

VANCOUVER PACIFIC SWIM CLUB

VANCOUVER PACIFIC SWIM CLUB
2024-25 REGISTRATION PACKAGE

ACHIEVING EXCELLENCE
THROUGH COMPETITIVE SWIMMING

WELCOME LETTER FROM THE VPSC COACHING STAFF

The Vancouver Pacific Swim Club Coaching Staff are excited to welcome back all our VPSC members for the 2024-25 Swim Season!

We are extremely excited to start the new season and are very thankful to all our parents and swimmers for joining us this year. Thank you for your continued trust and support.

VPSC has been one of the top age-group swim programs in Vancouver, and in the province, since it was founded in 1992. VPSC has provided swimmers with the opportunity to achieve excellence at the local, Provincial, National, and International levels of competitive swimming. Our mission at VPSC is excellence in and out of the pool through competitive swimming.

We are fortunate to work closely with our facilities, such as the UBC Aquatic Centre, the St. George's Senior School, and the Lord Byng Fitness Centre, to deliver our programming at the highest possible level. We are extremely fortunate to have partners that understand the importance of delivering high quality, competitive swimming opportunities to our members.

VPSC is fully committed to ensuring the health and safety of our swimmers and that each swimmer is maximizing their potential in the water and is given the opportunity to succeed as an athlete.

In preparation for the upcoming season, please read this package carefully before completing the registration process.

We thank you for joining us this year. We are a stronger community because of your involvement, and we look forward to having a great 2024-25 season!

The VPSC Staff

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THE VPSC PROGRAM

The Vancouver Pacific Swim Club believes deeply in the overall development of our members. Whether it be the athlete development or personal growth and development, VPSC understands the privilege and responsibility provided to us to help teach, mentor, and guide our members through their childhood and adolescent years. VPSC will work to develop every swimmer's skill in the water, their athletic strength and agility out of the water as well as their mindset and health to ensure long-term success in and out of the pool.

Our coaching staff, led by the Head Coach Patrick Paradis, have constructed a program development pathway to ensure success for each individual swimmer, regardless of age or current swimming level, reach their full potential. We are fortunate and unique as a program in that we share the UBC Aquatic Centre with the High-Performance Centre Vancouver and UBC Thunderbirds, which provides VPSC and its members with a high-performance environment that is unmatched anywhere else in the province.

The VPSC development model focuses on age/level appropriate training built around technical teaching with a major emphasis placed on developing and increasing each athlete's swimmer IQ. It is our objective to have VPSC swimmers known for being highly educated, hardworking, and mentally and emotionally prepared. We want to lead the province in these areas as we prepare our members for whatever comes next whether it be High Performance swimming, Varsity swimming, swimming for health/fitness, or life after their swimming careers.

VPSC believes strongly that the priority for each of its members should be firstly, their mental and physical well-being, secondly, their academics, and thirdly, their swimming performance. If priority 1 and/or priority 2 are not in a good place, the third priority will be a challenge. However, if the first two priorities are in a good place, the swimming performance becomes far easier for every athlete.

The development of our swimmers is focused not only on attaining skills in practice but on applying those skills in races to achieve success at the highest possible level. Swimming fast is the fun part of the sport and continuing to improve and get faster is extremely important to swimmers as they enter their teen years and progress toward the end of their high school swimming careers. The VPSC development pathway will not skip any steps, nor will we rush the process for any athlete. We will endeavor to raise the ceiling of potential for every VPSC athlete.

In addition to pool training, we will work with our athletes to develop their physical literacy through land work, flexibility work, pre and post practice routines, nutrition, and more. These items will not only support but enhance our athletes' overall results and development.

At VPSC, our goal is to ensure that every swimmer in the program finds their own pathway to success and reaches their full potential in the water. We look forward to helping each of our swimmers reach their potential this year, and for the years to come with VPSC.

CLUB DEVELOPMENT PLAN

VPSC has a series of initiatives to help the club grow and develop. These initiatives are primarily targeted to promote and recruit new, young swimmers into the club, as well as ensure that the swimmers in the club are put in the best position to succeed along our developmental pathway. The following is a list of some of the programming that we hope to implement through the course of the year if protocols in place due to the pandemic permit us to do so.

10 & Under COMPETITIVE/PRE-COMPETITIVE PATHWAY

To encourage more new members, the entry standards for our pre-competitive programming:

VPSC Swim School – Swimmers aged 5-8 (Age as of December 31, 2024) able to swim 25m unassisted, general knowledge of freestyle, backstroke, whip kick and dolphin kick and are deep water safe.

Minis Silver 2 Group – Swimmers aged 7-9 (Age as of December 31, 2024) able to swim 2 x 25m of Freestyle & Backstroke and 25m of Whip Kick & Dolphin Kick as well as being comfortable diving off the blocks.

Minis Silver 1 Group – Swimmers aged 7-9 (Age as of December 31, 2024) able to swim 2 x 25m of Freestyle, Backstroke, Breaststroke, and dolphin kick as well as being comfortable diving off the blocks.

Minis Gold Group – Swimmers aged 8-10 (Age as of December 31, 2024) able to swim 50m of Freestyle, Backstroke, Breaststroke, and 25m of Butterfly. Must also be able to dive Headfirst of the blocks into the water.

Minis Platinum Group – Swimmers aged 9-10 (Age as of December 31, 2024) able to swim a 200 IM under 4:15.

OFFICIATING PATHWAY INCENTIVES

During the 2024-25 season, we have a full slate of hosted competitions throughout the year. We will continue to offer incentives to families to achieve increasingly higher certification levels of officiating as the club needs to build their officiating base of parents. Details on our Officiating Pathway can be found on page 32. All families are expected to have a parent attend a minimum of one new officiating course, as well as attain an officiating level that is appropriate for the group that their swimmer is in. (See page 31)

VPSC CLUB PERFORMANCE SUBSIDY PROGRAM

Competing at the highest levels of competition nationally and internationally, while an impressive achievement and honor, can be very costly. To help support VPSC athletes who achieve the highest levels of our sport, VPSC will provide financial assistance to the swimmers who qualify for and take part in the following VPSC Club Performance Program identified items:

- 2025 Canadian Open (Edmonton, AB – April 10-12, 2025)
- 2025 Canadian Swimming Trials (Victoria, BC – June 6-10, 2025)
- IST Support @ 2025 Canadian Swimming Trials (Victoria, BC – June 6-12, 2025)
- 2025 Summer High Performance Competition (Canadian Summer Nationals or another High-End racing opportunity)
- IST Support @ 2025 Summer High-End racing opportunity
- Race Tek Video (Competition Setting - Race Video)
- Race Tek Video (Practice Setting)
- Financial Support for any VPSC athlete who qualifies and is selected to represent Canada internationally during the 2024-2025 season.

