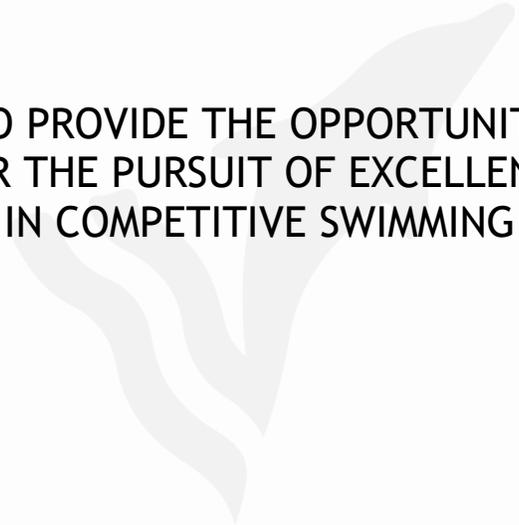


# VANCOUVER PACIFIC SWIM CLUB

VANCOUVER PACIFIC SWIM CLUB  
2020-21 REGISTRATION PACKAGE

TO PROVIDE THE OPPORTUNITY  
FOR THE PURSUIT OF EXCELLENCE  
IN COMPETITIVE SWIMMING



# WELCOME LETTER FROM THE DIRECTOR OF SWIMMING

Welcome to All Vancouver Pacific Swim Club members to the 2020-21 Swim Season!

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

VPSC has been the top age-group swim program in Vancouver, and one of the best across the province, since it was founded in 1992. Since inception, VPSC has provided numerous swimmers the opportunity to achieve excellence at the local, Provincial, National and International levels of competitive swimming. Our mission at VPSC is to provide the opportunity to pursue excellence in competitive swimming.

The last few months have brought some challenging times to the club and to our swimming community as a whole. The challenges brought on by the COVID-19 Pandemic have been unprecedented. We are grateful for all of the swimmers who stayed with us through the spring and summer to do our Virtual VPSC program, as well as our Pre-Season Camps. It shows a tremendous amount of dedication and commitment to continue to be a part of our programming in spite of the challenges that have arisen.

This year, we are very happy to provide excellent coaching and programming for our swimmers as we work with our facilities to restart and grow our in-water programming. That being said, as is the case in many fields dealing with COVID-19, our programming may adapt and change to the circumstances that are available to us. VPSC will continue to make the health and safety of our swimmers, families and staff our highest priority during this pandemic and work with all our governing bodies in order to do so. Our coaching staff remains committed to ensuring that our swimmers develop as athletes and as people during this time, regardless of the challenges we may have.

We are fortunate to work closely with our facilities, such as the UBC Aquatic Centre, the St. George's Senior School and the Kerrisdale Community Center, to deliver our programming at the highest possible level. As we navigate through the next few months, we are very fortunate to have partners that understand the importance of delivering high quality, competitive swimming opportunities to our members.

In preparing for the season, there will be a number of changes in the registration process and, potentially, how our program is delivered through the year. No matter what, our club 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.

We thank you for joining us this year. We are stronger a community because of your involvement and we look forward to taking on this challenge with you during the 2020-21 season.



Brian Johns  
Head Coach/Director of Swimming

## **2020-2021 VPSC Registration Update from the Board**

2020 has been an extremely challenging year for the VPSC Community and we offer a heartfelt thank you to all members for your incredible support and understanding through the process. From March 16<sup>th</sup> on, VPSC has provided programming all aimed at offering training and most importantly, keeping our community together. Pool space allowing the club to offer 2020-2021 programming has been contracted with training officially starting September 12<sup>th</sup>.

### **LIMITED FACILITY SPACE**

While September is the normal start of a season, that is where normal ends and the reality of the limitations upon all activities become the focus. VPSC is offering in water and dryland programming with the in-water programming limited to the total lanes and limits on how many swimmers are allowed per lane. In previous years we had no limits on swimmers per lane and are now limited to 2 per lane at all facilities, a substantial reduction from the 5-6 previously used per lane. Per lane numbers will increase over time but when that is, we simply do not know. Facilities set the lane limits and will increase limits as they gain comfort the pandemic is easing and as important, they gain increased comfort in our members ability to follow the strict protocols around pool access and use. We thank you for your understanding, acceptance and adherence to the current rules around pool access and can state those practices will continue for some time. As mentioned in club wide emails, VPSC will mandate and insist all facility policies are followed with a zero tolerance for non-compliance, as any breach of rules by VPSC puts our access to that particular facility at risk.

### **REGISTRATION**

Having already explained the fall will be different, the start of that is registration. The \$250.00 yearly family membership fee is consistent with past years and is refundable should programming not be available or sufficient for the family once the season starts. We encourage those who have not yet pre-registered and who intend to participate in the fall to do so as soon as possible as families who have pre-registered have priority when programming is being scheduled. Families from outside VPSC who have expressed interest in joining have been placed on a waiting list and will be accepted, subject to space, after a reasonable amount of time has been given for last year's member families to confirm intent to participate by pre-registering. Tuesday, September 8<sup>th</sup> will be considered as the end of exclusivity for last year's members.

### **GROUPS AND COSTS**

Every effort is being made to include as many members as possible into available pool space and in most cases, time and facilities for groups will be different than last year. Facility costs have increased and swimmers per lane decreased for the time being, a financial reality for VPSC as we budget for programming. With the unknown of when an increase of swimmers per lane will occur, the club will be invoicing all members month by month, at the beginning of the month of services provided, based on what we know will be the costs for that month. While the family membership is annual, programming fees will be month to month until consistent and expanded pool time is in place.

With groups and pool space, the focus is on offering as much pool time as possible for as many as possible which could mean limited hours of training depending on space and registered numbers. All age groups will be scheduled with a potential limit on how many per age group as a guide. In all groupings, commitment and attendance will be strictly monitored and enforced during this unique time. With pool space being limited, we ask that those registering be committed to the times scheduled so there are not empty lane spaces.

Due to your phenomenal support and participation in programming offered from March on, and due to various government subsidies and grants, VPSC is in better financial shape than many other swim clubs across the province. We are working diligently to keep costs and fees as reasonable as possible and will provide updates as the weeks progress.

Thank you again for your incredible support and understanding from March until now and into the coming year. We know “normal” will happen but have no idea when that will be. Until that time, we can and will, all work together to build and showcase VPSC as a strong community and an example for other clubs to follow!

Don Currie

*VPSC President*

# VPSC COVID-19 RETURN TO SWIMMING PLAN

## Prior To Arrival

VPSC has Adopted Illness Policy from Swim BC. This can be found in **Appendix A**

Prior to starting any activities, swimmers will be required to sign an Acknowledgement and Acceptance of risk form. Swimmers who have not completed this will not be permitted to return to activity with the club. This can be found in **Appendix B**.

Prior to attending any club activities, swimmers will also be required to sign the Club Participation Agreement. Swimmers who have not completed this will not be permitted to return to activity with the club. Signed copies will be kept on record at the VPSC Office. This can be found in **Appendix C**.

Swimmers should not participate or come to the facility if:

- They don't feel well or are displaying symptoms of COVID-19
- Someone in their household has COVID-19 or is showing symptoms of COVID-19
- Has travelled outside of Canada within the last 14 days
- Someone in their household has travelled outside of Canada in the last 14 days

If a swimmer does exhibit COVID-19 symptoms, they, or their family, should immediately communicate this to the coach of their group. Their absence will be recorded accordingly.

## Pre-Screening

For all in-person workouts, whether it is for dryland or in the water, swimmers will be required to do the following:

- 1) All swimmers and coaches must check-in with the COVID Ambassador. This may be a Volunteer or a Coach.
- 2) Use the hand sanitizer that is provided by the COVID Ambassador
- 3) Verbally perform COVID Symptom Checklist and be marked for attendance

There will be 'zero tolerance' for swimmers to participate in any workout with symptoms present.

## Social Distancing

For Dryland, in order to avoid social distance concerns in changerooms, all swimmers and coaches are asked to arrive for their session ready to take part in the workout as no change rooms will be made available.

For Dryland, swimmers and coaches must stay at least 2 meters apart at all times during the workout. No activities shall be performed that will require the swimmers to be closer than 2 meters apart. If necessary, markers may be used in order to clearly outline where swimmers are permitted to be during the dryland exercises.

For in-water practices, in order to avoid social distance concerns in changerooms, our swimmers may not be permitted to use changerooms at any facility in order to put on their training suit. Therefore, swimmers may be asked to arrive ready to swim, with their training suit on underneath the clothing that they arrive to practice in.

