



23-24



Registration Guide

SASKATOON GOLDFINS SWIM CLUB

Online Registration Opens Monday, August 15, 2023
Training Starts Monday, September 11, 2023



TABLE OF CONTENTS

THE GOLDFINS: WHO WE ARE

- 01 [Welcome Message from the President](#)
- 02 [Message from the Head Coach](#)
- 03 [Vision, Mission & Values & Strategic Plan](#)
- 04 [Board of Directors](#)
- 05 [SNC Membership and Swim Saskatchewan](#)
- 06 [Withdrawal Policy](#)
- 08 [Officiating Requirements](#)
- 09 [Team Travel Policy](#)
- 10 [Bully Prevention Policies](#)

MEMBERSHIP & CODES OF CONDUCT

- 13 [Membership Agreement](#)
- 15 [Respect In Sport](#)
- 16 [Parent and Coach Roles Letter](#)
- 16 [Conflict Resolution Process Letter](#)
- 17 [Athlete Code of Conduct](#)
- 19 [Parent Code of Conduct](#)

THE GOLDFINS: WHAT WE DO

- 21 [Programming: LTAD Model](#)
 - 22 [White 1](#)
 - 23 [White 2](#)
 - 24 [White 3](#)
 - 25 [Blue 12](#)
 - 26 [Blue 14](#)
 - 27 [Blue 18](#)
 - 28 [Gold 12](#)
 - 29 [Gold 14](#)
 - 30 [Gold 16](#)
 - 31 [Gold 18](#)
- 32 [Event Schedule Planner](#)
- 33 [Tentative Meet Schedule](#)
- 34 [Mid-season Registration and Move Ups Mid Season](#)
- 34 [Training Camps and Scheduled Breaks](#)
- 35 [Fee Schedule](#)
- 37 [Bingo Requirement](#)
- 38 [Fundraising](#)
- 38 [Sponsorship](#)
- 39 [Equipment](#)
- 40 [Officiating & Clinics](#)
- 43 [Chaperones](#)
- 44 [Swim Meet Information](#)
- 46 [Preparing for a Swim Meet](#)
- 47 [What to Watch at a Swim Meet](#)
- 48 [Thank you, Sponsors/Partners](#)



PRESIDENT'S MESSAGE

Dear Goldfins Community, Welcome!

Thank you for registering with the Saskatoon Goldfins Swim Club for the 2023-24 Swim Season as we celebrate 45 years of incorporation!

During the 2022-23 swim season, the Goldfins Board of Directors, presented the long term strategic goals of the Club with the [2023-2026 Strategic Plan](#), and further, developed and continue to work within the Goldfins Operations Plan. These 2 Plans - together - support the Vision, Mission, and Values of the Goldfins Board and Coaching staff, Goldfins families and athletes, Community, and Stakeholders.

On behalf of the Board, thank you to the swimmers, coaches, parents, officials, volunteers, suppliers, as well as community sponsors and stakeholders who support the Saskatoon Goldfins Swim Club.

Welcome and may the 2023-24 swim year offer swimmers the opportunity to develop lifelong skills, friendships, and achievements.

Randall Keays, President
Saskatoon Goldfins Swim Club





HEAD COACH MESSAGE

Welcome to the 2023-24 Swim Season!

I want to thank everyone for a terrific 2022-23 season! The move to have all our groups at the Shaw Center was not without its challenges. I am proud about how we all worked together as a team to make the situation work until the Harry Bailey renovations are complete. Throughout the summer the full-time coaching staff and I will be working to update our Club Coaches Manual and Coach Resources to bring the staff up to date on the latest developments and knowledge in the coaching world. Goldfins Coaches will continue to deliver an inclusive and progressive program for all ages and abilities. The mission for the Club is to provide growth and development opportunities, to teach life skills through the sport of swimming. Our successes are celebrated by the excellence we achieve in and out of the pool.

This coming season will be the fifth with the new club structure, one that continues to be worked on and adjusted based on member feedback. With the strategic plan now complete, the 2023-24 season will see the initial steps towards the implementation of the strategic plan. Swimmers will move through our White (LTAD Learn to Train), Blue (LTAD Train to Train) and Gold (LTAD Train to Train/Train to Compete), with each stage having a dedicated curriculum to best fit each stage of athlete development.

The Goldfins Swim Club continues to offer the best educated and NCCP certified coaches in the country with two coaches on staff that are Senior Coach Certified, two that are Age Group Trained and all staff with a minimum of 101 Coach Trained. This past season Coach Gary has joined me as a graduate of the Advanced Coach Diploma program through the Canadian Sport Institute. As part of our NCCP training all coaches must go through the Making Ethical Decisions module that helps to ensure you are getting the highest standards from the staff as we coach and mentor your child(ren).

I am looking forward to seeing you on the pool deck and thank you for choosing the Saskatoon Goldfins Swim Club as your sport provider.

Yours in Swimming,

Steven Hitchings, ChPC NCI Advanced Coach
Head Coach, Saskatoon Goldfins Swim Club





VISION, MISSION, VALUES

VISION

Excellence in sport, excellence in life.

MISSION

Saskatoon Goldfins provides growth and development opportunities to teach life skills through the sport of swimming. Our successes are celebrated by the excellence we achieve in and out of the pool.

VALUES

COMMUNITY

We are stronger when we support each other through our challenges and celebrate our successes.

COMMITTED

We show up for ourselves and for our team.

INCLUSIVE

We provide opportunities and pathways for all ages, abilities, cultures, and identities.

EXCELLENCE

We work to achieve our best as an organization and as individuals.

STRATEGIC PLAN SASKATOON GOLDFINS SWIM CLUB

2023 - 2026

The Saskatoon Goldfins Swim Club Board of Directors proudly approved our Strategic Plan (2023-2026) in January of 2023. Click on the image above to view the plan!



BOARD OF DIRECTORS

The Saskatoon Goldfins Swim Club is governed by a Board of Directors, which is elected by the membership. The current Board members are listed below as well as on our website under Coaches and Board.

Board meetings are usually held the third Tuesday of the month during the swim season. All club members are entitled to attend regular board meetings, and are encouraged to attend the Annual General Meeting, usually held in November, and the Spring General Meeting, usually held in May. Each member family is entitled to vote at the Annual and Spring meetings.

OFFICERS	President	Randall Keays	COORDINATORS*	Bingo	Vacant
	Vice-President	Taylor Dubiel		Equipment	Tina Zimonick
	Treasurer	Amanda Anderson		Fundraising	Shawna Dubiel
	Secretary	Michelle Jarcan		Sponsorship	Kae-Lynn Gebhardt
DIRECTORS	Registrar	Jay Magus	HEAD COACH*	Steven Hitchings	
	Public Relations	Tracey Kennedy		*Coordinators and Head Coach are not voting board members	
	Officials	Tanya Gokavi & Kelly Kozak			
	Meet Manager	Kelly Burke			
	Team Manager	Belinda Bilous			



SNC MEMBERSHIP AND SWIM SASKATCHEWAN

SWIMMING NATATION CANADA (SNC) MEMBERSHIP

Every year, members pay a separate fee for their swimmer(s) to be registered with Swimming Natation Canada or SNC, which is the Canadian amateur swimming sport governing body.

SNC:

- registration provides swimmers with nationally and internationally recognized amateur status in the sport
- registration will provide swimmers with an SNC number, which is required before they can compete
- is the body that sets the rules for swimming competitions, within which the provincial and local organizations must operate
- governs the coaching of amateur swimmers and sets standards for coaching behavior
- sets the standards for officiating, and maintains the roster of Master Officials who can be called upon to officiate at major international events

Through SNC, Canada is represented at World Aquatics Championships, which is the governing body of swimming on the international level.

SWIM SASKATCHEWAN

At the provincial level, the operating arm of SNC is Swim Saskatchewan. The new vision statement of Swim Saskatchewan is “better lives through swimming.”

Swim Sask:

- is a member agency of Sask Sport, the Saskatchewan Parks and Recreation Association, and the Saskatchewan Recreation Society
- has a full time Executive Director, a full time Executive Assistant, as well as a technical director. The Board of Directors is elected annually from parent volunteers within the sport. Each club is guaranteed a voice at the Board through the election of its SNC Director.
- actively supports and promotes swimming through its involvement with both the Winter and Summer competitive swim clubs
- supports a “Sport for All” philosophy, including summers Parks and Recreation swim lessons, Masters swimming, and PARA participation and competition
- sets and maintains the rules for local competitions within the rules of SNC
- sets the “A” and “AA” qualifying standards for competition at the provincial level and maintains provincial age group records. Swim Sask supports the dual Manitoba/Saskatchewan “AA” Provincial Championships at the end of the short and long course seasons, as well as the short course “A” Provincials
- provides liability insurance for all registered swimmers and clubs



WITHDRAWAL FROM THE CLUB



**Swimming fees are not monthly, but annual.
Monthly payments are an option provided to swimming families.**

Money owed families may be given following the criteria outlined below:

- Money owed will be reviewed as a result of withdrawing from the Club for medical reasons, injuries or relocation. Disciplinary reasons will not be considered.
- Money owed to a swimming family will only be issued by cheque, not in the form of cash.
- The effective date for determining money owed will be the date the Club Registrar has been informed in formal letter/email.
- Registration paid by a third party (Kidsport, Jumpstart, etc.) will not be returned to the member.
- Approval of payment of any money owed remains with the Goldfins Executive and may not be appealed.
- Fundraising fees are non-refundable or transferable.
- Fundraising credits earned are non-refundable or transferable but will be held on account for a period of two years following withdrawal, after which they will be forfeited.
- Mandatory bingos must be paid in full at \$120 per bingo or worked

JUNIOR GOLDFINS WITHDRAWAL POLICY

To withdraw a Junior Goldfin swimmer, "official notice to withdraw" must be emailed to the Goldfins Office at:

administration@goldfins.ca

Withdrawal requires 30 days written notice, received on the 1st of the month, with a minimum attendance of 2 months. Your account will be charged for 30 days after notice has been given. If minimum attendance of 2 months has not been reached, full fees will be charged for the months not attending.

Please do not give either written or verbal notice to the Coach(es) as this will not constitute "official notice" received by the Goldfins Office.

If during the season a swimmer moves from Junior Goldfins to competitive Goldfins, there is a 30-day window that if a swimmer reverts back to Junior Goldfins that there is no financial penalty. After the 30-day window, if a swimmer chooses to remain in the competitive program, the Competitive Withdrawal Policy will apply.



COMPETITIVE WITHDRAWAL POLICY

To withdraw a competitive swimmer, “official notice to withdraw” must be emailed to the Goldfins Office at administration@goldfins.ca to initiate the process. Please do not give either written or verbal notice to the Coach(es) as this will not constitute “official notice” received by the Goldfins Office.

ANNUAL REGISTRATION refers to the Goldfins’ swim season. The season is 10 months, September – June. When a competitive swimmer registers with the club, their registration is considered “annual.” Members have the option to pay their “annual” fees in either one lump sum or pay the “annual fee” monthly over 10 months.

The withdrawal policy will follow the dates listed below. If a competitive swimmer withdraws:

PRIOR TO OCTOBER 1

- Members will be responsible for 20% of their swimmer(s) annual registration fees for their group(s).
- In the event that annual fees were paid in full at the start of the season, 80% of the annual registration fees for their swimmer(s) group will be refunded.
- No mandatory bingos are required.

AFTER OCTOBER 1, BUT BEFORE DECEMBER 1

- Members will be responsible for 50% of their swimmer(s) annual registration fees for their group(s).
- In the event that annual fees were paid in full at the start of the season, 50% of the annual registration fees for their swimmer(s) group will be refunded.
- Bingo requirements are to be worked as noted below or paid out at withdrawal.

Group	Mandatory Bingo
White 1, 2, 3	1
Blue 12, 14, 18 (a)/(b), Gold 12	2
Gold 14, 16, 18	3

AFTER DECEMBER 1, BUT BEFORE MARCH 1

- Members will be responsible for 80% of their swimmer(s) annual registration fees for their group(s).
- In the event that annual fees were paid in full at the start of the season, 20% of the annual registration fees for their swimmer(s) group will be refunded.
- ALL bingo requirements are to be worked or paid out at withdrawal. BINGO requirements can be found on page 26.

AFTER MARCH 1

- Members will be responsible for 100% of their swimmer(s) annual registration fees for their group(s).
- ALL BINGOS must be worked or paid out at withdrawal. BINGO requirements can be found on page 26.

MASTERS WITHDRAWAL POLICY

If you are a Masters swimmer and would like to withdraw, “official notice to withdraw” must be emailed to the Goldfins Office at administration@goldfins.ca. This “official notice to withdraw” is a 30-day notice given on the 1st of the month. Your registration will be closed at the end of the month. Please do not give either written or verbal notice to the Coach(es), as this will not constitute “official notice” received by the Goldfins Office.



OFFICIATING REQUIREMENTS

All swimmers are required to provide a trained official at swim meets hosted by the Saskatoon Goldfins Swim Club as outlined below.

FOR ALL SWIM GROUPS

Officials are needed to run hosted meets. If a swimmer is entered in a meet, they are responsible for providing an official for all sessions of that meet, even if the swimmer is not swimming all sessions. We still need officials to run each session, whether the swimmer is swimming or not as well as working one additional session during any one of our other hosted meets.

For each session that an official was not provided a fee of \$100 will be placed on your account.