To be eligible for the VPSC Club Performance Subsidy Program, a swimmer must be a member in good standing with VPSC, be qualified for the identified subsidy program opportunity, and take part in the opportunity. The program will focus on specific items as opposed to specific athletes in order to maximize the financial support VPSC is able to provide to our highest performing athletes. This is a transition from the way the athlete/performance subsidy program has operated in the past but will service the performance pathway for VPSC swimmers in a far greater capacity. We are looking forward to the results this support will provide VPSC athletes in the 2024-2025 season and every season moving forward.

REGISTRATION INSTRUCTIONS

Registration for the 2024-25 season must be completed online and should take no more than 15 minutes. Please note that to enhance efficiency and minimize administrative burden, VPSC operates using credit cards (no AMEX) for account payments for each swimmer and does *NOT ACCEPT ANY OTHER FORM OF PAYMENT*.

To complete your registration, you must:

- Confirm your acceptance of the VPSC Parent/Guardian Commitment Agreement
- Confirm your acceptance of the VPSC Parent and Swimmer Code of Conduct
- Confirm your acceptance of the Swim BC Acknowledgement & Acceptance of Risk
- Confirm your acceptance of the VPSC Medical Liability Release
- Complete (to opt-out only) the VPSC Athlete Protection Media Consent Form
- Complete (to opt-out only) the VPSC Parent Communication Consent Form
- Pay \$250 for your Family Membership Fee.

**Links to all the forms mentioned above can be found on the last page of the registration package.*

The Family Membership Fee includes 1 club issued T-Shirt per swimmer, 2 VPSC Swim Caps per swimmer and Club administrative costs. The Family Membership Fee is a non-refundable charge and will be charged immediately upon registration.

Each family is required to earn the number of Volunteer Points listed for their group. Further details can be found on page 28 for every family's requirement as well as how each family can earn their Volunteer Points through the course of the season.

Training Fees	To be charged on 15 th of every month or the first business day following the 15 th should the 15 th fall on a weekend or a Stat Holiday. The first monthly payment for training fees will be processed on August 15 th which will cover the September monthly training fee. This will continue monthly until the end of the season with your final monthly fee being charged on May 15 th or June 15 th depending on the swimmer's group (Please see individual group information pages).
Family Membership Charge	\$250, non-refundable, charged July 15 th . (One charge per family per season)
Volunteer Points	The number of Volunteer Points that each family is required to earn through the course of the season. (Please see Page 28) – Charged with your October 15 th fee payment.
Swim BC/SNC Registration	Cost by age. 8 & Under: \$103.50, 9-10: \$123.50, 11-14: \$165.50, 15 & Over: \$207.50 (TBC by Swim BC) – Charged with your September 15 th fee payment.

Welcome to VPSC!!!

COMPETITIVE PROGRAM STRUCTURE



The VPSC Competitive Program is based on a development pathway that provides the opportunity for each and every swimmer to develop at an age-appropriate level along with athletes of similar age and ability level. The main change to the competitive program is that swimmers will be placed in the section of the program that corresponds with their year of birth (YOB). Swimmers will then be placed in the group in their section that corresponds to their current level of swimming ability in training and competitions. The goal is to ensure that every swimmer will be in an environment that fosters the best pathway forward in their development from a young swimmer to the university level and beyond. As our club and athletes continue to grow and develop, there may be modifications to the group structure to ensure the continued long-term development of all our swimmers.

In addition to the swimmers YOB and their current level of ability, we will use other criteria when placing swimmers in their groups for the season. Attendance at practice and competitions will major components in the swimmers group placement.

The VPSC Program is split into four competitive sections with three subsections for each section. The Senior Program is for swimmers born in 2009 or earlier and will mostly consist of swimmers in grade 10+. The Junior Program is for swimmers born in 2010 & 2011 and will mostly consist of swimmers born in grades 8 & 9 and will service swimmers typically entering their first or second year of high school. The Youth Program is for swimmers born in 2012-2013 and will mostly consist of swimmers in grades 6 & 7. The Minis Program is for swimmers born between 2014-2017 and will serve as our first level of competitive swimming and will service swimmers in grades 2-5. Please see the individual group descriptions on pages 11-25 of this document.

Swimmers will remain in their program sections throughout the season and are not permitted to move to an older or younger section of the club. However, swimmer movement can occur within a program section at points in the season. Any swimmer group movement will be decided by the coaching staff and will be based on the athletes achieved level, results, attendance, coachability and overall readiness. Swimmers may be invited to join another group section from time to time during the season at the coaching staff's discretion.

VPSC SWIM SCHOOL PROGRAM STRUCTURE

In January of 2024, VPSC launched its Swim School Program. The VPSC Swim School serves as the entrance level program for young swimmers who possess a joy for the water and a passion for swimming. It is extremely important to note that **the VPSC Swim School Program is not a learn to swim program, but a learn to competitive swim program**. Swimmers are required to have some swimming background whether it be lessons, swimming recreationally at pools or lakes, or with another swim program previously.

The VPSC Swim School Program is for swimmers aged 5-8 years of age and will be offered over 4 separate sessions (Fall/Winter/Spring/Summer) throughout the season. Each session will run for 8-10 weeks with swimmers having the option of registering for 1 or 2 classes per week with each session running for 45 minutes. The program will have coaches both in and out of the water to work with the swimmers with swimmer to coach ratios of 4-8 swimmers to 1 coach. Once a swimmer has accomplished all of the tasks in the Swim School Program, they will graduate from the Swim School and be offered a place in the competitive program. Parents will receive progress reports at the end of every session.

The entrance for the VPSC Swim School is as follows:

- Swimmers must be able to swim 25m of the pool unassisted safely
- Swimmers must be able to swim unassisted in deep water safely
- Swimmers must be able to flutter kick on their stomach (with a kickboard) & on their back
- Swimmers must be comfortable jumping in the water unassisted

To ensure congruence throughout our programming, the ages for our groups are based on the age of the swimmers on **December 31st, 2024**.

New swimmer assessments will be held between September 3-13, 2024. Swimmers can book assessments and the VPSC Coaching Staff will provide their professional opinion of where each child will have the best opportunity to excel whether it be in the entrance level of the competitive program or the swim school. Swimmers will be re-evaluated at the end of each swim school session. Swimmers who are ready for the competitive program will be invited to join the competitive program at the next start date. The start dates for the competitive program for the 2024-2025 Season will be September 15 2024, January 1, 2025, and April 1, 2025.

SENIOR ELITE

Group Description: This group is the highest performance level group in the VPSC Program and is geared towards high school (Grades 10-12) & university aged swimmers. Swimmers in this group will train towards National level competitions, including Canadian Junior Championships, Canadian Open, Canadian Swimming Trials. Swimmers must commit to a 48–50-week season while maintaining 90% attendance and attend all designated competitions for the group. Swimmers will be focused on working towards making Canadian Junior Teams as well as working toward university and high-performance swimming.

Target Age: Swimmers born in 2009 or earlier

Pre-Requisites: 2023-2024 Western Canadian Open Qualifying Times across multiple events, 90% attendance.

Selection for this group is at the discretion of the Head Coach / Program Director.

Primary Competitions: Swim BC and Swimming Canada hosted events.

