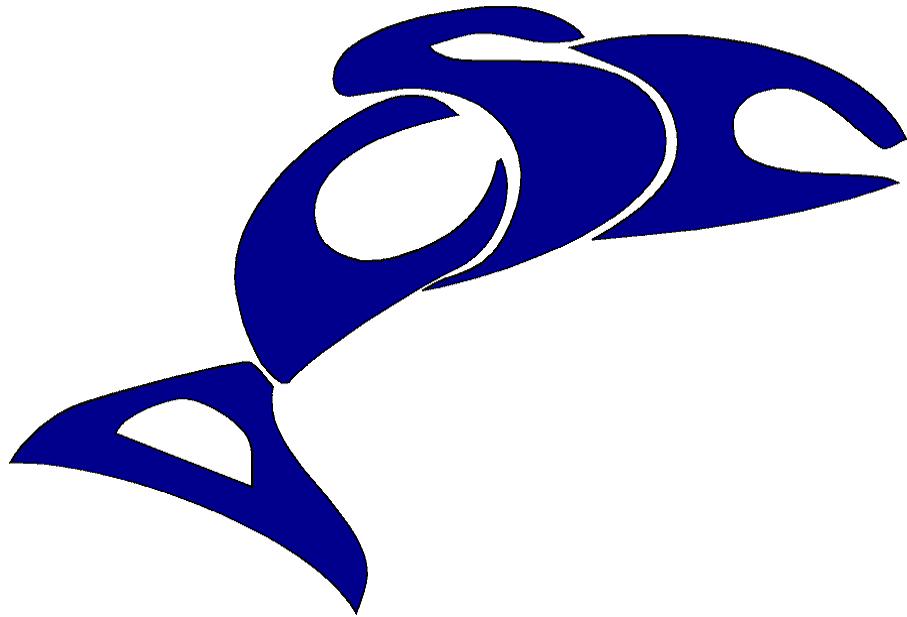
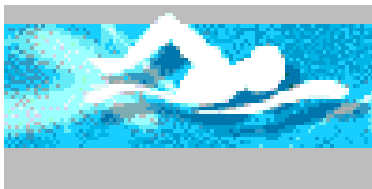


***Dartmouth Crusaders
Swim Club***



Big Splash 2010-11

Welcome to DCSC



Welcome Dartmouth Crusaders families, old and new. At Crusaders, we strive for excellence while recognizing the individual achievements of every swimmer.

Our newsletter *Splash* will keep you up to date during the year about meets, fundraising activities and schedule changes. It is transmitted electronically so please make sure you provide the club with an email address. Information can also be found on our web:

www.dartmouthcrusaders.com

Please free to watch your child from the stands and to speak to your coach at any time *after* practice. Board meetings will be held once a month at the Sportsplex. All parents are welcome to attend.

Our office number is: **469-8610**

Our e-mail is **dartcrusaders@eastlink.ca**

DCSC has an office on the ground floor of the Sportsplex. Our Head Coach is often there doing administrative work. Sometimes, announcements and meet entries are posted on the office window. News is also posted in the glass display box on the second floor of the Sportsplex. The office door has a slot through which you can slide envelopes containing cheques, equipment orders etc.

Who We Are



Dartmouth Crusaders is a competitive club with approximately 110 swimmers ranging in age from 6 to 18. The club, which started over 30 years ago at the Y building in Dartmouth, has been based at the Dartmouth Sportsplex since 1982.

At DCSC, swimmers develop discipline and learn the importance of setting personal goals. They develop friendships which last a lifetime. Our swimmers are supported by a talented coaching staff and a willing group of parent volunteers. With its instantly recognizable blue and gold colors, DCSC is an institution in Dartmouth. Hundreds of families have seen children and grandchildren graduate from our ranks.

This dedication pays off:

DCSC has produced three Olympians: Marie Moore, Andrew Haley and Coach Bill Greenlaw. Haley won a bronze medal at the 1996 Paralympic Games in Atlanta. In 1997, DCSC placed a section of four tiles in the Sportsplex Hall of Fame to honor these achievements.

DCSC graduates are competing for U.S. colleges on athletic scholarships. Many more race for Canadian universities.

DCSC placed three swimmers on the 2009 Canada Games Team.

In recent years DCSC has won ten Provincial Team Championships, including both Short Course and Long Course Nova Scotia Provincial Championships and the New Brunswick Short Course Provincial Championships. DCSC has also won the Top Team performance at the Ken Dunn Long Course Provincial Championships.

The names of many DCSC swimmers can be found in the Nova Scotia record books.

DCSC has won numerous National and Junior National medals.

Our Head Coach, Michelle Wilson, back for her third season with DCSC, is looking forward to continuing future successes. We are pleased to welcome new swimmers and parents to the DCSC family. If you don't find answers to questions here in *Big Splash*, don't hesitate to call an Executive or ask one of the veterans sitting in the stands- they'll be glad to help.

Coaching Staff



DCSC has an experienced and committed coaching staff. If you have questions, please approach your coach on deck *after practice*. Our Head Coach Michelle is usually on deck or in the DCSC office every day.

Head Coach

Michelle Wilson

e-mail: (office) dartcrusaders@eastlink.ca

phone (office) 469-8610



Michelle Wilson - Coach Michelle was established as Head Coach for the beginning of the 2008-2009 season, coming from 23 years in BC with the Delta Sungod and Richmond Rapids Swim Clubs.

Michelle has a MA from the University of Western Ontario, has completed Level 4 NCCP Swimming and Part A of Level 1 for Triathlon. She apprenticed with the National Youth Team in 1994, at the 8 Nations meet in Spain, and again in 2001 at the Sydney Youth Olympic Festival, as well as with the National Team at the 1994 Commonwealth Games in Victoria and World Championships in Rome. Michelle was also on the coaching staff for BC at the 1993 and 1997 Canada Summer Games.

She has served on a number of National and Provincial committees including the founding of the BC Swimming Coaches Association, the CSCTA Board, and the Education-Certification Committee. Her athletes have advanced from Novice to National level competitively, served as team captains on their subsequent University Teams, and have succeeded well academically and professionally including: multiple scholastic awards, Masters in computer science, medical and nursing school, engineering, owning their own businesses, and related. Coach Michelle focuses on the confidence, competitiveness, and coachability of each athlete, with an eye on their future ability to define their own personal optimum in performance both within and outside the sport world.

Squad Coaches

We have both new and returning coaches helping Michelle this year. Best to talk to them right after practice if you have questions/concerns, but otherwise their contact info is below. We are excited to welcome our 2010-11 coaching line up. All coaches have a swimming background; either as a swimmer, a coach or both.

National: Michelle Wilson
dartcrusaders@eastlink.ca
469-8610

Tag: Amira Tawashy
amira_sunshine@hotmail.com

Gold: Morgan Kierstead
morgankierstead@hotmail.com

Silver: Bob Phipps
bobhipps1111@gmail.com

Bronze: Bob Phipps
bobhipps1111@gmail.com
Maureen Belliveau
mdbelliveau@eastlink.ca

Senior Swimmer Coaching Assistants:
Leah Boudreau, Erin Bowdridge, Diego Pineiro, Sarah Taggart



DCSC Board of Directors 2010-11

President: Jason Payne
jason.payne@eastlink.ca

VP Administration: Holly Bowdridge
holly.bowdridge@ns.sympatico.ca

VP Finance: Jauna Garland
mquigley@ns.sympatico.ca

VP Competition: York Friesen
york.friesen@ec.gc.ca

Treasurer: Cathy Robertson
catherine.robertson@iwk.nshealth.ca

Secretary: Marg Petolas
mpetolas@ns.sympatico.ca

Registrar: Donna MacKinnon
donnamac@accesswave.ca

Chair of Officials: Gary Sonnichsen
sonnichsen@accesswave.ca

Equipment Manager: Joan Versnel
jversnel@dal.ca



Training and Racing



At Crusaders, swimmers are placed in training squads according to age, technical expertise and racing experience. Your swimmer will receive a training schedule for the year and you will be notified of any changes that sometimes occur before meets or during holidays.

