

# Winnipeg Wave Swim Club Swimmer's & Parents Guide Book 2009

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Dear Parents,

We here at the Winnipeg Wave Swim Club strive to provide the best atmosphere for our swimmers, we have identified the need to create guide book for both our swimmers and parents. The guide book will help both new and seasoned swimmer & parents understand what our swim club will be expecting & doing this coming swim season.

Within this guidebook you find the following:

- Group Progress chart,
- What to bring to practice & Swim meets,
- Uniform policy,
- Tentative meet schedule, &
- Meet policies & consent form.

The purpose of this guidebook is to streamline some of the processes within the swim club. Additionally, the swim club is moving more towards the preferred communication style through e-mails and our website. There will be further developments on that front in the coming months, so please be on the lookout for further developments.

We ask that you please return the consent form regarding the attendance at swim meet after reading the guidebook.

Winnipeg Wave Swim Club

## Winnipeg Wave Swim Club Group Progression

### *From ICS Advanced to Novice Competitive*

Coach: TBD		
<ul style="list-style-type: none"> <li>• Pass Skill level test TBD by the coach of the Novice group</li> </ul>		
<ul style="list-style-type: none"> <li>• Complete 200m Free under 6:00 min</li> </ul>		
<ul style="list-style-type: none"> <li>• Age 7 yrs &amp; up</li> </ul>		
<b>Swim time:</b> 4:30-6:00	1.5 hrs	<b>Practices:</b> Monday & Friday
Swimmers must commit to coming to both practices & attending 3 of the 5 novice meets held		
Swimmers will be registered as a non-competitive swimmer & will be registered for a full yr		

### *From Novice Competitive to Development Competitive*

Coach: Kirstine Reyes		
<ul style="list-style-type: none"> <li>• Complete 200m IM under 6:00 min, and</li> </ul>		
<ul style="list-style-type: none"> <li>• Complete 200m Free under 5:00 min</li> </ul>		
<ul style="list-style-type: none"> <li>• Age 9 yrs &amp; up</li> </ul>		
<b>Swim time:</b> 4:30-6:30	2 hrs	<b>Practices:</b> Monday, Friday & Saturday
Swimmers must commit to attending 2 out of the 3 practices		
Swimmers will be registered as competitive swimmers & will be registered for a full yr		
Swimmers will be automatically entered into all eligible swim meets that are within city limits unless stated else wise by the swimmers parents.		

### *From Development Competitive to Jr Competitive*

Coach: Michael Feuerstein		
<ul style="list-style-type: none"> <li>• Complete 200m IM under 5:00 min,</li> </ul>		
<ul style="list-style-type: none"> <li>• Complete 200m Free under 4:00 min,</li> </ul>		
<ul style="list-style-type: none"> <li>• Complete 400m Free under 8:00 min, and</li> </ul>		
<ul style="list-style-type: none"> <li>• Hold a single "A" time in any event</li> </ul>		
<ul style="list-style-type: none"> <li>• Age 9 yrs &amp; up</li> </ul>		
<b>Swim time:</b> 4:30-6:30 & 7:30-9:00	1.5-3hrs	<b>Practices:</b> Monday, Thursday , Friday & Saturday
Swimmers must commit to attending 3 out of the 4 practices		
Swimmers will be registered as competitive swimmers & will be registered for a full yr		
Swimmers will be automatically entered into all eligible swim meets that are within city limits unless stated else wise by the swimmers parents.		

### *From Jr Competitive to SR Competitive*

Coach: Yuri Sisko		
<ul style="list-style-type: none"> <li>• Must have "A" time in 200m IM,</li> </ul>		
<ul style="list-style-type: none"> <li>• Must have "A" time in 200m Free,</li> </ul>		
<ul style="list-style-type: none"> <li>• Must complete 400m free under 7:00, and</li> </ul>		
<ul style="list-style-type: none"> <li>• Hold a single "AA" time in any event</li> </ul>		
<ul style="list-style-type: none"> <li>• Age 9 yrs &amp; up</li> </ul>		
<b>Swim time:</b> 4:30-6:30 & 7:30-9:00	1.5-3hrs	<b>Practices:</b> Monday, Tuesday, Thursday , Friday & Saturday
Swimmers must commit to attending 4 out of the 5 practices		
Swimmers will be registered as competitive swimmers & will be registered for a full yr		
Swimmers will be automatically entered into all eligible swim meets that are within city limits unless stated else wise by the swimmers parents.		