Each of our facilities has a facility entry and exit plan for our swimmers to follow in order to enter and exit the building, access the pool deck and leave the facility while maintaining appropriate social distancing throughout the process.

Swimmers may be assigned a marked spot at the pool to leave their outside bag to place their clothing in to ensure that they are maintaining social distancing while disrobing and getting ready for practice.

Once ready to enter the water, swimmers may be assigned a spot on the pool deck in order to wait for the beginning of workout. Appropriate social distancing during in-water workouts will be discussed in further detail under the Training Group Protocols section.

Once workout is completed, swimmers will be asked to leave the water one lane at a time to give appropriate time and space for swimmers to retrieve their bag from their assigned spot where swimmers are expected to dry-off, replace their clothes over top of their suit, and immediately exit the pool deck following the facility's exit plan. Swimmers may not be permitted to use change rooms in order to change out of their training suit and are expected to immediately proceed to the appropriate exit.

### Training Group Protocols

#### *Lane Density*

We will be working towards a training practice model that will enable our swimmers to ensure they maintain appropriate social distancing while they are in the water, while also ensuring that we maximize the space that is made available to us.

Several models have been proposed to ensure appropriate social distancing during a workout. It is very important to note that the *facility* determines how the lanes are going to be used and what orientation the lanes will be in. VPSC's model is designed to maximize our pool space while maintaining proper social distance.

#### *Group Placement/Sizes*

In order to minimize the number of contacts that our swimmers have, groups may be training in a single location and may be coached by the same coaches at all in-person sessions (dryland and in-water).

In planning for training, group sizes will be based on this information but may have to be flexible and adaptable depending on the changing landscape of the current pandemic.

Group size, as with lane density, is heavily dependent on the rules and guidelines in place at *each facility*. At any point, different facilities may have different standards, whether they are more relaxed or stricter, and our group sizes will adapt to the facility rules that are in place at the time of training.

### Responsibility of Cleanliness

Responsibility of cleanliness in a multi-use facility is typically the responsibility of the 'owners' of the facility. Therefore, for our aquatic facilities, it will be the responsibility of the staffs at UBC, St. George's and Lord Byng to ensure the facility and all facility-owned equipment (i.e. starting blocks, benches,

bleachers, backstroke flags, etc.) is kept appropriately clean and disinfected. The facilities will communicate with the VPSC Coaching staff if any assistance or additional cleaning is required for our workouts.

Upon check-in with our **COVID-19 Ambassador**, all staff and swimmers are expected to use the sanitizer that will be provided prior to the start of any club-led activity, be it in dryland or in the water.

For all dryland and in-water workouts, swimmers are not permitted to share equipment. Coaches will not be permitted to give equipment to the swimmers to use, nor will swimmers be allowed to give their equipment to another swimmer to use during the workout.

Swimmers are expected to sanitize all equipment needed prior to arriving for workout, whether it is for dryland or for in-water training. Facilities may determine what equipment will be permitted for use during in-water training, and this may vary between facilities.

Upon completion of the workout, swimmers may be asked to disinfect the equipment used during the workout with the materials provide by the club and/or the facility.

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## REGISTRATION INFORMATION

As a result of our ongoing discussions with our facilities and the ever-changing realities of the COVID-19 pandemic, we will not have a full season schedule available for all groups at this time. Therefore, for the 2020-2021 season, we have implemented a two-phase registration process.

The first phase had all families register as part of the club based on the age of their swimmer(s). During this phase, families were asked to complete their paperwork and pay the family membership fee to register with the club. During phase 1 registration, Training Fees, Schedules or Groupings were able to be finalized for your swimmer(s).

The current second phase includes September pool schedules which have been finalized with the various facilities. With September pool schedules confirmed, registered swimmers are being placed in appropriate groups based on age, ability and commitment level. **These groupings, schedules and training fees will be communicated to all members with parents being asked to confirm acceptance of the group placement of their swimmer(s) by FRIDAY, SEPTEMBER 4<sup>th</sup>, 2020.**

We appreciate your patience as we continue to work hand-in-hand with our facilities to provide appropriate and meaningful programming for all of our swimmers.

Please note that at this time, VPSC will not be accepting new swimmers into the program. With limited pool space and time, as well as our COVID policies and procedures that have been put in place, any interested swimmers will be put on a waitlist. As protocols change and more pool time is available, we will reach out to any interested swimmers, to set up assessments and group placements. For swimmers transferring from other clubs, placement at this time will be based on group sizes, available space, and our VPSC coach's discretion.

*To schedule your assessment or place your swimmer on the VPSC waitlist, contact our Head Youth Development Coach, Kennedy Aragon-Scriven at [joinus@vancouverpacificswimclub.com](mailto:joinus@vancouverpacificswimclub.com)*

# REGISTRATION INSTRUCTIONS

Registration for the 2020-2021 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 card for account payments for each swimmer and does *NOT ACCEPT ANY OTHER FORM OF PAYMENT*.

For the 2020-2021 season, VPSC offered a Pre-Registration, which has helped the coaches with the planning for the upcoming season. PLEASE NOTE: If your swimmer has pre-registered for the upcoming season, **THEY WILL NOT HAVE TO COMPLETE THE REGISTRATION PROCESS FOR THEIR SPECIFIC GROUP**. The coaches and admin staff will be placing the pre-registered athletes in their selected groups, with the final step being acceptance and confirmation by the family.

In order to complete your registration, you must:

- Confirm your acceptance of the COVID Participation Agreement
- Confirm your acceptance of the VPSC Parent/Guardian Commitment Agreement
- Confirm your acceptance of the COVID Parent and Swimmer Code of Conduct
- Confirm your acceptance of the Acknowledgement & Acceptance of Risk
- Confirm your acceptance of the VPSC Medical Liability Release
- 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 a club issued T-Shirt, 2 VPSC Swim Caps and Club administrative costs. In past years, the Family Membership was a non-refundable charge but considering the unique circumstances this year, the policy around the family membership fee will be adjusted:

- 1) In order to complete registration, \$250 will be charged immediately to ensure your swimmers' spot with the club.
- 2) Once a swimmer has been given their initial schedule for their group, if a family confirms their group placement, the \$250 becomes non-refundable.
- 3) If a family withdraws, but decides to return to the club, their group placement may be subject to the availability of space and they will be required to pay the \$250 fee to secure their spot with the club.

Due to the uncertainty of hosting large group events, such as swim meets and banquets, the club will not be charging a Volunteer Fee upon registration. If hosting these events becomes a possibility later in the year, then the club will communicate the volunteer requirements on a per event basis. The requirements communicated may include charges for members who do not volunteer at scheduled events. Specific details for each event will be made available if and when they become a possibility.

Finally, as pool space and availability for the year has not been fully finalized, the Training Fee structure for each group is also not able to be set for the year. The club is determining an appropriate model for our training fees this year, which may change as more pool space becomes more available. The fees are dependent on the amount and cost of the pool space, given the COVID-19 restrictions. Schedules and

