

COLLINGWOOD CLIPPERS SWIM CLUB



TEAM MANUAL

2024-2025

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CLUB HISTORY

The Collingwood Clippers Swim Club was established as an Esso Swim Canada program in September 1985. In September 1986 the Club was registered with Swim Ontario as an entry level swim club. We were named the Collingwood Y Clippers. The Club progressed from a developmental club to a competitive club in 1989 and attended their first team championship competition. The Club name changed from Collingwood Y Clippers to the Collingwood Clippers Swim Club.

The Collingwood Clippers Swim Club (CCSC) is a competitive, community-based club, whose purpose is to promote an interest in competitive swimming and to develop the fullest potential of each swimmer. Our club is an Age Group program targeted at swimmers aged 5 to 18 years old. Being involved with CCSC gives athletes the opportunity to learn about responsibility, hard work and co-operation in a way that is fun and promotes self-esteem and excellence.

By collective pooling of resources such as pool space, educational tools, and training resources the Collingwood Clippers has been able to produce swimmers who have qualified and placed at Huronia Regionals, Ontario Festivals, Ontario Junior Championships, Ontario Provincial Championships, Speedo Eastern Championships, Canadian Junior Swimming Championships and Canadian Swimming Championships. We continue to applaud our swimmer's achievements as we move forward and strive for success!

CCSC is a parent run, professionally coached swimming organization whose first commitment is to the needs of the swimmers. We provide an opportunity for boys and girls of different ages and abilities to be part of a competitive swim club. CCSC offers a program in which the swimmers learn the four competitive swimming strokes, starts and turns to produce a well-rounded and capable swimmer. The life skills that our swimmers learn during their time with CCSC (responsibility, dedication, work ethic & positive attitude) are valuable and will be useful for the rest of their lives.

The Collingwood Clippers Swim Club serves the town of Collingwood as well as surrounding townships. CCSC swims out of the Collingwood Centennial Aquatic Centre from October through July.

ATHLETE DEVELOPMENT

The philosophy of the Collingwood Clippers program is structured to allow for the gradual development of the swimmer. The philosophy can be summed up as follows; we want the swimmer reaching his/her maximum potential as an athlete and a person.

Our high-quality program offers the development of technically sound swimming, racing skills and teaching good training habits, which in turn will lead to great performances relative to the swimmer's age and maturity. Sensible programming, sound coaching, and a gradual building of the athlete's swimming career path, will allow for the nurturing of the maximum potential of each swimmer. By adhering to best practices of long-term athlete development, CCSC swimmers will enjoy success at all stages of their swimming careers.

Many swimmers at the National and International level are in their late teens or twenties. The average age to win an Olympic medal is 22 and getting older with each Olympics. With that in mind, the CCSC program is geared for a swimmer's development to reach its peak when the swimmer is emotionally and physically capable of handling the commitment, dedication, discipline and demands of the sport, while maintaining the necessary enthusiasm to pursue their goals and succeed.

TEAM GOALS

- 1) To develop each athlete to their full potential.
- 2) To create an atmosphere of team spirit, unity and support and to contribute to the development of a positive winning attitude.
- 3) To encourage the development of competitive "mental toughness" (determination, confidence, pride) as a team and as individuals.
- 4) To pursue excellence more diligently than our opposition.
- 5) To behave with good sportsmanship at all times.

COLLINGWOOD CLIPPERS SWIM CLUB WAIVER

Consent Waiver - I/we, the parents/guardians of the above-named swimmer(s), hereby consent to his/her/their participation in any or all of the Collingwood Clippers Swim Club activities and assume all risks of injury to our child arising there from. In consideration of our child being accepted as a member of the Swim Club, we agree that there shall be no liability on the part of the coaches, the Swim Club, Clippers Swimming, participants or persons transporting our child to and from activities and we hereby waive and release the Collingwood Clippers Swim Club from any/all claims which we may have in connection with any such injury.

Media Waiver - I/we, the parents/guardians of the above-named swimmer(s), hereby consent to he/she/them being showcased for an achievement or other event related to the swim club whenever possible. There may be occasions during the swim season when your swimmer(s) will be photographed participating in a club related event (swim practice, swim meet, club event, etc.). Photographs of swimmers may be used on our website, articles submitted to newspapers regarding the Collingwood Clippers, Club newsletters and on approved Swim Club social media.

Personal Information Protection & Electronic Documents Act - I/we, the parents/guardians of the above-named swimmer(s), hereby give permission to the Collingwood Clippers Swim Club to enter required personal information on the Team Unify database for the purposes outlined in Swim Ontario's policies, which I have read. I understand that I may withdraw consent at any time upon written notice to the Swim Ontario Executive Director, and my personal information will be purged from the database. Withdrawal constitutes de-registration. The club will be informed immediately upon the receipt of the written notice.

Fees and Payments – The fee to swim for CCSC is a fee which includes taxes, pool fees, coach and operational costs. If workouts are changed or canceled there will be no reimbursement of fees or added workouts.

