

REVELSTOKE AQUADUCKS SWIM CLUB



2011 Handbook

Visit our website for information on the current season as well as handbooks, policies, schedules, records, contacts, and results.

www.revelstokeaquaducks.ca

Our swim club thanks you, our volunteers, for the everyday running of the club as well as the success of our swim meets.

AQUADUCKS SUMMER SWIM CLUB MANUAL

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1. INTRODUCTION

Welcome to the Revelstoke Aquaducks Swim Club. The Aquaducks Swim Club first began competing in Revelstoke in 1976 in the outdoor pool. Recently the Ducks moved indoors and now compete at the Revelstoke Aquatic Centre.

The purpose of this manual is to introduce you to the club and to competitive swimming. For more detailed information on any given topic please feel free to approach any Aquaducks parent or member of the executive. *The manual will contain a separate loose sheet with the information pertaining to the current year.

2. CLUB PHILOSOPHY

The Aquaducks Swim Club is based on the philosophy of establishing, operating, and maintaining a summer activity for young athletes through the promotion of competitive swimming. During the winter maintenance program, we hope to continue developing our swimmers, asking them to put forth their best effort and to strive for excellence.

3. CLUB OBJECTIVES

The objective of the Revelstoke Summer Swim Club is to promote personal development, accomplishment, and team atmosphere through competitive swimming, a fun environment, and family involvement.

We strive to carry out these objectives in a manner that stretches us to reach our vision to be a consistently competitive club in our region.

Our goals:

- To attract and keep an accomplished and nationally certified coaching staff , talented in working with swimmers of all ages, and who consistently display enthusiasm and effective communication and leadership.
- To provide the resources to enable each member to reach his/ her potential as team members.
- To realize the strength of family involvement through a supportive volunteer network.
- To cultivate a positive team atmosphere.

4. COMMUNICATION

Communication is one of the most important aspects of a fun and successful swim club. Newsletters and other notices are written regularly and can be found in the following places:

- In the black plastic box which is set out on the pool deck during swim times.
 - In this box each family has a file which is listed alphabetically.
- On the Aquaducks bulletin board just outside the entrance to the pool.
- On the website – **www.revelstokeaquaducks.ca**

The quickest and most effective way to get information is through the website and/or in additional general information is also contained in this manual.

When contacting the coaches, please be considerate. The best way to speak with the coaches is to meet them after practice. They usually make themselves available for 10 minutes to answer questions, provide information, etc. Sending a note to the coach with your swimmer is a good way to get information to them.

****please note that the pool deck is off limits to ALL parents during practice, we encourage parents to observe from the seating area but to not be a distraction to your children and the coaches.***

5. REGISTRATION

Registration is as follows:

- Summer Swim Club registration is held in March or April.
- Winter Maintenance Session 1 registration is held in September.
- Winter Maintenance Session 2 registration is held in January.

The fees for the current year are listed on the attached information sheet and due at registration. A schedule for post-dated cheques is outlined on the attached sheet.

- Three \$75 fundraising cheques are required for summer registration.
- One \$75 fundraising cheque is required for each winter session.

These cheques will be returned at the completion of your fundraising commitment.

For more information about fundraising see the appropriate section in this handbook or talk to an executive member

There is a \$25.00 fee for all NSF cheques.

**** The Revelstoke Aquaducks do not offer prorated registration for their summer or winter programs, it is understood that all swimmers and families will miss sessions from time to time and be unavailable for portions of the program.***

6. REFUNDS

Summer Swimming:

Prorated refunds will be given within the first week from the session start date for juniors/seniors who do not wish to continue swimming (and within the first four swim days for turtles). The head coach must be informed, in writing, in the first week if the child does not wish to continue.

Winter Sessions:

Prorated refunds will be given within the first week from the session start date for all swimmers if the swimmers do not wish to continue swimming. The head coach must be informed, in writing, in the first week if the participant does not wish to continue swimming.