Required Equipment: Goggles, Water Bottle, Kickboard, Pull Buoy, ARENA Powerfin Pro Fins, Finis Snorkel (optional), Mesh Equipment Bag, Training Suit, VPSC T-Shirt (1 Provided with Registration), VPSC cap (2 Provided with Registration).

Schedule: Subject to change as we are still working to finalize pool time and land work time. Please note that during certain times throughout the season the groups practice times may be adjusted. Practice time & location changes can be caused by holiday training times, Stat holidays, pool closures, competition and events.

Draft	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	7:30-10:00 UBC		5:30-7:15 St. Georges		5:30-7:15 St. Georges		
PM		4:30-7:00 UBC	4:30-7:00 UBC	4:30-7:00 UBC	4:30-7:00 UBC	4:30-6:45 UBC	

Cost for Group:

Monthly Training Fee*	\$480
Family Membership Charge**	\$250
Volunteer Points Fee***	\$1000
Swim BC/Swimming Canada Registration****	\$207.50 (TBC)

*For the 2024/25 season, training fees will be charged monthly on the 15th of every month. The monthly fee will be charged for 11 months beginning on August 15, 2024 with the final charge coming on June 15, 2025.

**30 days of notice via email to your coach and the Financial Administrator is required if you withdraw before the end of the season.

**There is only one Family Membership Charge per family (Charged on July 15th).

*** There is only one Volunteer Points Fee charge per family at the beginning of the season based on the highest-level family member (Charged on October 15th).

****Swim BC has yet to set this fee for the 2024-2025 season. Once this fee is set families will be informed of the amount and will be charged the Swim BC fee on September 15th.

SENIOR PERFORMANCE

Group Description: This group will be comprised of high school aged (Grade 10-12) swimmers who compete at regional, invitational, and provincial level competitions. Swimmers in this group will be preparing for performances at Swim BC Divisional & Provincial Championship competitions. Swimmers will continue their progress towards qualifying for national-level competitions such as the Canadian Junior Championships.

Target Age: Swimmers born in 2009 or earlier

Pre-Requisites: 2023-2024 Swim BC Divisional standards across multiple events. Must show commitment towards continual improvement and show behaviors that will ensure the success of all swimmers in the group.

Selection for this group is at the discretion of the Head Coach / Program Director & the Senior Performance Coach. The coaching staff reserve the right to accept swimmers that meet some, but not all, requirements for the group.

Primary Competitions: Qualifying and excelling at Swim BC hosted competitions.

Required Equipment: Goggles, Water Bottle, Kickboard, Pull Buoy, ARENA Powerfin Pro Fins, Finis Snorkel (Optional), Mesh Equipment Bag, Training Suit, VPSC T-Shirt (1 Provided with Registration), VPSC cap (2 Provided with Registration).

Schedule: Subject to change as we are still working to finalize pool time and land work time. Please note that during certain times throughout the season the groups practice times may be adjusted. Practice time & location changes can be caused by holiday training times, Stat holidays, pool closures, competition and events.

Draft	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	9:30-12:00 UBC						7:15-9:30 St. Georges
PM		4:30-7:00 UBC	4:45-7:00 St. Georges		4:45-7:00 St. Georges	4:45-6:30 St. Georges	1:15-4:15 UBC

Cost for Group:

Monthly Training Fee*	\$455
Family Membership Charge**	\$250
Volunteer Points Fee***	\$800
Swim BC/Swimming Canada Registration****	\$207.50 (TBC)

*For the 2024/25 season, training fees will be charged monthly on the 15th of every month. The monthly fee will be charged for 11 months beginning on August 15, 2024 with the final charge coming on June 15, 2025.

**30 days of notice via email to your coach and the Financial Administrator is required if you withdraw before the end of the season.

***There is only one Family Membership Charge per family (Charged on July 15th).

**** There is only one Volunteer Points Fee charge per family at the beginning of the season based on the highest-level family member (Charged on October 15th).

*****Swim BC has yet to set this fee for the 2024-2025 season. Once this fee is set families will be informed of the amount and will be charged the Swim BC fee on September 15th.

SENIOR DEVELOPMENT

Group Description: This group will be comprised of high school aged (Grades 10-12) swimmers. Swimmers in this group will be exposed to a multi-faceted training plan that will help them develop, not only their swimming ability, but their overall athletic ability as well. Swimmers in this group will be working towards performing at the LMR Championship-level as they continue their pathway to a Swim BC Divisional Championship level.

Target Age: Swimmers born in 2009 or earlier

Pre-Requisites for Returning VPSC Swimmers: Qualify for Lower Mainland Region (LMR) competitions and show commitment towards continual improvement.

Pre-Requisites for New Swimmer Joining VPSC: Must be able to meet the LMR Championship meet standard, fully participate in the group's meet, and practice schedule and show commitment to continual improvement.

Primary Competitions: LMR Championships and/or equivalent local competitions.

Required Equipment: Goggles, Water Bottle, Kickboard, Pull Buoy, ARENA Powerfin Pro Fins, Finis Snorkel (Optional), Mesh Equipment Bag, Training Suit, VPSC T-Shirt (1 Provided with Registration), VPSC cap (2 Provided with Registration).

Schedule: Subject to change as we are still working to finalize pool time and land work time. Please note that during certain times throughout the season the groups practice times may be adjusted. Practice time & location changes can be caused by holiday training times, Stat holidays, pool closures, competition and events.

Draft	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM	10:00-12:00 UBC	4:30-7:00 UBC			4:45-7:00 St. Georges	4:45-6:30 UBC	2:00-4:15 UBC

Cost for Group:

Monthly Training Fee*	\$405
Family Membership Charge**	\$250
Volunteer Points Fee***	\$600
Swim BC/Swimming Canada Registration****	\$207.50 (TBC)

*For the 2024/25 season, training fees will be charged monthly on the 15th of every month. The monthly fee will be charged for 10 months beginning on August 15, 2024 with the final charge coming on May 15, 2025.

**30 days of notice via email to your coach and the Financial Administrator is required if you withdraw before the end of the season.

***There is only one Family Membership Charge per family (Charged on July 15th).

**** There is only one Volunteer Points Fee charge per family at the beginning of the season based on the highest-level family member (Charged on October 15th).

*****Swim BC has yet to set this fee for the 2024-2025 season. Once this fee is set families will be informed of the amount and will be charged the Swim BC fee on September 15th.

JUNIOR ELITE

Group Description: This group will be comprised of high school aged (Grades 8-9) swimmers at or working towards Canadian Junior Championships, Canadian Open, Canadian Trials competitions. Swimmers in this group are on a path towards high performance at the provincial & national levels and will work closely with the Senior Elite Group. The expectation for swimmers is to be fully committed to all areas off the performance pathway program with VPSC.

Target Age: Swimmers born in 2010 & 2011

Pre-Requisites: Swim BC Provincial standards across multiple events. Must show commitment towards continual improvement and show behaviors that will ensure the success of all swimmers in the group.