The options for meeting the officiating requirements for hosted meets are as follows:

1. Officiate each session
2. Provide an alternate trained official for the sessions
3. Hire a trained official to work the sessions
4. Pay a \$100 fee for each session no official was provided

OFFICIALS DRESS CODE

The dress code for Swim Saskatchewan sanctioned competitions consists of:

- Black Pants, Shorts, or Skirt
- Black Shoes
- White T-shirt or Polo (Timekeeper and Chief Timer)
- Red T-shirt or Polo (all other positions)

GOLDFINS HOSTED MEETS

Meet	Tentative Date(s)
Goldfins Invitational	Oct 27-29, 2023
Al Anderson's Winter Classic	Feb 2-4, 2024
ManSask 1*	Mar 7-10, 2024

*Tentative hosted meet (TBC)

GOLDFINS RACING SERIES

Series #	Tentative Date(s)
1	Nov 4, 2023
2	Feb 3, 2024
3	Mar 30, 2024
4	Apr 27, 2024



TEAM TRAVEL/POLICIES

Meets for the upcoming year are determined at the beginning of each swim season and are posted to the team website.

For travel meets, we may offer Arranged Team Travel Meets, as well as Mandatory Team Travel Meets, which are determined at the beginning of each season.

Team Travel is offered to athletes 11 and over, however, 10 and under athletes may also participate in Team Travel with the restrictions noted below.

MEDICAL INFORMATION FORMS

All athletes participating in team travel must complete a medical form prior to attending their first team travel meet of the season. The information provided in the form will be used to help ensure the safety and well-being of the swimmers.

TEAM TRAVEL MEETS

Planning for team travel meets, including arranging chaperones, accommodation, meals and transportation will be done by the Team Manager in consultation with the Head Coach or Coach assigned to the meet.

ARRANGED TEAM TRAVEL (ATT) MEETS

- Parents have the option to register their 12 and over swimmer to attend ATT meets by a pre-determined deadline.
- Registering athletes for ATT commits them to ALL travel arrangements and associated costs (transportation, accommodations, meals and chaperone costs) for the duration of the meet.
- Once the sign up deadline has passed, no additions or non-medical withdrawals will be made unless approved by the Head Coach.
- Non-medical withdrawals after the sign-up deadline may result in the same cost to the family as if the swimmer had attended the ATT meet.

MANDATORY TEAM TRAVEL (MTT) MEETS

Certain meets throughout the season, including the senior meets requiring air travel, will be designated as mandatory team travel.

- Athletes 12 and over attending the meet must commit to MTT by a pre-determined deadline.
- Registering athletes for MTT commits them to ALL travel arrangements and associated costs (transportation, accommodations, meals and chaperone costs) for the duration of the meet.
- Once the sign up deadline has passed no additions or non-medical withdrawals will be made unless approved by the Head Coach.
- Non-medical withdrawals after the sign-up deadline may result in the same cost to the family as if the swimmer had attended the MTT meet.
- In the event that an athlete wishes to be excused from team travel, a formal exemption request must go to the Head Coach.
- **Athletes may attend one day bus meets. These meets will be mandatory for all athletes participating, regardless of age, unless otherwise noted.**

11 YEAR OLD POLICY

When team travel is offered, 11 year old athletes achieving meet qualifying standards will be given the option to:

- travel and eat with the team and stay with their parents;
- attend the meet with their parents; or
- upon approval of the head coach, participate fully in all aspects of team travel and will stay, eat and travel with the team.

10 & UNDER POLICY

When team travel is offered, athletes 10 and under will be given the option to travel and eat with the team, based on seat availability, but must stay in the hotel with their parents.

Once travel arrangements for swimmers have been finalized, any changes to the arrangements are to be made by the Team Manager ONLY, upon consultation with the head coach. **Under no circumstances are parents to modify travel arrangements.**

If you have any questions about team travel, please contact the Team Manager at:
teammanager@goldfins.ca.



BULLY PREVENTION POLICIES & PROCEDURES

Bullying is a societal problem which is impacting individual's wellbeing in all areas of school, work, sport, and home life. In the sporting world, bullying sometimes hides behind the disguise of teamwork and the push for excellence, so it's often difficult to pinpoint. Whether it is exhibited by athletes, parents, coaches or staff members, disrespectful behaviour has become a growing concern in our gyms, swimming pools, rinks and on our playing fields.

The Saskatoon Goldfins Swim Club will not tolerate disrespectful or bullying behavior of any kind. All athletes, parents, coaches and associated members are expected to display a positive attitude, respectful behavior and support to all members of this organization whether at practice or at an external sporting venue. To ensure that a culture of bullying does not exist at Saskatoon Goldfins Swim Club, it is expected that all members read, understand and abide by the following Bully Prevention Code of Conduct.

BULLY PREVENTION CODE OF CONDUCT

Due to the pervasiveness of bullying in sports, Saskatoon Goldfins Swim Club takes a no-nonsense approach to all bullying behavior and ALL members will be held accountable for their behavior.

The Definition of Bullying is:

- Targeting an individual or group with repetitive and intentional negative actions.
- When one person has more power over others and those being targeted feel they are unable to defend themselves.
- When the person being targeted feels alone, afraid, or unwelcome in the organization.

Types of Bullying include:

- **Physical Aggression:** pushing, grabbing, hitting, pinching, spitting, tripping, etc. Also includes destroying property and threatening.
- **Social Alienation:** gossiping, spreading rumors, intentionally excluding from a group.
- **Verbal Aggression:** name calling, put downs, swearing, screaming or yelling at a person.
- **Intimidation:** threatening others to do something, threatening with a weapon.
- **Sexual Harassment:** any comments or actions of a sexual nature that are unwelcome and make the recipient uncomfortable. Any words written or spoken, or action taken, that ridicules a person's gender, sexual orientation, or gender identification.
- **Racial/Ethnic/Religious Harassment** - offensive comments, jokes or behaviours that disparage or ridicule a person's race, ethnic, or religious background.
- **Cyber Bullying:** using technology to frighten, embarrass, exclude or damage another person's reputation. Can include emails, chat rooms, photographs, social media, text messages, etc.

Bullying will not be tolerated at the Saskatoon Goldfins Swim Club: the above definition and types of bullying fall under this portion of the Code of Conduct. If it is determined that **repeated and intentional** disrespectful and negative behavior is occurring, the following steps will be taken:



BULLY PREVENTION POLICIES & PROCEDURES

STEPS IN DEALING WITH ATHLETES WHO DISPLAY BULLING BEHAVIOUR:

- 1** The athlete(s) primary coach will meet separately with the athlete(s) named as displaying the bullying behavior. The coach will review the Code of Conduct with the athlete(s) and the parent(s) will be notified. If it is determined the athlete is in violation of the code, the athlete will be instructed to stop the behaviors and the coach will determine an appropriate consequence. Primary coach will document the incident and forward the report to the President. If the initial complaint brought forward is serious or complex in nature, Step 1 may be omitted at the discretion of the coach and proceedings will start at Step 2 below.
- 2** If step one is not successful in resolving the issue or mitigating the problem, the President will start investigation procedures. The Primary Coach, President, parent(s), and possibly the athlete(s) will meet in person and each participant will sign a formal Confidentiality Agreement. The Code of Conduct will be reviewed and an appropriate consequence will be determined. The athlete and parents will be notified that a subsequent incident will result in a formal meeting with the Board of Directors, President, and Head Coach. The incident will be formally documented and filed with the President.
- 3** If the harassment/bullying issue is not resolved, Head Coach, Primary Coach, President, Board of Directors, parent(s) and athlete(s) will have a formal meeting initiated by the Head Coach. Consequences are given and FINAL WARNING is issued. The next step is a meeting with the Board of Directors to determine suspension or removal from the organization. The meeting is documented and filed with the President.
- 4** Athlete is suspended or removed from the organization and the suspension or removal process is **documented and filed with the Main Office Filing System.**

The following should also be noted:

- At any point, the police may become involved due to the severity of the incident.
- Depending on the severity of the incident, a formal investigation involving the President and Board of Directors may commence immediately and steps may be skipped possibly resulting in immediate suspension or expulsion from the sport organization.

STEPS IN DEALING WITH PARENTS WHO DISPLAY BULLING BEHAVIOUR:

- 1** If a parent is repeatedly displaying bullying behavior, any individual can report the incident to the Primary coach. Primary Coach is obligated to then report the incident to the Head Coach and the President. Head Coach, Primary Coach and parent will meet and each participant will sign a formal Confidentiality Agreement. A review of the Code of Conduct will be done and if it is determined that the parent is in breach of the Code, a request is made to the parent to stop the behaviors. The Incident is **documented** and filed with the President.
- 2** If the bullying behavior continues, Head Coach, Primary Coach and President will meet with parent and a consequence will be determined. The parent will be given notice that if behavior continues, they will not be allowed on site of the sporting venue during practice and /or competitions for a period of time or indefinitely. The incident is **documented** and filed with the President.
- 3** Head Coach, Primary Coach, President and Board of Directors will meet with the parent and a time frame is determined in which the parent is not allowed on site of the sporting venue during practice and/or competition. This is the FINAL WARNING before parent is completely barred from the organization. Incident is documented and filed with the Harrassment Officer.
- 4** Parent is barred from the sporting organization. Board of Directors can call a meeting with parent and/or provided with a letter of dismissal. Board of Directors can, on a case by case basis, determine whether or not the family is also barred from the organization. Incident is documented and forwarded to President.

The following should also be noted:

- At any point, the police may become involved due to the severity of the incident.



BULLY PREVENTION POLICIES & PROCEDURES

STEPS IN DEALING WITH COACHES WHO DISPLAY BULLING BEHAVIOUR:

- 1** Parent and/or athlete will talk directly to the coach who is displaying the bullying behavior and inform them of the incident(s). Sometimes the coach does not realize how their behavior is coming across to others and a simple reminder of the Code of Conduct is all that is needed. Parent will **document** the meeting and all incidents of negative behavior and a copy is forwarded to the President.
- 2** If the parent and/or athlete feel that the issue has not been resolved, the parent and/or athlete will meet with Head Coach, President, and the coach displaying the bullying behavior. Each participant will sign a formal Confidentiality Agreement. The Code of Conduct will be reviewed and the President begins investigation procedures. The meeting is **documented** and filed with the President. If it is determined that the coach is in breach of the code of conduct, the coach will be required to stop or change behaviors, and will be notified that further incidents will result in a formal meeting with the Board of Directors and disciplinary action may occur.
- 3** Head Coach, President, Board of Directors and the coach/perpetrator will meet. Parents may be involved in this meeting but this is up to the Board. The Code of Conduct is reviewed and all incidents of bullying discussed and documented. Based on the investigation, the Board will determine what disciplinary action is needed. A FINAL WARNING is given to the coach and meeting is **documented** and filed with the President.
- 4** Coach is terminated from position. Meeting is **documented** and forwarded to the President as well as the main office filing system.

The following should also be noted:

- At any point from step 1 through 4, the police may be involved due to the severity of the incident.

IMPORTANT:

In the event that a bullying complaint is made and/ or an investigation is required, whether it be for an athlete, parent, coach, or other member of the sporting organization, only those involved in the investigation will be advised of the complaint outcome. Parties to the incident will be interviewed individually by the investigator, along with anyone else who may be able to provide relevant information. Confidentiality Agreements will be contracts used to minimize gossip, hearsay or the spread of misinformation within the sporting community.

- Retaliation against any individual for reporting an incident under this Code is a violation of this policy and will not be tolerated. Any retaliatory action should be reported immediately to the Board of Directors
- Similarly, a false accusation is a serious matter. A person making a false statement may face serious consequences.
- If an incident of high severity occurs, it is up to the Board of Directors and the President as to whether steps can be skipped and/or an individual is removed immediately from the organization. Incidents of high severity would include: breaking the law, inflicting physical injury, sharing of sexual images on-line, exploitation of a minor, and others.
- At any point in the process of a complaint, the police may become involved depending on the severity and/or nature of the complaint.



MEMBERSHIP AGREEMENT

COMPETITIVE SWIMMERS ONLY

Please read this agreement carefully as this is for **COMPETITIVE SWIMMERS ONLY**. This information does not apply to Master Swimmers or to the Junior Goldfins Program.

This is the form that every family agrees to in the online registration when registering their swimmer(s). Please keep a copy for future reference.

Respect in Sport is an online module that all parents **MUST** complete prior to being allowed to register their competitive swimmer(s) for the 2023-24 season. The course will take approximately 45 minutes to complete.

In order to proceed with registering your swimmer(s) for the season, you must provide your Respect in Sport Certificate number demonstrating that you have taken the course (the Certificate number is provided by Respect in Sport once the course is completed). If your swimmer is a returning member, and you completed the online course in a previous season, the number will already be in your Goldfins account. You will not have to provide it again.

The only Respect in Sport Certificate the Club will accept is the Parent Module, no other.

- Method of Payment:** The Club accepts credit cards, cheques and etransfers. Credit cards are preferred. The Club does not accept cash.
- Accounts:** Must be paid in full by the 1st of every month. A current credit card must be on file or postdated cheques must be received before swimmer registration is approved. If paying by etransfer, the etransfer must be received by the Club Administrator on the 1st of the month. If the etransfer is not received on the 1st of the month, the non payment of fees will be treated the same as an NSF Cheque or Declined Credit Card with a \$30 service charge being added to the member account.