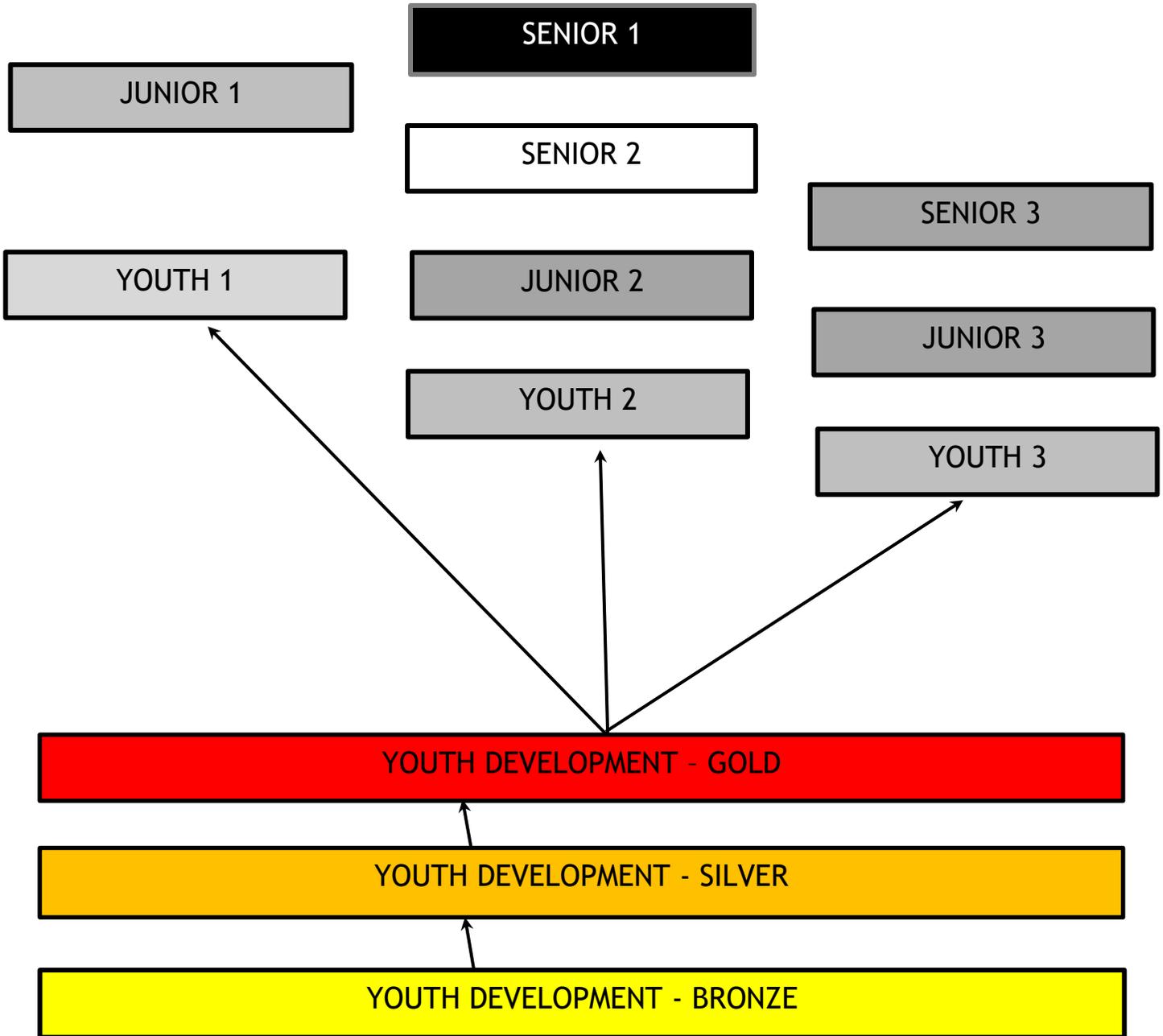
fees will be communicated in advance, will be charged upfront monthly and will require a sign-up confirmation by existing 2020/2021 season members until things are back to normal.

Training Fees	To be determined monthly as pool space is finalized.
Family Membership Charge	\$250, non-refundable once group placement has been confirmed
Family Volunteer Fee	Not applicable this year, to be determined on a by-event basis
Swim BC/SNC Registration	Cost by age. 8 & Under: \$97, 9-10: \$117, 11-14: \$163, 15 & Over: \$205

Welcome to VPSC!

## GROUP STRUCTURE FLOW CHART

*A swimmer's path through the swim club may not be exactly as below. When deciding on a swimmer placement, the coaches consider what is best for the swimmer, as well as the training group structure. The flow chart below is to give our families a general idea of the movement possibilities and group structure throughout the club.*



Group descriptions and details can be reviewed starting on Page 9

\*Swimmers are evaluated in September, December and March. These evaluations may result in the swimmer moving groups within the year. Only parents that have swimmers changing groups will be notified upon the completion of these evaluations.

## GROUP ASSIGNMENTS AND PHILOSOPHY

At VPSC, our coaching staff strongly believes in the principles of Long-Term Athlete Development to ensure that our swimmers are not just improving year to year but have the skills and foundation to reach their fullest potential.

To achieve this, the Club's group structure is based on 3 primary factors: Commitment, Age, and Performance/Training Level.

Commitment: For each of our groups, swimmers are expected to be engaged with the coaches, the group and the Club as a whole in order to realize their long-term development as a swimmer. Regardless of the group, the following are *some* of the expectations for the swimmers in all of our groups:

- 1) Maintain 80% attendance and communicate with coaches about any long-term absences
- 2) Compete at swim meets regularly throughout the year
- 3) Compete at their Primary meets for the year, such as LMR Championships, Provincial Championships or Canadian Trials
- 4) Showcases coachability and a willingness to learn in order to seek improvement over the long-term

Swimmers are strongly encouraged to participate in multiple sports, particularly at a younger age. At times these activities may conflict with our practice schedule. We ask parents to ensure they are in communication with the coaches to ensure that every swimmer is committed to becoming the best athlete they can be, in and out of the water.

Coaches will communicate with parents if a swimmer is not meeting the expectations of the group and to outline what is expected of the swimmers within their group. If a swimmer is still unable to meet the commitment standards of the group, they may be asked to swim in a group that has a lower amount of training time and/or a lower number of competitions. This will allow the swimmer to continue to train based on their commitment level, while also ensuring that the training plans for each group are directed to the swimmers that they are intended for.

*Please Note: Due to the COVID-19 pandemic and pool space and time being at premium right now, coaches will be monitoring and evaluating a swimmer's commitment to the program, their development and training, very closely over the 2020/21 season. If your swimmer is not able to meet the expectations of the group, the coaches will be reaching out to discuss any support they may require, which could include a group change being made.*

Age: To ensure that our swimmers are being taught the appropriate skills at the right stage of physical development, we structure our groups by the swimmer's age. The age of a swimmer is either based on their age at the start of the swim season, or their age when they will be swimming their first major competition, e.g. Provincial Championships.

### **The swimmer's ages for our groups are as follows:**

- Youth Development Bronze: 8 & Under
- Youth Development Silver/Gold: 10 & Under
- Youth 1, 2 and 3: 12 & Under
- Junior 1, 2 and 3/Skills: 14 & Under
- Senior 1, 2 and 3/Skills: 15 & Over

On occasion, there are exceptions made to the age guidelines above, which is assessed by the coaching staff to ensure that swimmers are placed in the appropriate group in order to best serve the long-term athlete development of the swimmer.

Performance/Training Level: As a swimmer increases in age, our coaching staff tailors a training plan to match the skill level of the swimmer, to maximize their long-term success. By grouping committed swimmers that are similar in age and in ability, we can create a positive group dynamic in which athletes can push and support each other to improve as a whole in and out of the water.

Specific standards for each group are outlined in the following pages highlighting each group, but in general our groupings are based on the following:

Youth Development/Skills Groups: Pre-competitive, can compete at PASS meets only

Youth 2 and 3/ Junior 3/Senior 3 Groups: Swimmers that have met the club's and the Lower Mainland Region's (LMR) standard for competing at sanctioned meets

Youth 1/Junior 1 and 2/Senior 2: Swimmers that are expected to perform at Swim BC Provincial level competitions

Senior 1: Swimmers that are expected to perform at Swimming Canada National Level Competitions

As with a swimmer's age, exceptions may be made based on a swimmer's training ability relative to their performance level. The coaching staff may decide to place a swimmer in a group that is above or below their previously achieved level of performance if we believe it is for the best of the swimmer's long-term development and dynamics within the group.

At VPSC, we have a firm belief in developing versatile athletes and versatile swimmers. Through the 2020/21 season, our coaches will be developing and evaluating our swimmers across all 4 strokes in order to accurately assess the development of our swimmers.

As with all of the criteria for each group, the coaching staff has discretion to place swimmers in groups that best fit their level of physical development, skill level and commitment to the sport.

## SWIMMER/COACH RELATIONSHIP AND COMMUNICATION

At VPSC, we believe that effective communication is vital for the success of the swimmers and coaches in our program. At younger ages, the coaches will be communicating directly with parents AND swimmers about upcoming training schedules, meet schedules and club events. Likewise, it is expected that parents and swimmers communicate directly with the coach about upcoming conflicts a swimmer may have that may require them to miss a practice or an upcoming club event.

As swimmers grow in the club and advance to the Senior aged groups, swimmers, much like at school, are expected to have increasing ownership of their own swimming and communication with their coaches. This would include communicating directly with the Coach about upcoming school schedules, extracurricular activities and other events that may result in absence from club activities. Regardless of the age of the swimmer, Coaches will always be available for direct communication with the parents.

In communicating with Coaches, it is important to ensure that the communication is done in a respectful and professional manner. While Coaches are on-deck, they are expected to be focused on running a safe and effective practice and will not be available to meet with parents during practice time. Coaches are available to meet up to 15 minutes after every practice, as well as through email. Many of our coaches are part-time and balance their time coaching along with other school and work schedules, so patience is appreciated if communication is done through email.