Each squad has its own coach/coaches who are directed by the Head Coach. In younger squads, the focus is on stroke improvement and fun. As the swimmers grow older, more emphasis is placed on racing and achieving time standards.

DCSC trains at the Sportsplex although some practices for older swimmers are held at Centennial Pool in Halifax to provide access to a 50-metre long course pool. All swimmers have dryland training in their weekly schedule (sit-ups, stretches, running, weights for older swimmers etc.).

Swimmers are encouraged to attend all practices and as enter many meets as possible. Your yearly fees include all coaching costs, pool time, dryland training, meet entry fees and registration with Swim NS/Swim Canada, as well as team gear (suit, cap & Tshirt).

DCSC also has time trials on some Saturday mornings and special events such as the Elimination 50, Swim-a-Thon and Club Champs. At the end of the year prizes are awarded at our annual Awards Banquet.

Attending Meets



There are two basic types of meets:

- Nova Tech -for younger & new competitive swimmers
- Age Group- for older & experienced competitive swimmers

NovaTech

NovaTech meets are for younger/inexperienced swimmers, generally aged 10 and under. The NovaTech program divides the province in 3 regions. DCSC swimmers will compete in the Metro region with all meets being held locally. These meets are usually one day and are hosted by individual swim clubs, approximately once per month throughout the swim season Sept-June. The NovaTech Explosion, the final meet of the season, is the exception to this rule and runs as a two-day meet. Travel outside of Metro may be necessary for the NovaTech Explosion.

Novatech swimmers train & compete to improve their skills and become familiar with competitive racing. They will work to achieve the Age Group time standards. The emphasis is on personal improvement, swimmers will track their own “best times”. There are no finals at NovaTech meets. Swimmers may race 4-5 individual events plus fun relays. Events are chosen by the coaches, and determined by the meet package/meet guidelines. All swimmers will be entered in meets unless the Head Coach is notified your swimmer will not be attending.



Age Group Meets

When time standards are achieved, swimmers leave NovaTech & move to Age Group. Swimmers race and compete within his/her age group (12 & under, 13-14 or 15 & over.) Age Group swimmers have the opportunity to compete in approximately one meet per month. Age Group meets are usually held over 2-3 days and sometimes involve heats and evening finals. Swimmers may be entered in 6-8 events per meet, and can qualify for more swims by making finals. Age Group swimmers may also be chosen to swim in team relay races at these meets. Event selection is at the coach's discretion, selected based on the coach's team goals for the meet, balanced with each individual swimmers goals.

Throughout the year, some meets are attended that require qualifying times. These meets, such as East Coast Championships and Ken Dunn Championships, have their own time standards swimmers must achieve to be allowed entry to these meets. Swimmers not achieving these standards will have the opportunity to compete at Junior Provincial meets. Swimmers can also qualify beyond Provincial and East Coast, there are additional faster qualifying times for Eastern Canadian, Age Group National and Senior National meets.

There is some travel required for Age Group swimmers. While most meets are within NS, Age Group swimmers may have several opportunities to race outside of NS. The club may choose to participate in meets in NB, PEI and NFLD as well as a team travel meet to Ontario or Quebec may be offered. As with NovaTech meets, all swimmers are entered in meets unless you notify your coach that you are not attending. Time Standards and Meet Guidelines are posted on the Swim NS website www.swimnovascotia.com



How to Watch a Swim Meet

The following is a brief summary of competitive swimming strokes and terms.

The Racing Course

The length of a long course racing pool is 50 metres , 25 metres for short course. The pool has eight lanes and each lane is 2.5 metres wide. The water temperature must be kept at 26 degrees Celsius.

The Meet

There is normally 13 individual events and three relays for men and women in a swim meet.

Freestyle Events

In the freestyle, the competitor may swim any stroke he or she wishes. The usual stroke used is the front crawl. This stroke is characterized by the alternate overhand motion of the arms. The freestyle is swum over 50, 100, 200, 400, 800 and 1500 metre distances.

Backstroke Events

In the backstroke, the swimmer must stay on his or her back at all times. The stroke is an alternating motion of the arms. At each turn a swimmer must touch the wall with some part of the body.

Swimmers must surface within 15 metres after the start and each turn. Backstroke race distances are 50,100 and 200 metres.

Breaststroke Events

Perhaps one of the most difficult strokes to master, the breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pushed forward from the breast on or under the surface of the water and brought backward in the propulsive stage of the stroke simultaneously.

The kick is a simultaneous thrust of the legs called a frog or breaststroke kick. No flutter or dolphin kicking is allowed. At each turn a swimmer must touch with both hands at the same time.

Breaststroke races are distances of 50,100 and 200 metres.

Butterfly Events

The most physically demanding stroke, the butterfly features the simultaneous overhead stroke of the arms combined with the dolphin kick. The dolphin kick features both legs moving up and down together. No flutter kicking is allowed. The butterfly was born in the early 1950s due to a loophole in the breaststroke rules and became an Olympic event in Melbourne, Australia in 1965. Butterfly races are swum in 50,100 and 200 metre distances.

Individual Medley

The individual medley, commonly referred to as the I.M., features all four competitive strokes. In the I.M., a swimmer begins with the butterfly, changes to the backstroke after one-fourth of the race, then the breaststroke for another quarter and finally finishes with the freestyle. The I.M. is swum in 100, 200 and 400 metre distances.

Medley Relay

In the medley relay all four strokes are swum by four different swimmers. No swimmer may swim more than one leg of the relay, which is swum in backstroke, breaststroke, butterfly and freestyle order. The medley relay is 200 metres (4 X 50m) or 400 metres (4 X 100m)

Starts and Turns

Many races are won or lost in starts and turns. In the start, the swimmer is called to the starting position by the starter who visually checks that all swimmers are still. Then, once the starter is satisfied, the race is started by either a gun or electronic tone. Quick turns are essential to a good race. In all events the swimmer must touch the wall, but in the freestyle and backstroke the swimmer may somersault as he or she reaches the wall, touching only with the feet. In the other two competitive strokes, the swimmer must touch the wall with both hands before executing the turn.

Strategies

The sprint races (50 and 100 metres) are an all-out burst of speed from start to finish. The slightest mistake can cost precious hundredths of seconds -and the race.

The 200 metre events require the swimmer to have a sense of pace as well as the ability to swim in a controlled speed.

The 400, 800 and 1500 metre freestyle require the swimmer to constantly be aware of where they are in the water and how tired they are becoming. Swimming the first portion of the race at too fast of a pace can sap a swimmers strength and cause a poor finish. Swimming the first portion of the race too slowly can separate the swimmer from the pack and make catching up impossible.

There are two ways to swim a distance race. Swimmers may elect to swim the race evenly (holding the same pace throughout the race) or they may negative split the race. A negative split occurs when the swimmer covers the second half of a race faster than the first half.

- ❖ Each stroke has its own regulations regarding proper starts, leg and arm movements during the races and how the swimmer must touch the wall at the end of each length.
- ❖ The race begins with a dive from a starting block, except in backstroke where events are started in the water.
- ❖ Any swimmer who leaves the starting block or wall prior to the starting gun is disqualified. (This is called the one start rule)
- ❖ In all swimming events, the individual or team with the fastest time wins



SWIM TALK!