No swimmer will be allowed in the water until registration is complete (which includes completion of the Respect in Sport online course) and approved. ***There will be no exceptions.***

Should any account become overdue, a thirty (30) day grace period will be allowed. After 30 days, the Club will not subsidize any portion of the swimmer's costs, and meet attendance privileges, as well as swimming privileges may be suspended until the account is cleared.

Membership privileges may be revoked if accounts are past due more than 60 days.

Any outstanding balance on account from the prior season must be cleared before new season registration will be processed. *No swimmer will be allowed in the water until the outstanding balance has been cleared.*

- NSF Cheque or Declined Credit Card:** A \$30 service charge per transaction will be added to your member account in the case of a NSF cheque, declined credit card or non receipt of etransfer on the 1st of the month. The payment must be replaced by means of credit card or etransfer.
- Withdrawal from the Club** - If your swimmer is withdrawing from the Club before the end of the season (June 30), please read carefully the **Withdrawal Policy** in this Guide and/or under the Parents tab on our website for further information. ***It is important that you familiarize yourself with this policy.***



MEMBERSHIP AGREEMENT

COMPETITIVE SWIMMERS ONLY

- Contact List:** I give permission to the Saskatoon Goldfins Swim Club to include my child(ren)'s name, address, phone numbers and contact names to be distributed among swimmer families only.
- Injuries:** Notification of swimmer injuries must be reported to the swimmer's coach, Club Registrar and Club Administrator within a week of injury.
- Email Communication:** I give consent to receive email communication, which may include emails from Swimming Canada, Swim Saskatchewan and swim sponsors.
- Photographs:** I give permission to the Saskatoon Goldfins Swim Club to publish (post) photographs of my child(ren) with name on the bulletin board (at HBAC, Shaw), website, Newsletter/Flash and in other promotional materials.
- Bingo Penalty:** There is a \$200 fine per single session and \$400 fine per double session for failing to attend a scheduled Bingo session(s) and/or not arranging a replacement and communicating that replacement to the Goldfins Bingo Coordinator. This fine must be paid in full within 30 days of the missed Bingo. Please see the Bingo Requirement in this Guide for further information.
- Officials Clinics:** I will register for an Officials Clinic every swimming season when they are offered.
- Officiating:** All families are required to officiate at swim meets hosted by the Saskatoon Goldfins Swim Club. Please see the Officiating Requirements in this Guide for further information. I am aware that financial penalties of up to \$100 for each missed session that I am required to work may occur.
- Fundraising:** Fundraising opportunities will be provided to all members. Participation in fundraising events is voluntary.
- Equipment Requirements:** Please go to www.goldfins.ca under the Club Policies tab for further information on specific equipment requirements for your swimmer's group or refer to the group equipment list previously noted in this package. Equipment purchased through the club will be added to your member account.
- Parent and Coach Roles/Resolution Process:** I have read and understand the parent and coach roles and the resolution process.
- Athlete and Parent Codes of Conduct:** My swimmer(s) and I have read and understand the codes of conduct and agree to abide by them.
- Bully Prevention Policy and Procedures:** My swimmer(s) and I have read and understand the Bully Prevention Policy and Procedures.
- Travel Meets:** Several meets this year may be designated as arranged or mandatory team travel meets. Swimmers may be required to travel using club transportation for these meets.
- Team Travel:** Swimmer team travel costs for out of town meets will be posted to family accounts, usually within two weeks of meet completion, once receipts are in and costs are calculated. Please see Team Travel in this Guide for further information.
- Meet Fees:** Meet entry fees will be posted to family accounts, usually within 2 weeks of meet completion. No meet fees are charged for Goldfins hosted meets.
- Chaperones:** All chaperones will be required to have a criminal record check done each year, with assistance from the Saskatoon Goldfins Swim Club. Chaperones are also required to sign a confidentiality/non-disclosure form.
- I/we have read, understood and accept the terms as outlined above as part of our child(ren)'s membership with the Saskatoon Goldfins Swim Club.



RESPECT IN SPORT

Respect Group: Empowering people to recognize and prevent bullying, abuse, harassment, and discrimination (BAHD) through interactive, online certification. Across North America, youth-serving organizations have struggled with the issues of Abuse Prevention and Risk Management. Child-centered organizations want to create a safer, more ethical environment for participants by providing essential information to stakeholders. Respect Group training can help!

Respect in Sport's Parent Program: Was developed to compliment Respect in Sport for Activity Leaders by reinforcing a parents role in a child or youth's activities, encouraging positive sport behaviours, and providing insight into the various roles other individuals (such as coaches and officials) play. This program empowers parents to ensure the safety of their children, encourage positive and effective communication, and to enhance a child's fun and camaraderie of the activity.

One of the most common reasons coaches, managers, and officials, of all ages, cite for leaving sport is unacceptable parent behaviour. The Respect in Sport Parent Program will help define a model of behaviour for all parents and create a more rewarding, safe and respectful environment for everyone involved.

Respect in Sport for Parents helps to:

- Ensure a commitment to the safety of all participants
- Enhance communication between parents, organization staff, coaches, officials, etc.
- Enable your organization, staff, and volunteers mitigate liability
- Provide parents detailed knowledge about preparing a young athlete for practices, games and other activities
- Help to retain recreation leaders, coaches, officials, and volunteers
- Make a value-based statement on behalf of your organization to all stakeholders

Respect Group online training features and benefits:

- Provides a consistent message suitable for parents and any youth-serving organization
- Fully bilingual, online delivery model
- Cost effective regardless of organization size, or participant's geographic location
- Online, individual training solution that prevents unhealthy group dynamics
- Engaging instructional design, with expert clips and interactive questions and answers
- Customizable features; your logo, your photos, your relevant documents
- Ability to create a customized program introduction to emphasize your organization's goals, mission, and vision
- Pro-active risk and liability tool
- Printable certificate of completion
- 24/7 live bilingual support line

Click on the logo for more information!





PARENT AND COACH ROLES

ROLE OF THE PARENT

- To support your child.
- To volunteer at club functions and meets.
- To ensure your child is on a good sleep schedule.
- To ensure your child is on a proper diet.
- To let the Coaches coach.
- To let the Board govern.
- To bring any concerns you have to your coach or board in a respectful and professional manner.

ROLE OF THE COACH

- To provide technical instruction to your child during practice time.
- To ensure every child receives equal and adequate instruction.
- To ensure the overall group learns in a positive, encouraging and safe environment.
- To provide and evaluate race plans based on the technical components taught at practice.

CONFLICT RESOLUTION PROCESS

- Your first point of contact is your Squad Coach.
- If the issue is not resolved after meeting with the Squad Coach, please arrange a meeting with the Squad Coach and Head Coach.
- If the issue is still not resolved, please arrange a meeting with the Head Coach and the club President.



ATHLETE CODE OF CONDUCT

The Saskatoon Goldfins Swim Club is committed to providing our athletes with an environment that will enable them to achieve their potential, as well as an environment in which all athletes, coaches, staff and families are treated with courtesy and respect. Members and participants of the Saskatoon Goldfins Swim Club shall conduct themselves at all times in a manner consistent with the Saskatoon Goldfins Swim Club, Swim Sask and Swimming Canada Codes of Conduct, which includes fairness, integrity and mutual respect.

I, the undersigned, hereby commit and contract to comply with the following as a condition of my continued membership with the Saskatoon Goldfins Swim Club. I understand that failing to comply with the contract can result in disciplinary sanctions, including expulsion.

- I will be proud to represent the Saskatoon Goldfins Swim Club and will behave in a responsible and positive manner that reflects favorably on the Saskatoon Goldfins Swim Club, its mandate, its programs and me.
- I will abide by the rules and regulations of competitive swimming, as set out by the Saskatoon Goldfins Swim Club, Swim Saskatchewan Inc., Swimming Natation Canada and FINA.
- That I WILL NOT use tobacco, alcohol, banned substances, or other drugs, which affects my physical ability, mood, or behaviours unless prescribed by a physician for medical purposes. I will abide by the Swimming Canada's anti-doping policy.
- I will come to practice on time. I will work hard. I will listen to my coach(es).
- I will adhere to the dress code established by the Head Coach and the Saskatoon Goldfins Swim Club.
- I will always do my best to improve when I train and compete. I will be proud of my effort, development and accomplishments.
- I will be a positive role model for my teammates and encourage them to improve and perform to the best of their abilities.
- I will treat other swimmers, members, coaches and officials with respect and courtesy at all times. This means that I will try to avoid any negative interaction or conflict with others. Instead, I will take part in legitimate, positive expressions of team spirit.
- I have read and understood the Bully Prevention Policies and Procedures defined on pages 10-12 of this document, including the definition of bullying, the types of bullying, and the steps that are followed by the Goldfins Swim Club in the event of a bullying incident.
- I will comply with the Bully Prevention Policies and Procedures defined on pages 10-12 of this document.



ATHLETE CODE OF CONDUCT

- I will contact my primary coach (or the Head Coach) directly if I wish to express a grievance, concern, or report a bullying issue.
- I will ensure that comments stated in public about other swimmers, their parents, Coaches, Officials and volunteers are positive and supportive. This includes, but is not limited to all forms of social media.
- During a trip, I will obey all rules and curfews as designated by the Coach, Chaperone or Team Manager and treat them with respect.
- I will obey all posted rules and staff at sports facilities, hotels or on transportation vehicles. I will not willfully damage property that is not mine, and I will tidy up after myself and leave areas where I have been neat and tidy.
- During a trip, I will not leave the hotel, sports facility, or other locations where the team is gathered unless I have explicit approval from the Coach, Chaperone or Team Manager.
- During a trip, I will not leave my team prior to the completion of the trip, unless I receive explicit approval from the Team Manager prior to the departure for the event.
- I understand that the possible consequences for breaching the Athlete Code of Conduct include written and/or verbal apologies, suspension of swimming privileges, and/or revoking of swimming privileges. Possible consequences shall be determined at the discretion of the Head Coach and/or the Board of Directors.

I, the undersigned, hereby commit and contract to comply with this document as a condition of my continued membership with the Saskatoon Goldfins Swim Club. I understand that failing to comply with the contract can result in disciplinary sanctions, including expulsion.

Swimmer/ Parent or Guardian

Date



PARENT CODE OF CONDUCT

The Saskatoon Goldfins Swim Club is committed to providing our athletes with an environment that will enable them to achieve their potential, as well as an environment in which all athletes, coaches, staff and families are treated with courtesy and respect. Members and participants of the Saskatoon Goldfins Swim Club shall conduct themselves at all times in a manner consistent with the Saskatoon Goldfins Swim Club, Swim Sask and Swimming Canada Codes of Conduct, which includes fairness, integrity and mutual respect.

I, the undersigned, hereby commit and contract to comply with the following as a condition of my continued membership with the Saskatoon Goldfins Swim Club. I understand that failing to comply with the contract can result in disciplinary sanctions, including expulsion.

- I will treat swimmers, other members, staff and officials with respect and courtesy at all times, regardless of their gender, age, ethnic origin, sexual orientation or religion.
- I will comply with the Harassment Policy set out by Swim Sask Inc. (SSI).
- I will conduct myself in a manner that reflects favorably on me, the Saskatoon Goldfins Swim Club, its mandate, and programs.
- I have read and understood the Bully Prevention Policies and Procedures defined on pages 10-12 of this document, including the definition of bullying, the types of bullying, and the steps that are followed by the Goldfins Swim Club in the event of a bullying incident.
- I will comply with the Bully Prevention Policies and Procedures defined on pages 10-12 of this document.
- I will ensure my swimmer understands and abides by the Saskatoon Goldfins Swim Club Athlete Code of Conduct, including the Bully Prevention Policies and Procedures.
- I will ensure that comments stated in public concerning the Saskatoon Goldfins Swim Club, coaches, swimmers, other members, Board of Directors, and officials are positive and supportive and will not bring disgrace to the Saskatoon Goldfins Swim Club. This includes but is not limited to all forms of social media.
- I will contact the President or coach directly if I wish to express a grievance or concern regarding the club and/or my swimmer.
- I recognize the authority of the Saskatoon Goldfins Swim Club Board of Directors, who were elected to manage the affairs of the Club. If I wish to address the Goldfins Board of Directors I will contact the President.
- I will not advocate on behalf of the Saskatoon Goldfins Swim Club, represent the Saskatoon Goldfins Swim Club in a public forum, or conduct media interviews on behalf of the Goldfins without Board approval.



PARENT CODE OF CONDUCT

- Coaches are responsible for coaching. Parents are spectators only. I may discuss my swimmer with his/her Squad Coach but will not do so during practice or competitions. Instead, I will set up an appointment or phone call with the coach at a mutually satisfactory time to discuss progress or concerns in private. If the concern is not resolved after meeting with the Squad Coach, please arrange a meeting with the Squad Coach and Head Coach. If the concern is still not resolved, please arrange a meeting with the Head Coach and the President.
- I will pay all fees/charges fully each monthly billing cycle. Membership privileges may be revoked if accounts are past due more than 60 days.
- I will purchase a team uniform as specified by the Goldfins Swim Club for my swimmer(s).
- I will keep my swimmer's medical information up to date by notifying the Team Manager immediately (teammanager@goldfins.ca) about any changes to my swimmer's health and medical condition. I will also notify my swimmer's coach of any medical information that may be relevant to training or competition (new medications, injuries, illnesses, or conditions).
- I will adhere to deadlines and policies regarding event sign up for swim meets and/or Saskatoon Goldfins Swim Club functions and register my swimmer's intent to either attend or decline a meet by the specified cut-off date, on the signed in events tab of the website at www.goldfins.ca.
- I will officiate at the specified number of required shifts at all Saskatoon Goldfins Swim Club hosted swim meets or be penalized according to the Parent Handbook, and will register for one Officials Training Clinic per year as offered to a minimum of a level 3.
- I will participate in the mandatory fundraisers as set out by the Club.
- For transfers in from other swim clubs, I hereby provide consent to the Saskatoon Goldfins Swim Club Board of Directors/Coaching staff to contact my swimmer's previous clubs and provide consent to my swimmer's previous clubs to discuss membership history.
- I understand that the Saskatoon Goldfins Swim Club reserves the right to refuse membership.