If a parent has a question about the upcoming schedule, entries into an upcoming meet or anything else pertaining to the training program, parents are asked to direct these questions to their children's coach **FIRST**. In most cases, this will be the best and quickest way to have questions answered and will help ensure that the coach and the parents in the group are communicating effectively. If necessary, a Parent Liaison may be available to assist in communicating directly with the coach.

Throughout the year, the coaches and the staff as a whole have periodic goal setting and evaluations for all of our swimmers. Feedback will be conducted and/or distributed as appropriate, relative to the swimmer's performance and commitment level. Depending on the level of the swimmer, this may include group or individual meetings, parental education and assessment reports.

Finally, we pride ourselves in hiring and developing Coaches who not only create a positive environment in which our athletes can grow and improve but provide an environment that is safe, respectful and inclusive. As per Swim BC guidelines, all of our coaches have successfully completed Criminal Records Checks (CRC). As well, all coaches and volunteers are required to have completed training through the National Coaches Certification Program (NCCP) and have either completed their Community Coach course, their Swimming 101 course, or an equivalent course completed outside of Canada. In addition to this, VPSC Coaches participate in numerous Professional Development opportunities for the purpose of providing the knowledge and skills to bring out the best in VPSC swimmers.

**For any general questions and inquiries about the club, your account, or upcoming events, please email [info@vancouverpacificswimclub.com](mailto:info@vancouverpacificswimclub.com).**

# SENIOR 1

**Group Description:** This group is considered the pinnacle of the club. Swimmers in this group will train towards National level competitions, including Westerns, Canadian Junior Champs and Trials meets. Swimmers must maintain a 90% attendance and show the behavioral skills to ensure the group's long-term success in order to remain in the group.

**Target Age:** 15 and Over

**Pre-Requisites:** Western Canadian Open Qualifying Times across multiple events. Swimmers must show commitment to their personal long-term development as a swimmer and showcase leadership qualities that enhance the training of the group.

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

**Primary Competitions:** Swim BC and Swimming Canada hosted events.

**Required Equipment:** Kickboard, Pull Buoy, Paddles, Fins, Snorkel, Band, Waterbottle, Hockey Puck for use on Backstroke, Mesh Equipment Bag, VPSC Training Suit, VPSC T-Shirt, VPSC cap.

**SEPTEMBER GROUP Schedule:**

*Due to the ever-changing policies in place because of the COVID-19 pandemic, the schedule below is for SEPTEMBER 2020. We will communicate any changes to the fall schedule as pool times and schedules are finalized.*

*Please make sure that your swimmer(s) is 10-15 minutes early for each pool session to complete the COVID screening process.*

Training times are subject to change throughout the year. Below is the September 14-30 schedule.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	OFF	OFF	OFF	OFF	OFF	SR1A 5:45-6:45 SR1B 6:55-7:55 YWCA	11:00 – 1:00 UBC
PM	OFF	5:00 - 6:45 UBC	4:00-4:45 DRYLAND ZOOM	5:00 - 6:45 UBC	4:00-4:45 PILATES ZOOM	OFF	

**Cost for Group:**

September Monthly Training Fee*	\$250
Family Membership Charge**	\$250
Family Volunteer Fee***	N/A
Swim BC/Swimming Canada Registration	\$205.00

\*For the 2020/21 season, training fees will be charged on a month to month basis. Please note, training fees will change throughout the year as more facility time becomes available and overall training times increase.

\*\*There is only one Family Membership Charge per family. If paid during the pre-registration process for the 2020/21 season, it will not be charged again.

\*\*\* The Family Volunteer Fee will not be assessed at this time and will be waived until such time that we can regularly host events that will require volunteers.

## SENIOR 2

**Group Description:** This group is meant to align with the senior-aged competitions hosted by Swim BC. Swimmers in this group will be on a path towards high performance at the Provincial Championship meet. Swimmers may continue their progress towards qualifying for national-level competitions such as Western Canadian Open and Canadian Junior Championships.

**Target Age:** 15 and Over

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

Selection into this group is at the discretion of the Senior 2 Coach, in consultation with the Head Coach/Director of Swimming and the entire coaching staff. The coach 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.

**Required Equipment:** Kickboard, Pull Buoy, Paddles, Fins, Snorkel, Band, Waterbottle, Hockey Puck for use on Backstroke, Mesh Equipment Bag, VPSC Training Suit, VPSC T-Shirt, VPSC cap

**SEPTEMBER GROUP Schedule:**

*Due to the ever-changing policies in place because of the COVID-19 pandemic, the schedule below is for SEPTEMBER 2020. We will communicate any changes to the fall schedule as pool times and schedules are finalized.*

*Please make sure that your swimmer(s) is 10-15 minutes early for each pool session to complete the COVID screening process.*

Training times are subject to change throughout the year. Below is the September 14-30 schedule.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	OFF	OFF	OFF	OFF	OFF	OFF	OFF
PM	5:00 - 6:45	OFF	4:00-4:45	OFF	5:00 - 6:45	5:00-7:00	OFF
	UBC		DRYLAND ZOOM		UBC	YWCA	

**Cost for Group:**

September Monthly Training Fee*	\$225
Family Membership Charge**	\$250
Family Volunteer Fee***	N/A
Swim BC/Swimming Canada Registration	\$205.00

\*For the 2020/21 season, training fees will be charged on a month to month basis. Please note, training fees will change throughout the year as more facility time becomes available and overall training times increase.

\*\*There is only one Family Membership Charge per family. If paid during the pre-registration process for the 2020/21 season, it will not be charged again.

\*\*\* The Family Volunteer Fee will not be assessed at this time and will be waived until such time that we can regularly host events that will require volunteers.

# SENIOR 3

Group Description: Swimmers in this group will be exposed to a multi-faceted training plan that will help them develop as overall athletes within their development as a swimmer. Swimmers in this group will be on a path towards performing at the LMR Championship-level.

Target Age: 15 and Over

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.

*\*\*Please note we are not excepting new swimmers at this time, and any interested athletes will be placed on a waitlist.*

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

Required Equipment: Kickboard, Pull Buoy, Paddles, Fins, Snorkel, Water Bottle, Mesh Equipment Bag, VPSC Training Suit, VPSC T-Shirt, VPSC cap.

**SEPTEMBER GROUP Schedule:**

*Due to the ever-changing policies in place because of the COVID-19 pandemic, the schedule below is for SEPTEMBER 2020. We will communicate any changes to the fall schedule as pool times and schedules are finalized.*

*Please make sure that your swimmer(s) is 10-15 minutes early for each pool session to complete the COVID screening process.*

Training times are subject to change throughout the year. Below is the September 14-30 schedule.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	OFF	OFF	OFF	OFF	OFF	OFF	OFF
PM	OFF	4:00-4:45 DRYLAND ZOOM	6:00-6:55 St. Georges	OFF	5:00 - 6:45 UBC	OFF	5:00-6:00 YWCA

Cost for Group:

September Monthly Training Fee*	\$150
Family Membership Charge**	\$250
Family Volunteer Fee***	N/A
Swim BC/Swimming Canada Registration	\$205

\*For the 2020/21 season, training fees will be charged on a month to month basis. Please note, training fees will change throughout the year as more facility time becomes available and overall training times increase.

\*\*There is only one Family Membership Charge per family. If paid during the pre-registration process for the 2020/21 season, it will not be charged again.

\*\*\* The Family Volunteer Fee will not be assessed at this time and will be waived until such time that we can regularly host events that will require volunteers.

# JUNIOR 1

**Group Description:** This group is meant to align with the junior-aged competitions hosted by Swim BC. Swimmers in this group are on a path towards high performance at the provincial and national level as they progress through the program. The expectation for swimmers in this group is to excel at the provincial level and ensure long-term success in the sport.

**Target Age:** 14 and Under

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

Selection into this group is at the discretion of the Junior 1 Coach, in consultation with the Head Coach/Director of Swimming. The coach reserves the right to accept swimmers that meet some, but not all, requirements for the group.

**Primary Competitions:** Qualifying and excelling at Swim BC junior-aged competitions and working towards Western and Canadian Junior Championships time standards.

**Required Equipment:** Kickboard, Pull Buoy, Paddles, Fins, Snorkel, Band, Waterbottle, Mesh Equipment Bag, Hockey Puck for use in Backstroke, VPSC Training Suit, VPSC T-Shirt, VPSC cap.