Glossary of Swimming Terms

Age Group Swimming: This is the program through which SNC provides fair and open competition for its younger members. It is designed to encourage maximum participation, provide an educational experience, enhance physical and mental conditioning, and develop a rich base of swimming talent. Nationally recognized age groups are 11-12, 13-14, 15-17, and Senior. Local meets also include races for new/inexperienced swimmers with the new NovaTech program .

Block: The starting platform.

Bulkhead: A wall constructed to divide a pool into different courses, such as a 50m pool into two 25m pools.

Coach: A person who trains and teaches athletes in the sport of swimming.

Cut: Slang for qualifying time. A time standard necessary to attend a particular meet or event.

Distance Event: Term used to refer to events over 400 metres.

DQ (Disqualified): This occurs when a swimmer has committed an infraction of some kind (e.g. one-handed touch in breaststroke). A disqualified swimmer is not eligible to receive an award, nor will there be an official time in that event.

Drill: An exercise involving a part of a stroke, used to improve technique.

Dry-land Training: Training done out of the water that aids and enhances swimming performance; usually includes stretching, callisthenics, and/or weight training.

Entry Form: Form used by the coach to enter swimmers in a competition, usually done electronically now.

False Start: Occurs when a swimmer is moving at the start prior to the signal.

Final: The championship heat of an event in which the top six or eight swimmers from the preliminaries compete for awards, depending on the number of lanes in the pool.

Finish: The final phase of the race – the touch at the end of the race.

Flags: Backstroke flags placed 5 metres from the end of the pool. They enable backstrokers to execute a backstroke turn more efficiently through being able to count the number of strokes into each wall.

Goal: A specific time achievement a swimmer sets and strives for; can be short or long term.

Heat Sheets: The swim meet program. Each race consisting of 6 or 8 swimmers (depending on the size of the pool) is 1 heat. Each event has several heats.

I.M.: Slang for individual medley, an event in which the swimmer uses all four strokes in the following order: butterfly, backstroke, breaststroke, freestyle.

Lap Counter: A set of plastic display numbers used to keep track of laps during a distance race. The person who counts for the swimmer, is stationed at the opposite end from the start.

Long Course or LC: a 50m long pool.

Long Distance: Any freestyle event over 1500 metres, normally conducted in a natural body of water, such as a lake, river, or ocean.

Meet: Competition designed to be a measure of progress and a learning experience. By implementing what has been learned in practice, the swimmers test themselves against the clock to see how they are progressing.

Middle Distance: Term used to refer to events of 200 to 400 metres in length.

Negative Split: Swimming the second half of the race faster than the first half.

Official: A judge on the deck of the pool at a sanctioned competition who enforces SNC rules.

Official Time: A time achieved in a race during a duly sanctioned competition.

Pace: The often pre-determined speed with which a swimmer completes each segment of a race (e.g. 25m, 50m)

Pace Clock: Large clock with a large second hand and a smaller minute hand, used to check pace or maintain intervals in practice (may also be digital).

PB: Personal Best. A swimmer's current best time in any given race.

Prelim: Slang for preliminaries, also called heats – those races in which swimmers qualify for the championship and consolation finals in an event.

Psych Sheets: Lists of swimmers entered in each event in a particular meet. These lists are usually available before major meets, giving swimmers a chance to assess their competition and compare entry times.

Q-Time: Qualifying time necessary to compete in a particular event and/or competition.

Relay: An event in which 4 swimmers compete together as a team to achieve on time.

Runners: Persons on deck, usually younger swimmers not entered in the meet, assisting officials with time cards.

Safety Procedure: Safety procedures are designed to prevent accidents, and must be followed to the letter.

Sanctioned Meet: All competitions in which records may be set and official times may be obtained, must be sanctioned (approved officially) by a Swim NS Sanctioning Officer.

Scratch: To withdraw from an event in a competition.

Seed Time: A swimmer's previous best time. The entry time used to enter a race.

Short Course or SC: A 25 metre long pool in which most competitions during the winter are held.

SNC: Swimming Natation Canada

SNS: Swim Nova Scotia

Split: A swimmer's intermediate time in a race. Splits are registered every 50m and are used to determine if a swimmer is on a planned pace. Under certain conditions, initial splits may also be used as official times.

Sprint: Describes the shorter events (50 and 100m); in training, to swim as fast as possible for a short distance.

Standard: A qualifying time swimmers must have achieved to be allowed entry to certain meets.

Streamline: The position used to gain maximum distance during a start and/or push-off from the wall in which the swimmer's body is as tight and straight as it can be.

SWAD: Swimmer with a disability.

Taper: The final preparation phase before a meet, may include practices with less distance covered, a "rest and prepare" phase.

Time Card: The card issued to each swimmer prior to each race, on which splits and the final time are recorded.

Time Trial: A practice race which is not part of a regular competitions. Time trials may be sanctioned and used to qualify for specific meets.

Touch Pad: A large sensitive board at the end of each lane where a swimmer's touch is registered and sent electronically to the timing system.

Warm-down: Low intensity swimming used by swimmer after a race or main practice set to rid the body of excess lactic acid, and to gradually reduce heart rate and respiration.

Warm-up: Low-intensity swimming used by swimmers prior to a main practice set or a race to get muscles loose and warm, and to gradually increase heart rate and respiration.

Watches: Stopwatches used to time swimmers during a competition. When totally automatic timing equipment is used, watches serve as a back-up method.

(taken, in part, from Swim Ontario website)

DCSC Training Schedule 2010-2011

SQUAD		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
NATIONAL	AM	OFF	5:30 - 7:00 ©	5:30 - 7:15 ●	5:30 - 7:00 ©	OFF	6:00 - 8:00 ● 8:00 - 9:00 DL	16.75 hrs
	PM	4:15 - 5:45 5:45 - 6:45 DL	4:30 - 6:30	4:15- 5:45 5:45- 6:45 DL	OFF	4:15- 6:15		
TAG	AM	OFF	5:30 - 7:00 ©	OFF	OFF	6:00- 7:15 ●	6:00 - 8:00 ● 8:00 - 9:00 DL	11 hrs
	PM	4:15- 5:45	OFF	4:15- 5:45	4:15- 5:30 5:30-6:30 DL	OFF		
GOLD	AM	OFF	OFF	OFF	OFF	OFF	7:30 - 9:00 ●	6 hrs
	PM	6:30- 7:30	OFF	5:30 - 6:45	4:15- 5:30 5:30- 6:30 DL	OFF		
SILVER	AM	OFF	OFF	OFF	OFF	OFF	7:30 - 9:00 ●	4.25 hrs
	PM	5:00- 5:45 DL 5:45- 6:30	OFF	OFF	5:15 - 6:30	OFF		
BRONZE	AM	OFF	OFF	OFF	OFF	OFF	8:15 - 9:00 ●	3 hrs
	PM	6:00- 6:45 (A) or 6:45- 7:30 (B) (choose one)	OFF	6:00- 6:45 DL 6:45- 7:30 (A & B)	OFF	OFF		

© Tues & Thurs mornings at Centennial
 ● Wed, Fri & Sat mornings at Sportsplex
 all afternoon/evenings at Sportsplex
 DL= dryland

Non-Competitive/Summer Swimmers (2 hrs per week max, no dryland)

Tag- Thurs 4:15- 5:15pm, Fri 6:00- 7:00am
 Gold- Mon 6:30-7:30pm, Thurs 4:15-5:15pm
 Silver- Mon 5:45-6:30pm, Thurs 5:15- 6:30
 Bronze- Mon 6:00- 6:45 or 6:45-7:30pm, Wed 6:45-7:30pm
 No Non-Competitive swimmers in National squad

Equipment



DCSC has an equipment box that sells team bathing suits, t-shirts, caps, swim bags, fins and special order items.

