



Swimming 101

New Family Orientation

Overview



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Key Dates & Upcoming Events

Important Short Term Dates



Date	Event
September 9, 2024 or September 16, 2024	Swim practices start but date is squad dependent
September 15, 2024	Team barbeque at Edworthy Park
TBD	Team Champs Hosted Meet
September 30, 2024	Short Course Season Withdrawal Date
December 31, 2024	Long Course Season Withdrawal Date

Coaches & Staff



Head Coach & Squad Coaches

- Head Coach/Gold Squad Coach - Kevin Coulman, kevin.coulman@gmail.com
- Asst.Coach/Grey Squad Coach - Chad Michie, chad.michie@calgarypatriots.com
- Silver Squad Coach - Marit Anderson, marit@calgarypatriots.com
- Bronze Squad Coach - Jamie Connors, jm_connors@hotmail.com
- Red Squad Coach - Brent Bester, brent@calgarypatriots.com
- Black Squad Coach - Lauren Siarkowski, lauren@calgarypatriots.com
- White Squad Coach - Alex Pelletier, alex@calgarypatriots.com
- White Squad Coach - Elsie Whitney, elsie@calgarypatriots.com

Staff

- Team Administrator - Tara Gilmour, office@calgarypatriots.com

Coaching & staff profiles may be found at <https://cp.poolq.net/menu/coaches>

The Club's Objectives

Provide the individual with support necessary in pursuit of excellence



Mission Statement:

- The Calgary Patriots is a competitive swim club dedicated to the overall development of individuals to their maximum potential.

We strive to:

- Provide provincial, national and international experiences to those individuals who possess the ability, willingness and commitment to the pursuit of excellence.
- Offer safe, constructive, diverse, and rewarding experiences to all of our members.
- Encourage positive character development.
- Instill a lifelong love of the sport of swimming.
- Offer the best coaching and long term planning for the membership.

We value:

- Commitment to the pursuit of excellence.
- Dedication and hard work focused toward achieving individual and team goals.
- Fun, friendship, and sportsmanship with honesty and fair-mindedness.
- Physical fitness and a healthy lifestyle.
- Responsible behaviour, independence, and adaptability.
- Family support and parental involvement.

The Club's Philosophy

'Excellence is an Attitude'



Philosophy:

- The Patriots is a family-oriented, non-profit club that provides a competitive swim program to challenge individual swimmers of any level, while adhering to physiological principles.
- The Patriot program puts the individual at the forefront as we develop the complete athlete.
- The Club will focus on developing all swimmers at every level.
- We are looking to have a steady improvement curve through all stages of the sport.
- A strong technical focus and good athletic foundations are consistent elements within the Patriot's program.
- Further information on the Club's philosophy may be found at <https://cp.poolq.net/menu/philosophy>.

Attendance:

- Though not mandated, for the best performance and progression, swimmers should target to attend at least 80% of practices.

Volunteer Opportunities

The club is supported by an active, dedicated and engaged parent community



Board of Directors

- President - Dave Sweeney, president@calgarypatriots.com
- VP Swimming - Martina Lee, swimming@calgarypatriots.com
- VP Finance - Aaron Swanson, treasurer@calgarypatriots.com
- Sponsorship & Gaming Officer - Tania Amador, sponsorship@calgarypatriots.com
- Secretary - Natalie Campbell, secretary@calgarypatriots.com
- Meet Management - Rikki Hanley, meet_management@calgarypatriots.com
- Officials Coordinator - Sherri Gibbons (Shadow - Rebecca Broadley) officials@calgarypatriots.com
- Communications - Ryan Thompson; communication@calgarypatriots.com
- Social Coordinator - Christina Abbadi-MacIntosh; functions@calgarypatriots.com

Committees

- Social - works with the social coordinator to organize social events such as the barbeques, awards banquet, and parent social.
- Communications - works with the member at large communication to ensure effective communication through the website, newsletter, and social media.
- Fundraising - works with the sponsorship & gaming officer to undertake fundraising initiatives.