**SEPTEMBER GROUP Schedule:**

*Due to the ever-changing policies in place because of the COVID-19 pandemic, the schedule below is for SEPTEMBER 2020. We will communicate any changes to the fall schedule as pool times and schedules are finalized.*

*Please make sure that your swimmer(s) is 10-15 minutes early for each pool session to complete the COVID screening process.*

Training times are subject to change throughout the year. Below is the September 14-30 schedule.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	OFF	OFF	OFF	OFF	OFF	OFF	OFF
PM	6:00-6:55	OFF	5:00 – 6:45	4:00-4:45	OFF	2:15-4:15	OFF
	St. Georges		UBC	DRYLAND ZOOM		UBC	

**Cost for Group:**

September Monthly Training Fee*	\$200
Family Membership Charge**	\$250
Family Volunteer Fee***	\$N/A
Swim BC/Swimming Canada Registration	\$163

\*For the 2020/21 season, training fees will be charged on a month to month basis. Please note, training fees will change throughout the year as more facility time becomes available and overall training times increase.

\*\*There is only one Family Membership Charge per family. If paid during the pre-registration process for the 2020/21 season, it will not be charged again.

\*\*\* The Family Volunteer Fee will not be assessed at this time and will be waived until such time that we can regularly host events that will require volunteers.

# JUNIOR 2

**Group Description:** 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 path towards top performances at the LMR Championship-level and qualifying for Swim BC Provincial-level competitions across multiple events.

**Target Age:** 14 and Under

**Pre-Requisites for Returning VPSC Swimmers:** Exceeding LMR Qualification standards with the expectation of qualifying for Swim BC Provincial-level competitions 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.

*\*\*Please note we are not excepting new swimmers at this time, and any interested athletes will be placed on a waitlist.*

**Primary Competitions:** Swim BC junior-aged competition and/or equivalent local LMR/provincial level competitions.

**Required Equipment:** Kickboard, Pull Buoy, Paddles, Fins, Snorkel, Waterbottle, Mesh Equipment Bag, VPSC Training Suit, VPSC T-Shirt, VPSC cap.

**SEPTEMBER GROUP Schedule:**

*Due to the ever-changing policies in place because of the COVID-19 pandemic, the schedule below is for SEPTEMBER 2020. We will communicate any changes to the fall schedule as pool times and schedules are finalized.*

*Please make sure that your swimmer(s) is 10-15 minutes early for each pool session to complete the COVID screening process.*

Training times are subject to change throughout the year. Below is the September 14-30 schedule.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	OFF	OFF	OFF	OFF	OFF	OFF	OFF
PM	7:05-8:00	OFF	7:05-8:00	4:00-4:45	OFF	2:15-4:15	OFF
	St. Georges		St. Georges	DRYLAND ZOOM		UBC	

**Cost for Group:**

September Monthly Training Fee*	\$150
Family Membership Charge**	\$250
Family Volunteer Fee***	N/A
Swim BC/Swimming Canada Registration	\$163

\*For the 2020/21 season, training fees will be charged on a month to month basis. Please note, training fees will change throughout the year as more facility time becomes available and overall training times increase.

\*\*There is only one Family Membership Charge per family. If paid during the pre-registration process for the 2020/21 season, it will not be charged again.

\*\*\* The Family Volunteer Fee will not be assessed at this time and will be waived until such time that we can regularly host events that will require volunteers.

# JUNIOR 3

Group Description: Swimmers in this group will be exposed to a multi-faceted training plan that will help them develop as overall athletes within their development as a swimmer. Swimmers in this group are on a path towards performing at the LMR Championship-level.

Target Age: 14 and Under

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 schedule and show commitment to continual improvement.

*\*\*Please note we are not excepting new swimmers at this time, and any interested athletes will be placed on a waitlist.*

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

Required Equipment: Kickboard, Pull Buoy, Paddles, Fins, Snorkel, Water Bottle, Mesh Equipment Bag, VPSC Training Suit, VPSC T-Shirt, VPSC cap.

**SEPTEMBER GROUP Schedule:**

*Due to the ever-changing policies in place because of the COVID-19 pandemic, the schedule below is for SEPTEMBER 2020. We will communicate any changes to the fall schedule as pool times and schedules are finalized.*

*Please make sure that your swimmer(s) is 10-15 minutes early for each pool session to complete the COVID screening process.*

Training times are subject to change throughout the year. Below is the September 14-30 schedule.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	OFF	OFF	OFF	OFF	OFF	OFF	OFF
PM	OFF	4:00-4:45 DRYLAND ZOOM	OFF	7:05-8:00 St. Georges	OFF	OFF	6:10-7:10 YWCA

Cost for Group:

September Monthly Training Fee*	\$100
Family Membership Charge**	\$250
Family Volunteer Fee***	N/A
Swim BC/Swimming Canada Registration	\$163

\*For the 2020/21 season, training fees will be charged on a month to month basis. Please note, training fees will change throughout the year as more facility time becomes available and overall training times increase.

\*\*There is only one Family Membership Charge per family. If paid during the pre-registration process for the 2020/21 season, it will not be charged again.

\*\*\* The Family Volunteer Fee will not be assessed at this time and will be waived until such time that we can regularly host events that will require volunteers.

# YOUTH 1

**Group Description:** This group is meant to align with the junior-aged competitions hosted by Swim BC. Swimmers in this group are on a path towards high performance at the provincial level as they progress through the program. The expectation for swimmers in this group is to excel at the provincial level and ensure long-term success in the sport.

**Target Age:** 12 and Under

**Pre-Requisites:** Swimmers placed in Youth 1 have achieved or are working towards placing Top 8 in multiple events for their age group at Provincial-level competitions. Swimmers must be able to show a willingness to learn their swimming skills to ensure long-term development in the sport.

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

**Primary Competitions:** Swim BC junior-aged competitions or equivalent local competitions.

**Required Equipment:** Kickboard, Small Pull Buoy, Small Paddles, Fins, Snorkel, Water Bottle, Mesh Equipment Bag, VPSC Training Suit, VPSC T-Shirt, VPSC cap.

**SEPTEMBER GROUP Schedule:**

*Due to the ever-changing policies in place because of the COVID-19 pandemic, the schedule below is for SEPTEMBER 2020. We will communicate any changes to the fall schedule as pool times and schedules are finalized.*

*Please make sure that your swimmer(s) is 10-15 minutes early for each pool session to complete the COVID screening process.*

Training times are subject to change throughout the year. Below is the September 14-30 schedule.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	OFF	OFF	OFF	OFF	OFF	6:00-7:20	OFF
						St. Georges	
PM	4:00 – 4:45	6:00-6:55	OFF	OFF	OFF	OFF	OFF
	DRYLAND ZOOM	St. Georges					

**Cost for Group:**

September Monthly Training Fee*	\$100
Family Membership Charge**	\$250
Family Volunteer Fee***	N/A
Swim BC/Swimming Canada Registration	\$163

\*For the 2020/21 season, training fees will be charged on a month to month basis. Please note, training fees will change throughout the year as more facility time becomes available and overall training times increase.

\*\*There is only one Family Membership Charge per family. If paid during the pre-registration process for the 2020/21 season, it will not be charged again.

\*\*\* The Family Volunteer Fee will not be assessed at this time and will be waived until such time that we can regularly host events that will require volunteers.

# YOUTH 2

**Group Description:** This group is meant to align with the youngest age categories for the junior-aged competitions hosted by Swim BC. Swimmers in this group will begin their path towards qualifying for provincial level competitions as they develop as overall athletes in the water. The expectation for the swimmers in this group is to progress from the regional level into provincial level competitions.

**Target Age:** 12 & Under

**Pre-Requisites:** Exceeding LMR Qualification standards with the expectation of qualifying for Swim BC Provincial-level competitions across multiple events. Swimmers must be able to show a willingness to learn their swimming skills in order to ensure long-term development in the sport.

**Primary Competitions:** Swim BC junior-aged competitions or equivalent local competitions.

**Required Equipment:** Kickboard, Small Pull Buoy, Fins, Water Bottle, Mesh Equipment Bag, VPSC Training Suit, VPSC T-Shirt, VPSC cap.

**SEPTEMBER GROUP Schedule:**

*Due to the ever-changing policies in place because of the COVID-19 pandemic, the schedule below is for SEPTEMBER 2020. We will communicate any changes to the fall schedule as pool times and schedules are finalized.*

*Please make sure that your swimmer(s) is 10-15 minutes early for each pool session to complete the COVID screening process.*

Training times are subject to change throughout the year. Below is the September 14-30 schedule.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	OFF	OFF	OFF	OFF	OFF	7:35-8:55	OFF
						St. Georges	
PM	4:00 – 4:45	7:05-8:00	OFF	OFF	OFF	OFF	OFF
	DRYLAND ZOOM	St. Georges					

**Cost for Group:**

September Monthly Training Fee*	\$100
Family Membership Charge**	\$250
Family Volunteer Fee***	N/A
Swim BC/Swimming Canada Registration	\$163

\*For the 2020/21 season, training fees will be charged on a month to month basis. Please note, training fees will change throughout the year as more facility time becomes available and overall training times increase.