**Prorated refunds after the first week (for summer and for winter) will only be given for medical reasons or if a family relocates to another city. A doctor's note must accompany a written request for a refund. The head coach must receive the written request prior to the completion of the swim season.*

**Prorated refunds will be calculated on a daily swimming fee of \$5 levied on all swim sessions until written request of refund is received.*

**There will be a \$25 charge for all NSF cheques.*

All BCSSA fees are non-refundable.

The BCSSA (British Columbia Summer Swim Association) fee applies to all swimmers each year and must be paid prior to swimming. This is a non-refundable fee. This fee is applicable from 1st May till 31st April each year.

7. AQUADUCKS CLOTHING AND SWIMWEAR

- Aquaducks swim caps, T-shirts, warm-ups and swim suits are available at registration (and throughout the year pending availability). Please note that the Aquaducks swimsuit and cap should be worn for competing at swim meets.
- Many swimmers save the Aquaducks suit for meets and wear another suit to practice in, in order to make the suit last longer. For more information about what suits work best in our pool for fit and durability please contact our clothing director.
- Please ensure that your children have goggles for every practice and swim meet. Goggles range from \$7 to over \$20.

8. FUNDRAISERS

Fundraising is an important component of our club, not because it allows us to have extras but because it allows us to subsidize the costs related to each swimmer. In actual fact, it costs more than \$900 per swimmer per summer. The executive is committed to keeping the program accessible to everyone by keeping the registration fees as low as possible. We can only accomplish this by actively fundraising throughout the year. The swim club qualifies for BC Gaming Grants, but these vary from year to year and are smaller than in the past. There are also strict rules as to what Gaming Funds may be spent on.

Various fundraisers are held each year e.g. Swim-a-thons, bottle drives, raffles
Parent and child volunteers help with these events and are critical for successful fundraising.

**A complete schedule of the opportunities and each swimmer's responsibility are outlined on the attached sheet.*

9. SWIMMER PLACEMENT

The assessed ability and age of your child will determine in which practice group they are placed, this is determined by the coaches. If you have a concern in this regard please talk to the coaches after practice.

In swim meets, swimmers of the same gender compete in divisions which are determined by age. They normally spend two years in one division then one year in the next division etc.

10. SUMMER AND WINTER SWIM CLUBS

The Aquaducks Swim Club is a summer swim program which is defined as a program that occurs during the months of May through August. In addition to our summer program, the Aquaducks Swim Club runs a winter maintenance program for its swimmers, offering the allowed two hours per week of coached swimming. The program normally runs from mid September to the end of April. Winter swim clubs, such as the Vernon Kokanees, operate for eight months of the year. Winter swimmers may compete in summer swim events as "O Category" swimmers.

11. FAIR PLAY & CODE OF CONDUCT

The Aquaducks Summer Swim Club adheres to the Guidelines of Fair Play as outlined below.

Swimmers who are committed to the principles of Fair Play will:

- Treat everyone fairly regardless of gender, ethnic background, color, sexual orientation, religion, political beliefs or economic status
- Always adhere to the constitution, rules, bylaws and policies of the BCSSA and the Aquaducks Summer Swim Club
- Let the coach dispute any calls, leaving you free to focus on your swimming
- Show appreciation for all other swimmers, even opponents
- Swim fairly at all times
- Celebrate and enjoy all successes
- Conduct yourself in a positive manner and remember that you are a role model for the younger swimmers

Coaches who are committed to the principles of Fair Play will:

- Always adhere to the constitution, rules, bylaws and policies of the BCSSA and the Aquaducks Summer Swim Club.
- Conduct themselves as outlined in the coaches contract and job descriptions
- Encourage all the swimmers in a positive and fair manner
- Celebrate all swimmers individual successes
- Teach the swimmers to respect all officials and volunteers as well as their decisions
- Teach the swimmers to follow both the letter and the spirit of the rules
- Encourage and model good sportsmanship

Parents are expected to follow the principles of Fair Play respecting and adhering to the constitution, bylaws, rules and policies of the BCSSA and the Aquaducks Summer Swim Club.