Should you wish to shadow any of these roles, or join a committee, please contact office@calgarypatriots.com or the applicable director.

Volunteer Opportunities cont.

The club is supported by an active, dedicated and engaged parent community



Hospitality Team

- The hospitality team organizes meals and snacks during hosted meets for officials. This role is pivotal in ensuring the Club puts on exceptional meets. You may sign-up to join the hospitality team when officiating registration opens for Club hosted meets.

Chaperones

- The Calgary Patriots endeavours to provide a safe environment for swimmers at out of town meets. Chaperoning provides parents with an opportunity to assist the team, get to know the other swimmers on the team, and to better understand swim meet procedures and events. Chaperone responsibilities include, but is not limited to, ordering meals, managing schedules, and ensuring swimmers conduct themselves in compliance with the [Swimmers Code of Conduct](#). A chaperone's experience has been detailed in the [April 2024 newsletter](#).

Squad Parents

- The squad parents help the squad coaches organize squad parties, manage squad communication via a whatsapp chat, and upload squad photos to the squad's cloud drive. The squad parent is simply the leader, but other squad parents are expected to provide assistance. What parents put in, greatly affects the experience for the swimmers. A squad parent's experience has been detailed in the [July 2024 newsletter](#).

Should you wish to volunteer for any of these roles, please contact office@calgarypatriots.com.

Officiating Requirements

Certification Pathway



Officials Training Requirements

- To ensure we have enough trained officials within our Club, each year every swim family must have at least one member complete an officials' training clinic.
- To become certified in an official position:
 - a member must take the clinic for the position,
 - shadow experienced individuals a minimum of 2 times, and
 - achieve a successful deck evaluation.
- Additional details for officials certification may be found at <https://www.swimming.ca/content/uploads/2023/09/Officials-Certification-Pathway-September-2023.pdf>

Level 1 Certification (For New Members)

- If you are a new to officiating, the Club will create an officials account in the Swimming Canada online registration system for you. Once you have a Swimming Canada login:
 - you should take the [Introduction to Swimming Officiating](#) clinic, and
 - complete the [Safety Marshal](#) clinic.

Both clinics are available through Swimming Canada's Learning Management System.

Level 2 Certification

- Post taking the Level 1 clinics, members need to attend the [Judge of Stroke](#) and [Inspector of Turns](#) clinics. These clinics need to be attended in-person. Registration information being provided in the future.
- After certifying as Judge of Stroke and Inspector of Turns, members can proceed through the remaining Level 2 courses; Chief Timekeeper, Administration Desk (formerly Clerk of Course), Chief Finish Judge (CFJ) / Chief Judge Electronics (CJE), Meet Manager, and Starter, with some of these clinics being available online at edu.swimming.ca.
- The Club will offer select in-person clinic(s) throughout the year.

Officiating Requirements cont.

Commitment



Officiating Commitment Requirements

Each swim family must provide a volunteer for a minimum of 2 shifts at each of our Club-hosted swim meets. This requirement applies regardless of whether or not your swimmer(s) are attending the meet.

Registration

Registration for officiating roles is done through the Club's website. It is encouraged you register early to obtain the roles on the days and at the times you wish. Final officiating rosters will be completed at the Officials Coordinator's discretion.

Penalties for Not Meeting Commitment Requirements:

- **Failure to Register for Any Shifts:**
 - A \$400 fine will be applied to a family's Patriot account if no shifts are registered for by the deadline.
- **Registering for Only One Shift:**
 - A \$250 fine will be applied to a family's Patriot account if only a single shift is registered for by the deadline.
- **Cancelling a Shift Within 48 Hours:**
 - A \$200 penalty will be applied to a family's Patriot account if a shift is cancelled within 48 hours of the start of the meet without a qualified replacement being provided.
- **No-Show or Failure to Provide a Replacement:**
 - A \$200 penalty will be applied to a family's Patriot account if the assigned volunteer or the qualified replacement does not show up for their shift.