One of the Crusader's strong points is that we always try to look like a team. All team members are provided with a Club swim suit, cap and t-shirt. At the start of the year, the coach of the older age groups will advise the swimmers of any other equipment requirements.

The Box is located on the Café level of the Sportsplex, near the Harbour Room. Normal hours are Saturday mornings from 7:30 a.m. -8:30 a.m. Our Equipment Coordinator, Joan Versnel, and her assistants will be on hand to answer your questions and assist with your purchases and orders.

Visit the Equipment Box to see what else is available, including polyester suits and swim bags. From time to time, special orders are placed. We will let you know which items we will be ordering and when. Order forms, found on the website, can be completed and left at the DCSC Office. Many items can be specially ordered if there is enough interest and usually includes DCSC hoodies, DCSC track suits, fins and pull buoys.

Crusader equipment should be worn on the pool deck during practice and at meets. We want to look like a unified team and also increase our visibility to the general public during practice. Therefore, only yellow caps, with the DCSC crest, should be worn.

It is recommended that swimmers buy a lock for use at the Sportsplex and at meets. Please label all your swim clothes and equipment. We have approximately 110 swimmers with almost identical items.

Dartmouth Crusaders Schedule of Events 2010-11

Date	Event/Meet (meets in red)	Location/Host	Swimmers to Attend
Sept 7- 10 th	Intro Week 530-630pm each day	Sportsplex	any new members
Fri Sept 10 th	Registration 530-730pm	Sportsplex	any new or returning members
Mon Sept 13 th	Registration 530-730pm	Sportsplex	any new or returning members
Mon Sept 13 th	Full time competitive schedule starts	Sportsplex	all squads
Mon Sept 20 th	Silver Parent-Coach Meeting 5-6pm	Sportsplex, Wyse Room	Silver squad parents
Wed Sept 22 nd	Bronze Parent-Coach Meeting 6-7pm	Sportsplex, Wyse Room	Bronze squad parents
Thurs Sept 23 rd	Gold & Tag Parent-Coach Meetings 530-630pm	Sportsplex, Wyse Room	Gold & Tag squad parents
Mon Sept 27 th	National Parent-Coach Meeting 6-7pm	Sportsplex, Wyse Room	National squad parents
Mon Sept 27 th	Non-Competitive & Summer swimmers programs starts	Sportsplex	any non-competitive & summer swimmers after confirmation with head coach
Sat Oct 16 th	Provincial High Performance Camp	Dalplex	selected swimmers
Oct 16- 17 th	Dal Relay & Pentathlon Meet	Dalplex	all Age Group swimmers
Oct 22- 23 rd	Biomechanical Analysis	Sportsplex	National & Tag
Sat Oct 30 th	DCSC Halloween Fun Meet & Time Trial with a Pancake Breakfast, 7-9am	Sportsplex	all DCSC swimmers
Nov 6 OR 7 th	NovaTech Meet #1	Centennial Pool, hosted by HTAC	all NovaTech swimmers
Thurs Nov 11 th	Provincial Camp		Age Group National qualifiers
Nov 12- 14 th	Age Group Development Meet	Sportsplex, DCSC Hosts	all Age Group swimmers
Thurs Nov 25 th	National LC Time Trial 530-7am	Centennial Pool	National squad
Nov 26- 28 th	Canada Cup	Etobicoke, Ontario	swimmers with Senior National qualifying times
Dec 4 OR 5 th	NovaTech Meet #2	Dartmouth Y, hosted by DMSC	all NovaTech swimmers
Dec 10- 12 th	NS Team Champs Meet	Dalplex, hosted by SNS & HTAC	Age Group swimmers
Sat Dec 18 th	DCSC 50 Free Eliminator Fun Meet, 7-9am	Sportsplex	all DCSC swimmers
Dec 24, 25, 26, 27 th	all squads off		

Dec 28-Jan 2	Bronze, Silver, Gold and Tag off; modified schedule for National			
Mon Jan 3 rd	regular schedule resumes			all squads
Jan 14-16 th	Age Group Development Meet	Acadia Pool, Wolfville, hosted by WTSC		all Age Group swimmers
Jan 22- 23 rd	Tri-Meet & Camp	Dalplex		selected swimmers from NS/NB/PEI
Jan 29 OR 30	Novatech Meet #3	Centennial Pool, hosted by SWAT		all NovaTech swimmers
Sat Jan 29 th	Provincial High Performance Camp	Dalplex		selected swimmers
Jan 29- 30 th	NB Invitational Meet (to be confirmed)	Moncton, NB		National squad
Sat Feb 5 th	East Coast Champs qualifiers Time Trial (to be confirmed)	Sportsplex		EC qualifiers
Feb 11- 13 th	Jr Provincial Championships	Port Hawkesbury, hosted by PHAST		Age Group swimmers who do not have East Coast standards
Feb 14- 19 th	Program Break- Bronze, Silver & Gold			
Feb 17- 20 th	Eastern Canadian Championships	London, Ontario		Age Group swimmers with Eastern Canadian qualifying times
Sat Feb 26 th	NovaTech In House Meet	Sportsplex		all NovaTech swimmers
March 3- 6 th	East Coast Championships	St John, NB		Age Group swimmers with East Coast qualifying times
March 7- 12 th	Program Break- National & Tag			
Mar 26 OR 27	NovaTech Meet #4	Centennial Pool, hosted by HTAC		all NovaTech swimmers
Mar 31- April 3 rd	Canadian Senior Spring Nationals	Victoria, BC		swimmers with Senior National qualifying times
Thurs April 7 th	National LC Time Trial 530-7am	Centennial Pool		National squad
April 9 - 10 th	LC Age Group Development Meet	Centennial Pool, hosted by SWAT		all Age Group swimmers
Sat April 16 th	Provincial High Performance Camp	Dalplex		selected swimmers
April 16 OR 17	Novatech Meet #5	Centennial Pool hosted by DCSC & DMSC		all NovaTech swimmers
April 16- 25 th	Arizona Training Camp	Flagstaff & Phoenix, Arizona		National squad
April 16- 17 th	PEI Invitational Meet	PEI		Tag squad
April 29- 30 th	Swim-A-Thon	Sportsplex		Fri-National, Sat all other squads

May 6- 8 th	LC Age Group Development Meet	Dalplex, hosted by HTAC	all Age Group swimmers
May 13- 15 th	Provincial High Performance Competition (to be confirmed)	Charlotte, North Carolina	selected swimmers
May 14- 15 th	NovaTech Explosion	Shearwater Pool, hosted by SBSC	all NovaTech swimmers
Thurs May 19 th	National LC Time Trial 530-7am	Centennial Pool	National squad
May 27- 29 th	Jr Provincial Championships	Acadia Pool, Wolfville hosted by WTSC	Age Group swimmers who do not have East Coast standards
May 28- 29 th	NB LC Invitational (to be confirmed)	New Brunswick	National squad
June 3- 5 th	Ken Dunn Championship Meet	Dalplex , hosted by SNS & DCSC	Age Group swimmers with Ken Dunn qualifying times
Sat June 11 th	Crusader Alumni Fun Meet , current and alumni swimmers + DCSC Golf Tournament	Sportsplex	all DCSC swimmers
Sun June 12 th	DCSC Annual Awards Banquet	Brightwood	all DCSC swimmers, parents and coaches
Sat June 18 th	Provincial High Performance Camp	Dalplex	selected swimmers
July 1- 3 rd	Canadian Grand Prix	Montreal, Quebec	swimmers with Senior National qualifying times
July 7- 10 th	East Coast Championships	Dalplex	Age Group swimmers with East Coast qualifying times
July 21- 24 th	Canadian Senior Nationals	Pointe Claire, Quebec	swimmers with Senior National qualifying times
July 28- 31 st	Canadian Age Group Nationals	Montreal, Quebec	swimmers with Age Group National qualifying times

NovaTech vs Age Group??