\*\*There is only one Family Membership Charge per family. If paid during the pre-registration process for the 2020/21 season, it will not be charged again.

\*\*\* The Family Volunteer Fee will not be assessed at this time and will be waived until such time that we can regularly host events that will require volunteers.

## YOUTH 3

**Group Description:** Swimmers in this group will be exposed to a multi-faceted training plan aimed at helping them develop as overall athletes within their development as a swimmer. Swimmers in this group are on a path towards performing at the LMR Championship-level.

**Target Age:** 12 and Under

**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 schedule and show commitment to continual improvement.

*\*\*Please note we are not excepting new swimmers at this time, and any interested athletes will be placed on a waitlist.*

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

**Required Equipment:** Kickboard, Small Pull Buoy, Small Paddles, Fins, Snorkel, Water Bottle, Mesh Equipment Bag, VPSC Training Suit, VPSC T-Shirt, VPSC cap.

**SEPTEMBER GROUP Schedule:**

*Due to the ever-changing policies in place because of the COVID-19 pandemic, the schedule below is for SEPTEMBER 2020. We will communicate any changes to the fall schedule as pool times and schedules are finalized.*

*Please make sure that your swimmer(s) is 10-15 minutes early for each pool session to complete the COVID screening process.*

Training times are subject to change throughout the year. Below is the September 14-30 schedule.

**Youth 3A**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	OFF	OFF	OFF	OFF	OFF	9:10-10:30	OFF
PM	4:00 – 4:45	OFF	OFF	OFF	OFF	St. Georges	OFF
	DRYLAND ZOOM						

**Youth 3B**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	OFF	OFF	OFF	OFF	OFF	OFF	OFF
PM	4:00 – 4:45 DRYLAND ZOOM	OFF	OFF	6:00-6:55 St. Georges	OFF	OFF	OFF

**Cost for Group:**

September Monthly Training Fee*	\$75 for A \$65 for B
Family Membership Charge**	\$250
Family Volunteer Fee***	N/A
Swim BC/Swimming Canada Registration	\$163

\*For the 2020/21 season, training fees will be charged on a month to month basis. Please note, training fees will change throughout the year as more facility time becomes available and overall training times increase.

\*\*There is only one Family Membership Charge per family. If paid during the pre-registration process for the 2020/21 season, it will not be charged again.

\*\*\* The Family Volunteer Fee will not be assessed at this time and will be waived until such time that we can regularly host events that will require volunteers.

# YOUTH DEVELOPMENT GOLD

**Group Description:** This group is a bridge for swimmers to develop towards competitive swimming. They are expected to be able to compete in all four strokes, legally, and progress towards a 4:00 standard for the 200 IM and 2:00 standard for the 100 Freestyle.

Swimmers that have achieved and exceeded those standards will be assessed for their skill level across all strokes prior to progressing towards the Youth level groups.

**Target Age:** 10 and Under

**Pre-Requisites:** Have developed skills and an ability to train across all 4 competitive strokes.

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

**Required Equipment:** Kickboard (provided at facility), Fins, Water Bottle, VPSC Training Suit, VPSC T-Shirt, VPSC cap.

**SEPTEMBER GROUP Schedule:**

*Due to the ever-changing policies in place because of the COVID-19 pandemic, the schedule below is for SEPTEMBER 2020. We will communicate any changes to the fall schedule as pool times and schedules are finalized.*

*Please make sure that your swimmer(s) is 10-15 minutes early for each pool session to complete the COVID screening process.*

Training times are subject to change throughout the year. Below is the September 14-30 schedule.

Youth Development Gold 1					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OFF	4:00 – 4:45 DRYLAND ZOOM	OFF	OFF	7:05-8:00 St. Georges	OFF

Youth Development Gold 2					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OFF	4:00 – 4:45 DRYLAND ZOOM	OFF	OFF	6:00-6:55 St. Georges	OFF

**Cost for Group:**

September Monthly Training Fee*	\$65
Family Membership Charge**	\$250
Family Volunteer Fee***	N/A
Swim BC/Swimming Canada Registration	\$97-117

\*For the 2020/21 season, training fees will be charged on a month to month basis. Please note, training fees will change throughout the year as more facility time becomes available and overall training times increase.

\*\*There is only one Family Membership Charge per family. If paid during the pre-registration process for the 2020/21 season, it will not be charged again.

\*\*\* The Family Volunteer Fee will not be assessed at this time and will be waived until such time that we can regularly host events that will require volunteers.

## Programming for this group is expected to begin in mid-October YOUTH DEVELOPMENT SILVER

Group Description: This group will teach swimmers skills necessary for competitive swimming. This includes learning all four competitive strokes, as well as starts and turns for all events. Swimmers who have learned all of these skills and have shown an ability to train across all four strokes will be assessed on their skill level prior to progressing to Youth Development Gold.

Target Age: 9 and Under

Pre-Requisites: Must be able to safely train freestyle and backstroke events, as well as have a preliminary understanding of swimming breaststroke and butterfly.

Primary Competitions: VPSC Hosted PASS Meets.

Required Equipment: Kickboard (provided at facility), Fins, Water Bottle, VPSC Training Suit, VPSC T-Shirt, VPSC cap.

### **SEPTEMBER GROUP Schedule:**

*Due to the ever-changing policies in place because of the COVID-19 pandemic, the schedule below is for SEPTEMBER 2020. We will communicate any changes to the fall schedule as pool times and schedules are finalized.*

*Please make sure that your swimmer(s) is 10-15 minutes early for each pool session to complete the COVID screening process.*

Training times are subject to change throughout the year.

Youth Development Silver 1 – 10 Year Olds		
Monday	Wednesday	Saturday AM
OFF	OFF	OFF

Youth Development Silver 2 – 9 & Under		
Monday	Wednesday	Saturday AM
OFF	OFF	OFF

Youth Development Silver 3 – 9 & Under		
Tuesday	Thursday	Saturday AM
OFF	OFF	OFF

### Cost for Group:

September Monthly Training Fee*	\$
Family Membership Charge**	\$250
Family Volunteer Fee***	N/A
Swim BC/Swimming Canada Registration	\$97-\$117

\*For the 2020/21 season, training fees will be charged on a month to month basis. Please note, training fees will change throughout the year as more facility time becomes available and overall training times increase.

\*\*There is only one Family Membership Charge per family. If paid during the pre-registration process for the 2020/21 season, it will not be charged again.

\*\*\* The Family Volunteer Fee will not be assessed at this time and will be waived until such time that we can regularly host events that will require volunteers.

## Programming for this group is expected to begin in mid-October YOUTH DEVELOPMENT BRONZE

Group Description: This is the entry-level group for the club, where swimmers learn basic fundamentals across all four strokes, but particularly freestyle and backstroke. The group provides a fun environment to learn the skills necessary for long-term success in swimming.

Target Age: 8 and Under

Pre-Requisites: Must be able to safely swim 25 metres of freestyle and backstroke, have the fundamentals of full stroke breaststroke and have been introduced to the components of Butterfly. Swimmers must have the ability to train in a group setting.

Primary Competitions: VPSC Hosted PASS Meets.

Required Equipment: Kickboard, Fins, Water Bottle, VPSC Training Suit, VPSC T-Shirt, VPSC cap.

Group Schedule:

### **SEPTEMBER GROUP** Schedule:

*Due to the ever-changing policies in place because of the COVID-19 pandemic, the schedule below is for SEPTEMBER 2020. We will communicate any changes to the fall schedule as pool times and schedules are finalized.*

*Please make sure that your swimmer(s) is 10-15 minutes early for each pool session to complete the COVID screening process.*

Training times are subject to change throughout the year.

Youth Development Bronze 1 – 9 Year Olds	
Monday PM	Wednesday PM
OFF	OFF

Youth Development Bronze 2 – 8 & Under	
Monday PM	Wednesday PM
OFF	OFF

Youth Development Bronze 3 – 8 & Under	
Tuesday PM	Thursday PM
OFF	OFF

Cost for Group:

September Monthly Training Fee*	\$
Family Membership Charge**	\$250
Family Volunteer Fee***	N/A
Swim BC/Swimming Canada Registration	\$97

\*For the 2020/21 season, training fees will be charged on a month to month basis. Please note, training fees will change throughout the year as more facility time becomes available and overall training times increase.