For more information regarding Officiating, please contact the Officials Coordinator via email at officials@calgarypatriots.com.

Fundraising

Used to subsidize the Club's expenses



Casino Fundraising:

- Members at registration were provided the option to:
 - work a casino shift (4-9 hours) over a two day period, or
 - Pay a \$250 annual buyout fee which will be billed in September.
- The next casino is scheduled for July, August, or September 2025.
- Families who elect to work a casino shift but:
 - Do not sign up for a casino shift when requested to do so,
 - Cancel a scheduled shift, or
 - Do not show up for a scheduled casino shift,Shall have \$400 penalty applied to a family's Patriot account unless they find another individual to fulfill their commitment.
- Families who work a casino shift shall have an \$80 credit applied to their Patriot account.

Bingo Fundraising:

- Bingos take place at the Bingo Palace located at 2604 35 Avenue NE.
- There is no requirement to work bingo shifts.
- Volunteers receive an \$80 credit per shift towards their Patriots account.
- Contact Bingo Coordinator Nicole Goldmann at bingo@calgarypatriots.com for more information.

Other Club Fundraising:

- Skip the Depot. Donate at <https://app.skipthedepot.com/register?tab=customer>.

Team Gear & Equipment

What your swimmer needs



Ordering Team Gear:

- The Patriots' online Pro Shop allows Members to order a variety of Patriots-branded gear and clothing.
- From mid-August to mid-September, members may order personalized equipment featuring the swimmer's name, including:
 - Hoodies,
 - Swim caps, and
 - Parkas.

These items may only be ordered at the beginning of the season due to minimum order requirements.

- Non-personalized swim caps, swimsuits, t-shirts, long-sleeved shirts, toques, ball caps, and backpacks, can be ordered throughout the year via the Patriots' online Pro Shop as supply permits.

Required Equipment:

- Your swimmer's coach at the start of the season will provide the mandatory equipment list for your swimmer's specific squad.

Non-Patriot Branded Equipment Purchases:

- [Team Aquatic Supplies](#) (Calgary Store and Online, 20% team discount)
- [All Tides](#) (Online, 20% team discount)
- [Tri-Hub](#) (Local Calgary Store and Online)
- [Ly Sports](#) (Ontario based, Online)

Swim Meets

Overview



Calgary Patriots Hosted Swim Meets:

- The Club hosts a number of swim meets through the season:
 - Team Champs (September)
 - Pugsley's Plunge Invitational (January)
 - Chinook Invitational (April)
 - Patriots Summer Classic (June)
- Attendance at club hosted meets is very strongly encouraged.

Non-hosted meets:

- The Club targets to have squads attend non-hosted meets in months when we do not have a hosted meet scheduled.
- A tentative meet schedule is available within the registration package but an updated version may be found on the website.
- Most of the non-hosted swim meets the Club attends are within the Calgary area, but travel may be required.
- Though attendance at non-hosted meets is not required, it is encouraged.

Registration

Registration for swim meets is done through the Club's website. It is encouraged you register early to assist in meet planning.

Meet Competition Profiles:

- Swimmers and squads will attend meets consistent with their competition profile
- Additional information available at https://swimalberta.ca/wp-content/uploads/Alberta_Compition_Information/Alberta-Competition-Profiles-Coach-Resource.pdf.

Swim Alberta Meets

Additional Information at <https://swimalberta.ca/>



Below is a list of the Swim Alberta meets held biannually:

Festivals (January & June):

- Designed for young swimmers 12 & under.
- Serve as an entry into provincial-level competitive swimming.
- Participation based on age and gender-specific [time standards](#).

Provincial Trials (March & June):

- A key qualifying event for higher-level competitions.
- Swimmers must meet age and gender-specific [time standards](#).