Fees charged during registration include Swim Ontario/Swim Canada registration fees and a CCSC fundraising fee. During the season, Members will be responsible for their Annual Dues (payable to CCSC either annually on October 1st, or monthly between October 1 and June 1), swim meet fees, Swim-A-Thon fundraising, and other optional club purchases. All payments must be made using either a Credit Card or Pre-Authorized Debit through your online account.

- 1) Swim Ontario/Swimming Canada Registration Fee (non-refundable): Payment for the Swim Ontario/Swimming Canada registration fees are included in the initial registration payment.
- 2) Swim meet fees: Will be communicated to each family and are reflective of the number of events in which your swimmer participates in addition to any coaching cost (if applicable).
- 3) Club Fundraising: Each family is invoiced \$150 at the beginning of the season as a Fundraising Fee. This fee is mandatory per account and is only charged once. The fundraising fee goes towards social events and random drawn prizing at the season-end awards celebration.
- 4) Volunteer Hours: Each Member is expected to work a minimum of 10 volunteer hours (100 points) during the season at approved CCSC events and Swim Meets. These hours may range in capacity and include; assisting at Social Events, supporting Clipper organized community events, officiating at Swim Meets, and more. Opportunities for volunteer hours are communicated via email throughout the season. Volunteer Hours are tracked by CCSC and are updated on your CCSC Account. Failure to complete a minimum of 10 Volunteer Hours (100 points) will result in a Volunteer Fee of \$300. This fee is charged to accounts on July 1st.
- 5) June Invitational Swim Meet – Volunteer Hours: Our 2-Day June Invitational Swim Meet hosts more than 400 Swimmers from across Ontario. This Swim Meet is CCSC's largest annual fundraiser and the proceeds from the Meet help to keep Membership Dues low. In order to effectively manage this Swim Meet, the Club requires a lot of assistance from our Membership. All Members with a participating swimmer are expected to work a minimum of **4 Hours** to support our June Invitational, in order to avoid paying Full Meet Fees for swimmer(s) which may be in excess of \$100 per swimmer. Supporting the June Invitational may include Food Prep, Food Sales, Officiating at the Meet, Timing/Judging at the Meet, or assisting with overall Meet operations. Volunteer Sign-ups are sent out in the weeks prior to the Meet to allow Members to register for their preferred shift(s). Members with participating swimmers who do not work a minimum of one 4-hour shift will be charged full Meet Fees for the swimmer(s) on July 1st. **These hours are in addition to the 10 Seasonal Volunteer Hours.**

- 6) Swim-a-thon: Each swimmer is strongly encouraged to participate in our yearly Swim-a-thon (date TBD each season). This event serves as a fundraiser with 10% of funds going to Swim Ontario and the remainder going to the operation and maintenance of the Club in order to keep Membership Dues low. This fun event serves as an excellent opportunity for parents to interact and encourage their swimmers on deck. We encourage swimmers to approach family and friends to request either an in-kind donation or a donation either “per lap” or “per KM”. We ask each swimmer to raise \$100.00 for Swim-a-thon.

- 7) Discontinuation of Swimming – CCSC’s swim season is essentially split into two swimming blocks (October 1st - January 31st & February 1st - July 31st) to reflect short course (25m pool) and long course (50m pool) swimming. If families wish for their swimmer(s) to discontinue swimming with the Collingwood Clippers Swim Club, written notice must be submitted to the Club Registrar, Treasurer and Head Coach by December 15 2024. Members are responsible for payments remaining within the applicable swimming block. If your written notice is received after February 1st (into the 2nd swimming block), you would then be responsible for the remaining payments until the end of the swim season.

- 8) Code of Conduct – Members must abide by the CCSC Team Manual policies in order to remain a member in good standing. Policies are subject to change with notice given. The full CCSC Code of Conduct & Ethics can be found on the CCSC Website under the tab titled Board & Governance. This Code of Conduct & Ethics is also a term and condition of membership and registration and is agreed to during the registration process for each swimmer.

CLUB COMMUNICATIONS

Our primary source of communication is email, It is imperative that parents/guardians monitor club emails to keep up to date :

We also encourage our members to visit the club website frequently as it is constantly being updated. www.collingwoodclippers.ca

Coaches are available by email which is the preferred method in most cases. If you ever have any questions or concerns, please out to your swimmers' coach. You may also address any concerns to the Head Coach. For further support and understanding please contact our current Club President.

