm	530-730pm		4-5pm	4-5pm		
	23	415-7pm	415-7pm	5-7pm	4-6pm	4-5pm	4-5pm		
	24	7-930am	730-10am	8-10am	7-9am				
	25								
Monday	26	5-630pm	4-5pm	5-6pm	4-5pm			Rec Pool	
	27 am	615-8am	615-8am		4-6pm				
	27 pm	5-730pm	5-730pm			4-5pm	4-5pm		
	28 am			615-8am	615-8am				
	28 pm	5-630pm	4-5pm	4-5pm				Rec Pool	
	29 am	615-8am	615-8am	530-730pm					
	29 pm	5-730pm	4-630pm			4-5pm	4-5pm		
	30	415-7pm	415-7pm	5-7pm	4-6pm	4-5pm	4-5pm		

PLEASE NOTE: Morning swim practices DO NOT start until Setpember 27th,  
 Saturday Afternoon practices (D2, NAT) DO NOT start until September 30

POOLS USED: All Monday and Wednesday EVENING practices are at the Rec Pool  
 All other practices will be at the Michener Pool.