I, the undersigned, have read, understand and agree to comply with the Saskatoon Goldfins Swim Club Parent/Guardian Code of Conduct and the SSI Harassment Policy.

Parent Signature

Date



LONG TERM ATHLETE DEVELOPMENT (LTAD)

The Saskatoon Goldfins bases swimmer groupings on the LTAD Model

LTAD Stage	Goldfins Group	Age Range	Practice Sessions
Active for Life	Masters	19+	3 x 1 hour
Train to Compete	Gold 18	16 - 18	8 x 3 hours
	Gold 16	14 - 16	7 x 3 hours
Train to Train	Gold 14	12 - 14	7 x 2.5 hours
	Gold 12	10 - 12	5 x 2 hours
	Blue 18	15 - 18	5 or 7 x 3 hours
	Blue 14	12 - 14	6 x 2.5 hours
Learn to Train	Blue 12	10 - 12	5 x 2 hours
	White 3	9 - 11	4 x 1.75 hours
	White 2	8 - 10	3 x 1.5 hours
	White 1	7 - 9	3 x 1.5 hours



2023-24 LTAD Stage: Learn to Train

SWIM GROUP: WHITE 1

This is our entry level competitive swim group for swimmers aged 7-9 who have completed the JR Goldfins program and/or lifesaving equivalent. Swimmers will learn about swim meet format, regulations and supporting each other as a team. The outcome goals are to foster a love of swimming, to develop friendships, to advance all 4 competitive swim strokes, and to get swimmers competition ready. Mental skills include daily goal setting.

TENTATIVE WEEKLY TRAINING SCHEDULE

There are three options available. All swimming will be at the Shaw.

WHITE 1 / 2 SPLIT			WHITE 1			WHITE 1 / 2 SPLIT		
Monday	Wednesday	Saturday	Monday	Wednesday	Saturday	Tuesday	Thursday	Saturday
		9:45-11:30 am			9:45-11:30 am			9:45-11:30 am
4:15-6:00 pm	4:15-6:00 pm		5:45-7:00 pm	5:45-7:30 pm		4:15-6:00 pm	4:15-6:00 pm	

COMPETITION SCHEDULE

Blue meet: in training, focus is to learn new race strategies and work on skill execution

Gold meet: **PEAK** meet focus is on making this the fastest meet of the cycle

Teal meet: Non-sanctioned meet (unofficial) **May become sanctioned meets*

Meet Name	Date	Location	Groups Attending	Team Travel
Fall Breakout	Oct. 14-15, 2023	Regina	W3, B12, B14, B18, G12, G14	Yes
Goldfins Racing Series 1	Nov 4, 2023	Saskatoon	W1, W2, W3, B12	No
Lasers 1 Day Meet	Nov 25, 2023	Saskatoon	W1, W2, W3, B12	No
ROD Christmas Party	Dec 9-10, 2023	Regina	W1, W2, W3, B12, B14, B18	No
Goldfins Racing Series 2	Feb 3, 2024	Saskatoon	W1, W2, W3, B12	No
ROD Optimist Cup	Jan 12-14, 2024	Regina	W1, W2, W3, B12, B14, B18, G12, G14	No
Jr Provincials	Feb 23-25, 2024	Moose Jaw	All qualified swimmers (<i>all groups</i>)	No
Goldfins Racing Series 3	Mar 30, 2024	Saskatoon	W1, W2, W3, B12	No
Goldfins Racing Series 4	Apr 27, 2024	Saskatoon	W1, W2, W3, B12	No
Laser Invitational	May 3-5, 2024	Saskatoon	W1, W2, W3, B12, B14, B18, G12	No
Michelle Moore	May 17-19, 2024	Regina	W1, W2, W3, B12, B14, B18, G12	No
Blue vs Gold	June 22, 2024	Saskatoon	Club Wide	No
Summerfest	June 29-30, 2024	Moose Jaw	W1, W2, W3, B12, B14, B18, G12, G14	No

EQUIPMENT

- Team T-Shirt
- Team Cap
- Goggles
- Snorkel: Michael Phelps or Finis Jr
- Junior One-Piece Pull Buoy
- Fins: Speedo or Arena Pro **MUST BE SHORT BLADE**
- Mesh Bag
- Gym clothing: All training sessions will have a dry land component. Swimmers need to bring shorts, t-shirt, shoes.



2023-24 LTAD Stage: Learn to Train

SWIM GROUP: WHITE 2

This is our second competitive level for swimmers aged 8-10 who are performing beyond the W1 program in competition and in practice. Swimmers will be familiar with competition and will be working to build on their racing experiences. The outcome goals are the introduction of longer races, build positive relationships with teammates, advance all 4 strokes, and to see the value of hard and consistent work. Mental Skills include “just do it”, and go and give it your best shot.

TENTATIVE WEEKLY TRAINING SCHEDULE

There are three options available. All swimming will be at the Shaw.

WHITE 1 / 2 SPLIT			WHITE 1			WHITE 1 / 2 SPLIT		
Monday	Wednesday	Saturday	Monday	Wednesday	Saturday	Tuesday	Thursday	Saturday
		9:45-11:30 am			9:45-11:30 am			9:45-11:30 am
4:15-6:00 pm	4:15-6:00 pm		5:45-7:00 pm	5:45-7:30 pm		4:15-6:00 pm	4:15-6:00 pm	

COMPETITION SCHEDULE

Blue meet: in training, focus is to learn new race strategies and work on skill execution

Gold meet: **PEAK** meet focus is on making this the fastest meet of the cycle

Teal meet: Non-sanctioned meet (unofficial) **May become sanctioned meets*

Meet Name	Date	Location	Groups Attending	Team Travel
Fall Breakout	Oct. 14-15, 2023	Regina	W3, B12, B14, B18, G12, G14	Yes
Goldfins Racing Series 1	Nov 4, 2023	Saskatoon	W1, W2, W3, B12	No
Lasers 1 Day Meet	Nov 25, 2023	Saskatoon	W1, W2, W3, B12	No
ROD Christmas Party	Dec 9-10, 2023	Regina	W1, W2, W3, B12, B14, B18	No
Goldfins Racing Series 2	Feb 3, 2024	Saskatoon	W1, W2, W3, B12	No
ROD Optimist Cup	Jan 12-14, 2024	Regina	W1, W2, W3, B12, B14, B18, G12, G14	No
Jr Provincials	Feb 23-25, 2024	Moose Jaw	All qualified swimmers (<i>all groups</i>)	No
Goldfins Racing Series 3	Mar 30, 2024	Saskatoon	W1, W2, W3, B12	No
Goldfins Racing Series 4	Apr 27, 2024	Saskatoon	W1, W2, W3, B12	No
Laser Invitational	May 3-5, 2024	Saskatoon	W1, W2, W3, B12, B14, B18, G12	No
Michelle Moore	May 17-19, 2024	Regina	W1, W2, W3, B12, B14, B18, G12	No
Blue vs Gold	June 22, 2024	Saskatoon	Club Wide	No
Summerfest	June 29-30, 2024	Moose Jaw	W1, W2, W3, B12, B14, B18, G12, G14	No

EQUIPMENT

- Team T-Shirt
- Team Cap
- Goggles
- Snorkel: Michael Phelps or Finis Jr
- Junior One-Piece Pull Buoy
- Fins: Speedo or Arena Pro **MUST BE SHORT BLADE**
- Mesh Bag
- Gym clothing: All training sessions will have a dry land component. Swimmers need to bring shorts, t-shirt, shoes.



2023-24 LTAD Stage: Learn to Train

SWIM GROUP: WHITE 3

This is our third competitive level for swimmers aged 9-11 who are performing beyond the W2 program in competition and in practice. Swimmers will start looking to qualify for Jr. Provincials and for Manitoba/Saskatchewan Championships. The outcome goals are to introduce longer swims in training, to become a role model through action, to test skills under pressure, and to set and be part of attaining group/TEAM goals. Mental Skills include setting technical goals for each practice and race.

TENTATIVE WEEKLY TRAINING SCHEDULE

All swimming will be at the Shaw.

Monday	Wednesday	Friday	Saturday
			9:45-11:30 am
5:45-7:30 pm	5:45-7:30 pm	5:45-7:30 pm	

COMPETITION SCHEDULE

Blue meet: in training, focus is to learn new race strategies and work on skill execution

Gold meet: **PEAK** meet focus is on making this the fastest meet of the cycle

Teal meet: Non-sanctioned meet (unofficial) **May become sanctioned meets*

Meet Name	Date	Location	Groups Attending	Team Travel
Fall Breakout	Oct. 14-15, 2023	Regina	W3, B12, B14, B18, G12, G14	Yes
Goldfins Racing Series 1	Nov 4, 2023	Saskatoon	W1, W2, W3, B12	No
Lasers 1 Day Meet	Nov 25, 2023	Saskatoon	W1, W2, W3, B12	No
ROD Christmas Party	Dec 9-10, 2023	Regina	W1, W2, W3, B12, B14, B18	No
Goldfins Racing Series 2	Feb 3, 2024	Saskatoon	W1, W2, W3, B12	No
ROD Optimist Cup	Jan 12-14, 2024	Regina	W1, W2, W3, B12, B14, B18, G12, G14	No
Jr Provincials	Feb 23-25, 2024	Moose Jaw	All qualified swimmers (<i>all groups</i>)	No
Goldfins Racing Series 3	Mar 30, 2024	Saskatoon	W1, W2, W3, B12	No
Goldfins Racing Series 4	Apr 27, 2024	Saskatoon	W1, W2, W3, B12	No
Laser Invitational	May 3-5, 2024	Saskatoon	W1, W2, W3, B12, B14, B18, G12	No
Michelle Moore	May 17-19, 2024	Regina	W1, W2, W3, B12, B14, B18, G12	No
Blue vs Gold	June 22, 2024	Saskatoon	Club Wide	No
Summerfest	June 29-30, 2024	Moose Jaw	W1, W2, W3, B12, B14, B18, G12, G14	No

EQUIPMENT

- Team T-Shirt
- Team Cap
- Goggles
- Snorkel: Michael Phelps or Finis Jr
- Junior One-Piece Pull Buoy
- Fins: Speedo or Arena Pro **MUST BE SHORT BLADE**
- Mesh Bag
- Gym clothing: All training sessions will have a dry land component. Swimmers need to bring shorts, t-shirt, shoes.



2023-24 LTAD Stage: Train to Train

SWIM GROUP: BLUE 12

This is our fourth competitive level for swimmers aged 10-12 who are performing beyond the W3 program in competition and in practice. Swimmers will start to attend 3-4-day Invitationals in addition to attending Jr. Provincials, Manitoba/Saskatchewan Championships and out of province competitions. The outcome goals are to become an "all around swimmer", to race long distance and Individual Medley, to learn the process of training towards a peak meet, and to communicate with your coach. Mental Skills include goal setting progressively from meet to meet through self-reflection.

TENTATIVE WEEKLY TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					7:30-10:00 am
5:30-7:30 pm	4:15-6:30 pm	5:30-7:30 pm		5:30-7:30 pm	

COMPETITION SCHEDULE

Blue meet: in training, focus is to learn new race strategies and work on skill execution

Gold meet: **PEAK** meet focus is on making this the fastest meet of the cycle

Meet Name	Date	Location	Groups Attending	Team Travel
Fall Breakout	Oct. 14-15, 2023	Regina	W3, B12, B14, B18, G12, G14	Yes
GOLD Invitational	Oct 27-29, 2023	Saskatoon	B12, B14, B18, G12, G14, G16, G18	Hosted meet
Lasers 1 Day Meet	Nov 25, 2023	Saskatoon	W1, W2, W3, B12	No
ROD Christmas Party	Dec 9-10, 2023	Regina	W1, W2, W3, B12, B14, B18	No
PWI	Dec 14-18, 2023	Winnipeg	B12, B14, B18, G12, G14, G16, G18	Yes
ROD Optimist Cup	Jan 12-14, 2024	Regina	W1, W2, W3, B12, B14, B18, G12, G14	No
Al Anderson's Winter Classic	Feb 2-4, 2024	Saskatoon	W3, B12, B14, B18, G12, G14, G16, G18	Hosted meet
Jr Provincials	Feb 23-25, 2024	Moose Jaw	All qualified swimmers (<i>all groups</i>)	No
Man/Sask 1	Mar 7-10, 2024	Saskatoon	All qualified swimmers (<i>all groups</i>)	Hosted meet*
Laser Invitational	May 3-5, 2024	Saskatoon	W1, W2, W3, B12, B14, B18, G12	No
Michelle Moore	May 17-19, 2024	Regina	W1, W2, W3, B12, B14, B18, G12	No
CSI Cascade	May 30-Jun 2, 2024	Calgary	B18, G12, G14, G16	Yes
Blue vs Gold	June 22, 2024	Saskatoon	Club Wide	No
Summerfest	June 29-30, 2024	Moose Jaw	W1, W2, W3, B12, B14, B18, G12, G14	No
Mansask 2	July 4-7, 2024	Regina	All qualified swimmers (<i>all groups</i>)	Yes

*Tentative (TBC)

EQUIPMENT

- Team T-Shirt
- Team Cap
- Goggles
- Snorkel: Michael Phelps or Finis Jr
- Junior One-Piece Pull Buoy
- Speedo Training Paddles
- Fins: Speedo or Arena Pro **MUST BE SHORT BLADE**
- Mesh Bag
- Skipping Rope
- Gym clothing: All training sessions will have a dry land component. Swimmers need to bring shorts, t-shirt, shoes.