REVELSTOKE AQUADUCKS CODE OF CONDUCT

Parents and Swimmers have a role in maintaining the integrity of the club as a safe and enjoyable place for our children to learn.

It is the clear expectation of the club that everyone will conduct themselves at all times in accordance with the following code of conduct.

Swimmers Code of Conduct

Swimmers should behave in a manner which reflects favourably on themselves, on the club they represent and sets a good example for other swim club members by:

- i. Understanding and following the pool and swim club rules;
- ii. Displaying a positive sports attitude by winning and losing gracefully;
- iii. Treating other swim club members with respect and consideration;
- iv. Not criticizing coaches, fellow swimmers, parents, officials and the public;
- v. Not using profane, insulting, harassing or otherwise offensive language;
- vi. Not using alcohol or other drugs which affect physical ability, mood or behaviour unless prescribed by a physician for medical purposes;
- vii. Respecting and applauding the achievements of opponents;
- viii. Being aware that additional guidelines for the team will be established as needed by the coach of record and the executive members.

I have read and understand the above statements and agree to conduct myself in a manner that demonstrates the standards established in the Swimmers Code of Conduct.

I understand that if I violate this Code of Conduct we will be subject to a range of consequences, up to and including being prohibited from participating within the Revelstoke Aquaducks Swim Club.

Name/Print: _____ Date: _____

Signature of Swimmer: _____

Signature of Parent: _____

Code of Conduct for Parents

- i. Respect the decision of Officials, Coaches and Directors. Although you may not agree with all decisions – people are generally acting in the best interest of the majority. If you have concerns please contact a Board member, or the Coach Liaison to forward your concerns.
- ii. Be a positive contributor to the club and set an example by club regulations and pool safety rules.
- iii. Do not force an unwilling child to participate in sports, remembering that this is for their enjoyment – not yours.
- iv. Remember that the pool deck is for coaches and swimmers. If they need your help, they will request it.
- v. Teach your child that honest effort is as important as victory so that the result of each competition is accepted without undue disappointment.
- vi. Encourage your child to always play by the rules.
- vii. Support all efforts to remove verbal and physical abuse from children's sporting activities by not using profane, insulting, harassing or otherwise offensive language.
- viii. Do not publicly question the coach's or officials' judgement and never their honesty.
- ix. Remember that children learn best by example and recognize the value and importance of coaches and support them by focusing on the positive aspects of your Child's performance.
- x. Show your appreciation for all swimmers – even opponents. You are a role model for all youth involved in the club and at meets. Fair play and sportsmanship are critical skills that will enhance your child's life – long after competitive swimming is a memory. Personal involvement and honest effort are as important as winning.
- xi. Volunteer readily because this club is truly a volunteer organization. Strong clubs come from willing people. Step up without being asked – no one likes arm twisting.
- xii. Accept your role as ambassador for the club. How you act and what you say about the club in the community should project a positive image of the club. Don't gossip – if you have concerns – see point one.

I/we acknowledge that we understand the above terms and conditions and will abide by the Revelstoke Aquaducks Swim Club Code of Conduct and understand that if we violate this Code of Conduct we will be subject to a range of consequences, up to and including being prohibited from participating within the Revelstoke Aquaducks Swim Club.

Name/Print: _____

Date: _____

Signature: _____

12. DISCIPLINE

Aquaducks swimmers are expected to be polite and respectful at all times.

If a swimmer is not being polite or respectful, the following progressive steps will be taken in consultation with his family as required. If behaviour improves after "A", no further steps will be taken. The time frame between discipline steps is case specific.

- A. The coach will identify the problem and inform the child.
- B. The coach and child will discuss ways of improving the child's behaviour.
- C. The head coach will be notified if the behaviour does not improve.
- D. The child's coach and the head coach will discuss solutions.
- E. The coach liaison will be consulted to make every effort to resolve conflict amicably and cooperatively. If the situation remains unresolved, discipline will be implemented.

