

The Port Alberni TSUNAMI Swim Club

Catch the WAVE - - Swim TSUNAMI/



YOUR - Complete 2008 - 2009 Registration Package

IMPORTANT - To save time, please read all of the attached information and fill out the forms in advance - - Thank you

For additional information please call - 250-724-6677

- or -

e-mail - pa-tsunami@shaw.ca

<http://www.tsunamiswimteam.org/>

IMPORTANT REGISTRATION INFORMATION

For returning swimmers and those with a coaches' reference, registration will take place at the Echo Pool at 3:30 on Monday, September 8th – practices will commence immediately. FUNdamentals and new applicants are invited the free trial/evaluation/registration commencing Monday, September 15th at 3:30 PM, and again on Wednesday September 17th. FUNdamentals start September 29th.

There are 4 clearly marked forms at the back of this registration information package. To save time, please fill them out in advance and bring them with you to the pool when you come to register your swimmer.

OUR HISTORY IN BRIEF

Port Alberni has had a competitive swim club since the Echo pool was built in 1967. It has produced National level swimmers in every decade since, and continues to provide programs that encourage its members to make the most of their athletic talent. TSUNAMI was incorporated on Dec 6th 1985 by the parents of interested swimmers for the purpose of extending their competitive swimming experience. While others have proceeded them, our most recent swimmers of excellence are Donnie Nicholson, a recent Simon Fraser University Graduate and Sarah Galesloot, now a 2nd year University of Lethbridge student (participant 2008 Canadian Olympic Trials in Montreal). Both have left their mark on the Port Alberni swimming scene.

WHO WE ARE

TSUNAMI is a non-profit Club, primarily for school-age swimmers in their pursuit of swimming excellence. The Club is run by the parents of the athletes and is directed by qualified coaches. In order for the club to be operated effectively and efficiently, it must ensure that:-

- there are sufficient funds to operate,***
- suitable training venues are secured,***
- qualified coaches are hired,***
- oversight of the total operation is ongoing, and***
- it recognizes and develops future leadership.***

TSUNAMI is proud to be:-

Swimmer centered -- Parent supported, -- Coach directed.



CLUB PERSONNEL YOU SHOULD KNOW.

MEMBERS OF THE BOARD

Chairperson -	TBA	- -
Secretary -	Brian Lavery	250-724-6283
Registrar -	Deidre Reed	250-723-5435
Treasurer -	Sandra Clarke	250-723-0200
Director -	Rod Mitchell	250-724-6155
Director -	Gittan Klemestrud	- -
Director -	Kevin Clarke	250-723-0200
Past President -	Ken Zydyk	- -
BC Gaming Rep -	TBA	- -

The TSUNAMI Board is always looking for new members, swim meet officials, etc. If you have a skill or an interest, or you want to support your child in this activity, please contact the Board Secretary. Thank you.

TSUNAMI would like to acknowledge the ongoing support it receives from the following organizations: - the British Columbia Lottery Corporation, the Alberni Valley Gaming Association, the City of Port Alberni Parks and Recreation, the Port Alberni Toy Run and our local TIM HORTONS.

THE COACHING STAFF

Lianne Saunders - (250)724-4464 - 4saunders@msm.com

EAG Group Coach & FUNdamentals Evaluator & Mentor

Lianne is a former swimmer with National Standing and mother to two swimmers in the program. She has been coaching with TSUNAMI for the past four years. This season Lianne will be coaching the EAG Group (the entry competitive age-group) and providing oversight and mentorship to the FUNdamentals program leadership.

Deidre Reed - (250)723-5435 - dlreed@live.ca

MAG Coach - Club Registrar - Aquatic Equipment & Apparel

Deidre is a Level 1 Swim Coach and long time competitive swimming enthusiast, with three daughters in the program. She has been coaching with TSUNAMI for the past four seasons. In addition to coaching the MAG Group (the middle age-group), she acts as our Club Registrar and looks after the sale of aquatic equipment and apparel.

Hugh Sproule - (250)724-6677 - old-coach@shaw.ca

Senior Coach - TAG Coach

Hugh is a Level 1 Swim Coach and a physical educator by profession. He has over 25 years of experience coaching age-group swimmers in Atlantic Canada and an additional 4 years here with TSUNAMI. In addition to his role as senior coach, he will personally coach the TAG Group (the top age-group).