Selection for this group is at the discretion of the Head Coach / Program Director & the Junior Program Director. The coaching staff reserves the right to accept swimmers that meet some, but not all, requirements for the group.

Primary Competitions: Invitationals, Swim BC Provincial level competitions, Canadian Junior Championships, and Canadian Trials.

Required Equipment: Goggles, Water Bottle, Kickboard, Pull Buoy, ARENA Powerfin Pro Fins, Finis Snorkel, Mesh Equipment Bag, Training Suit, VPSC T-Shirt (1 Provided with Registration), VPSC cap (2 Provided with Registration).

Schedule: Subject to change as we are still working to finalize pool time and land work time. Please note that during certain times throughout the season the groups practice times may be adjusted. Practice time & location changes can be caused by holiday training times, Stat holidays, pool closures, competition and events.

Draft	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		5:30-7:15 St. Georges		5:30-7:15 St. Georges		9:45-12:15 UBC	
PM	5:45-7:30 St. Georges	4:30-7:00 UBC	4:30-7:00 UBC	4:30-7:00 UBC	4:30-6:45 UBC		

Cost for Group:

Monthly Training Fee*	\$470
Family Membership Charge**	\$250
Volunteer Points Fee***	\$1000
Swim BC/Swimming Canada Registration****	\$165.50 (TBC)

*For the 2024/25 season, training fees will be charged monthly on the 15th of every month. The monthly fee will be charged for 11 months beginning on August 15, 2024 with the final charge coming on June 15, 2025.

**30 days of notice via email to your coach and the Financial Administrator is required if you withdraw before the end of the season.

**There is only one Family Membership Charge per family (Charged on July 15th).

*** There is only one Volunteer Points Fee charge per family at the beginning of the season based on the highest-level family member (Charged on October 15th).

****Swim BC has yet to set this fee for the 2024-2025 season. Once this fee is set families will be informed of the amount and will be charged the Swim BC fee on September 15th.

JUNIOR PERFORMANCE

Group Description: This group will be comprised of high school aged (Grades 8-9) swimmers currently at a BC Provincial or Divisional level working towards Canadian Junior Championships. Swimmers in this group are expected to be fully committed and focused on Regional, Divisional, and Provincial level invitational and championship meets as they work towards the Junior Elite or Senior Performance level groups.

Target Age: Swimmers born in 2010 & 2011

Pre-Requisites: Swim BC Divisional standards across multiple events. Must show commitment towards continual improvement and show behaviors that will ensure the success of all swimmers in the group.

Selection for this group is at the discretion of the Head Coach / Program Director & the Junior Program Director, in consultation with the Junior Performance Lead Coach. The coaching staff reserves the right to accept swimmers that meet some, but not all, requirements for the group.

Primary Competitions: Qualifying and excelling at Swim BC hosted competitions (Divisionals/Provincials), as well as working towards Canadian Junior Championships time standards.

Required Equipment: Goggles, Water Bottle, Kickboard, Pull Buoy, ARENA Powerfin Pro Fins, Finis Snorkel, Mesh Equipment Bag, Training Suit, VPSC T-Shirt (1 Provided with Registration), VPSC cap (2 Provided with Registration).

Schedule: Subject to change as we are still working to finalize pool time and land work time. Please note that during certain times throughout the season the group's practice times may be adjusted. Practice time & location changes can be caused by holiday training times, Stat holidays, pool closures, competition and events.

Draft	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM					5:45-7:30 Lord Byng	9:45-12:15 UBC	9:30-12:00 UBC
PM	5:45-7:30 St. Georges	4:45-7:00 St. Georges		4:45-7:00 St. Georges	4:45-6:30 St. Georges		

Cost for Group:

Monthly Training Fee*	\$435
Family Membership Charge**	\$250
Volunteer Points Fee***	\$800
Swim BC/Swimming Canada Registration****	\$165.50 (TBC)

*For the 2024/25 season, training fees will be charged monthly on the 15th of every month. The monthly fee will be charged for 11 months beginning on August 15, 2024, with the final charge coming on June 15, 2025.

**30 days of notice via email to your coach and the Financial Administrator is required if you withdraw before the end of the season.

***There is only one Family Membership Charge per family (Charged on July 15th).

**** There is only one Volunteer Points Fee charge per family at the beginning of the season based on the highest-level family member (Charged on October 15th).

*****Swim BC has yet to set this fee for the 2024-2025 season. Once this fee is set families will be informed of the amount and will be charged the Swim BC fee on September 15th.

JUNIOR DEVELOPMENT

Group Description: This group will be comprised of high school aged (Grades 8-9) swimmers. Swimmers in this group will be exposed to a multi-faceted training plan aimed at helping them develop as overall athletes parallel to their development as a swimmer. Swimmers in this group are on a pathway towards top performances at the LMR Championship-level and working towards qualifying for Swim BC Divisional-level competitions across multiple events.

Target Age: Swimmers born in 2010 & 2011

Pre-Requisites for Returning VPSC Swimmers: Exceeding LMR Qualification standards across multiple events.

Pre-Requisites for New Swimmer Joining VPSC: Must be able to meet the LMR Championship meet standard, fully participate in the group's meet schedule, and show commitment to continual improvement.

Primary Competitions: LMR Championships and/or equivalent local competitions.

Required Equipment: Goggles, Water Bottle, Kickboard, Pull Buoy, ARENA Powerfin Pro Fins, Finis Snorkel, Mesh Equipment Bag, Training Suit, VPSC T-Shirt (1 Provided with Registration), VPSC cap (2 Provided with Registration).

Schedule: Subject to change as we are still working to finalize pool time and land work time. Please note that during certain times throughout the season the group's practice times may be adjusted. Practice time & location changes can be caused by holiday training times, Stat holidays, pool closures, competition and events.

Draft	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							9:45-11:30 St. Georges
PM		6:45-8:30 St. Georges		6:45-8:30 St. Georges		2:00-4:15 UBC	

Cost for Group:

Monthly Training Fee*	\$285
Family Membership Charge**	\$250
Volunteer Points Fee***	\$600
Swim BC/Swimming Canada Registration	\$165.50 (TBC)

*For the 2024/25 season, training fees will be charged monthly on the 15th of every month. The monthly fee will be charged for 10 months beginning on August 15, 2024, with the final charge coming on May 15, 2025.

*30 days of notice via email to your coach and the Financial Administrator is required if you withdraw before the end of the season.

**There is only one Family Membership Charge per family (Charged on July 15th).

*** There is only one Volunteer Points Fee charge per family at the beginning of the season based on the highest-level family member (Charged on October 15th).

****Swim BC has yet to set this fee for the 2024-2025 season. Once this fee is set families will be informed of the amount and will be charged the Swim BC fee on September 15th.

YOUTH PERFORMANCE

Group Description: This group will be comprised of elementary school aged (Grades 6-7) swimmers. Swimmers in this group are beginning their progression towards a performance pathway as competitive swimmers. Swimmers will work to advance their skills as they progress to Swim BC Provincial level competitions (Divisionals & Provincials). The expectation for swimmers in this group is to be fully committed to the program, both in and out of the pool, as they work towards entering the Junior Program upon entering high school.