13. THE SWIM MEET

13.1 SWIM MEET ENTRIES

- Registering a team for a meet is an involved process. Data for each swimmer entering the meet is recorded on a computer disk. Late entries do not get entered into the program, which causes delays and changes on race days.
- Meet fees are not included in club registration fees. Meet fees vary based on the specific meet from \$5-6 per individual event, relays are an additional cost. The Revelstoke Swim Club covers all of the relay fees in each meet. No entries are allowed on the day of the meet. If you sign up for a meet and do not attend there is no refund for the meet fees.
- About two weeks before each meet, a sign up sheet will be posted at the pool on the bulletin board and in the black file box. The sign up sheet will be removed one week prior to the meet in order to compile the swimmer's events. All sign ups are finalized the Tuesday prior to each meet.
- Each meet varies as to how many events your child can swim most meets have a maximum of four individual events. You do not sign up for relays, the coaches will organize the teams with the swimmers that are at the meet on the day.
- Volunteering - Each swim meet needs a great deal of organization. Over 100 volunteers are required for a meet to begin and then to process 300 swimmers through five events in a six-hour period. No one club can supply the personnel necessary. There is always a high level of co-operation between the clubs during these meets, making it an excellent social event. All parents are needed to volunteer for the many jobs available. Timing is usually the easiest job to learn (and the food is great also).

13.2 GENERAL SWIM MEET INFORMATION

- Before the first swim meet of the season, the club holds our annual Jelly Bean Meet. This is a fun meet where DQ's (Disqualifications) don't count, but are brought to the attention of the swimmers. This is a time when parents are given their first introduction to timing, stroke and turn officiating etc.
- Between mid-June and mid-August, a swim meet happens just about every weekend. Sit down and decide well ahead of time which meets you will attend. Remember, it is possible to attend one day of a two day meet.
- "Lost" items are always a problem with children: label EVERYTHING!
- Be prepared for a long day; swim meets begin early (warm ups at 7:00AM!). And at an outdoor meet, be prepared for the weather. The Aquaducks have a team tent which will make an appearance at most meets for shelter and socializing.
- Most swim meets will run a concession during the day, but bring snacks, lunch and water for your swimmers. Swimmers need to drink plenty of water to stay hydrated. Most families bring a cooler.
- As a parent, be prepared for some tears from your child, as some of the strokes are quite technical, and result in disqualification's (DQ's). The best way to deal with this is with plenty of encouragement for what they have accomplished. Just doing 50 meters of butterfly when you're 7 years old is a significant accomplishment, let alone getting all the technicalities right. Of course, having fun is the number one goal and the things such as speed and technically proficient swimming come with practice.
- Parent's role: as usual your primary role at a swim meet is for encouragement and positive reinforcement. Help your swimmers to know their event numbers (write their event number on their hands), get to marshalling prepared (with goggles and caps) and on time.
- Once swimmers are in marshalling, waiting for their event, it is not proper etiquette for parents to be with them.
- If there is a problem with young swimmers don't hesitate to call on the coaches for assistance.
- Parents are encouraged and expected to participate in the meets by helping out as timers or any other deck job. Once again, it's a wonderful social time and they even feed you while you watch your children swim!
- At our club meet, held the last weekend in mid-July, ALL parents are required to help in some way. Our swim meet which we host every year, is the most significant event for the club and full participation of parents is required.
- During a swim meet the coaches are there to observe, organize, and encourage the swimmers.
- Swimmers are encouraged to stay in contact with coaches during the meet. Moreover, before and after each event, the coach expects each swimmer to come to the coaches table to confer with them about the event for advice and encouragement
- There are two types of meets, Heats and Finals and Timed Finals. For meets with heats, swimmers finishing in the top 12 in the morning heats, get to swim again in the afternoon. For a Timed Final meet, athletes swim one race as a final.