## What to Bring To Practice

We as coaches are requesting and requiring the following be brought to every practice for the following groups:

<b>Novice Competitive</b>			
Swim Cap (2)	Goggles (2)	Water bottle	Practice bathing suit
Swim Bag	Wave Shirt	Shorts	Deck shoes/sandals
Towel (2)			

<b>Development Competitive</b>			
Swim Cap (2)	Goggles (2)	Water bottle	Practice bathing suit
Swim Bag	Wave Shirt	Shorts	Deck shoes/sandals
Towel (s)	Flippers	Running shoes (Sat)	

<b>Jr Competitive</b>			
Swim Cap (2)	Goggles (2)	Water bottle	Practice bathing suit
Swim Bag	Wave Shirt	Shorts	Deck shoes/sandals
Towel (s)	Flippers	Pull Buoy	Running Shoes (Sat)

<b>SR Competitive</b>			
Swim Cap (2)	Goggles (2)	Water bottle	Practice bathing suit
Swim Bag	Wave Shirt	Shorts	Deck shoes/sandals
Towel (s)	Flippers	Pull Buoy	Paddles
Running Shoes (Sat)	Weight gloves (Sat)	Strength chart (Sat)	

We also understand that some of the required equipment may be unfamiliar, & those we have taken the liberty of providing examples of some of the more unconventional & differences.



**Proper Bathing suits:** Those that are new to the competitive programme may wonder why our boys wear tighter swim shorts, or why our girls wear full 1 piece bathing suits. The reason being mainly for streamline purposes; wearing a “jammer” or “Training Short” for the boys and 1 piece bathing suit for the females will improve their training & make them more efficient in the water. These are just a small sampling of proper bathing suits, but if you have any questions please feel free to speak to your coach/your child’s coach.



**Pull Buoys:** Pull buoys are used as flotation device to bring up the buoyancy of the swimmers legs. They are also used to prevent the swimmer from using their legs to kick; they are used during pull sets.



**Paddles:** paddles are training tool to improve stroke & pull, & not required until you have reached SR. Competitive.

## Uniform Policy

The Winnipeg Wave Swim club has recently purchased several new shirts and shorts for the swim club, and to look like a team we need to dress like a team, therefore we have the following policy in place.



### Practice

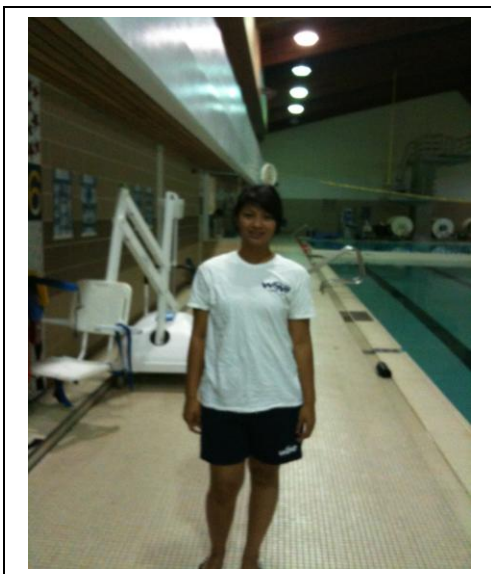
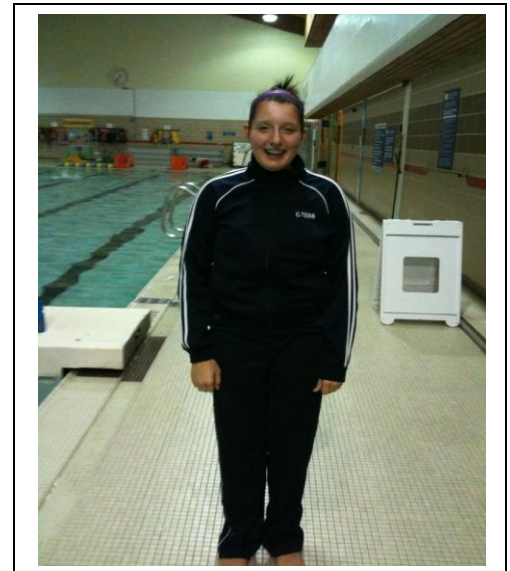
When swimmers are at practice, whether it be at Seven Oaks Pool, or Cindy Klassen Recreation complex (Sargent Park Pool), they are required to wear any type of WAVE shirt (as seen is in the picture here). Additionally swimmers should have a pair of shorts (does not have to be WAVE shorts, but a pair of shorts. For those swimmers who attend Saturday morning practices, it is imperative that they bring running shoes. After swimming practice we proceed to use the recreation complex's fitness centre & either use the gym equipment (for the SR. Group), or run the track & work with medicine balls for the JR & Development groups. Wearing skate shoes is NOT ACCEPTABLE, as they do not provide enough support to the foot when working out.