Target Age: Swimmers born in 2012 & 2013

Pre-Requisites: Swim BC Divisional standards across multiple events. Must show commitment towards continual improvement and show behaviors that will ensure the success of all swimmers in the group.

Selection into this group is at the discretion of the Head Coach / Program Director & the Youth Program Director. The coaching staff reserves the right to accept swimmers that meet some, but not all, requirements for the group.

Primary Competitions: LMR Championships, Swim BC Divisionals, and Swim BC Provincials.

Required Equipment: Goggles, Water Bottle, Kickboard, Pull Buoy, ARENA Powerfin Pro Fins, Finis Snorkel, Mesh Equipment Bag, Training Suit, VPSC T-Shirt (1 Provided with Registration), VPSC cap (2 Provided with Registration).

Schedule: Subject to change as we are still working to finalize pool time and land work time. Please note that during certain times throughout the season the group's practice times may be adjusted. Practice time & location changes can be caused by holiday training times, Stat holidays, pool closures, competition and events.

Draft	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5:45-7:30 Lord Byng					7:15-9:30 St. Georges	
PM		4:45-7:00 UBC	5:45-7:30 St. Georges	4:45-6:30 UBC	6:30-7:45 UBC		

Cost for Group:

Monthly Training Fee*	\$375
Family Membership Charge**	\$250
Volunteer Points Fee***	\$800
Swim BC/Swimming Canada Registration****	\$165.50 (TBC)

*For the 2024/25 season, training fees will be charged monthly on the 15th of every month. The monthly fee will be charged for 11 months beginning on August 15, 2024, with the final charge coming on June 15, 2025.

**30 days of notice via email to your coach and the Financial Administrator is required if you withdraw before the end of the season.

***There is only one Family Membership Charge per family (Charged on July 15th).

**** There is only one Volunteer Points Fee charge per family at the beginning of the season based on the highest-level family member (Charged on October 15th).

*****Swim BC has yet to set this fee for the 2024-2025 season. Once this fee is set families will be informed of the amount and will be charged the Swim BC fee on September 15th.

YOUTH DEVELOPMENT A

Group Description: This group will be comprised of elementary school aged (Grades 6-7) swimmers. Swimmers in this group will begin their path towards qualifying for LMR Championship competitions as they develop as overall athletes and work towards the BC Divisional Championships level. The expectation for the swimmers in this group is to be fully committed and coachable as they develop their skills in preparation for the next step in their young swimming careers.

Target Age: Swimmers born in 2012 & 2013

Pre-Requisites: Exceeding LMR Qualification standard. Swimmers must be able to show a willingness to learn and be coachable to ensure optimal development in the sport.

Selection into this group is at the discretion of the Head Coach / Program Director & the Youth Program Director, in consultation with the Youth Development A Lead Coach. The coaching staff reserves the right to accept swimmers that meet some, but not all, requirements for the group.

Primary Competitions: LMR Championships and Invitational Competitions.

Required Equipment: Goggles, Water Bottle, Kickboard, Pull Buoy, ARENA Powerfin Pro Fins, Finis Snorkel, Mesh Equipment Bag, Training Suit, VPSC T-Shirt (1 Provided with Registration), VPSC cap (2 Provided with Registration).

Schedule: Subject to change as we are still working to finalize pool time and land work time. Please note that during certain times throughout the season the group's practice times may be adjusted. Practice time & location changes can be caused by holiday training times, Stat holidays, pool closures, competition and events.

Draft	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM						9:00-11:00 St. Georges	9:45-11:30 St. Georges
PM	7:15-8:30 St. Georges		7:15-8:30 St. Georges	6:45-8:30 St. Georges			

Cost for Group:

Monthly Training Fee*	\$300
Family Membership Charge**	\$250
Volunteer Points***	\$600
Swim BC/Swimming Canada Registration****	\$165.50 (TBC)

*For the 2024/25 season, training fees will be charged monthly on the 15th of every month. The monthly fee will be charged for 10 months beginning on August 15, 2024, with the final charge coming on May 15, 2025.

**30 days of notice via email to your coach and the Financial Administrator is required if you withdraw before the end of the season.

***There is only one Family Membership Charge per family (Charged on July 15th).

**** There is only one Volunteer Points Fee charge per family at the beginning of the season based on the highest-level family member (Charged on October 15th).

*****Swim BC has yet to set this fee for the 2024-2025 season. Once this fee is set families will be informed of the amount and will be charged the Swim BC fee on September 15th.

YOUTH DEVELOPMENT B

Group Description: This group will be comprised of elementary school aged (Grades 6-7) swimmers. Swimmers in this group will begin their path towards qualifying for LMR level competitions as they develop as overall athletes and work towards the LMR Championships level. The expectation for the swimmers in this group is to be fully committed and coachable as they develop their skills in preparation for the next step in their young swimming careers. The swimmers will compete at local PASS meets until they achieve their LMR standard allowing them to progress to invitational competitions.

Target Age: Swimmers born in 2012 & 2013

Pre-Requisites: Swimmers must be able to swim all 4 strokes and complete a legal 200 IM as well as show a willingness to learn and be coachable to ensure optimal development in the sport.

Primary Competitions: PASS Meets working towards LMR Standard to attend invitational competitions.

Required Equipment: Goggles, Water Bottle, Kickboard, Pull Buoy, ARENA Powerfin Pro Fins, Finis Snorkel, Mesh Equipment Bag, Training Suit, VPSC T-Shirt (1 Provided with Registration), VPSC cap (2 Provided with Registration).

Schedule: Subject to change as we are still working to finalize pool time and land work time. Please note that during certain times throughout the season the group's practice times may be adjusted. Practice time & location changes can be caused by holiday training times, Stat holidays, pool closures, competition and events.

Draft	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							9:45-11:00 UBC
PM	7:15-8:30 St. Georges		7:15-8:30 St. Georges			3:00-4:15 UBC	

Cost for Group:

Monthly Training Fee*	\$255
Family Membership Charge**	\$250
Volunteer Points Fee***	\$600
Swim BC/Swimming Canada Registration****	\$165.50 (TBC)

*For the 2024/25 season, training fees will be charged monthly on the 15th of every month. The monthly fee will be charged for 10 months beginning on August 15, 2024, with the final charge coming on May 15, 2025.

**30 days of notice via email to your coach and the Financial Administrator is required if you withdraw before the end of the season.

***There is only one Family Membership Charge per family (Charged on July 15th).

**** There is only one Volunteer Points Fee charge per family at the beginning of the season based on the highest-level family member (Charged on October 15th).

*****Swim BC has yet to set this fee for the 2024-2025 season. Once this fee is set families will be informed of the amount and will be charged the Swim BC fee on September 15th.