All new swimmers, regardless of age, will start in the NovaTech Program.

Swimmers advance to the Age Group Program when they have achieved the Age Group standards (200 IM under 3:55 and 200 Free under 3:40) and coaches feel the swimmer is emotionally and socially ready to move to Age Group swimming.

Teams Hosting Meets:

DCSC- Dartmouth Crusaders
HTAC- Halifax Trojans
SBSC- Shearwater Bluefins Swim Club
SWAT- Sackville Waves Aquatic Club
SNS- Swim Nova Scotia
PHAST- Port Hawkesbury Antigonish Swim Team
WTSC- Wolfville Tritons Swim Club

Meet Officials

(what do each of the officials do?)

MEET MANAGER

- prepares and distributes Meet Information
- makes arrangements for pool time, rooms, equipment, supplies, awards, etc
- arranges for officials (may delegate to Officials' Coordinator)
- ensures that entries; psych sheets, heat sheets, finals sheets and Timekeepers Sheets are prepared in timely manner (by computer operator)
- chairs the Technical Meeting (with coaches & key officials; prior to the session)
- works with coaches & officials to ensure a smoothly run event
- deals with any problems not referred to the Referee
- ensures that post meet information is circulated (results, record applications, media reports, etc.)

SAFETY MARSHALL

- responsible for deck and locker room safety during the warm up period of the meet
- works with the facility lifeguards

TIMEKEEPER (2 or 3 per lane) "Timer"

- takes time of each swimmer in their lane
- record times on Timekeeper Sheets
- may be assigned to take splits
- may be assigned to judge relay takeovers

HEAD LANE TIMEKEEPER

- is a certified Judge of Strokes & Inspector of Turns
- assigns duties of recording times on Timekeeper Sheets and taking splits
- judges all touches
- supervises the ringing of the bell in distance events
- judges relay takeovers

CHIEF TIMEKEEPER (may have an assistant)

- briefs Timekeepers prior to session
- signs watches out/in
- assigns Head Lane Timekeepers
- takes time of lead swimmer in each heat
- instructs Timekeepers when to clear watches
- monitors times to ensure watches are operating accurately
- alerts Referee if all Timekeepers not ready for Start

MARSHALL

- assists Clerk of Course with directing swimmers to correct heats and lanes
- assists Clerk of Course with deck control

CLERK OF COURSE (may have an assistant)

- checks in swimmers and with Marshal(s) sees that swimmers proceed to correct heats & lanes
- ensures quiet and order on the pool deck
- is responsible for seeding at deck seeded meets
- notifies Referee when anything is not as published in the Heat/Finals Sheet

JUDGE OF STROKES

- positioned on both sides of the pool
- observes the stroke techniques of the swimmers and judges whether rule infractions have occurred
- confirms with the Referee the validity of a disqualification
- makes every effort to notify the swimmer or the coach of the disqualification

INSPECTOR OF TURNS

- positioned at both ends of the pool
- observes the turn techniques of the swimmers and judges whether rule infractions have occurred
- confirms with the Referee the validity of a disqualification
- makes every effort to notify the swimmer or the coach of the disqualification

RELAY TAKEOVER JUDGE

- may be Timekeeper, or Inspector of Turns, or Head Lane Timekeeper
- judges the touching and takeoff to determine fair takeover

REFEREE

- chief official at the meet, with full authority over all aspects of the session
- briefs the Stroke & Turn Judges on the tolerances of the meet
- ensures fairness and makes decisions not clear in the rules
- is the final rule on Stroke & Turn infractions

STARTER

- starts each race by gun/horn/electronic start system, making sure the start is fair
- may serve as Inspector of Turns

CHIEF JUDGE ELECTRONICS (at pools having an electronic timing system)

- oversees the operation of electronic equipment
- provides the Chief Finish Judge with printout (tape) of each race
- identifies light touches or possible malfunction of equipment

ELECTRONICS OPERATOR (at pools having an electronic timing system)

- operates electronic equipment
- may need to serve also as Chief Judge Electronics

CHIEF FINISH JUDGE (may have an assistant)

- briefs the runners on their duties
- determines official times on each Timekeepers Sheet

- compiles cards (when used) in order of finish
- assigns placings and times
- signs official Order of Finish prior to posting

COMPUTER OPERATOR

- prepares meet setup files for website
- prints Team Rosters & Psych Sheets (for coaches)
- provides Meet Manager with Psych Sheet for programs (for sale)
- prints Order of Events Sheets (Session Reports)
- enters scratches, deck entries, etc. just prior to start of session
- prints Timekeepers Sheets
- prints Heat Sheets/Finals Sheets
- enters results, publishes event postings, finals sheets, scoring reports, etc.
- submits results to Section Office for uploading to Swim Direct

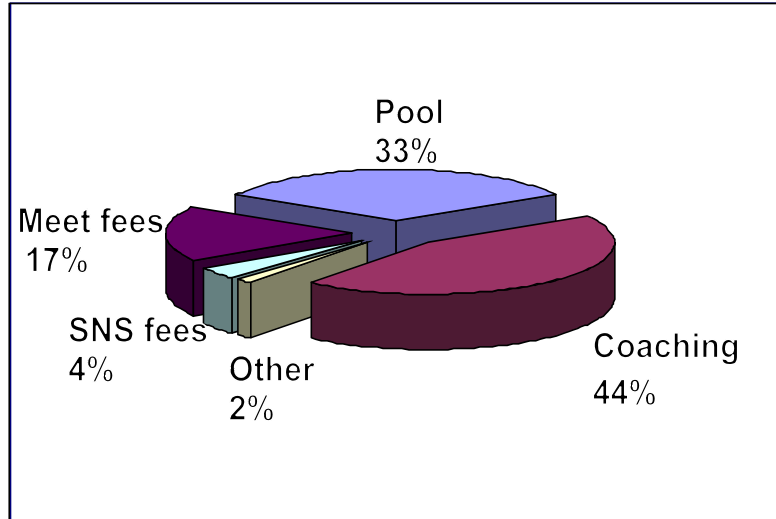
RECORDER SCORER/OFFICE MANAGER (may have an assistant)

- responsible for scoring (unless the computer program is set up for this)
- checks for records, etc. (computer program may do this)
- posts results
- provides info to announcer, media person, etc.
- provides info to Awards Persons for preparation of medals/ribbons/plaques, etc.



Competitive Swimming

Where Do Your Swimming Dollars Go?



DCSC members have the opportunity to fundraise 100% of the registration fee.