SWIM GROUP: BLUE 14

This is our fifth competitive level for swimmers aged 12-14 who are performing beyond the B12 program in competition and in practice. Swimmers will attend 3-4-day Invitationals in addition to attending Jr. Provincials, Manitoba/Saskatchewan Championships and out of province competitions. The outcome goals are to race all events, to improve distance swims in training, to build a positive view of self, and to introduce leadership opportunities. Mental Skills include seasonal goal setting (short term).

TENTATIVE WEEKLY TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					7:30-10:00 am
5:30-7:30 pm		5:30-7:30 pm	4:15-6:30 pm	5:30-7:30 pm	3:45-6:00 pm

COMPETITION SCHEDULE

Blue meet: in training, focus is to learn new race strategies and work on skill execution

Gold meet: **PEAK** meet focus is on making this the fastest meet of the cycle

Meet Name	Date	Location	Groups Attending	Team Travel
Fall Breakout	Oct. 14-15, 2023	Regina	W3, B12, B14, B18, G12, G14	Yes
GOLD Invitational	Oct 27-29, 2023	Saskatoon	B12, B14, B18, G12, G14, G16, G18	Hosted meet
Lasers 1 Day Meet	Nov 25, 2023	Saskatoon	W1, W2, W3, B12	No
ROD Christmas Party	Dec 9-10, 2023	Regina	W1, W2, W3, B12, B14, B18	No
PWI	Dec 14-18, 2023	Winnipeg	B12, B14, B18, G12, G14, G16, G18	Yes
ROD Optimist Cup	Jan 12-14, 2024	Regina	W1, W2, W3, B12, B14, B18, G12, G14	No
Al Anderson's Winter Classic	Feb 2-4, 2024	Saskatoon	W3, B12, B14, B18, G12, G14, G16, G18	Hosted meet
Jr Provincials	Feb 23-25, 2024	Moose Jaw	All qualified swimmers (<i>all groups</i>)	No
Man/Sask 1	Mar 7-10, 2024	Saskatoon	All qualified swimmers (<i>all groups</i>)	Hosted meet*
Laser Invitational	May 3-5, 2024	Saskatoon	W1, W2, W3, B12, B14, B18, G12	No
Michelle Moore	May 17-19, 2024	Regina	W1, W2, W3, B12, B14, B18, G12	No
CSI Cascade	May 30-Jun 2, 2024	Calgary	B18, G12, G14, G16	Yes
Blue vs Gold	June 22, 2024	Saskatoon	Club Wide	No
Summerfest	June 29-30, 2024	Moose Jaw	W1, W2, W3, B12, B14, B18, G12, G14	No
Mansask 2	July 4-7, 2024	Regina	All qualified swimmers (<i>all groups</i>)	Yes

*Tentative (TBC)

EQUIPMENT

- Team T-Shirt
- Team Cap
- Goggles
- Snorkel: Michael Phelps or Finis Jr
- Junior One-Piece Pull Buoy
- Speedo Training Paddles
- Fins: Speedo or Arena Pro **MUST BE SHORT BLADE**
- Mesh Bag
- Skipping Rope
- Gym clothing: All training sessions will have a dry land component. Swimmers need to bring shorts, t-shirt, shoes.



SWIM GROUP: BLUE 18

This is our first high school competitive level for swimmers aged 15-18 who are performing beyond the B14 program in competition and in practice, where swimmers can train 5x/week or 7x/week depending on outside of swimming activity levels. Swimmers will attend 3-4 day Invitationals in addition to attending Jr. Provincials, Manitoba/Saskatchewan Championships and out of province competitions. The outcome goals are continued improvement in training and competition, conversions to a best stroke/race, to allow for outside of swimming activities, and to have in season and peak season expectations. Mental Skills include creating an “ideal” performance state.

TENTATIVE WEEKLY TRAINING SCHEDULE

5x/week swimmers will choose from the options below

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-7:30 am	5:45-7:30 am	5:45-7:30 am	5:45-7:30 am	5:45-7:30 am	7:30-10:00 am
					3:45-6:00 pm

COMPETITION SCHEDULE

Blue meet: in training, focus is to learn new race strategies and work on skill execution

Gold meet: **PEAK** meet focus is on making this the fastest meet of the cycle

Meet Name	Date	Location	Groups Attending	Team Travel
Fall Breakout	Oct. 14-15, 2023	Regina	W3, B12, B14, B18, G12, G14	Yes
GOLD Invitational	Oct 27-29, 2023	Saskatoon	B12, B14, B18, G12, G14, G16, G18	Hosted meet
Lasers 1 Day Meet	Nov 25, 2023	Saskatoon	W1, W2, W3, B12	No
ROD Christmas Party	Dec 9-10, 2023	Regina	W1, W2, W3, B12, B14, B18	No
PWI	Dec 14-18, 2023	Winnipeg	B12, B14, B18, G12, G14, G16, G18	Yes
ROD Optimist Cup	Jan 12-14, 2024	Regina	W1, W2, W3, B12, B14, B18, G12, G14	No
Al Anderson’s Winter Classic	Feb 2-4, 2024	Saskatoon	W3, B12, B14, B18, G12, G14, G16, G18	Hosted meet
Jr Provincials	Feb 23-25, 2024	Moose Jaw	All qualified swimmers (<i>all groups</i>)	No
Man/Sask 1	Mar 7-10, 2024	Saskatoon	All qualified swimmers (<i>all groups</i>)	Hosted meet*
Laser Invitational	May 3-5, 2024	Saskatoon	W1, W2, W3, B12, B14, B18, G12	No
Michelle Moore	May 17-19, 2024	Regina	W1, W2, W3, B12, B14, B18, G12	No
CSI Cascade	May 30-Jun 2, 2024	Calgary	B18, G12, G14, G16	Yes
Blue vs Gold	June 22, 2024	Saskatoon	Club Wide	No
Summerfest	June 29-30, 2024	Moose Jaw	W1, W2, W3, B12, B14, B18, G12, G14	No
Mansask 2	July 4-7, 2024	Regina	All qualified swimmers (<i>all groups</i>)	Yes

*Tentative (TBC)

EQUIPMENT

- Team T-Shirt
- Team Cap
- Goggles
- Snorkel: Michael Phelps or Finis Jr
- Junior One-Piece Pull Buoy
- Speedo Training Paddles
- Fins: Speedo or Arena Pro **MUST BE SHORT BLADE**
- Mesh Bag
- Skipping Rope
- Gym clothing: All training sessions will have a dry land component. Swimmers need to bring shorts, t-shirt, shoes.



SWIM GROUP: GOLD 12

This is our fifth competitive level for swimmers aged 12-14 who are performing beyond the B12 program in competition and in practice. Swimmers will attend 3-4-day Invitationals in addition to attending Jr. Provincials, Manitoba/Saskatchewan Championships and out of province competitions. The outcome goals are to race all events, to improve distance swims in training, to build a positive view of self, and to introduce leadership opportunities. Mental Skills include seasonal goal setting (short term).

TENTATIVE WEEKLY TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					7:30-10:00 am
4:15-6:30 pm	4:15-6:30 pm	4:15-6:30 pm		4:15-6:30 pm	

COMPETITION SCHEDULE

Blue meet: in training, focus is to learn new race strategies and work on skill execution

Gold meet: **PEAK** meet focus is on making this the fastest meet of the cycle

Meet Name	Date	Location	Groups Attending	Team Travel
Fall Breakout	Oct. 14-15, 2023	Regina	W3, B12, B14, B18, G12, G14	Yes
GOLD Invitational	Oct 27-29, 2023	Saskatoon	B12, B14, B18, G12, G14, G16, G18	Hosted meet
PWI	Dec 14-18, 2023	Winnipeg	B12, B14, B18, G12, G14, G16, G18	Yes
JP Fiset	Dec 14-18, 2023	Edmonton	G12, G14, G16, G18	Yes
ROD Optimist Cup	Jan 12-14, 2024	Regina	W1, W2, W3, B12, B14, B18, G12, G14	No
Al Anderson's Winter Classic	Feb 2-4, 2024	Saskatoon	W3, B12, B14, B18, G12, G14, G16, G18	Hosted meet
Jr Provincials	Feb 23-25, 2024	Moose Jaw	All qualified swimmers (<i>all groups</i>)	No
Man/Sask 1	Mar 7-10, 2024	Saskatoon	All qualified swimmers (<i>all groups</i>)	Hosted meet*
Laser Invitational	May 3-5, 2024	Saskatoon	W1, W2, W3, B12, B14, B18, G12	No
Michelle Moore	May 17-19, 2024	Regina	W1, W2, W3, B12, B14, B18, G12	No
CSI Cascade	May 30-Jun 2, 2024	Calgary	B18, G12, G14, G16	Yes
Blue vs Gold	June 22, 2024	Saskatoon	Club Wide	No
Summerfest	June 29-30, 2024	Moose Jaw	W1, W2, W3, B12, B14, B18, G12, G14	No
Mansask 2	July 4-7, 2024	Regina	All qualified swimmers (<i>all groups</i>)	Yes

*Tentative (TBC)

EQUIPMENT

- Team T-Shirt
- Team Cap
- Goggles
- Snorkel: Michael Phelps or Finis Jr
- Junior One-Piece Pull Buoy
- Speedo Training Paddles
- Fins: Speedo or Arena Pro **MUST BE SHORT BLADE**
- Mesh Bag
- Skipping Rope
- Gym clothing: All training sessions will have a dry land component. Swimmers need to bring shorts, t-shirt, shoes.



2023-24 LTAD Stage: Train to Train

SWIM GROUP: GOLD 14

This is our sixth competitive level for swimmers aged 12-14 who are performing beyond the B14 program in competition and in practice. Swimmers will attend 3-4 day Invitationals in addition to attending Jr. Provincials, Manitoba/Saskatchewan Championships, out of province competitions and aim to qualify for national level meets. The outcome goals are to develop an athlete's lifestyle (sleep/nutrition), to lead through example, to communicate with the coach, and to have in season and peak season meet expectations. Mental Skills include creating an "ideal" performance state.

TENTATIVE WEEKLY TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			5:45-7:30 am		5:45-8:00 am
4:15-6:30 pm		4:15-6:30 pm	4:15-6:30 pm	4:15-6:30 pm	3:30-6:00 pm

COMPETITION SCHEDULE

Blue meet: in training, focus is to learn new race strategies and work on skill execution

Gold meet: **PEAK** meet focus is on making this the fastest meet of the cycle

Meet Name	Date	Location	Groups Attending	Team Travel
Fall Breakout	Oct. 14-15, 2023	Regina	W3, B12, B14, B18, G12, G14	Yes
GOLD Invitational	Oct 27-29, 2023	Saskatoon	B12, B14, B18, G12, G14, G16, G18	Hosted meet
PWI	Dec 14-18, 2023	Winnipeg	B12, B14, B18, G12, G14, G16, G18	Yes
JP Fiset	Dec 14-18, 2023	Edmonton	G12, G14, G16, G18	Yes
ROD Optimist Cup	Jan 12-14, 2024	Regina	W1, W2, W3, B12, B14, B18, G12, G14	No
Al Anderson's Winter Classic	Feb 2-4, 2024	Saskatoon	W3, B12, B14, B18, G12, G14, G16, G18	Hosted meet
Man/Sask 1	Mar 7-10, 2024	Saskatoon	All qualified swimmers (<i>all groups</i>)	Hosted meet*
Western Champs	Mar 20-24, 2023	Winnipeg	G14, G16, G18	Yes
Laser Invitational	May 3-5, 2024	Saskatoon	W1, W2, W3, B12, B14, B18, G12	No
CSI Cascade	May 30-Jun 2, 2024	Calgary	B18, G12, G14, G16	Yes
Blue vs Gold	June 22, 2024	Saskatoon	Club Wide	No
Mansask 2	July 4-7, 2024	Regina	All qualified swimmers (<i>all groups</i>)	Yes
Canadian Jr Championships	July 20-24, 2024	TBA	G14, G16, G18	Yes

*Tentative (TBC)

EQUIPMENT

- Team T-Shirt
- Team Cap
- Goggles
- One-Piece Pull Buoy
- Speedo Training Paddles
- Speedo Finger Paddles
- Snorkel: Michael Phelps or Finis Sr
- Fins: Speedo or Arena Pro **MUST BE SHORT BLADE**
- Mesh Bag
- Skipping Rope
- Gym clothing: All training sessions will have a dry land component. Swimmers need to bring shorts, t-shirt, shoes.



2023-24 LTAD Stage: Train to Compete

SWIM GROUP: GOLD 16

This our second high school competitive level for swimmers aged 14-16 who are performing beyond the G14/B18 program in competition and in practice. Swimmers will attend 3-4 day Invitationals in addition to attending Jr. Provincials, Manitoba/Saskatchewan Championships, out of province competitions and aim to qualify for national level meets. The outcome goals are to enhance an athlete's lifestyle (sleep/nutrition), to lead through example at competitions, to begin sprint training, and to have in season and peak season meet expectations. Mental Skills include getting to an "ideal" performance state at big meets.

