

Hello NEW Churchill and Shouldice Dino families,

Welcome to UCSC! My name is Michelle Downey and I am the head coach of the Development Program. Your swimmers will know me as Coach Michelle and I look forwards to getting to know all your swimmers over the next 9 months. I know you are receiving a lot of new information about the Club. Please read this email to the end as it has information to help get your swimmer started. If you have any questions, please reach out to me at michelle@calgaryswimming.com.

Below is some good info to have as well as a list of important dates to note. We will set up a Parent meeting towards the end of September, which you should attend, watch for emails on this please. When reading below note the following abbreviations and where to find a lot of additional information. Dates listed are also only our confirmed dates/events. We will have more coming in the future but this should get your calendars started!

Abbreviations:

SD = Shouldice Pool

CH = Churchill Pool

The Club's website is calgaryswimming.com. You will receive your log in info once the office has your registration forms and has added you to the website. They add everyone as fast as possible, so please be patient. If you have not been added within a week or sending your forms, please check in with them because sometimes forms get stuck together! Once they have added you, you will receive an email asking you to "reset" your password. You will have 24h to confirm your email and sign in once you receive the password reset email. When signed in you will see a "members" tab on the top. This tab is only visible if you are signed in. Under this tab you will see a lot of important information. Not all of the information will pertain to your swimmers right now but as your swimmers continue to move through our program you will continue to reference this tab.

Day to day things you need to know:

What to wear to swimming: To swim meets you must be in your team gear (Dino caps, Dino swimsuits, and Dino shirts). For practice swimmers must be in team caps and appropriate training suits. Most swimmers will train all year in the team suit provided in September. The suits will last a long time, so please do not worry about that! Some swimmers prefer to wear other training suits. If you choose to wear another swimsuit it must have no frills, ties, and be fitted to the body. Board shorts and 2-piece swimsuits are not allowed. Suits for all swimmers should be fitted and not baggy, they do loosen in the water and tighter is better than too loose (think of suits being teeny, tiny and tight!). If a swimmer comes in a suit that is not appropriate, I will reach out to you to discuss proper swimming attire. When in doubt, use your team suit.

What to bring to swimming: Bring a towel, team Dino cap, goggles, kick board and swimming fins. Please note that goggles are given to each swimmer at their tryout, if your swimmer is returning and needs a new pair, or is new and finds themselves needing a new pair, they are available for purchase from the Club at \$25/pair. Kickboards and swimming fins are also available for purchase through the Club, we will be holding a "gear day" for anyone who needs items, more info below! If you wish to get a

mesh training bag for your swimmer please label it, the swimmers are allowed to keep the gear in the mesh bag on deck (in the provided deck bins) during training. They will be carrying their gear to and from the pool. The Club has a discount card to Team Aquatic Supplies that will be sent out and is also available on the website.

Goggles and caps: I have both with me, if your swimmer needs either they can come to me and I will let the office know, so they can bill your account. Team caps must be worn at all times. Goggles can be the ones we provide or ones you purchase elsewhere. Goggles must be training goggles and have 2 straps to go behind the head. They cannot be too large or cover to nose (play goggles). If your swimmer's goggles are not fitting, I will reach out to you and you will need to replace them.

Clothing Bags and shoes: All shoes must be left outside of the changerooms, for parents to! Bags, clothes, and towels can be left in lockers in the change rooms or on the benches behind the starting side of the pool. **Parents**, if you are entering the change rooms (including the family change hallway) you must remove your shoes.

Officiating at swim meets. All UCSC parents are asked to officiate at UCSC hosted swim meets their swimmer(s) attends. There is one meet this season where all UCSC parents are asked to officiate at (listed in the members section under "registration docs → officiating commitment"). It is required for all parents in Churchill and Shouldice Groups to get at least their first level of officiating. More information about courses will be sent out once it is available. The courses are also available in the Members section under "officiating info" and then "Swim Canada Clinics – Click here". The level 1 clinic is called "Introduction to Swimming Officiating." You must let us know when you have completed a course. UCSC works on a point system, and deficit points are charged at \$1 per deficit point. If you have any questions about officiating, please contact either the office (manager@calgaryswimming.com) or our Officials Coordinator (officials@calgaryswimming.com). Please note that our Officials Coordinator is a parent volunteer. More information will also be posted in the members section under "info you should know" by September 20.

Getting certified to Time and Officiate: Many of you still need to become certified timers at our swim meets. This is the first level of certification. After that, there are some other courses that you can take to officiate at swim meets.

We have 2 options to get your level 1 in officiating:

1. Take one of our Club run courses. The dates are listed in the "important dates" part of this email.
2. An online PowerPoint course can be found on our website under members / officiating info /Swimming Canada clinics click here.

Once you have completed the PowerPoint and quiz:

1. Go back to our website under "officiating info." Click on "UCSC form to fill in when you take an Officials' Certification course."
2. Please take all the information on this form and put it in an email to send to our Officials' Coordinator at officials@calgaryswimming.com.

Important dates found on our website I have added info for quick reference: <https://ucsc.poolq.net/>
 Under our “Squad” tabs you will find the following links- all information is on both Churchill and Shouldice group tabs.