Some examples of how this can be done are:

1. Citrus sales: 3 sales per season
 - Sale 1 10 cases approx. profit \$100.00
 - Sale 2 5 cases approx. profit \$50.00
 - Sale 3 5 cases approx. profit \$50.00
2. Sobeys Gift Certificates:
 - Monthly order of \$500.00
 - 10 months x \$25.00 approx. profit \$250.00
3. Chocolate Bars
 - 60 bars approx. profit \$46.00
4. Sunsweep tickets:
 - 100 tickets \$150.00
5. Swimathon:
 - Pledges \$100.00

TOTAL earned through fundraising: \$746.00

Comparison-shopping? Check out these hourly rates:

DCSC Bronze Group	\$7.63
Swimming lessons	\$16.80 (non-member, 10 x 30 min lessons)
Swimming lessons	\$12.00 (member, 10 x 30 min lessons)
Soccer (U8)	\$5.40
Speedskating	\$12.00

DCSC Payment and Refund Policy

1. Full Refund Before Start of Swim Season: A swimmer shall be entitled to a full refund of all fees paid for a swim season if the DCSC Registrar receives written notice of intention to withdraw before the current swim session starts, subject to payment in full of any outstanding fees owing from any previous year. The swim session is deemed to have started on the first Monday following the end of the trial period (September 13, 2010).

2. Resignation Refund Policy Following the Start of the Swim Season: Any member in good financial standing intending to resign from DCSC must deliver written notice of that intention to the DCSC VP Finance and Head Coach Michelle Wilson no later than December 1st for a December 15th withdrawal date, and no later than March 1st for a March 15th withdrawal date. No resignation refunds shall be granted for any other time periods nor after March 15th in any swim season. An additional administrative fee of \$175 for each competitive swimmer and \$125 for each non-competitive/summer swimmer shall apply.

3. Fees paid to Swim Nova Scotia/Canada, Team Cap, Suit and Tshirt Not Refundable: Fees paid to Swim Nova Scotia/Canada by DCSC on behalf of a swimmer and fees paid for team gear shall not be refundable under any circumstances (Swim Nova Scotia does not provide refunds to Swim Clubs).

4. Late Registration Fee: A late registration fee of \$40.00 will be charged to returning swimmers who do not register before the first Monday of October (October 4, 2010).

5. Outstanding Fees: Fees owing for any reason from any previous swim seasons must be paid in full at registration before a child will be allowed to register for the current swim season or receive a refund of any kind as set out herein.

6. Intro Program Fees: Fees paid for an Intro Program shall not be refundable under any circumstances.

7. Group Movement in the Swim Season: If a swimmer moves up to another group during the swim season with Coach and member approval, the member is responsible for the payment of the difference in fees on a pro-rata basis for the remainder of the swim season. Movements shall happen on the fifteenth day of any month to coincide with the DCSC Fee schedule.

8. Change of Swim Status with Swim NS/Canada: Fees payable as a result of movement from non-competitive to competitive categories within Swim Nova Scotia/Canada shall be paid by the swimmer before any change of status will be initiated with Swim Nova Scotia/Canada. There shall be no refund for a swimmer changing from competitive to non-competitive status.

9. No Refunds for Non-Attendance at Practices or Dropping Back at Swimmer's Choice: Swim Fees are not prorated based on the number of practices attended and are not refundable. If a swimmer drops back to a lower level at their choice (competitive to non-competitive, or dropping practice hours), the fees are not refundable or reduced.

10. Swimmers Joining After the Registration Date (except Intro Program Swimmers):

Fees will be prorated for swimmers joining after fall registration dates.

11. Accounts Receivable/NSF Cheques or Payments: Cheques or payments returned by the Bank for insufficient funds shall be subject to an NSF fee of \$25.00, in addition the missed payment amount must be replaced within two weeks of the missed payment along with the NSF charge. If payment is not received within two weeks, the swimmer(s) will not be allowed to practice with the Club or participate in any Club activities, including swim meets, until their account is balanced. In the event that a member provides two (2) NSF cheques to the Club in one season, then all future payments from that member must be in the form of certified cheques. A member's financial obligation to DCSC continues in the event of non-payment, except in accordance with the terms of this Policy.

12. Triathlon Swimmers: Those swimmers wishing to enroll under this category must show proof of their registration with Triathlon Nova Scotia as part of their registration with DCSC.

13. Fee Recovery: 25% of funds collected by families for team sponsorship will be credited to your account. Cash donations only apply in this situation, donations of goods or services do not apply.

Swim Nova Scotia Winter Training Policy for Summer Swimmers

(Applies to Summer Swimmers Training with DCSC)

4.2 Winter Training Policy

From November 1 to May 31, the amount of training permitted by a summer swimmer is restricted, if they wish to retain summer swimming status.

To be considered eligible to register for summer swimming, and/or be considered eligible to compete at any summer meet, a swimmer may swim not more than 2 hours per week in a coach or parent directed program.

The two hours per week does not include:

- Red Cross and Life Saving Society Classes, “I Can Swim” Classes, YMCA swim instruction program
- Fundraising swim-a-thons
- Other water sports such as Synchronized Swimming, WaterPolo, or Diving.

Summer swimmers will be permitted to attend one swim camp during the restricted training period.

As per Section 3.4 of the Summer Swimming Operating Handbook, former winter swimmers (registered September 1 to August 31) wishing to become summer swimmers are not eligible to compete in the summer for the same period of time they trained and/or competed in the winter, for a minimum of one summer season to a maximum of two summer seasons. Based on this required timeframe, to be considered eligible to compete in the summer, a former winter swimmer has not

- Practiced more than 2 hours per week in a coach or parent directed program, as per section 4.2 AND/OR
- Competed in winter meets

The intent of any winter training should be for team building and general fitness of swimmers. Training sessions should not be organized for the purpose of creating a competitive edge of one individual over others.

4.3. Winter Training Declaration, Complaint, and Investigation Procedure

If investigation determines that a swimmer did not respect the winter training policy they will not be eligible to register for the next summer swimming season. If the investigation is concluded during a summer swim season, the swimmer will be disqualified from participating any further in the current season, and will forfeit any awards, records or medals received during that season.

4.3.1 Identification of swimmers who do not respect the winter training policy is first the responsibility of their club.

At the start of each season every club will ask each of their swimmers to declare, by way of signed affidavit, if they have respected the winter training policy.

Also, at the start of each season, the president of each club will declare, by way of signed affidavit, that they have not knowingly registered anyone in their club who has violated that winter practice policy.

Swimmers and/or clubs will not be registered with Swim Nova Scotia for summer swimming, unless individual and club winter training affidavits have been received by the registration deadline defined at the start of each season.

4.3.2 Any registered member or officer of a summer swim club may register a complaint with Swim Nova Scotia if they have evidence that a swim club or individual has not accurately declared their winter training. Such a complaint must be declared in writing to the Executive Director of Swim Nova Scotia.

Upon receiving a complaint, the Executive Director shall determine if the complaint will be investigated, and inform the complainant of this decision within 4 calendar weeks of receipt of the complaint.

If the Executive Director chooses to investigate the complaint, they will, as a minimum, conduct, interviews with:

- the swimmer alleged to have violated the winter training policy (4.2 above) . A parent or guardian shall be present during the interview of the swimmer.
- their coach
- the complainant

Once the Executive Director has completed the investigation he/she will inform the swimmer investigated and the complainant in writing of any decisions resulting from the investigation. The Executive Director's decision in each investigation will be final.



DCSC Participaion Commitment Program

DCSC is a “parent participation” club. We encourage family participation and we reduce program costs through a Credit program for volunteer time with the club. To illustrate, DCSC hosts up to four meets throughout the year. These hosted meets require a lot of volunteers, but they are responsible for generating \$1000s per year in club revenue. This money directly reduces EVERY MEMBER’S cost to swim. Therefore all DCSC families must participate in the participation program.