MINIS PLATINUM

Group Description: This group will be comprised of elementary school aged (Grades 4-5) swimmers who have achieved their Lower Mainland Region (LMR) standard of swimming a 200 IM in under 4:00. The swimmers will be entering the entrance level of Swim BC sanctioned competitions after competing at PASS meets up until this point. The swimmers will be exposed to a multi-faceted training plan aimed at helping them develop as overall athletes through technical skill development as they embark on their path towards performing at the LMR Championship-level.

Target Age: Swimmers born in 2014 & 2015

Pre-Requisites: Qualify for Lower Mainland Region (LMR) regional competitions and show commitment towards continual improvement. Selection into this group is at the discretion of the Head Coach / Program Director & the Minis Program Director.

Primary Competitions: LMR Championships and/or equivalent local competitions.

Required Equipment: Goggles, Water Bottle, Kickboard, ARENA Powerfin Pro Fins, Finis Snorkel, Mesh Equipment Bag, Training Suit, VPSC T-Shirt (1 Provided with Registration), VPSC cap (2 Provided with Registration).

Schedule: Subject to change as we are still working to finalize pool time and land work time. Please note that during certain times throughout the season the group’s practice times may be adjusted. Practice time & location changes can be caused by holiday training times, Stat holidays, pool closures, competition and events.

Draft	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM						9:00-11:00 St. Georges	
PM		6:45-8:30 St. Georges	5:45-7:30 St. Georges	6:15-8:00 UBC	6:30-7:45 UBC		

Cost for Group:

Monthly Training Fee*	\$285
Family Membership Charge**	\$250
Volunteer Points Fee***	\$600
Swim BC/Swimming Canada Registration****	\$123.50 (TBC)

*For the 2024/25 season, training fees will be charged monthly on the 15th of every month. The monthly fee will be charged for 10 months beginning on August 15, 2024, with the final charge coming on May 15, 2025.

**30 days of notice via email to your coach and the Financial Administrator is required if you withdraw before the end of the season.

**There is only one Family Membership Charge per family (Charged on July 15th).

*** There is only one Volunteer Points Fee charge per family at the beginning of the season based on the highest-level family member (Charged on October 15th).

****Swim BC has yet to set this fee for the 2024-2025 season. Once this fee is set families will be informed of the amount and will be charged the Swim BC fee on September 15th.

MINIS GOLD

Group Description: This group is the second level of the VPSC Minis Program and will be comprised of elementary school aged (Grades 3-5) swimmers. The focus of this group is to teach swimmers skills necessary in all aspects of competitive swimming as they continue their journey towards regional and provincial level swimming.

Target Age: Swimmers born in 2014, 2015, 2016

Pre-Requisites: Swimmers must be able to swim all 4 strokes as well as a 100 IM as well as perform dives and turns effectively. Swimmers who are working towards and on the cusp of achieving their Lower Mainland Region (LMR) standard of swimming a 200 IM under 4:00. Selection into this group is at the discretion of the Head Coach / Program Director & the Minis Program Director.

Primary Competitions: VPSC Hosted PASS Meets, PASS Meets hosted by other clubs and Swim BC sanctioned meets.

Required Equipment: Goggles, Water Bottle, Kickboard, Long Fins, Mesh Equipment Bag, Training Suit, VPSC T-Shirt (1 Provided with Registration), VPSC cap (2 Provided with Registration).

Schedule: Subject to change as we are still working to finalize pool time and land work time. Please note that during certain times throughout the season the group's practice times may be adjusted. Practice time & location changes can be caused by holiday training times, Stat holidays, pool closures, competition and events.

Draft	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM						6:45-8:00 Lord Byng	
PM	4:45-6:00 Lord Byng		4:45-6:00 Lord Byng		4:15-6:00 Lord Byng		

Cost for Group:

Monthly Training Fee*	\$250
Family Membership Charge**	\$250
Volunteer Points Fee***	\$400
Swim BC/Swimming Canada Registration****	\$103.50-123.50 (TBC)

*For the 2024/25 season, training fees will be charged monthly on the 15th of every month. The monthly fee will be charged for 10 months beginning on August 15, 2024, with the final charge coming on May 15, 2025.

**30 days of notice via email to your coach and the Financial Administrator is required if you withdraw before the end of the season.

***There is only one Family Membership Charge per family (Charged on July 15th).

**** There is only one Volunteer Points Fee charge per family at the beginning of the season based on the highest-level family member (Charged on October 15th).

*****Swim BC has yet to set this fee for the 2024-2025 season. Once this fee is set families will be informed of the amount and will be charged the Swim BC fee on September 15th.

MINIS SILVER 1

Group Description: This group will be comprised of elementary school aged (Grades 2-4) swimmers and will teach swimmers skills necessary for competitive swimming. This includes learning all four competitive strokes (Freestyle, Backstroke, Breaststroke, and Butterfly). Swimmers will also be taught starts and turns for all events.

Target Age: Swimmers born in 2015, 2016, 2017

Pre-Requisites: Able to swim 2 x 25m of freestyle, backstroke, breaststroke, dolphin kick as well as diving from the blocks. Selection into this group is at the discretion of the Head Coach / Program Director and the Minis Program Director.

Primary Competitions: VPSC Hosted PASS Meets.

Required Equipment: Goggles, Water Bottle, Kickboard, Long Fins, Mesh Equipment Bag, Training Suit, VPSC T-Shirt (1 Provided with Registration), VPSC cap (2 Provided with Registration).

Schedule: Subject to change as we are still working to finalize pool time and land work time. Please note that during certain times throughout the season the group's practice times may be adjusted. Practice time & location changes can be caused by holiday training times, Stat holidays, pool closures, competition and events.

Draft		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AM						7:45-9:00 Lord Byng	
Silver 1	PM	3:45-5:00 Lord Byng		3:45-5:00 Lord Byng				

Cost for Group:

Monthly Training Fee*	\$205
Family Membership Charge**	\$250
Volunteer Points Fee***	\$400
Swim BC/Swimming Canada Registration****	\$103.50-123.50 (TBC)

*For the 2024/25 season, training fees will be charged monthly on the 15th of every month. The monthly fee will be charged for 10 months beginning on August 15, 2024, with the final charge coming on May 15, 2025.

**30 days of notice via email to your coach and the Financial Administrator is required if you withdraw before the end of the season.

**There is only one Family Membership Charge per family (Charged on July 15th).

*** There is only one Volunteer Points Fee charge per family at the beginning of the season based on the highest-level family member (Charged on October 15th).

****Swim BC has yet to set this fee for the 2024-2025 season. Once this fee is set families will be informed of the amount and will be charged the Swim BC fee on September 15th.

MINIS SILVER 2

Group Description: This group will be comprised of elementary school aged (Grades 2-4) swimmers and will teach swimmers skills necessary for competitive swimming. This includes learning all four competitive strokes (Freestyle, Backstroke, Breaststroke, and Butterfly). Swimmers will also be taught starts and turns for all events.

Target Age: Swimmers born in 2015, 2016, 2017

Pre-Requisites: Able to swim 2 x 25m of freestyle and backstroke, 25m of whip kick & dolphin Kick as well as diving from the blocks. Selection into this group is at the discretion of the Head Coach / Program Director and the Minis Program Director.