Provincial Championships (March & July):

- The pinnacle of competitive swimming in Alberta.
- Qualification by winning at Provincial Trials or meeting [time standards](#).

Even if your swimmer does not qualify for these events, it does not mean they are not growing and developing as a swimmer.

Meet Essentials

Having the right gear and essentials can make all the difference



Not an exhaustive list, but here are some essentials every swimmer should have for a swim meet:

Swim Gear:

- **Swimsuits:** Pack an extra; essential in case of stretching or tearing
- **Goggles:** Ensure clear vision, proper fit, comfort; bring an extra pair
- **Swim Caps:** CP swimmers need a red Patriot's cap (available from the online shop); pack extras, silicone caps lasts longer
- **Towels:** Bring multiple, quick-drying preferred for busy days
- **Deck Shoes:** Protect feet, keep them dry and warm; flip-flops recommended

Snacks and Hydration:

- **Water Bottle:** Essential for staying hydrated; use a refillable bottle
- **Healthy Snacks:** Pack fruits, granola bars, trail mix; avoid heavy/greasy foods; encourage small, frequent snacks

Clothing:

- **Warm-Up Gear:** Include sweatpants, hoodies, or jackets for comfort between races
- **Change of Clothes:** Pack dry clothes, including underwear and socks
- **Team Apparel:** Wear club t-shirts (provided with registration); write names on tag for easy identification

Extras:

- **Sun Protection:** For outdoor meets, pack sunscreen, sunglasses, hats
- **Entertainment:** Books, games, electronic devices for downtime; avoid distractions during races

A meet essentials checklist is available at <https://poolq.blob.core.windows.net/patriots/files/swim-meet-essentials-checklist-pdf>.

Available Grants



KidSport:

- KidSport provides grants to help cover the costs of registration fees, as well as providing no-cost equipment so that all kids aged 18 and under in Calgary & Area can play a season of sport. The chapter accepts applications and administers grants of up to \$500 per child/year, for kids who live in Calgary & Area.

<https://kidsportcanada.ca/alberta/calgary/>

Jumpstart:

- If you want to play, Jumpstart can help! Their Individual Child Grants help families in financial need cover the costs of participating in sport and recreation.

<https://jumpstart.canadiantire.ca/>

Swim Alberta Newcomer Grant:

- Swim Alberta Newcomer Grant will provide four newcomers with grant support for one season with a Swim Alberta affiliated club. There are four \$1,000 awards to be given out to grant applicants. Information regarding the criteria, application period and reporting requirements will be released when available.

<https://swimalberta.ca/applications-now-being-accepted-for-newcomer-grant/>

John Currie Amateur Sport Legacy Fund:

- The purpose of The John Currie Amateur Sport Legacy Fund carries forward the values and ideals of the original Legacy Fund established in 1983 by a gift from the 1983 Western Canada Summer Games. Inspired by this commitment to amateur sport, MNP Community & Sport Centre has raised funds from generous donors to increase the value of the Legacy Fund to \$1 million.

<https://mnpcentre.com/sports/the-john-currie-amateur-sport-legacy-fund/amateur-athlete-bursary-program/#:~:text=Applicant%20must%20be%20an%20amateur,three%20times%20in%20a%20year>

Recommendations & Resources



Download the Meet Mobile App:

- Meet Mobile allows users, including swimmers, coaches, and spectators, to access real-time information about swim meets, including event schedules, heat sheets, results, and other relevant details. Users can easily track their favorite swimmers, receive notifications for upcoming events, and stay informed about the progress of the competition. The app may be downloaded from <https://www.active.com/mobile/meet-mobile-app>.

Refer to the FAQ section of the Club's website:

- We have tried to compile an exhaustive list of the most important information
- The FAQ section of the website may be accessed at <https://cp.poolq.net/menu/faqs>
- If you feel anything is missing contact communication@calgarypatriots.com

Read the Club's newsletter:

- A complete list of archived newsletters is available at <https://cp.poolq.net/pages/newsletters-archive>.