TENTATIVE WEEKLY TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-7:45 am	5:30-7:45 am	5:30-7:45 am		5:30-7:45 am	5:30-8:00 am
Strength 4-5 pm		4:15-6:30 pm	4:15-6:30 pm		Strength 8-9 am

COMPETITION SCHEDULE

Blue meet: in training, focus is to learn new race strategies and work on skill execution

Gold meet: **PEAK** meet focus is on making this the fastest meet of the cycle

Meet Name	Date	Location	Groups Attending	Team Travel
GOLD Invitational	Oct 27-29, 2023	Saskatoon	B12, B14, B18, G12, G14, G16, G18	Hosted meet
Ontario Jr. International	Dec 13-18, 2023	Toronto	G16, G18	Yes
PWI	Dec 14-18, 2023	Winnipeg	B12, B14, B18, G12, G14, G16, G18	Yes
JP Fiset	Dec 14-18, 2023	Edmonton	G12, G14, G16, G18	Yes
Al Anderson's Winter Classic	Feb 2-4, 2024	Saskatoon	W3, B12, B14, B18, G12, G14, G16, G18	Hosted meet
Travel Training Camp	Feb 15-25, 2024	TBA	G16, G18	Yes
Man/Sask 1	Mar 7-10, 2024	Saskatoon	All qualified swimmers (<i>all groups</i>)	Hosted meet*
Western Champs	Mar 20-24, 2023	Winnipeg	G14, G16, G18	Yes
Laser Invitational	May 3-5, 2024	Saskatoon	W1, W2, W3, B12, B14, B18, G12	No
CSI Cascade	May 30-Jun 2, 2024	Calgary	B18, G12, G14, G16	Yes
Mel Zajac	May 30-Jun 2, 2024	Vancouver	G16, G18	Yes
Blue vs Gold	June 22, 2024	Saskatoon	Club Wide	No
Mansask 2	July 4-7, 2024	Regina	All qualified swimmers (<i>all groups</i>)	Yes
Canadian Jr Championships	July 20-30, 2024	TBA	G14, G16, G18	Yes

*Tentative (TBC)

EQUIPMENT

- Team T-Shirt
- Team Cap
- Goggles
- One-Piece Pull Buoy
- Speedo Training Paddles
- Speedo Finger Paddles
- Snorkel: Michael Phelps or Finis Sr
- Fins: Speedo or Arena Pro **MUST BE SHORT BLADE**
- Mesh Bag
- Skipping Rope
- Gym clothing: All training sessions will have a dry land component. Swimmers need to bring shorts, t-shirt, shoes.



SWIM GROUP: GOLD 18

This is our third high school competitive level for swimmers aged 16+ who are performing beyond the G16 program in competition and in practice. Swimmers will attend 3-4 day Invitationals in addition to attending Jr. Provincials, Manitoba/Saskatchewan Championships, out of province competitions and national level meets. The outcome goals are to introduce specialization, to use in season meets as benchmark testing, to develop sprint training at coaches' discretion, and to be ready for and have a desire to participate in varsity swimming. Mental Skills include performance on demand.

TENTATIVE WEEKLY TRAINING SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AEROBIC	5:30-7:45 am	5:30-7:45 am	5:30-7:45 am	5:30-7:45 am	5:30-7:45 am	5:30-8:00 am
	4:15-6:30 pm	Strength 4-5 pm		4:15-6:30 pm		Strength 9-10 am
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SPRINT	5:30-7:45 am	5:30-7:45 am	5:30-7:45 am	5:30-7:45 am	5:30-7:45 am	5:30-8:00 am
	4:15-6:30 pm	Strength 4-5 pm		Strength 4-5 pm		Strength 9-10 am

COMPETITION SCHEDULE

Blue meet: in training, focus is to learn new race strategies and work on skill execution

Gold meet: **PEAK** meet focus is on making this the fastest meet of the cycle

Meet Name	Date	Location	Groups Attending	Team Travel
GOLD Invitational	Oct 27-29, 2023	Saskatoon	B12, B14, B18, G12, G14, G16, G18	Hosted meet
Ontario Jr. International	Dec 13-18, 2023	Toronto	G16, G18	Yes
PWI	Dec 14-18, 2023	Winnipeg	B12, B14, B18, G12, G14, G16, G18	Yes
JP Fiset	Dec 14-18, 2023	Edmonton	G12, G14, G16, G18	Yes
Al Anderson's Winter Classic	Feb 2-4, 2024	Saskatoon	W3, B12, B14, B18, G12, G14, G16, G18	Hosted meet
Travel Training Camp	Feb 15-25, 2024	TBA	G16, G18	Yes
Man/Sask 1	Mar 7-10, 2024	Saskatoon	All qualified swimmers (<i>all groups</i>)	Hosted meet*
Western Champs	Mar 20-24, 2023	Winnipeg	G14, G16, G18	Yes
Laser Invitational	May 3-5, 2024	Saskatoon	W1, W2, W3, B12, B14, B18, G12	No
CSI Cascade	May 30-Jun 2, 2024	Calgary	B18, G12, G14, G16	Yes
Mel Zajac	May 30-Jun 2, 2024	Vancouver	G16, G18	Yes
Blue vs Gold	June 22, 2024	Saskatoon	Club Wide	No
Mansask 2	July 4-7, 2024	Regina	All qualified swimmers (<i>all groups</i>)	Yes
Canadian Jr Championships	July 20-30, 2024	TBA	G14, G16, G18	Yes

*Tentative (TBC)



- Team T-Shirt
- Team Cap
- Goggles
- One-Piece Pull Buoy
- Speedo Training Paddles
- Speedo Finger Paddles
- Snorkel: Michael Phelps or Finis Sr
- Fins: Speedo or Arena Pro **MUST BE SHORT BLADE**
- Mesh Bag
- Skipping Rope
- Gym clothing: All training sessions will have a dry land component. Swimmers need to bring shorts, t-shirt, shoes.



SEASON EVENT CALENDAR

Event	Starting	Ending	Event	Starting	Ending
Registration (returning members)	2023-Aug-15	2023-Oct-01	Christmas break	2023-Dec-22	2023-Dec-27
Registration (new members)	2023-Aug-15	2023-Oct-01	New Years camp	2024-Jan-02	2024-Jan-06
Gold 18 start-up camp	2023-Sep-05	2023-Sep-08	February camp	2024-Feb-20	2024-Feb-24
First day (all groups)	2023-Sep-11	N/A	April camp	2024-Apr-02	2024-Apr-06
Club wide parent meeting	2023-Sep-23	N/A	Last day of the season	N/A	2024-Jun-22
Statutory holidays	Holidays		Summer schedule	2024-Jun-24	2024-Jul-19

August							September							October						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5						1	2	1	2	3	4	5	6	7
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				
November							December							January						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4						1	2	31	1	2	3	4	5	6
5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
26	27	28	29	30			24	25	26	27	28	29	30	28	29	30	31			
February							March							April						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3						1	2	31	1	2	3	4	5	6
4	5	6	7	8	9	10	3	4	5	6	7	8	9	7	8	9	10	11	12	13
11	12	13	14	15	16	17	10	11	12	13	14	15	16	14	15	16	17	18	19	20
18	19	20	21	22	23	24	17	18	19	20	21	22	23	21	22	23	24	25	26	27
25	26	27	28	29			24	25	26	27	28	29	30	28	29	30				
May							June							July						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4						1	2	30	1	2	3	4	5	6
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31			



TENTATIVE MEET SCHEDULE

Meets, dates and groups are subject to change as required.

Meet Name	Date	Location	Groups Attending	Team Travel
Fall Breakout	Oct. 14-15, 2023	Regina	W3, B12, B14, B18, G12, G14	Yes
GOLD Invitational	Oct 27-29, 2023	Saskatoon	B12, B14, B18, G12, G14, G16, G18	Hosted meet
Goldfins Racing Series 1	Nov 4, 2023	Saskatoon	W1, W2, W3	Hosted meet
Lasers 1 Day Meet	Nov 25, 2023	Saskatoon	W1, W2, W3, B12	No
ROD Christmas Party	Dec 9-10, 2023	Regina	W1, W2, W3, B12, B14, B18	No
Ontario Jr International	Dec 13-18, 2023	Toronto	G16, G18	Yes
PWI	Dec 14-18, 2023	Winnipeg	B12, B14, B18, G12, G14, G16, G18	Yes
JP Fiset	Dec 14-18, 2023	Edmonton	G12, G14, G16, G18	Yes
ROD Optimist Cup	Jan 12-14, 2024	Regina	W1, W2, W3, B12, B14, B18, G12, G14	No
Al Anderson's Winter Classic	Feb 2-4, 2024	Saskatoon	W3, B12, B14, B18, G12, G14, G16, G18	Hosted meet
Goldfins Racing Series 2	Feb 3, 2024	Saskatoon	W1, W2, W3	Hosted meet
Travel Training Camp	Feb 15-25, 2024	TBA	G16, G18	Yes
Jr Provincials	Feb 23-25, 2024	Moose Jaw	All qualified swimmers (<i>all groups</i>)	No
Man/Sask 1	Mar 7-10, 2024	Saskatoon	All qualified swimmers (<i>all groups</i>)	Hosted meet*
Western Champs	Mar 20-24, 2024	Winnipeg	G14, G16, G18	Yes
Goldfins Racing Series 3	Mar 30, 2024	Saskatoon	W1, W2, W3	Hosted meet
Goldfins Racing Series 4	Apr 27, 2024	Saskatoon	W1, W2, W3	Hosted meet
Laser Invitational	May 3-5, 2024	Saskatoon	W1, W2, W3, B12, B14, B18, G12	No
Cdn Swimming Trials	May 11-19, 2024	Toronto	G16, G18	Yes
Michelle Moore	May 17-19, 2024	Regina	W1, W2, W3, B12, B14, B18, G12	No
CSI Cascade	May 30-Jun 2, 2024	Calgary	B18, G12, G14, G16	Yes
Mel Zajac	May 30-Jun 2, 2024	Vancouver	G16, G18	Yes
Blue vs Gold	June 22, 2024	Saskatoon	Club Wide	No
Summerfest	June 29-30, 2024	Moose Jaw	W1, W2, W3, B12, B14, B18, G12, G14	No
Mansask 2	July 4-7, 2024	Regina	All qualified swimmers (<i>all groups</i>)	Yes
Canadian Jr Championships	July 20-30, 2024	TBA	G14, G16, G18	Yes

*Tentative (TBC)



MID-SEASON REGISTRATION AND MID-SEASON MOVE UPS

REGISTRATION MID-SEASON

If a swimmer joins the competitive program after the season has started, annual swimming fees will be pro-rated based on the date of entry to the club.

For example, if a competitive swimmer joins the club on January 1st:

- The annual fee for the group the swimmer is registered in will be pro-rated based on the months left in the season. In this example, members will be responsible for 60% of the annual registration fee for their swimmer's group.
- If a swimmer registers late in the season (March 1 or after), only half of the mandatory bingos are due.

MID-SEASON MOVE UPS

If a swimmer moves up mid season:

- Fees for the swimmer will be adjusted to reflect the swimming fees for the new group.
- The mandatory bingo requirement for the season will remain the same as the group originally registered in.

For example, if your swimmer moves from W3 to B12, the mandatory bingo requirement will remain at 2 mandatory bingos, not 4 mandatory bingos as required for B12.

ANNUAL REGISTRATION refers to the Goldfins' swim season. The season is 10 months, September - June. When a competitive swimmer registers with the club, their registration is considered "annual." Members have the option to pay their "annual" fees in either one lump sum or pay the "annual fee" monthly over 10 months.

TRAINING CAMPS AND SCHEDULED BREAKS

The Saskatoon Goldfins offer additional training opportunities to competitive members above and beyond their regular weekly training.

- This additional training often comes in the form of Day Camps or Travel Camps, which offer increased training opportunities, enhanced learning opportunities in areas such as nutrition, mental skills, and dryland training, as well as opportunities for fun and team building.
- Travel Camps provide opportunities for athletes to train in a stress and distraction free environment where training, nutrition, rest and recovery are the main focus.
- Information regarding training camps may be emailed by coaches and/or the team manager and will be highlighted in the newsflash.



FEE SCHEDULE

Swimmers may be offered a two-week trial period. Should they wish to formally join the Saskatoon Goldfins Swim Club, the swim fees will be retroactive to include their trial.

FEES

- Fees are based on an annual amount and can be paid in one lump sum at the time of registration or in 10 equal payments. Please see the **Fee Schedule** on the next page for a listing of fees by group.
- **SNC (Swim Natation Canada) fees** will be based on the swimmer’s age as of December 31 of the current swimming season. All fees collected are paid to Swim Saskatchewan. Clubs affiliate and register all registrants (swimmers, coaches and officials) of their club as members with Swim Saskatchewan and Swimming Canada. Membership in Swim Saskatchewan is a pre-requisite to compete in sanctioned meets, to be eligible for any Swim Saskatchewan services, programs and/or awards, funding and for coverage under the Sask Sport (SSI) sport liability and sport accident insurance. For Winter Competitive Swimmers:

Age	Fee (subject to change)
10 years & under	\$85
11 years & older	\$145

- **Fundraising.** Fundraising credits that families earn throughout the year will be posted to family accounts in December, March, May and at the end of the season.
- **Bingos.** Please see the **Bingo Requirement** section in the Guide for information.