- Dare to Care quick reference - Rooms and Dates **This is mandatory for all swimmers!** Please note swimmer dates are for swimmers only and parent dates are for parents only. Parent dates are posted on the website and will be open by the end of September. All UCSC parents and swimmers must take the course.
- Meet list – always subject to change
- List of Days off (Coming soon)– All stat holidays are off.
- What to bring to meets and FAQ for meets **You must read this before your swimmers first meet**
- Monthly calendars – you will always attend during your scheduled group time unless otherwise indicated via email. We have 8 groups in each pool so only come during group time. (ex: CH3 5pm will always show up at 5pm and will simply be indicated as CH on calendar). Below is each group and there slotted swim times:

○ CH Pool	○ SD pool
○ CH1 4 – swims from 4-4:30	○ SD1 4 – swims from 4-4:30
○ CH1 4:30 – swims from 4:30-5	○ SD1 4:30 – swims from 4:30-5
○ CH1 5- swims from 5-5:30	○ SD1 5- swims from 5-5:30
○ CH1 5:30 – swims from 5:30-6	○ SD1 5:30 – swims from 5:30-6
○ Ch2 4 – swims from 4-5	○ SD2 4 – swims from 4-5
○ Ch2 5pm – swims from 5-6	○ SD2 5pm – swims from 5-6
○ CH3 4 pm – swims from 4-5	○ SD3 4 pm – swims from 4-5
○ Ch3 5pm- swims from 5-6	○ SD3 5pm- swims from 5-6

CH pool is currently closed: CH swimmers will be integrating with SD groups and using Foothills pool on Thursdays. **Please read the calendar on the website. Come to your groups scheduled time slot.** We are optimistic that we will be back at CH within the month of September, I will be communicating once we have a confirmed date of re-open.

Shouldice pool deck: **During the CH pool closure, no parents or family members will be allowed on the pool deck or bleachers due to pool deck number restrictions.**

Gear Day: This is only for new swimmers. If you need new swimsuits, flippers, kickboards or other team gear please order it on our website or reach out to our office team. I will pick up orders weekly from the club office, if you need it quickly you may need to go to the office to pick it up yourself. If you have ordered an item and I am grabbing it from the office for you please come and collect it from me/ask for it, I tend to have them in my bag and will **not** hunt your swimmers down to hand them out. They need to collect them personally from me.

New/replacement Caps and Goggles: I will always have new Caps and Goggles with me and the swimmers/parents can ask for them directly from me. I will then note your swimmers name and submit all cap and goggle purchase to the office monthly to be billed to your accounts.

Lost and found from meets: At the end of a meet we will collect all team gear and bring it to both pools for a full week. After that the items will go into the general lost and found. After a meet please make sure you have the correct child's team gear. They tend to grab any yellow shirt at the end of the day mistakenly taking the wrong kids gear home. **Label your child's team gear and re-label it as needed!**

Dare to Care: This is mandatory, and your swimmer must attend during their schedule groups time. I know this is not ideal for everyone and it might mean that they miss another activity. Please prioritize this program. All parents are also required to take the course in person. Event info is currently posted on the website and it will open for sign up by the end of September.

September: September is crazy, here is a quick list of important things to note below. Only attend your groups Dare to Care session: Reference online calendar for group training info.

September 10th

- **CH 2** Dare to Care at U of C 4:30-6pm Room KNA 160
- **CH3** Dare to Care at U or C 4:30-6pm Room KNA 163
- **CH1 / SD1 / SD2 / SD3 First day** – location Shouldice pool. Come for normal group time.

September 12th

- **SD1** Dare to Care at U of C 4:30-6 Room KNB 150
- **CH1** Dare to Care at U of C 4:30-6 Room KNA 163

September 13th

- **SD3 4pm** group Dare to Care U of C 4:30-6 Room KNB 70
- **SD 3 5pm** group Dare to Care U of C 4:30 -6 Room KNA 160

September 14th : Welcome back BBQ! Register on website.

September 17th : Gear Day at Shouldice pool only for **SD2** and **NEW SD3** swimmers – no swimming for these swimmers

September 19th

- **SD2** Dare to Care U of C 4:30-6pm Room KNA 160

September 20th : Gear Day at Shouldice pool only for **SD1** and **CH1** swimmers – no swimming for these swimmers

Picture Day: Dates to come at a later time – on picture day come in yellow team shirt- no swimming that day!

Parent meetings: We will be holding parent meeting in the last week of September. I will confirm dates.

Lastly, and most importantly, if you have any question or concerns, please communicate with me. My staff are on deck to coach your children and are not to be approached. I coach, oversee, direct, and manage the programming for Churchill and Shouldice Groups and am happy to address any questions or concerns you have. On Fridays I am split between the 2 pools. If you need me and I am not at your pool, please send me an email. Unless it is an emergency do not come on deck and talk to the

other coaches. I am happy to set up times to chat in person if you would prefer and I look forward to meeting all the parents and swimmers.

My email is michelle@calgaryswimming.com and I check it frequently.