Collingwood Clippers Staff – Contact Information

Head Coach; Rebecca Ryerson – coachrebecca@collingwoodclippers.net

Operations Manager; Naomi Paterson – naomi.paterson@collingwoodclippers.net

Board of Directors - Contacting the Board

Naomi Paterson - president@collingwoodclippers.net

Courtney Colekessian – ccscregistrar@collingwoodclippers.net

Ian Paterson - treasurer@collingwoodclippers.net

Melanie Meguerian - ccscmeetmanager@collingwoodclippers.net

Jan Abbott - officials@collingwoodclippers.net

Allyson McKinley - fundraising@collingwoodclippers.net

Dawn McCrank - secretary@collingwoodclippers.net

Derek Crespy – member@collingwoodclippers.net

GROUPS

FUTURES - 10 & UNDER

The FUTURES program is our grassroots introduction to competitive swimming for younger swimmers between the ages of 5 to 10. For swimmers to be able to join the program they must be able to swim a full length of the pool (25 meters) on their own and be comfortable in deep water. In this program we focus on teaching the four competitive strokes (butterfly, backstroke, breaststroke & freestyle) as well as starts and turns. Swimmers in the program have the opportunity to attend development “Devo” swim meets within the Huronia Region as well as certain invitationals if the swimmer has met specific standards. Each swimmer is unique and will progress through the program at their own rate. The main objective of this group is to teach the important fundamentals of competitive swimming while having fun! 3 weekly practices are included and attendance is encouraged, but are not mandatory. Training runs from October to the end of June.

NOVICE

NOVICE is intended for younger swimmers who are committed, want to be competitive and have a solid understanding of all four competitive strokes (butterfly, backstroke, breaststroke & freestyle) as well as starts and turns. Swimmers will continue to develop their swimming skills. They will also be introduced to proper training techniques for aerobic and anaerobic work as well as basic dry land and flexibility training. This group is a transition from our FUTURES program into our competitive programs. Swimmers must be invited to join the NOVICE Group. Competing at swim meets is strongly encouraged as well as regular practice attendance. Training runs from September to the end of June.

AGE GROUP II

AGE GROUP II is intended for swimmers 10 - 13 years old who wish to further their technical swim skills, stay fit and have fun! This group is ideal for swimmers who are working towards joining the more competitive groups or swimmers who have entered the sport over the age of 10; This group also includes swimmers who have busy schedules filled with other activities and swimmers who love to swim, want to stay fit, but are not necessarily eager to compete. This group focuses on teaching and enhancing all four competitive strokes (butterfly, backstroke, breaststroke & freestyle) as well as starts and turns. Swimmers will have monthly opportunities to attend swim meets, but it is not mandatory. Swimmers must be able to complete 100 meters unassisted and must be comfortable in deep water. Training runs from October to the end of June.

AGE GROUP

AGE GROUP is intended for swimmers moving out of NOVICE and furthering their skills with more practice time and skill challenge. AGE GROUP swimmers are committed, want to be more competitive and have a solid understanding of all four competitive strokes (butterfly, backstroke, breaststroke & freestyle) as well as starts and turns. Swimmers will continue to develop their swimming skills. They will continue proper training techniques for aerobic and anaerobic work as well as basic dry land and flexibility training. This group is a transition from our NOVICE program into more competitive training. Swimmers must be invited to join AGE

GROUP. Competing at swim meets is strongly encouraged as well as regular practice attendance. Training runs from September to the end of June.

JUNIOR

The JUNIOR group is intended for swimmers who are committed and are competitive. This group teaches skill development through enhanced training. This group focuses on the needs of Regional qualifiers to Provincial level qualifiers and aids in their pursuit of excellence. Swim meet attendance is required. Traveling within Ontario, Canada and the USA may occur. The JUNIOR GROUP is a transition group from AGE GROUP into a higher level training program. Swimmers must be invited to join the JUNIOR group. Swimmers are required to have regular practice attendance. Training runs from September to the end of June. Qualified swimmers will continue into July.

SENIOR II

The SENIOR II group is designed for swimmers who have a strong understanding of all 4 competitive strokes, starts and turns. They are pursuing improvement in swimming as well as other sports and activities. Swimmers in this group may swim up to 5 of the SENIOR II practices of their choice. Swimmers in this group are encouraged to attend all swim meets that they are qualified for (not mandatory). This group is intended for those who wish to continue their swim fitness training and those who join the sport of swimming after the age of 13. Training runs from September to the end of June.

SENIOR

The SENIOR group is designed for swimmers who have demonstrated their ability and commitment to train and compete at a high level. The focus of this group is to achieve excellence and to constantly push the boundaries of the swimmers. Swimmers in the SENIOR group will be striving for Provincial and National time standards. Swim meet attendance is required. Traveling within Ontario, Canada and the USA may occur. The SENIOR group is a transition from the JUNIOR or SENIOR II groups. Swimmers must be invited to join the SENIOR GROUP. Swimmers are required to have regular practice attendance. Training runs from September to the end of July.

ATTENDANCE

Should your swimmer be absent from practice for an extended time, please communicate with your swimmers coach to make them aware of the situation.

CLOSING WORDS

We provide our program for swimmers to reach their potential, whether that would be learning competitive swimming or becoming an Olympic swimmer. It is our goal to have parents, coaches and swimmers work together so our swimmers can reach their full potential in life and swimming. The Team Manual is a guide to see how the program operates with its many components.

Thank you for taking the time to read our Team Manual!

FOR MORE INFORMATION:

1. Our websites www.collingwoodclippers.ca
2. Swim Ontario website www.swimontario.com
3. Swimming Canada website www.swimming.ca
4. FINA www.fina.org
5. Swim Swam www.swimswam.com