PAYING YOUR ACCOUNT

The Club does not accept cash payments. There are three methods to pay monthly swim fees:

- 1 Credit Card:** Is the preferred method of payment. If you choose to pay by credit card, the card must remain on file throughout the season.
- 2 Postdated Cheques:** If paying by postdated cheques, all cheques must be received in the office before registration is approved for swimming. If there are any additional charges added to the account during the month, an additional cheque or e-transfer must be received in the office by the 7th day of the billing month. Please check your account online at month end for any outstanding charges not covered by the postdated cheque.
 - Date cheques for the 1st of the month, starting with September 1 and ending with June 1
 - Make cheques payable to the *Saskatoon Goldfins Swim Club*
 - Mail cheques to: Saskatoon Goldfins Swim Club
122 Bowlt Crescent
Saskatoon, SK S7M 0L1
 - Or you can put the cheques in an envelope labelled Goldfins and leave it at the Shaw Centre front desk. Do not give cheques to the coaches as they will not accept them.
- 3 E-transfer:** If paying monthly fees by e-transfer, the e-transfer must be received by the Club Administrator by the 1st of the month. If the e-transfer is not received by the 1st of the month, the non payment of fees will be treated the same as a “NSF Cheque or Declined Credit Card”.

There will be a \$30 service charge per transaction on all NSF cheques, declined credit cards, and e-transfers (not received by the 1st of the month).



FEE SCHEDULE

All groups are responsible to pay swim meet fees except for meets hosted by the Goldfins in Saskatoon.

*Season is from September - June

Group	SNC Fee	*Tuition Yearly Fee	Mandatory Bingo
W1	\$85 - 10 & under \$145 - 11 & over	\$1,670 (one time pay) OR \$167 (10 payments)	2
W2	\$85 - 10 & under \$145 - 11 & over	\$1,670 (one time pay) OR \$167 (10 payments)	2
W3	\$85 - 10 & under \$145 - 11 & over	\$2,340(one time pay) OR \$234 (10 payments)	2
B12	\$145	\$2,650 (one time pay) OR \$265 (10 payments)	4
B14	\$145	\$3,490 (one time pay) OR \$349 (10 payments)	4
B18 (a) <i>Swim 5x/week</i>	\$145	\$3,160 (one time pay) OR \$316 (10 payments)	4
B18 (b) <i>Swim 7x/week</i>	\$145	\$4,160 (one time pay) OR \$416 (10 payments)	4
G12	\$145	\$2,650 (one time pay) OR \$265 (10 payments))	4
G14	\$145	\$4030 (one time pay) OR \$403 (10 payments)	6
G16	\$145	\$4,680 (one time pay) OR \$468 (10 payments)	6
G18	\$145	\$5070 (one time pay) OR \$507 (10 payments)	6
Post-Secondary Annual Pass	\$145	\$1,300 (one time pay) OR \$650 (2 payments May/June)	0
Masters 1x	\$30	\$520 (one time pay) OR \$52 (10 payments)	0
Masters 2x	\$30	\$780 (one time pay) OR \$78 (10 payments)	0
Masters 3x	\$30	\$940 (one time pay) OR \$94 (10 payments)	0
Masters 4x	\$30	\$1,040 (one time pay) OR \$104 (10 payments)	0



BINGO REQUIREMENTS

Each family will be required to work a certain number of mandatory bingos depending on your swimmer(s) group. A certain number of these bingos must be late night bingos. Where a family has more than one swimmer with the Club, the bingo requirement is determined by the most senior swimmer in the family. Where a swimmer changes groups during the year, the bingo requirement will be updated accordingly. The schedule is as follows:

Swm Group	Bingo Requirements
White 1, 2, 3	2 mandatory bingos (<u>one</u> must be a late-night bingo) <i>If a JR Gold swimmer moves to W1 during the season, they are required to work 2 bingos. If they move after March 1, they are required to work 1 bingo.</i>
Blue 12, 14, 18 (a)/(b), Gold 12	4 mandatory bingos (<u>two</u> must be late night bingos)
Gold 14, 16, 18	6 mandatory bingos (<u>two</u> must be late night bingos)

*Post-Secondary Students, Affiliates, and Masters do not have a bingo requirement

There is an option of buying out the above mandatory bingos at \$120 per bingo when your swimmer registers for the season. You must buy out ALL mandatory bingos if you choose this option.

If you do not sign up to work the mandatory bingos by May 28, 2024 your account will be charged \$200 per bingo not worked.

If you fail to attend a scheduled bingo session and/or not arrange a replacement worker, there is a \$200 fine per single session and \$400 fine per double session. This fine must be paid in full within 30 days of the missed Bingo.

Notification of bingo dates will be posted in the weekly Newsflash. Families will sign up with the Bingo Coordinator to work their bingos. There is an option available to hire a substitute worker (the cost is \$60 per session) to cover an assigned bingo(s). If the swimmer's family finds it necessary to hire a substitute worker to cover an assigned bingo, **it is their responsibility to arrange it** and to advise the Bingo Coordinator at goldfinswimbingo@gmail.com. You must communicate any change in worker(s) to the Goldfins Bingo Coordinator.

For the most part, bingos are assigned on a first come first sign up basis. However, bingos cannot run with all 14-year olds or all new families. The Bingo Coordinator has the ability to assign considering these points. Workers must be at least 14 years old to work bingos.

Once your mandatory bingos have been worked, there is the option to work additional bingos. There is no limit to the number of additional bingos a family can work. However, it is the responsibility of the Bingo Coordinator to ensure accessibility to all bingos for all families so additional bingos may be limited in some cases. After each additional bingo has been worked, your family account will be credited with \$60 per bingo, but only for those bingos that are over and above the mandatory family bingos.

If a swimmer withdraws during the season, please refer to the club withdrawal policy on page 24 for bingo requirements.



FUNDRAISING

Opportunities for fundraising will be provided for those who choose to participate. Participation in the club's fundraising initiatives is voluntary. These fundraising opportunities are open to all levels (i.e. JR Goldfins, Competitive Groups and the Masters Program).

Fundraising helps offset individual family swim fees, meet fees, as well as clothing and equipment purchased through the club. Fundraising credits will be applied to your family account and can be seen on your monthly statement once posted. Credits may not be drawn from your account as cash.

Of the funds raised by each individual family, there is an 80/20 split between the family and the club, with 80% credited back to the family account and 20% credited to the club. These credits will be applied to family accounts in December, March, May, and August. The only exception to the 80/20 split is our annual Swim-a-thon, where all funds raised go to the club.

Fundraising amounts credited to the club help to pay for local training camps, fun meets, team training equipment, and swimmer subsidy to name a few.

The club's primary fundraising initiative is through the purchase of shopping cards, i.e. Tim Hortons, Sobeys, Superstore, etc. There may also be additional short duration fundraisers throughout the year. We welcome suggestions and ideas for consideration. Please note that all fundraising initiatives must be approved by the Board of Directors.

When a swimmer withdraws from the club, credits will not be refunded and cannot be transferred to another family.

Information about fundraising will be included in the weekly Newsflash. For additional information, please contact our Fundraising Coordinator at fundraising@goldfins.ca.

SPONSORSHIP

The Saskatoon Goldfins relies on our generous community sponsors to help support our non-profit organization. Sponsorship helps with swim meet costs, coach travel, and other initiatives.

Did you know... if a member brings a sponsor on-board, they will receive a portion of the sponsorship as credit to their account? Like a finders fee!

If you are interested in sponsoring the Goldfins for the 2023-24 season, please contact our sponsorship coordinator at sponsorship@goldfins.ca. Our sponsorship package is available for viewing on our website, under the Sponsorship tab.



EQUIPMENT

Al Anderson's Source for Sports

Official equipment sponsor of the Saskatoon Goldfins Swim Clubs



**AL ANDERSON'S
SOURCE
FOR SPORTS**

Al Anderson's will be able to supply you with much of the gear your swimmer will need in the pool.

When you are looking for Goldfins merchandise, you will have to watch for the online stores that will pop up a couple times a year.

The only Goldfins gear we have available at the pool will be the Goldfins swim caps. These can be purchased at any time and billed directly to your swimmer's account.

Please note your swimmer's group equipment requirements noted previously in this Registration Guide or on our website under the tab Programs.

If you have any questions regarding equipment, please contact our Equipment Manager at equipment@goldfins.ca



OFFICIATING/CLINICS

Swim meets provide athletes with the opportunity to perform their skills, test their abilities and reach their swimming goals. Swimming officials implement the technical and administrative rules of swimming. Trained officials are needed to run all aspects of a swim meet and ensure fair competition for all athletes.

Swimming officials at all levels, from local to the Olympics, are volunteers. Everyone from a beginning time keeper to the most senior of referees are volunteer officials. Swimming officials are certified by Swimming Canada. Certification is obtained by attending and completing on-line and virtual clinics and/or in person clinics. All clinics are free of charge. Once a volunteer has completed a clinic, they are able to obtain on-deck experience at a Swimming Canada sanctioned meet in that position. To be certified in a position, a volunteer needs to obtain required 'sign-off's' from a referee at a sanctioned meet for successfully performing the duties of that position.

An Officials Director(s), elected by the Goldfins membership, has the responsibility of informing members of officiating clinics, to organize the officials required to work hosted meet and support officials in their officiating progression. In 2022, the Many Hands Make Light Work project was implemented to allow for equitable placement and advancement of official volunteers at hosted swim meets. Please contact your officials directors with any questions or concerns at officials@goldfins.ca.

CHECKLIST FOR THE BEGINNING OF THE SEASON FOR ALL COMPETITIVE SWIM GROUPS

- 1** Activate or reactivate your official's account. [HOW TO GET STARTED](#)
- 2** Complete the activation of your officials account by clicking on the email from Swimming Canada (***check your junk mail**)
- 3** Login to edu.swimming.ca to complete e-modules or sign up for courses.

Introduction to Officiating clinic is mandatory for all families in the competitive program and should be completed in the 1st two(2) months of the swimming season if you have not yet taken it.



HOW TO BECOME A SWIM OFFICIAL

ENTRY LEVEL POSITIONS

1 Activate or reactivate your official's account. [HOW TO GET STARTED](#)

Swimming Canada will email you to complete the activation of your account. This may take a few days. Be sure to check your junk mail for a notification from Swimming Canada. As part of the registration process, all families are required to complete a PIPEDA form that allows their personal information to be collected for the purpose of maintaining an officials' database.

2 Once your account is activated, you can take the e-module clinics through the Swimming Canada education system:

- **Introduction to Swimming Officiating** (*Time-Keeper*)
- **Safety Marshal**
- **Chief Time-Keeper**
- **Clerk of Course** (*this e-module should be completed after you have received a 'sign off' for Timekeeper*)

These courses are e-modules that take 30-45 minutes to complete. You can complete these courses on your own time, free of charge. Alternatively, on-line clinics may be offered at various times though out the year. This will allow you to volunteer as a Level 1 Official.

As a Level 1 Official you can now start volunteering as a Timekeeper and Safety Marshal during sanctioned swim meets. The Session Referees at sanctioned meets may provide you with a deck evaluation and an official sign-off of the session you volunteered. Once you have gained on-deck experience and obtained required deck evaluations (sign-offs) for a position, you will be certified in that position.

HIGHER LEVEL POSITIONS

1 Your next step is to complete the **Stroke and Turn** (*Inspector of Turns and Judge of Stroke*)

These clinics are offered virtually a number of times though out the year. They are generally 2.5 - 3 hours in length and free of charge. Sanctioned swim meets require a large number of Stroke and Turn judges, so it is important to complete this clinic. You can take this clinic even if you have not fully obtained a Level One certification (sign-off on Introduction to Officiating). While you will not be able to receive an on-deck evaluation until you have obtained the Time- Keeper sign-off, completion of Stroke and Turn clinics can provide you with additional knowledge of the position while you are Timekeeping.

All volunteers are encouraged to move beyond these positions. The club's ability to host and/or assist at other club's meets relies on officials progressing through the levels of certification.



OFFICIATING AND PROGRESSION OF LEVELS

JR Goldfins (GOLD level)

Please consider taking the Introduction to Officiating and Heat Marshal courses. In doing so, you will be prepared to officiate at a swim meet as soon as your swimmer progresses to competitive level swimming.

First Year Competitive Swimming

You will have completed the mandatory Introduction to Officiating and Safety Marshalling courses. You should complete the Chief Timekeeper clinic and are strongly encouraged to take the Stroke and Turn clinic.

Second Year Competitive Swimming

You should complete the Stroke and Turn clinic and are strongly encouraged to take a minimum of one of the following: Clerk or Course, Recorder Scorer, Chief Judge Electronics, or Starter

Third Year competitive Swimming and beyond

You should complete a minimum of two or three the following: Clerk of Course, Recorder Scorer, Chief Judge Electronics, or Starter. You should consider completing the Meet Manager course.