The fee structure and required volunteer points are assigned by your swimmer’s Squad; they are calculated to match the opportunities to volunteer with the swimmer’s level. In September at registration, each family is assigned a number of points to be earned. For families with more than one swimmer this is calculated by adding the points required for each swimmer. Once a family has been assigned points at registration, this quota does not change if a swimmer is advanced to a higher-level group during the season. Every point earned by volunteering equals 1 credit toward the family’s maximum point fee. No credits are given over and above the number of assigned points.

At season end, points are converted to \$ value at 1pt = \$1. Once your point maximum has been reached your volunteer credit cheque will be returned to you. Should you not reach the required point level you will be assessed a penalty of \$1 per point against your participation program deposit cheque.

For swim families registering after September, the number of credit/participation points will be assigned by the Participation Program Coordinator based not only on the swimmer’s Group, but also pro-rated by the month of registration and thus, the remaining opportunities to volunteer.

As part of September registration, each family has the opportunity to sign up for “administration and support” duties. Requests for participation for swim meets will come before each meet. For duties at DCSC-hosted swim meets, sign-up will be on a “first come, first-serve” basis. Families who volunteer beforehand must still sign-in with the meet manager/designated official representative prior to the start of the session. Families who volunteer, but do not sign-in, and then are not needed won’t be awarded credit points. To keep your account up-to-date, your volunteer points must be submitted to our Participation Program Coordinator three times per year, at the end of December, the end of March, and the end of May. It is each family’s responsibility to record their volunteer service and to submit to the Participation Program Coordinator.

Calculation of Points & Fees

Calculate the fee based on the number of swimmers you have and the level at which the children are swimming. Credits will be applied and reconciled at the end of the season. Credits in excess of the annual amounts do not carry over to next season. This fee is revenue neutral should family point commitments be met. The fee will be treated like a uniform deposit with a post dated cheque collected at the beginning of the year. This cheque will be returned should your volunteer commitment be met.

Note that 1st year bronze swimmers do not have a participation commitment. First year families entering higher groups assume responsibility for ½ the volunteer points for each swimmer during the family's first season with the club. Summer and non-competitive swimmers also need to earn ½ the volunteer points for each swimmer.

The fee is calculated on a dollar per point basis as above and the post dated cheque is returned at season end if the participation commitment is met. If the participation commitment is partially met the portion met will be refunded on a \$1.00 per point accumulated basis.

The points & fees assigned by swimmer squad for 2010-11 are:

Squad	Participation Points Required	Fee
National	200	\$ 200
Tag	200	\$ 200
Gold	100	\$ 100
Silver	100	\$ 100
Bronze	60	\$ 60
1 st year Bronze	0	0
1 st year in other squads, summer and non-competitive	½ points	50 % fee

DCSC Participation Commitment Program Job Descriptions

Board of Directors: (must attend 80% of scheduled Board meetings)

Duty	Description	Points
President <i>Executive Position</i>	Chief Executive Officer of DCSC; presides over all meetings. Official DCSC spokesperson and representative. Liaise between Board and Head Coach. Attend SNS Fall President's Meeting.	200 pts
Vice President Competitions <i>Executive Position</i>	Oversee DCSC sponsored meets and coordinate their meet management. Obtain SNS sanction for DCSC time trials and ensure sufficient officials. With Head Coach and Board, participate in SNS meet bid process to secure DCSC-hosted meets. With Head Coach, before start of season, identify meets that DCSC will participate in during the year. Ensure sufficient DCSC officials for away-meets.	150 pts
Vice President Finance <i>Executive Position</i>	Make all financial arrangements for the Society as directed by the Board and oversee the integrity of the financial records as prepared by the Society's accountant. File with the Registrar of Companies of Nova Scotia within 14 days of AGM.	200 pts
Vice President Administration <i>Executive Position</i>	Look after administrative responsibilities of the club including promotion of the club and act as a publicity and media liaison. Coordinate other administrative duties at the direction of the executive including: registration materials, Big Splash, website, team pictures, display case, Club Records, etc.	150 pts
Treasurer <i>Executive Position</i>	Look after all account deposits and account balances, and report these to VP Finance and Board. Make monthly deposits of post-dated cheques.	150 pts
Secretary <i>Executive Position</i>	Produce and distribute minutes for Board meetings and Annual General Meeting. Coordinate all room bookings with Sportsplex. Collect all Board directed correspondence & keep files. Ensure distribution of Registration info to members in September.	150 pts
Registrar	Organize, review, and update information for new members for September. Ensure DCSC swimmers are registered with SNS. Arrange swimmer transfers with SNS and clubs. Maintain up-to-date squad listings for Head Coach, Finance and Web site. Handle yearly Swim News subscriptions.	150 pts
Chair of Officials	Encourage DCSC parent participation as officials and promote advancement to higher Official levels. Organize officials' courses as needed. Co-ordinate senior officials for DCSC sponsored meets.	150 pts
Team Manager	With Head Coach, book or block accommodations for away meets; coordinate vehicles or other travel arrangements. Coordinate billets, arrange chaperones, cost out fees, develop itineraries, ensure necessary DCSC forms, (conduct, consent, medical, etc.) are filled out.	75 pts
Fundraiser/ Team Sponsorship Coordinator	Establish/ work with committee to solicit team sponsors, including sponsors for annual swim meet; develop advertising guidelines/strategies.	100 pts

Administrative & Support:

DCSC Participation Program Coordinator	Administer DCSC volunteer points program. Collect Participation Commitment forms at registration; distribute jobs, tabulate points, and tabulate/forward refund amounts to V.P. Finance at year-end for refund distribution. Engage/ advise Board re: issues of non-compliance or controversy.	100 pts
AGM Attendance	Attend the Annual General Meeting	10 pts per family
Chaperone (non-billeted swim meets)	Assist in logistics and oversee DCSC swimmers (off pool deck) during away meets. Organize, buy, and prepare, as required, food for swimmers. Assist with equipment laundering. Ensure bedtime guidelines are met with the direction of Head Coach.	50 pts per day
Equipment Manager	Order, store and distribute team gear including collection of monies for the gear. 1 person	150 pts
Equipment Assistants	Assistant to aid in opening hours for the equipment box. Max. 1-2 persons	40 pts per person
Swim N.S. Rep	Represent Club at SNS meetings when DCSC is required to provide a rep (2–3 yr rotating cycle).	20 pts per meeting
Splash Editor	Work with the Coaches & Exec to prepare & distribute the DCSC newsletter and update web page.	100 pts
Web Master	Design, update and maintain Club web site	50 pts
Muffin Morning Coordinator	Organize food, set up and run muffin morning. Max of 2 people share job.	60 pts per person
Social Coordinator	Coordinate age-appropriate social events for the squads. Delegate the delivery of the individual squad events to a parent in the squad. Each squad should have 2-3 social events planned throughout the year.	75 pts
Banquet Coordinator	Plans, books and distributes tickets for year end banquet. Buys awards etc required for the banquet. Maximum 2 people	75 pts per person
Banquet Assistant	Assist the Banquet coordinator. Maximum 4 people	25 pts per person

Swim Meet Participation:

Meet Manager	Organize/run DCSC-hosted swim meets.	100 pts per meet
Canteen Coordinator	Purchase food items, set up concession & worker schedules, and solicit donations. Prepare revenue & expenses for the Treasurer.	50 pts per meet
Canteen Worker	Assist with set-up of concession & sale of items. Two people per session.	20 pts per session
Meet Hospitality Coordinator	Coordinate food donations &/or purchases food, coordinate food prep, schedule workers to distribute to coaches & officials for meet hospitality.	50 pts per meet