13.3 SWIM MEET ORGANIZATION

Heat Sheets or Programs

- Heat Sheets are made up ahead of time and sold at each meet (usually around \$5). Most parents buy one for their family and it shows the event, heat, and lane number in which every competitor swims. The heat sheet also lets you know the times of the other swimmers and gives you a good place to record times. Late entries are not in the programs.

Events

- An Event at the meet is given in terms of length and stroke (i.e. 50m freestyle)
- There are normally several heats which make up one event.
- Event Lingo can be tricky at first: 'Free' means freestyle/frontcrawl, 'Back' means backstroke, 'Breast' means breaststroke, 'Fly' means Butterfly, 'IM' means Individual Medley.
- The order of events is usually: **Saturday** ~ 100 IM Div I - III & 200 IM Div IV & up,
50 free,
Turtle Races - 25 m Freestyle
50 Fly Div I - IV, 100 Fly Div V & up,
Medley Relay.
Sunday ~ 50 Fly Div V & up,
50 Back Div I - III, 100 Back Div IV & up
Turtle Races - 25 m Back
50 Breast Div I-III, 100 Breast Div IV & up
Free Relay

Warm-ups

- Warm ups help swimmers to get a feel for the pool and the starting blocks and stretch their muscles prior to their swims. Attending warm-ups is an essential part of the meet.
- Each club has one lane assigned to them to use during warm-up.
- Warm up times are usually as follows:
- Juniors warm up early on Sat (7AM) and late on Sun (7:20AM)
- Seniors warm up late on Sat (7:20 am) and early on Sun (7:00am).

Heats

- At swim meets heats are 'seeded' which means that swimmers in the same division are grouped according to their times.
- The first measure of success for a new swimmer is to win their heat. The first heat of each race begins with Div I and works up to Div 8. With each division, the girls' heats swim first, then the boys' heats.

Turtles are swimmers who are just learning. They may enter meets if they wish and are even welcome to swim with a senior swimmer beside them. All Turtles who complete a race receive a prize or goody bag. Turtle races usually are held just before lunch time. There are no DQ's for turtles. Turtles swim only on length of the pool (25m Free on Saturday and 25m Back on Sunday)

Marshalling

- Marshals organize swimmers into their lanes, heats and events, and escort them on deck to the start of their race
- Swimmers are “marshalled” before each event. Event numbers will be called, and swimmers are to go to the Marshalling area, usually a set of benches on which swimmers sit while they’re waiting to race.
- It is important that swimmers get to the marshalling area on time, or they will be scratched from their event.
- At the Marshalling area, the Clerk of the Course will hand swimmers their event card. The ‘pinks’ and ‘blues’ event cards) show the swimmer’s name, event number, lane number, and previous best time.
- Before the start of the race, swimmers give their cards to the timers in their respective lanes.
- Swimmers wait behind the timers’ chairs until the race in progress is over.
- At the signal from the referee they then climb onto the starting blocks, and wait for the Starter to start the race. (Note: If a new swimmer is unfamiliar with the starting blocks he may dive from the edge)
- When the race is over, swimmers stay in the pool, against the pool wall, until the next race begins, or until they are told to exit the pool by the official.

The Start

- The Starter ensures that each heat has a fair start.
- Swimmers wait at the back of the block until the starter says “Take your Mark.” They then move to the front of the block and get ready to dive.
- The starter then sounds the horn to start the race.
- For Back, the swimmers wait in the water, holding the starting block. At “Take Your mark” they pull themselves up to start, and wait for the horn.

False starts

- Summer swimming employs the “One Start Rule”. Swimmers who start before the start signal will be disqualified. Essentially, no false starts are allowed.
- Swimmers are allowed to touch or hold the blocks of the edge of the pool with their hands *prior* to the starter advising the swimmer to “take your marks”. Previously, swimmers could not make such contact prior to the start command.
- Swimmers are encouraged to go and speak to the coach for tips and encouragement before and after the race.