Primary Competitions: VPSC Hosted PASS Meets.

Required Equipment: Goggles, Water Bottle, Kickboard, Long Fins, Mesh Equipment Bag, Training Suit, VPSC T-Shirt (1 Provided with Registration), VPSC cap (2 Provided with Registration).

Schedule: Subject to change as we are still working to finalize pool time and land work time. Please note that during certain times throughout the season the group's practice times may be adjusted. Practice time & location changes can be caused by holiday training times, Stat holidays, pool closures, competition and events.

Draft		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AM						7:45-9:00 Lord Byng	
Silver 2	PM		5:45-7:00 Lord Byng		5:45-7:00 Lord Byng			

Cost for Group:

Monthly Training Fee*	\$205
Family Membership Charge**	\$250
Volunteer Points Fee***	\$400
Swim BC/Swimming Canada Registration****	\$103.50-123.50 (TBC)

*For the 2024/25 season, training fees will be charged monthly on the 15th of every month. The monthly fee will be charged for 10 months beginning on August 15, 2024, with the final charge coming on May 15, 2025.

**30 days of notice via email to your coach and the Financial Administrator is required if you withdraw before the end of the season.

***There is only one Family Membership Charge per family (Charged on July 15th).

**** There is only one Volunteer Points Fee charge per family at the beginning of the season based on the highest-level family member (Charged on October 15th).

*****Swim BC has yet to set this fee for the 2024-2025 season. Once this fee is set families will be informed of the amount and will be charged the Swim BC fee on September 15th.

VPSC FITNESS TRAINING PROGRAM

The VPSC Fitness Training Program is a swim program designed for high school aged swimmers who are born in 2011 or earlier. This program is a non-competitive program which will run almost exclusively at UBC on Saturday and Sunday weekly. There may be times where the practices will be moved to St. Georges or Lord Byng due to UBC events or closures.

As this is a non-competitive program, swimmers in the Fitness Training Program will not compete at meets, however, the swimmers may be invited to local VPSC swim meets from time to time at the coaching staff's discretion. Attendance at these meets will be optional for the swimmer.

The Fitness Training Program will run from September 2024 to June 2025 with breaks coming in December (Holiday Break) and March (Spring Break).

Swimmers in the Fitness Training Program are able to move into a competitive program provided there is space in the group. Swimmers will need to show commitment to their training schedule and meet competitive programming requirements for their age. Additional fees will be incurred to participate in Swim BC sanctioned competitions.

Under our group structure for the non-competitive program, our primary criteria for group placement will be based on the swimming skills from previous programs or assessments completed by VPSC coaching staff. These entry standards are as follows:

- Swimmers Previously registered with VPSC, or another program
- Swimmers must have previously competed in the 100 Free, 100 Back, 100 Breast, 25 Fly
- Swimmers who have not swam competitively previously must have completed Red Cross 10

To ensure congruence throughout our programming, the ages for our groups are based on the age of the swimmers on **December 31st, 2024**. Group placements are based on this age, as well as coaching staff's discretion. This ensures that the coaches of the Fitness Training Program can develop appropriate programming.

FITNESS TRAINING PROGRAM

Group Description: Swimmers in this program are interested in continuing to swim and train, but are either involved in multiple other activities or are generally more casually interested in the sport.

Target Age: Swimmers born in 2011 or earlier

Pre-Requisites for New Swimmer Joining VPSC: previously registered in VPSC, or equivalent to a legal 200 FR, 100 BK, 100 Breaststroke, and 25 Fly.

Required Equipment: Goggles, Water Bottle, Pull Buoy, Fins, Kickboard Mesh Equipment Bag, Training Suit, VPSC T-Shirt (1 Provided with Registration), VPSC cap (2 Provided with Registration).

Schedule: Subject to change as we are still working to finalize pool time and land work time. Please note that during certain times throughout the season the group's practice times may be adjusted. Practice time & location changes can be caused by holiday training times, Stat holidays, pool closures, competition and events

Draft	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							10:45-12:00 UBC
PM						3:00-4:15 UBC	

Cost for Group:

Monthly Training Fee*	\$200
Family Membership Charge**	\$250
Volunteer Points Fee***	\$400
Swim BC/Swimming Canada Registration****	\$207.50 (TBC)

*For the 2024/25 season, training fees will be charged monthly on the 15th of every month. The monthly fee will be charged for 10 months beginning on August 15, 2024, with the final charge coming on May 15, 2025.

**30 days of notice via email to your coach and the Financial Administrator is required if you withdraw before the end of the season.

**There is only one Family Membership Charge per family (Charged on July 15th).

*** There is only one Volunteer Points Fee charge per family at the beginning of the season based on the highest-level family member (Charged on October 15th).

****Swim BC has yet to set this fee for the 2024-2025 season. Once this fee is set families will be informed of the amount and will be charged the Swim BC fee on September 15th.

FUNDRAISING EXPECTATIONS

Fundraising is a key component to the financial health of our club and programs. We rely on fundraising initiatives to meet our club's expenses, focusing on minimizing training fee increases. VPSC, as a non-profit organization, relies on and encourages our members to participate in all fundraising campaigns to keep the total cost of all groups in the club at a reasonable level.

Pool costs and coaching represent over 85% of the total budget. The Fundraising Committee, under the direction of the Board of Directors, plans and implements fundraising projects such as the Swim-A-Thon event, swim meet sponsorship, swim meet hosting, special clinics, among others. Club Members are welcome to join the committee.

Swim-A-Thon

The yearly Swim-A-Thon, held in May, is our largest fundraising event each year historically representing over 75% of our fundraising objectives. For the Swim-A-Thon, swimmers raise funds by collecting donations for swimming laps with the goal of raising the minimum amount suggested by the club. Goals for each swimmer are scaled depending on the level or group the swimmer is in. Bonus prizes are offered for swimmers who raise the most in donations.

The May 2025 Swim-A-Thon will be a fun-focused event with relays and games followed by food outside for all participating athletes.

Swim Meet Hosting

VPSC is involved in hosting all levels of swim meets throughout the swim season. Each swim meet is an opportunity for our club to raise money through registration and providing volunteers. Club members are encouraged to assist in the operation of the meets in various capacities with the financial goal being a profitable event.