DESCRIPTION OF OFFICIALS' POSITIONS

Position	Description
Timekeeper	The Timekeepers are located behind the starting blocks of their respective lanes at the start end of the pool and are responsible for the timing of swimmers using the semi-automatic timing equipment (plungers) and / or watches.
Safety Marshal	Ensures swimmer safety by following the Swimming Canada Competition Warm-up Safety Procedures during the warm-up period. Reports to the Referee.
Judge of Stroke and Inspector of Turn	Stroke and Turn judges are charged with observing the swimmers and reporting infractions of the rules of each stroke.
Inspector of Turns	An Inspector of Turns observes the swimmers from either the start/finish end or turn end of the pool.
Stroke Judge	A Stroke Judge walks along the side pool and observes the swimmers on half of the pool. The stroke judge ensures swimmers comply with the mechanics of the stroke.
Chief Timekeeper	The Chief Timekeeper is in charge of the timekeepers and provides assistance to them. The Chief Timekeeper records the time of the first and last time of each race.
Clerk of Course	The Clerk of Course is responsible for organizing the swimmers on the deck and ensuring all information provided is up to date, accurate, and follows the information found in the Meet Package.
Recorder-Scorer	The Recorder-Scorer is responsible for compiling the times and generating result printouts using swimming specific software.
Chief Finish Judge / Chief Judge Electronics	The Chief Finish Judge (CFJ) or the Chief Judge Electronics (CJE) determines the official times, results and placing of the swimmers.
Meet Manager	The Meet Manager is the general manager of the entire competition. They have duties before, during and after the meet.
Starter	The Starter, working with the Referee, is responsible for starting the race and judging the fairness of the start. The Starter placed swimmers on the block and directs them to "take your marks"
Referee	The Referee is the official with the most authority on deck and provides the best possible environment in order to maximize swimmer performance while ensuring the session is run fairly, consistently and smoothly.



CHAPERONES

Chaperones are a key component of team travel. They are parent volunteers who travel with the team to meets or camps held outside Saskatoon.

- Chaperones are responsible for the swimmers on the bus, in the bleachers, in the dressing rooms, in the hallways, at the hotels, and at restaurants. The coaches are responsible for the swimmers while on deck.
- Chaperones ensure that athletes follow the rules and expectations set out for the meet and will consult with coaches if discipline is needed.
- Chaperone duties start with the team's departure and end when the last swimmer is taken home, however, chaperones who choose to prepare food typically spend time planning and preparing ahead of time.
- The recommended ratio of chaperones to swimmer is 1:10-15, however this may change depending on the duration of the meet, the age of athletes attending, as well as whether chaperones will be preparing food.
- All chaperones are required to complete a Criminal Record Check with a Vulnerable Persons' Sector and are required to sign a Confidentiality/Non-Disclosure Form.
- Travel, food and accommodation expenses are covered for chaperones by the attending athletes. Chaperones will also receive a daily per diem.
- The Team Manager organizes hotels, transportation, supplies, and the chaperones for the out-of-town meets. Prior to the meet, the Team Manager will meet with the chaperones to discuss the specifics of all aspects of team travel for the meet. The Team Manager will also provide the chaperones with a chaperone travel binder, which includes names of athletes, medical information, meal plans, travel information, accommodation information and any other information pertaining to the meet or travel.
- The Team Manager will recruit chaperones for different out of town meets and camps, and along with the Head Coach, will assign chaperones.

The Team Manager will send out detailed information relating to travel meets to families of athletes attending the meet.

HOW TO SIGN UP

Prior to the first team travel meet, the Team Manager will hold a meeting to discuss chaperoning for the upcoming season.

During the meeting, the Team Manager will:

- Discuss the duties of a chaperone
- Provide a list of team travel meets for the season and the opportunity for interested chaperones to indicate which meets they would like to chaperone
- Provide interested chaperones the opportunity to ask questions
- Provide interested chaperones with a letter and form for the criminal record check
- Have interested chaperones sign a Confidentiality/Non-Disclosure Form

If for some reason you are unable to attend the chaperone meeting, please contact the Team Manager indicating your interest and they will share the information provided at the meeting.

ASSIGNING CHAPERONES

- Once forms are gathered indicating which meets members are interested in chaperoning, the Team Manager and Head Coach will meet to discuss and assign chaperones
- An email will be sent out once chaperones have been assigned
- When assigning chaperones, new chaperones will be paired with more experienced chaperones, when possible
- The number of chaperones assigned will be based on the meet, age of athletes attending, duration of the meet, as well as whether meals are being catered or prepared

Please let the Team Manager know as soon as possible if you are unable to chaperone a meet that you have been assigned to.

If you have any questions about chaperoning, please contact the Team Manager at: teammanager@goldfins.ca.



SWIM MEET INFORMATION

SWIM SEASON

The swim season is broken up into two phases, the Short Course Season and the Long Course Season. During the Short Course Season racing occurs in a 25m pool, while during the Long Course Season racing takes place in a 50m pool.

AGE GROUPS

Most swim meets are structured so that swimmers compete against their peers. This means that swimmers will compete against others within the same age group. For swimming in Canada, the typical age groups are 12 & Under, 13 and 14, and 15 & over for girls AND 13 & Under, 14 and 15, and 16 & over for boys, however this is dependent on the type of meet.

TIME STANDARDS

Time standards have been calculated according to age groups and for the different swim seasons, which include long course and short course. The goal of the swimmers will be to achieve these time standards. There are also different levels of time standards, which are noted below.

PROVINCIAL TIME STANDARDS

These times are often referred to as "AA" and "A" times. Times are calculated from the actual achievements of swimmers in Saskatchewan and Manitoba, and are revised from time to time.

- [Swim Saskatchewan Time Standards \(2016-2024\)](#)
- [Saskatchewan Provincial Records](#)

NATIONAL TIME STANDARDS

These are the time standards for national meets within Canada, including Canadian Swimming Trials, Canadian Junior and Senior Championships and Speedo Eastern and Western Swimming Championships.

- [National Time Standards \(2021-2024\)](#)

POWER RANKINGS

Nationally, there is a system that ranks ALL Canadian swimmers by age. This is called "power ranking" and it can be accessed on the Swim/Natation Canada Web site: [Rankings](#).



SWIM MEET INFORMATION

TYPES OF MEETS

Developmental Meets

These meets are designed for entry level swimmers to gain experience in competing against peers, as well as setting and achieving personal performance goals. Your swimmer and your swimmer's coach will choose which events he/she will enter.

Invitational Meets

Host clubs are free to set their own time standards for entry into these competitions. Coaches will let you know if your swimmer has qualified.

Provincial and National Meets

Provincial meet standards are determined provincially, where National meet standards are determined by SNC.

The annual seasonal meet calendar will be published earlier in this guide.

It will also be posted to the website at www.goldfins.ca

ENTRY FEES FOR MEETS

The host club of a swim meet charges an entry fee for individual and relay events that a swimmer or relay team is entered.

- Entry fees for meets your child participates in, with the exception of Goldfin hosted meets where Goldfin members' fees are waived, will be charged to your family account.
- Host clubs will charge the meet fee even if a swimmer "scratches" (gets removed from an event) or does not show up for the event or meet.
- Meet fees will only be refunded if withdrawals are received prior to the registration deadline or with a doctor's note for medical reasons. Therefore, it is important that families notify their coach immediately if an entered swimmer is not going to attend a meet. This will eliminate unnecessary fees that will be charged to the club or family.



PREPARING FOR A SWIM MEET

PACK LIGHT IF TRAVELING WITH THE TEAM

- Swimmers should only pack what they can carry themselves, and what they themselves can look after and remember to bring home. A good idea is to use one large duffel bag to hold clothes and personal items, in addition to a swim bag which holds competition gear. Swimmers spend most of their time at the pool, and most of that time in their swimsuits, so multiple changes of outer clothes are an unnecessary waste of precious packing space.
- Having swimmers do their own packing will help them remember what they brought and what they need to bring home.

ITEMS TO BRING IN SWIM BAG

- swimsuits, both training and competition suits
- 2 pair of goggles
- 2 caps
- a towel
- on-deck clothing, including shorts and team T-shirt, as well as sweats and a team hoodie
- water bottles and healthy snacks

Chaperones at meets will have limited quantities of extra caps available for purchase. Purchases will be charged to swimmer accounts.

For winter travel, it is expected that swimmers bring boots, mitts, a toque, and a warm jacket when traveling with the team.

LABEL CLOTHING AND GEAR

- Labeling clothing and gear is key to limiting the loss of personal items.
- Labeling may be done effectively with an indelible marker or by monogramming.

SPENDING MONEY FOR SWIMMERS ON TEAM TRAVEL

Occasionally, money is needed to purchase food items to and from a meet. If athletes require money for food purchases while on team travel, the Team Manager will send an email to families of swimmers attending the meet, indicating this. Otherwise, meals will be paid for with the club card while athletes are on team travel and charged to family accounts once costs are calculated.

SNACKS

Swimmers should pack healthy snacks for consumption during the meet. Suggested snacks will be provided by the Team Manager upon consultation with the team nutritionist. In addition, athletes may be asked to avoid bringing certain foods due to team allergies. During team travel meets, snacks may be provided for athletes, however, athletes are encouraged to bring their favourites

TEAM MERCHANDISE

The Club will order team t-shirts for JR Provincials, Mansask and Westerns. The cost of the t-shirt will be added to the swimmer's account.

Information regarding TEAM TRAVEL MEETS will be sent out by the Team Manager and will also be posted in the Newsflash.

TIPS FOR PARENTS

OUT OF TOWN MEETS

Bring a cooler with healthy snacks and drinks, deck shoes, light clothing and a sweater, a pen and highlighter, and some cash to the meet. A "heat sheet" or program, which highlights events and heats for sessions, may be available for sale at some meets. Meets can also be found on the Meet Mobile App

OUTDOOR MEETS do happen in the late spring and summer. Prepare for rain or sunshine when attending. Most people will bring:

- a cooler with healthy snacks and beverages
- umbrellas, for sun or rain
- chairs
- sunscreen and bug spray
- clothing for cold and hot weather, as well as extra blankets
- sunglasses and hats

Parents are also encouraged to bring their officials' attire to out of town meets.



WHAT TO WATCH FOR AT SWIM MEETS

The following is a brief summary of the course and competitive swimming strokes.

THE RACING COURSE

As previously noted, the swim season is divided into two seasons, Short Course and Long Course. The length of a short course racing pool is 25 meters and a long course racing pool is 50 meters.

EVENTS

Individual and relay events are determined by stroke and distance.

FREESTYLE EVENTS

In freestyle, the competitor may swim any stroke, however, the usual stroke that is swum is the front crawl. This stroke is characterized by the alternate overhand motion of the arms and an underwater flutter kick. At each turn and at the finish, a swimmer must touch the wall with some part of their body. Some part of the swimmer's head must surface within 15 meters at the start of the race and after each turn. The freestyle is swum over 50, 100, 200, 400, 800 and 1500 meter distances.

BACKSTROKE EVENTS

In backstroke, the swimmer must stay on the back at all times, with the exception of the turn, where the swimmer may turn to the breast and use one arm or a simultaneous two arm pull to initiate the flip turn. This stroke typically includes an alternating motion of the arms while the swimmer is on the back and an underwater kick. At the start and after each turn, swimmers must leave the wall on their back and they must touch the wall on their back at the finish, with some part of their body out of the water. Some part of the swimmer's head must surface within 15 meters at the start of the race and after each turn. The backstroke is swum over 50, 100 and 200 meter distances.

BREASTSTROKE EVENTS

Perhaps one of the most difficult strokes to master, the breaststroke requires the simultaneous movement of the arms, which alternates with the simultaneous movement of the legs. The hands are pushed forward simultaneously from the breast on or under the surface of the water and brought backward in the propulsive stage of the stroke. Elbows must remain in the water and the head must surface at the widest part of the arm pull. The kick is a simultaneous thrust of the legs with toes pointed out. Flutter kicks or butterfly kicks are not allowed, with the exception of one butterfly kick at the start and after each turn, prior to the first breaststroke kick. At each turn and at the finish, a swimmer must touch the wall simultaneously with both hands at, above or below the surface of the water. The breaststroke is swum over 50, 100 and 200 meter distances.

BUTTERFLY EVENTS

The most physically demanding stroke, the butterfly, features the simultaneous overhead movement of the arms combined with the butterfly kick, which is swum on the breast. The butterfly kick features the simultaneous up and down movement of both legs. Flutter kicking is not allowed. Some part of the swimmer's head must surface within 15 meters at the start and after each turn. At each turn and at the finish, the swimmer must touch simultaneously with both hands at, above or below the surface of the water. The butterfly is swum over 50, 100 and 200 meter distances.

INDIVIDUAL MEDLEY

The individual medley, commonly referred to as the "IM," features all four competitive strokes, with each stroke completing a quarter of the race. The order of strokes in the IM is butterfly, back, breast and free. Each leg of the medley, must be completed in accordance with the rules for each individual stroke. The IM is swum over 200 and 400 meters distances, and occasionally 100 meters at short course meets.

MEDLEY RELAY

In the medley relay, all four strokes are swum by four different swimmers, with each swimmer and stroke completing a quarter of the race. No swimmer may swim more than one leg of the relay, which is swum in back, breast, fly and free order. The medley relay is swum at 200 or 400 meter distances, where each swimmer will swim their designated stroke for 50 meters in the 200 medley relay and 100 meters in the 400 relay.

FREESTYLE RELAY

In the freestyle relay, each individual distance is swum by four different swimmers. No swimmer may swim more than one leg of the relay. The freestyle relay is usually swum over 200 or 400 distances or four by 50 or 100 meters.



Thank you

2022-2023 SPONSORS & PARTNERS

The Saskatoon Goldfins would like to thank our sponsors and partners from this past season, for their invaluable support and commitment to our club and our swimmers.



AL ANDERSON'S SOURCE FOR SPORTS



FUNDED BY