Results

- The results for each event are posted in a prominent area at the pool between 15 and 60 minutes after the event. (delays sometimes occur)
- Remember to check these results to see if your child will be swimming in the finals or consolations in the afternoon.
- Consolation races only go to Div.4 and only if there are enough children to run the consolation heat.
- A BT next to the swimmers name on the results indicates that this is their Best Time
- A PQT beside a time indicates that this time is a qualifying time for provincials.
- Alternates: In a six lane pool, the seventh place finisher in the heats is called the first alternate. If a finalist does not show up for his event, the first alternate is given the opportunity to swim in the finals
- If you attain a PQT at Regionals, you automatically make Provincials even if you didn't place in the top 3.

Disqualification (DQ)

- Each swim stroke has specific criteria.
- Stroke Judges and Turn Judges know the guidelines for each stroke and turn, and monitor the swimmers closely for violations. When they see errors in a swimmer's stroke, they are required to disqualify the swimmer.
- At the end of the race, the Stroke and Turn Judge approaches the swimmer and explains what was done incorrectly in order to help the swimmer improve. They also give the swimmer a DQ card which should be taken to the coach.

Relays

- Relays are held at the end of each day and relay teams are made up by the coaches on the day of the meet. In each meet the coaches will endeavour to accommodate as many swimmers as possible. At Regionals, though, the coach's decision for relay teams is entirely his decision; as such, it is based on who the coach thinks would have the best chance at qualifying for the provincial championships.
- In the medley relay, one swimmer swims back, one breast, one fly, and one free.
- Relays are made up of a group of four swimmers from one division.
- When there are not enough swimmers to make a relay team, swimmers from various divisions are often combined on one team. They are then entered in the division of the oldest swimmer. It is not unusual to see the swimmers from Div I and II swim with their coaches in much higher divisions. Relays can be serious competition, especially when a group of swimmers in a division has a very fast time, but they are also a lot of fun, and a wonderful chance for new and more experienced athletes to compete together.
- The relays provide the best opportunity for new swimmers to achieve ribbons and team points. As a result, if you find that you must leave a meet before the relays, please try to arrange with other team members for your child to stay to participate in these relays.

Medals and ribbons

- Ribbons and/or medals are awarded to both finalists and consolation finalists in each event.
- The ribbons are sent back with the coaches and are available at beginning of the next week.
- They are placed in the individual “family” files in the black box.
- At the Revelstoke Meet, and some other meets, there are medals for aggregate winners of each division for males and females. The aggregate winner is the swimmer who has earned the most points in their division.

Between events

- Between events, swimmers have free time. There are usually areas set aside for each team, and many swimmers like to hang out there with their friends. The Aquaducks also have a team tent for swimmers to rest and socialize in. Most families bring sleeping blankets or quilts for their swimmers to snuggle in under the tent. Some like to play games, others like to watch the races and cheer on their fellow Aquaducks
- Between events be sure to keep listening for your next event to be called to marshalling.

Regional Swim Meet or “Regionals”

- Regionals are held at the end of the season (usually August in Kamloops).
- You must swim at one meet before the Regionals and at Regionals in order to qualify for Provincials. (See next paragraph)
- The top three swimmers in each event and any swimmer with a PQT in an event final will represent our region at Provincials. If a top three swimmer cannot attend Provincials, then the next place swimmer who is able to attend (fourth through eighth) is eligible to go. At Regionals it is important that you indicate if you will attend Provincials, so that all eligible swimmers have a chance to swim.
- Come prepared to the Regionals with your schedule and a cheque to pay for provincial team shirts and caps (about \$15).

Provincial Championships

- The top swimmers in each of 8 Regions in the Province compete at Provincials in mid-late August. Provincials are competitive but they are an excellent experience for swimmers and all qualifiers are encouraged to attend.

14. REVELSTOKE AQUADUCKS EXECUTIVE 2011

The Revelstoke Aquaducks Executive usually meets on a Monday, once a month, at 7pm. All meetings are open to the parents of swimmers and they are encourage to come and join the executive as it is a great place to get up to date information and to understand some of the “what’s and why’s”.