VOLUNTEER POINTS PROGRAM

Throughout the course of the year, ALL VPSC families are expected to volunteer to ensure that the club can run high quality swim meets and events. The expectations for volunteering increase as your swimmer progresses through the club. **The club operates a points program that has members pay a volunteer deposit at the start of the season that they can earn back by signing up for volunteer jobs at meets and events during the season.** The table below outlines the volunteer requirement by club section. Families with multiple swimmers in the club are only required to pay one volunteer deposit per family. For families with multiple swimmers in the club, the volunteer points needed per season will be based on the swimmer from the family with the highest volunteer requirement in the club. **One member in every family of swimmer(s) must participate in volunteering (in any capacity) in at least 1 session per swim meet in at least 2 separate VPSC hosted swim meets.**

GROUPS	POINTS NEEDED PER YEAR	START OF YEAR DEPOSIT
Senior Elite, Junior Elite	100 Points	\$ 1,000
Senior Performance, Senior Development, Junior Performance, Youth Performance	80 Points	\$ 800
Junior Development, Youth Development A, Youth Development B, Minis Platinum	60 Points	\$ 600
Minis Gold, Minis Silver, Fitness Program	40 Points	\$ 400

Credits for the earned volunteer points will be processed in January and May/June of 2025. As families acquire volunteer points throughout the season these points are posted on their Family Billing Account under Job Credits. It is the responsibility of each family to review their account on our website to see where they are with respect to earning back credits. If at any time you require assistance with this, please feel free to contact finance@vancouverpacificswimclub.com

There are numerous opportunities with VPSC to earn volunteer points throughout the year. The tables that follow outline the roles and the volunteer points associated with each role.

Year-Round Volunteer Roles

ROLE	POINTS EARNED
Board of Directors (President, VP, Treasurer, Secretary)	100 points per year
Board of Directors at Large	75 points per year
Equipment Coordinator	75 points per year
Fundraising & Sponsorship Coordinator	75 points per year
Club Officials Administrator (COA)	75 points per year
Volunteer Coordinator	75 points per year
Hospitality Coordinator	75 points per year
Parent Group Liaison	25 points per year

Officiating Roles at a Meet

ROLE	POINTS EARNED
Safety Marshal	2 points per session
Timekeeper	5 point per session
Stroke & Turn	8 points per session
Chief Timekeeper	10 points per session
Meet Manager	50 points per meet (multiple days required before, during and 1 after the meet)
Meet Manager/Office Assistant	10 points per session
Administration Desk	15 points per session
Starter	15 points per session
Recorder/Scorer (Hy-Tek)	15 points per session
Chief Judge Electronics (CJE)/Chief Finish Judge (CFJ)	15 points per session
Quantum Operator	15 points per session
Referee	15 points per session

Volunteer Roles at a Meet

ROLE	POINTS EARNED
Volunteer/Team Check-in	5 point per session
Checkpoint / Door Monitor	8 points per session
Runner	5 points per session
Awards Coordinator	25 points per meet (multiple days required before)
Awards Assistant	5 points per session
Meet Photographer (if allowed)	10 points per session
Event Set-up	10 points per meet
Event Tear Down	10 points per meet
Chaperone (Drop Off and Pick Up Pass Meets)	2 points per meet
Hospitality – Food Prep if required	5 points per session
Hospitality – Shopping before event	10 points per event
Hospitality – Drop off and pick up	5 points per session

We also have other opportunities throughout the year for parents to earn additional points:

Other Volunteer Opportunities

ROLE	POINTS EARNED
Lead Team Manager on Away Trips	30 Points per Team Trip
Team Manager on Away Trips	15 points per day
Event Photographer	10 Points per event
Club Event Hospitality	10 points per event
Club Event Assistant - organization, set-up, clean-up	10 points per event
Translator	4 points per document
Attend Annual General Meeting	2 points

Throughout the course of the year, there may be volunteer opportunities that are not listed above. Points awarded for these additional duties will be given at the discretion of the Volunteer Coordinator, Financial Administrator, and Head Coach. In addition, up to 15% of the total volunteer points needed in the year can be earned by volunteering at non-VPSC meets that VPSC swimmers are attending.

HOSTED SWIM MEETS AND OFFICIATING REQUIREMENTS

Swim meets are a vital part of providing a great competitive swimming experience for our members. Hosting competitions allows our swimmers to compete at a world-class facility without having to travel while also providing the club with an additional revenue source during the year.

To host a successful meet, the club requires dozens of volunteers to provide a high-quality competitive opportunity to our swimmers and our community. Swim meets are 2 to 4 days in duration with 2 to 3 sessions per day. A session is typically 3 to 4 hours in length. Below is a list of various volunteer officials we require to host a meet at our pools:

UBC Aquatic Centre - 10 Lane Pool (Invitational & Championship Competitions)

Official	Needed per session
Timer	12 - 32
Safety Marshall	4-6
Judge of Stroke/Inspector of Turns	14-24
Administration Desk	2
Chief Timekeeper	1 – 2
Chief Judge Electronics	1
Recorder Scorer (Hy-Tek)	1
Quantum Operator	2
Starter	2
Meet Manager	1
Referee	2

St. George's Pool - 6 Lane Pool (PASS Meet Competitions)

Official	Needed per session
Timer	16-18
Safety Marshall	2-4
Judge of Stroke/Inspector of Turns	10-12
Administration Desk	1
Chief Timekeeper	1
Starter	1
Meet Manager	1
Referee	1

The club's goal is to ensure that every parent reaches a minimum standard of officiating education so that they can contribute to the club as effectively as possible. The following shows the officiating levels the club expects parents to achieve within each swimmer group. The expectation is that all new families have one parent become a Level 1 Certified Official by **December 31, 2024**, and all returning families should be working on Level 2 or 3. The courses required to achieve certification can be done online through the Swim BC RTR system and/or by attending in-person clinics the club will be providing at strategic points in the competitive season. All information required to facilitate this is available on our website. Also watch for emails from the Club Officials Administrator (COA) officials@vancouverpacificswimclub.com.

GROUPS	OFFICIATING COURSES COMPLETED
Senior Groups	Swimming 101 + Stroke & Turn + 2 of Administration Desk, Chief Timer, Starter, Recorder/Scorer and Chief Judge of Electronics, Meet Manager
Junior Groups	Swimming 101 + Stroke & Turn + 1 of Administration Desk, Chief Timer, Starter, Recorder/Scorer and Chief Judge of Electronics
Youth and Comp Dev groups	Swimming 101 + Stroke & Turn
Gold, Silver, Bronze	Swimming 101

Once you have your Level 1 Certification, the club would like to incentivize families to continually progress through the officiating pathway throughout the course of the year. To encourage this, we are offering the following incentives to accelerate the number of qualified officials within the club:

OFFICIATING LEVEL	CREDIT EARNED
Become a Level 2 Certified Official	\$100 credit to your account
Become a Level 3 Certified Official	\$500 credit to your account
Become a Level 4 Certified Official	\$1,000 credit to your account
Become a Level 5 Certified Official	\$1,500 credit to your account

For more information on what is currently available please visit our website under Member Info/Officials Training or contact the Club Officials Administrator at officials@vancouverpacificswimclub.com.

FORMS AND CLUB POLICIES

By completing registration, you are consenting to the VPSC Club Policies which can be found by following the link below.

Mandatory Forms/Policies:

<https://www.vancouverpacificswimclub.com/menu/registration-forms>

The following two policies have an opt out option for those who do not wish to consent to these policies:

[PARENT COMMUNICATION CONSENT FORM](#)

[ATHLETE PROTECTION MEDIA CONSENT FORM](#)

Thank you for being a part of the Vancouver Pacific Swim Club for the 2024-25 season.

Go VPSC!!!