\*\*There is only one Family Membership Charge per family. If paid during the pre-registration process for the 2020/21 season, it will not be charged again.

\*\*\* The Family Volunteer Fee will not be assessed at this time and will be waived until such time that we can regularly host events that will require volunteers.

## JUNIOR AND SENIOR SKILLS

In the past, the club has made training opportunities for swimmers who have not yet achieved standards to compete at LMR-level competitions or are looking for a non-competitive program. Given the potential restraints due to COVID-19, these groups may not be available until more pool time and space is provided by our facilities. Further detail and information about the skills groups will be communicated once it has been made available.

## EQUIPMENT REQUIREMENTS

All specific training equipment needs are listed in each group description through this registration package.

On top of these training requirements, it is expected that every swimmer also has:

VPSC-Branded T-Shirt – One will be provided upon registration at the beginning of the year

VPSC-Branded Cap – One will be provided upon registration at the beginning of the year

Training Suit – Training suits for boys should be either a JAMMER or SPEEDO style suit. Girls should be wearing a one-piece suit.

VPSC Track Jacket – All swimmers that qualify for a Provincial-level competition should have Track Jackets in order to represent the club professionally at our Provincial championships. They are to be worn for travel meets as well as medal presentations.

Racing Suit – For swimmers in the Senior 1 and 2 programs as well as any other swimmers expected to race at a National-level meet, it is expected that each swimmer has their own racing suit. For all other groups, it will be at the discretion of the Lead Coach to decide whether it is necessary for the swimmers in the group to purchase racing suits.

All VPSC swimmers should have a black suit that can be worn at all levels of competition.

Training equipment should be purchased through Team Aquatic Supplies. In order to help you purchase appropriate equipment, the club has set up an online 'store' through Team Aquatic Supplies to help guide you through your equipment needs. This can be found at <https://team-aquatic.com/collections/vancouver-pacific-swim-club>.

On the website, you will see a link for each training group. Within those links is a list of approved training equipment that you can purchase directly from Team Aquatic Supplies. The Shark Club Card found below can be used to receive 15% off any TAS purchase:



**TEAM AQUATIC  
SUPPLIES LTD**

**SHARK CLUB** PROGRAM

Club: Vancouver Pacific Swim Club  
Online Coupon Code: VAN495  
Expires: August 31, 2021

Program subject to change and/or cancellation at any time.  
Discount is valid on regular priced in-store, in-stock merchandise only.  
Card must be presented at time of purchase.  
Not valid at Swim Meets and other Sales Events, or in conjunction with other discounts.

**#SwimExperts**

## FUNDRAISING EXPECTATIONS

Our Club needs your help! Fundraising is a key component to our ability at VPSC to provide the best swimming experience for swimmers. Not only is it key to the funding of the operations of the Club, it provides for all of our programming. We rely on fundraising initiatives to cover our Club's expenses, using the money raised to help minimize your swimmer's training fees. VPSC, as a non-profit organization, relies on and encourages all of our family members to participate in all fundraising campaigns in order to keep the total cost of operating the Club to a minimum.

Pool costs and coaching represent over 75% of the total budget however at the present time all fundraising activities have been postponed due to Covid-19. Historically the club has planned and implemented fundraising projects such as the Swim-A-Thon event, swim meet sponsorship, swim meet hosting, special clinics, club events among others. This has all been put on hold for the time being. If you have any creative fundraising ideas that could be done during Covid-19 that you would like to bring forward to the Club please let us know at [info@vancouverpacificsswimclub.com](mailto:info@vancouverpacificsswimclub.com)

### **Corporate Sponsorship**

The Fundraising Committee will be campaigning to get a limited number of Corporate sponsors to be listed as community and year-round sponsors. Members are invited and encouraged to assist in identifying and meeting with community members who may have an interest in being a year-round sponsor.

## 2020-21 CALENDAR

*\*Please note that due to the COVID-19 pandemic, the rules and regulations around competitions are under review. Currently, there is no information available around the local competition schedule for the 2020/21 season. The VPSC coaches are working hard on putting a plan in place to create racing opportunities within our club and at our home pools for all our VPSC swimmers.*

### Season Start Dates:

Senior, Junior and Youth and Youth Development Gold programs – Monday, September 14<sup>th</sup>, 2020

Youth Development Silver and Bronze– tentatively October 13<sup>th</sup>, 2020

Senior Orientation Zoom Meeting: Tuesday, September 8<sup>th</sup> 4:00-4:45PM @ Zoom

Junior Orientation Zoom Meeting: Tuesday, September 8<sup>th</sup> 4:00-4:45PM @ Zoom

Youth Orientation Zoom Meeting: Tuesday, September 8<sup>th</sup> 5:00-5:45PM @ Zoom

Youth Orientation Zoom Meeting: Tuesday, September 8<sup>th</sup> 5:00-5:45PM @ Zoom

UBC Townhall Zoom Meeting: Thursday, September 10<sup>th</sup> 4:00-4:45PM @ Zoom (for any swimmers training out of UBC)

VPSC AGM: TBD

VPSC Fall Invitational Swim Meet: TBD

2020 Speedo Can Am Para Swimming Open (UBC): December 11<sup>th</sup>-13<sup>th</sup>, 2021

*\*\*potential volunteer opportunity for VPSC families*

December Start of Winter Break: Saturday, December 19<sup>th</sup>, 2020

*\*\*If a Winter Training Camp is available to us, information will be communicated to all groups at a later date.*

January Return to Training: Tentatively January 4<sup>th</sup>, 2021

2021 Virtual Speedo Western Championships: February 26<sup>th</sup>-28<sup>th</sup>, 2021

March Spring Break: Monday, March 15<sup>th</sup>, 2020 to Sunday, March 28<sup>th</sup>, 2020

*\*\*Swimmers who will be attending the 2021 Canadian Swimming Trials, will be training through March. More details to be made available at a later date.*

*\*\*\*If a Spring Training Camp or training opportunities are available to us, information will be communicated to all groups at a later date.*

2021 Canadian Swimming Trials (Toronto): April 7<sup>th</sup>-11<sup>th</sup>, 2021

Jessica Deglau Invitational Swim Meet: TBD

VPSC 2021 Swim-A-Thon: TBD

Mel Zajac International Swim Meet: TBD

### Season End Dates:

Senior 1 and 2, Junior 1 and 2, and Youth 1 – The swimmers in these groups will compete in July and their Season will end upon the completion of their last competition.

For All Other Groups – Friday, June 29<sup>th</sup>, 2021

In addition to these events, VPSC assists with hosting other swimming competitions at the UBC Aquatic Centre. While VPSC does not host these meets directly, VPSC has always helped with the volunteer base for these competitions which supports our relationship with the UBC Aquatic Centre and The UBC Thunderbirds.

## VOLUNTEER CREDIT PROGRAM

Volunteering is essential to the ongoing success and excellence of our club. Enthusiastic volunteers have always been needed throughout the year to support our professional coaches. Volunteers help us host successful meets, care for our swimmers when they are competing away from home and provide guidance and support on the Board of Directors.

Prior to Covid-19 there were many opportunities to volunteer and to support our swimmers however as a result of the Covid-19 Pandemic we will not require the same amount of volunteers this year and will not be assessing families a Volunteer Fee at the beginning of the season.

We will potentially have the need for volunteers from time to time throughout the year and will reach out to families to help. This will be especially important when we are able to have virtual time trials. If we reach out, please try to help if you can so that we do not have to charge higher than necessary fees for these events.

## OFFICIATING AND MEET HOSTING

Swim meets are the focus of training for competitive swimmers, and they depend on volunteer officials. At meets that VPSC attends; up to the national level, all officials are volunteers, and the majority of them started out as parents of club swimmers.

A swim meet in a ten-lane pool, such as the UBC Aquatic Centre, requires about 40-50 officials per session. This is in addition to the off-deck positions, such as hospitality.

Official	Needed per session
Timer	20
Safety Marshall	2-3
Judge of Stroke/Inspector of Turns	12-17
Clerk of Course	1-2
Chief Timekeeper	1
Chief Judge Electronics	1
Recorder Scorer (Electronics)	1
Starter	1-2
Meet Manager	1
Referee	1-2

Developing your officiating skills is valuable to VPSC: Having in-house experience means we are self-sufficient in running meets and can provide more clinics and training opportunities.

Swimming Canada defines the national system for officiating training, levels and coloured pins. See their website for detailed information and training resources.