### Swim Meets

When we are at swim meets depending on what type of meet we are attending the swimmers will be required to wear specific shirts to.

#### Heat Meets

- WAVE Shirt can be navy or white, (right, above or below)
- A pair of shorts, preference is for WAVE but not required,
- WAVE track suit,
- Competitive bathing suit (details to follow)



#### Preliminaries

- NAVY WAVE Shirt (See above 2 pictures)
- A pair of shorts, preference is for WAVE but not required,
- WAVE track suit,
- Competitive bathing suit (details to follow)

#### Finals

- WHITE WAVE Shirt
- A pair of shorts, preference is for WAVE but not required,
- WAVE track suit,
- Competitive bathing suit (details to follow),

## Meet Schedule

Date	Meet	Host	Location
Oct 24-25 2009	Brandon Inv	Brandon Bluefins	Sportsplex
<i>Oct 31, 2009</i>	<i>5<sup>th</sup> Annual Pre-Com Halloween Meet</i>	<i>Winnipeg Wave</i>	<i>Pan Am Pool</i>
Nov 14-15, 2009	KSS Fall Invitational	Kenora Swimming sharks	Kenora Rec Centre
<b>Dec 3-6, 2009</b>	<b>PWI</b>	<b>Manta</b>	<b>Pan Am Pool</b>
Dec 12-13 2009	Christmas Invitational	St. James Seals	Pan Am Pool
<i>Dec 19, 2009</i>	<i>5<sup>th</sup> Annual Pre-Com Candy Cane Meet</i>	<i>Winnipeg Wave</i>	<i>Pan Am Pool</i>
Jan 23-24 2010	New Years Invitational	Manitoba Marlins	Pan Am Pool
Feb 19-21, 2010	Selkirk	Selkirk Dolphins	Comp Centre
<b>Mar 5-7, 2010</b>	<b>Junior Prov.</b>	<b>Brandon Bluefins</b>	<b>Sportsplex</b>
<b>Mar 18-21, 2010</b>	<b>ManSask SC Championships</b>	<b>Swim Manitoba</b>	<b>Pan Am Pool</b>
<i>Mar 26-27 2010</i>	<i>12 &amp; Under Novice</i>	<i>St. James Seals</i>	<i>Pan Am Pool</i>
April 17-18 2010	Brandon Inv.	Brandon Bluefins	Sportsplex
<b>May 6-9, 2010</b>	<b>GPI</b>	<b>Manitoba Marlins</b>	<b>Pan Am Pool</b>
May 29-30, 2010	Program Meet	Manta	Pan Am Pool
<i>May 28-30, 2010</i>	<i>Thunderbolt May International</i>	<i>Thunder bay Thunderbolts</i>	<i>Canada Games Complex</i>
<b>June 11-13 2010</b>	<b>Junior Provincials</b>	<b>Swim Manitoba</b>	<b>Pan Am Pool</b>
<i>June 19</i>	<i>5<sup>th</sup> Annual Pre-Comp Summer Splash</i>	<i>St. James Seals</i>	<i>Pan Am Pool</i>
<i>June 19-20, 2010</i>	<i>MJKFF 44<sup>th</sup> Annual Summerfest Invit</i>	<i>Moose Jaw Kinsmen Flying Fins Swim Club</i>	<i>Phyllis Dewar Outdoor Pool</i>
<b>July 8-11, 2010</b>	<b>ManSask LC Championship</b>	<b>Saskatoon Goldfins</b>	<b>Shaw Center</b>
<b>July 22-25 2010</b>	<b>Age Group Nationals</b>	<b>Swim Manitoba</b>	<b>Pan Am Pool</b>
Legend			
Open Swim Meets			
<b>Qualifier Swim Meets</b>			
<i>Pre- Competitive Swim Meets</i>			
<i>Proposed out of town meets</i>			

You will be sent a reminder e-mail about the swim meets from your coach approximately 3 weeks prior to each meet. If your child is a registered **COMPETITIVE SWIMMER** with Swim Canada they will be automatically entered into all open swim meets (see meet schedule above).

I consent to my swimmer being entered in the following swim meets:

I understand it's my responsibility to notify my child's coach a min

of 2 weeks prior to the meet if my swimmer is not attending or if

We later decide they will be attending

***KSS Fall Invitational***

***New Years Invitational***

***Selkirk***

***Brandon Inv.***

***Program Meet***

***Thunderbolt May International***

***MJKFF 44<sup>th</sup> Annual Summerfest Invit***

Swimmer

signature

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