Meet Hospitality Worker	Prepare & distribute food to coaches & officials.	20 pts per session
Meet Office Coordinator	Accept meet entries, setup meet entries on computer, and coordinate meet office staff for meet (Only needed in meets not co-shared with SNS).	75 pts per meet
Meet Office Worker	Tabulate computer results and distribute labeled ribbons/medals.	20 pts per session
Referee	Most Senior official (in authority) on deck for session, referee is in charge of conduct of the swim competition Must be at least level 3 (orange) and taken referee clinic.	30 pts per session
Starter	The starter's role is to ensure a fair start for all swimmers. May be asked to judge turns and relays in the start-end of the pool.	30 pts per session
Stroke & Turn Judge	Judges of Stroke (walks along the pool length) and Judges of Turn (at both ends of the pool) ensure swimmers follow the rules for each swim stroke and turn.	20 pts per session
Chief Finish Judge	Chief Finish Judge's primary role responsibility is the determination of the official placing and results of a race.	20 pts per session
Chief Finish Electronics	Responsible for operation of the electronic timing system (Only presently in use at Dalplex)	20 pts per session
Timer	Ensure swimmer's name, lane, heat number, etc. is correct. Accurately start and stop watch and record finish times. Timers do not cheer for swimmers (regardless of team).	20 pts per session
Chief Timer	Chief Timekeeper(s) must maintain a constant check on the accuracy and the efficiency of all Timekeepers.	20 pts per session

Official's Clinics

Timing and Safety Marshall	Register and attend workshop. (This is the Level I Intro Course (Red Badge) which all parents need to take to understand the working of a swim meet and its officials)	20 pts
Stroke & Turn	Register and attend workshop and get certified.	20 pts
Chief Timer	Register and attend workshop and get certified	20 pts
Chief Finish	Register and attend workshop and get certified	20 pts
Office	Register, attend clinic and get certified in this position	20 pts
Starter	Register, attend clinic and get certified in this position	20 pts
Referee	Register, attend clinic and be certified in this position	20 pts
Meet Manager	Register, attend clinic and be certified in this position	30 pts
Clerk of Course	Register , attend clinic and be certified in this position	20 pts

Fundraising Coordination:

Auction/ Major Club Fundraiser Coordinator	Coordinate, book, plan & deliver the annual major club fundraiser. To be approved by Board if required. Max 1-2 persons.	100 pts per person
Citrus Sales Coordinator	Complete oversight and management of DCSC Citrus Sales, 4 sales per year	50 pts per sale
Swim-a-thon Coordinator	Organize and oversee annual Swim-a-thon with Head Coach. Collect monies & submit to SNS. Prepare and distribute tax receipts.	75 pts
Sobeys Gift Certificate Sales Coordinator	Advertise and coordinate the sale of Sobeys grocery certificates. Collect cheques, distribute certificates and provide accurate accounting to Treasurer. Monthly.	75 pts
Poinsettia Sales Coordinator	Advertise and coordinate the sale of poinsettia's and wreaths. Provide information to members, distribute purchases and provide accurate accounting to Treasurer.	50 pts
One Time Fund Raisers	Examples are chocolate bar sales, cookie dough, SunSweep tickets	40 pts

Dartmouth Crusaders Swim Club
Code of Conduct Policy

DCSC will provide an environment in which all members are treated with respect.

Further, DCSC supports equal opportunity and prohibits discriminatory practices.

Members of DCSC and participants in DCSC's programs and activities are expected to conduct themselves at all times in a manner consistent with the values of DCSC. Conduct that violates these values may be subject to sanctions pursuant to DCSC's Discipline Policy.

DCSC Member refers to all categories of members in the DCSC, as well as to all individuals engaged in activities with or employed by DCSC, including, but not limited to, swimmers, coaches, assistant coaches, parents or guardians of swimmers, officials, volunteers, directors, organizers, volunteers, staff, administrators and employees (including contract personnel).

All DCSC members have a responsibility to:

1. Maintain and enhance the dignity and self-esteem of members and participants of DCSC by:
 - Demonstrating respect to individuals regardless of gender, ethnic or racial origin, sexual orientation, age, marital status, religion, political belief, disability or economic status;
 - Focusing comments or criticism appropriately and avoiding public criticism of athletes, coaches, officials, organizers, volunteers, staff and members;
 - Consistently demonstrating the spirit of sportsmanship, sports leadership and ethical conduct and practices;
 - Ensuring that the rules of the sport and the spirit of such rules are adhered to.
2. Abstain from the use of alcohol while participating at DCSC athletic events.
3. Take reasonable steps to manage the responsible consumption of alcoholic beverages in social situations associated with DCSC events.
4. Abstain from the non-medical use of drugs or the use of performance-enhancing drugs or methods.
5. Refrain from any behaviour that constitutes harassment, where harassment is defined as comment or conduct, directed towards an individual or group, which is offensive, abusive, racist, sexist, degrading or malicious.
6. Refrain from any behaviour that constitutes sexual harassment, where sexual harassment is defined as unwelcome sexual advances or conduct of a sexual nature when submitting to or rejecting this conduct influences decisions which affect the individual, such conduct has the purpose or effect of diminishing performance, or such conduct creates an intimidating, hostile or offensive environment.
7. Comply at all times with the Constitution, Bylaws, policies, rules and regulations of DCSC, as adopted and amended from time to time, including complying with any contracts or agreements executed with DCSC.

In addition to the above, Coaches will have a responsibility to:

1. Ensure a safe environment by selecting activities and establishing controls that are suitable for the age, experience, ability and fitness level of athletes;
2. Avoid compromising the present and future health of athletes by communicating and cooperating with registered medical practitioners in their diagnosis, treatment and management;
3. Educate athletes about the dangers of drugs and performance-enhancing substances;
4. Accept and promote athletes' personal goals and refer to other coaches and sports specialists as opportunities arise;
5. Communicate and cooperate with the parents/guardians of athletes who are minors and involve them in decisions pertaining to their child's development;
6. Consider the academic pressures placed on student-athletes and conduct practices and events in a manner that supports academic success.

Athletes who have been selected to a representative team of DCSC will have an additional responsibility to:

1. Report any medical problems in a timely fashion, where such problems may limit the athlete's ability to train or compete;
2. Participate in all competitions, events or projects to which the athlete has made a commitment;
3. Adhere to DCSC's or the sponsoring body's requirements regarding clothing and equipment.
4. Adhere to the sponsoring body's additional requirements regarding conduct and discipline.

10 Commandments for Swimming Parents

I. Thou shalt not impose thy ambitions on thy child.

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push him based on what you think he should be doing. The nice thing about swimming is every person can strive to do his personal best and benefit from the process of competitive swimming.

II. Thou shalt be supportive no matter what.

There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

III. Thou shalt not coach thy child.

You are involved in one of the few youth sports programs that offers professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. Never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

IV. Thou shalt only have positive things to say at a swimming meet.

You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember "yelling at" is not the same as "cheering for".

V. Thou shalt acknowledge thy child's fears.

New experiences can be stressful situations. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or meet if your child was not ready. Remember your job is to love and support your child through all of the swimming experience.

VI. Thou shalt not criticize the officials.

Please don't criticize those who are doing the best they can in purely voluntary positions.

VII. Honor thy child's coach.

The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

VIII. Thou shalt be loyal and supportive of thy team

It is not wise for parents to take swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team find that it can be a difficult emotional experience. Often swimmers who do switch teams don't do better than they did before they sought the bluer water.

IX. Thy child shalt have goals besides winning.

Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

X. Thou shalt not expect thy child to become an Olympian.

There are 250,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.

by Rose Snyder, Managing Director Coaching Division, USOC, Former Director of Club Services, USA Swimming
(adapted from Ed Clendaniel's 10 Commandments for Little League Parents)