We are uncertain of our officiating requirements for the upcoming year due to Covid-19 however you are always welcome to participate in completing any of the online courses offered by Swim Canada on their website. For more information on what is currently available please visit our website under Member Info/Officials Training or contact our Officials Co-ordinator at [officials@vancouverpacificswimclub.com](mailto:officials@vancouverpacificswimclub.com).

## DISPUTE RESOLUTION POLICY

If parents have questions related to swimming and training, such as practices, meets, schedules and equipment, it is important to talk with your swimmer's coach FIRST. The best way to communicate with your child's coach is to meet them after practice, when they will have more time to answer questions and provide information. Communicating through email directly with the coach is also a good way to ask for, and receive, information from the coach.

Through the season, we will have a Parent Liaison(s) assigned to act as a point of contact if you have questions about the club, not related to swimming. They will answer your question or direct you to the best person.

### **MANAGING CONFLICTS**

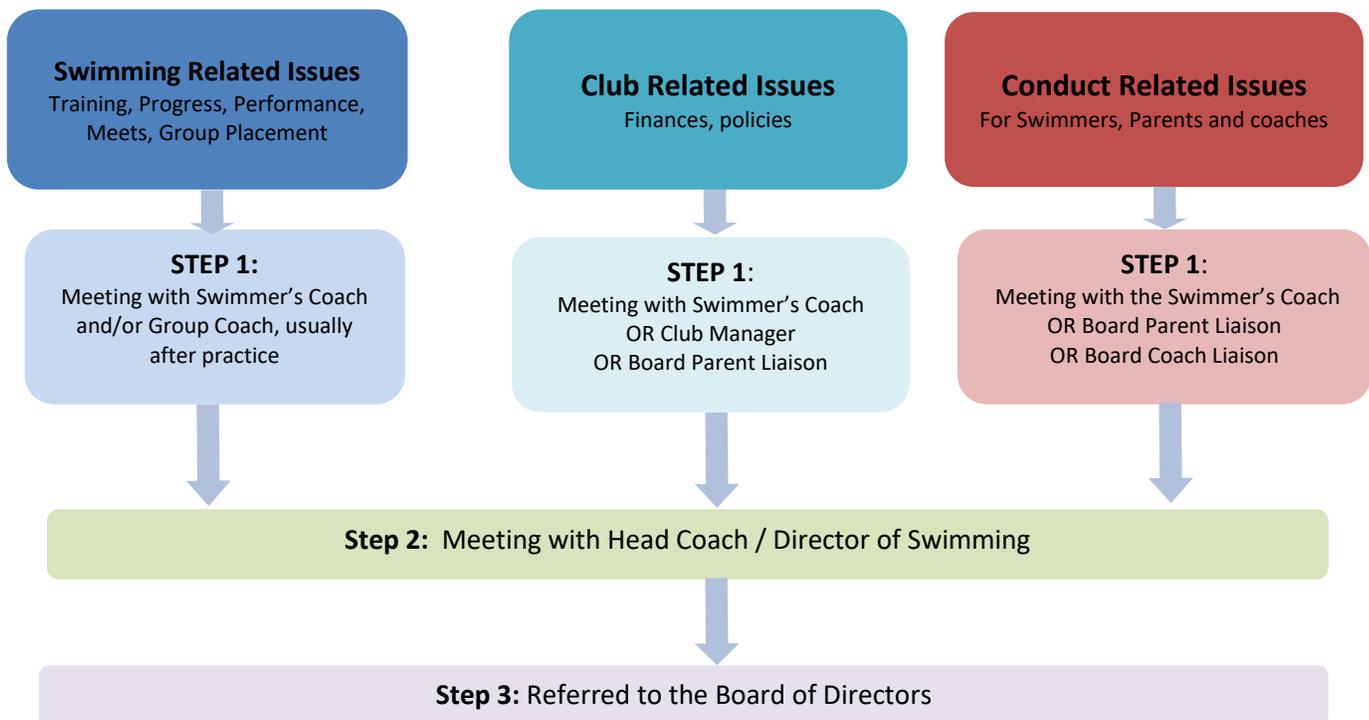
Communication is the best way to reduce conflicts within the club. For the most part, swimmers, coaches and parents are able to resolve successfully disputes between themselves. When issues arise, please increase communication between the affected parties.

Try to keep foremost in your mind that you and the coach have the best interests of your child at heart. If you trust that the coach's goals match yours – even though their approach may be different – you are more likely to enjoy a positive rapport and constructive dialogue. Also remember that the coach must balance your perspective of what is best for your child with the needs of the team or group.

Parents are strongly encouraged to communicate directly with their swimmer's coach. For most issues, this will be the best and most effective way to get information or resolve an issue. If a parent is not comfortable doing so, VPSC has assigned Parent Liaisons to each group. The Parent Liaison is available for all families who wish to communicate information and/or issues they feel more comfortable sharing via this route. The Parent Liaison will then raise the issue directly to the Coach first, and to the Director of Swimming and/or the Parent Representative on the board *only* if the issue remains unresolved. All parents are encouraged to know who their Group's Parent Liaison and to understand their role in assisting with effective communication with the Coach and other Club members.

VPSC will not disclose any information about a complaint except as necessary to investigate the complaint or to take disciplinary action, or as required by law. Matters pertaining to a swimmer/family are managed confidentially within VPSC with the expectation that all VPSC members will respect each other's privacy and confidentiality in a similar manner.

Our goal is to teach swimmers to resolve conflicts in a positive way, with coaches and parents being role models of this behaviour to the swimmers. Aggressive behaviour should be avoided at all times with parties treating each other in a respectful manner. Please review the VPSC Codes of Conduct for swimmers, parents and coaches.



### BOARD REVIEWS

It is important to keep the lines of communication open. Anytime you have a question, suggestion or concern, please contact the appropriate coach, Group Parent Liaison, Club Manager or a Board Member depending on the nature of the issue.

Most matters relating to activities at the pool, at a meet, during training sessions or related to the swimming program are initially referred to the Head Coach/Director of Swimming.

If the issue remains unresolved following Step 2 and is a matter which is more appropriate for the Board of Directors to intervene, then a formal meeting will be set with the swimmer and/or parent, the Head Coach and a Board Member(s). The Board Member(s) will then present a summary of the issue at the next Board meeting, which are held monthly. The Board will discuss the issue and consider its continued role in the issue and, if appropriate, propose solutions and vote on the outcome. A quorum of Board Members must be present to have a binding decision on the outcome. A vote may be delayed if further information is needed or there is not quorum.

### APPEALS

If a member is dissatisfied with the Board's decision then VPSC will consent to participate in the Swim BC's Member Dispute Resolution Process, including its binding arbitration process.

## FORMS AND CLUB POLICIES

All forms will be distributed to club members upon the start of the season as well as made available online. It should be noted that registration is not complete until all these forms have been filled out, signed and returned. These forms include:

### [VPSC COVID-19 RETURN TO SWIMMING PLAN](#)

Please make sure to read through this document for any updates around the VPSC COVID-19 Policies and Procedures.

### [VPSC COVID PARTICIPATION AGREEMENT](#)

This can be read and completed as part of online registration. Form needs to be returned to your group coach or emailed into [info@vancouverpacificswimclub.com](mailto:info@vancouverpacificswimclub.com).

### [VPSC PARENT/GUARDIAN COMMITMENT FORM](#)

This can be read and completed as part of online registration. Form needs to be returned to your group coach or emailed into [info@vancouverpacificswimclub.com](mailto:info@vancouverpacificswimclub.com).

### [VPSC PARENT AND SWIMMER CODE OF CONDUCT](#)

This can be read and completed as part of online registration. Form needs to be returned to your group coach or emailed into [info@vancouverpacificswimclub.com](mailto:info@vancouverpacificswimclub.com).

### [VPSC MEDICAL LIABILITY RELEASE](#)

This can be read and completed as part of online registration. Form needs to be returned to your group coach or emailed into [info@vancouverpacificswimclub.com](mailto:info@vancouverpacificswimclub.com).

### **SWIM BC REGISTRATION CONSENT FORM**

Online form for the 2020/2021 season, which can be filled out at the link below:

### [AWKNOLEDGMENT AND ASSUMPTION OF RISK FORM](#)

### [CLUB POLICY HANDBOOK](#)

In addition to completing the forms above, all swimmers and parents are expected to understand our Club Policy Handbook. This will be made available on our website and outlines all the policies that our club will adhere to throughout the swim season. We encourage parents to print off a copy to use as a reference throughout the year.

Thank you for being a part of the Vancouver Pacific Swim Club for the 2020-21 season.

See you at the pool!!!