President – Cam Molder

Vice President - Dave Kaegi

Secretary – Jodi Wallach

Treasurer - Connie Pfeiffer

Directors:

Scott LeBuke – Meet Manager

Heather Jay – Awards and Trophies

Rosemary Kelsall – Club Development

Wendy Rota – Spirit Coordinator

Corbett McCabe – Marketing, Sponsorship

Crystal Federico – Fundraising

Graham Gale – Coach’s Liaison

Aquaduck executive members are, of course, unpaid volunteers who spend countless hours of their own time to help make your swim club run as smoothly as possible.

Take a moment to thank them for all the hard work they do!



15. AWARDS AND TROPHIES

Each season during our awards banquet we present several awards to both junior and senior swimmers. These awards are determined by the coaching staff and are an exciting way to end the season. In addition, all swimmers will be recognized for the unique things they bring to the club. This is always a great evening to cap off a fun and successful season.

Sportsmanship:

Individual who demonstrates an extremely positive attitude both in and out of the pool. This swimmer shows fair play, respect and sportsmanship to other members, swimmers, coaches, officials and parents of the club and other clubs alike.

Leadership:

This award usually goes to an older swimmer within the club who has a positive impact on the whole of the club. This individual will largely influence their peers and will lead both actively and by example. This swimmer will not be shy to step up and provide direction in the absence of a coach.

Most Improved Swimmer:

Awarded to the swimmers in their respective categories that showed the most significant amount of overall improvement over the duration of the season. Improvement includes the individual's attendance, attitude, work ethic, skills and times.

Most Outstanding Swimmer:

Recognizes those swimmers who performed the best throughout the course of the season, both in practice and at competition

Coaches Award:

Presented to an all around member who was always a pleasure to coach. This swimmer always displays a positive attitude, puts an honest effort in at every workout session and has a contagious passion for swimming.

16. ANNUAL EVENTS

Meet the Coach/Welcome Back potluck

Team photo

Jelly Bean Meet

Swim-a-thon

Bottle Drives

Hell Week activities

Awards night potluck

Various social activities throughout the season have included movie nights, bowling, and a parent's social.

17. ADDRESSES AND INFORMATION ON POOLS IN THE REGION

MERRITT

Nicola Valley Aquatic Centre
2040 Mamette Ave.

They will allow camping in the parking lot, but there is limited space and no grass area for tents. There is a large mowed grass field behind the back of the pool for tenting, but be aware that the pool is in the middle of downtown. Many tenters find the facilities at the Claybanks campground much better. This is an indoor pool.

LUMBY

1811 Glencaird Str.

At the main intersection turn left – then the 2nd Street on your right is Glencaird. There is a campsite at the end of Glencaird Str.

PENTICTON

Penticton & District Aquatic Centre
325 Power Street

No camping at this indoor pool. There is a fully equipped campground near Skaha Lake called South Beach campground where the Revelstoke group generally stays. This pool is also within commuting distance.

GOLDEN

9th Avenue South
(250) 344-7011

Most of the Revelstoke Group camps at the Golden Municipal Campground, which is right beside the pool. This is an outdoor pool.

SALMON ARM

Salmon Arm Community Centre 351 3 rd Street SW

They will allow camping in the parking lot of the pool, but many find the facilities at the KOA much better. This is an indoor pool.

KAMLOOPS

Brockelhurst Pool 2475 Fleetwood Ave

They will allow camping in the parking lot if you have a contained unit. This is an outdoor pool.

KELOWNA

H2O Adventure Fitness Centre. As you're driving through Kelowna, hang a left on Gordon and head into the Mission area. 4075 Gordon Drive, Kelowna. This is an indoor pool.

If you've read this far, it means you read the entire Aquaducks handbook. I'm impressed! I really am. You should walk up to anyone in the club and proudly announce, "I AM AN INFORMED AQUADUCK PARENT!"