TRAINING GROUPS, TIMES AND SWIM MEETS

Pre-Competitive Program:

FUNdamentals - Learning the Basics - (5 years old and able to swim at least one width of the pool.)

Ripples - 1 or 2 - $\frac{3}{4}$ hour practices a week (does not include SwimFit)

Monday &/or Wednesday - 3:30 - 4:15 PM

Waves - 1 or 2 - 1 hour practices a week (does not include SwimFit)

Monday &/or Wednesday - 3:30 - 4:30

Swim Meets - In-house Mini-meets (during a regular practice session)

Competitive Program:

A NEW LOOK - Gone are the Bronze through Platinum groups - they have been replaced with names designed to reflect the club's new up-beat path to growth, development and success.

EAG (Entry Age-group) -- Learning to Train - Coach Lianne

- 2 or 3 - 1 hour practices a week (does not include SwimFit)

- Monday, Wednesday &/or Friday - 3:30 - 4:30 PM

Swim Meets - In-house Mini-meets (during a regular practice session) - plus TSUNAMI hosted VIR Swim Meets. Depending on age and skill level may be offered the option to participate in 1 or 2 selected nearby meets. **Training Season** - Mid-Sept until end of May.

MAG (Middle Age-group) - Coach Deidre

Dynamos - Learning to Compete

- 2 or 3 - $1\frac{1}{4}$ hour practices a week (includes SwimFit - 1, 2 or 3 - 1 hour practices a week)

- Monday, Wednesday &/or Friday - 3:30 - 4:45 PM

Swim Meets - In-house Mini-meets (during a regular practice session) - plus all of the VIR Regional Swim Meets and may be invited to participate in selected invitational meets.

Challengers - Learning to Achieve

- 2 - $1\frac{1}{4}$ & 1 - $1\frac{1}{2}$ hour practices a week (does not include SwimFit)

- Monday, & Wednesday 3:30 - 4:45 PM; Friday - 3:30 - 5:00 PM (AA swimmers + 1 TAG practice option)

Swim Meets - In-house Mini-meets (during a regular practice session) - plus VIR Regional Swim Meets, Championship and Invitational meets. **Training Season** - Mid-Sept until end of May.

TAG (Top Age-group)- Learning to Succeed - 'Goal Oriented' - Coach Hugh

Competitive - 3 pack- 4 pack - 5 pack - 6 packs - training groups. Based on a swimmer's skill and work ethic, he/she will be assigned to a particular practice group. Move-ups from MAG to TAG may be asked to start at the 3 pack level. Those selected for the 3 to 5 pack training may choose their practices preferences from the following schedule:- **Mon & Wed** 3:45-5:15 PM; **Tues, Thurs & Fri** 6:15-7:30 AM; **Fri** 3:15-5:00 PM. The 6 pack group will have the full schedule of 6 practices. Upon registration, 3 to 5 pack swimmers will be expected to select his/her practice schedule.

SwimFit - 2 or 3 - $1\frac{1}{2}$ hour Monday, Wednesday and/or Friday afternoon practices (may also select the minimum 4 meet option).

Swim Meets - All of the VIR Regional that does not conflict with key Championship and Invitational Swim Meets suitable to their skill and qualification. **Training Season** - Mid-Sept until end of June.

SWIMFIT - - In order to ensure that SwimFit applicants are able to maintain the training level required for a particular group, the coaches will evaluate each participant in order to assign him/her to the appropriate section.

REFUND POLICY

Club & SwimBC Registration Fees: These fees are non-refundable.

General Policy: A 30-day notice is required for an athlete's termination of activity with the Club. Should a withdrawal occur on or after the middle of the month, the next month's payment or equivalent portion (of a term or yearly payment) will be withheld. Once an athlete's outstanding account has been settled the balance and all unused cheques will be returned to the family.

Exception: Should a swimmer withdraw for medical reasons or because the family is moving out of the Port Alberni area, the 30-day notice may be waived. A medical certificate signed by a doctor or proof of move may be required.

Late Registration Policy: For those swimmers registering after the advertised registration date in September, the monthly training fee will be divided by the number of months remaining. In addition, the swimmer will be charged the club and Swim BC registration fees. Depending on the time of the year some pro-rating of registration may apply.

Outstanding Accounts: Families with accounts over thirty days in arrears will receive a notice with a final due date for payment. Failure to pay by the due date will result in a \$20 accounting fee added to the account. Any swimmer whose account is over 60 days in arrears will receive a phone call from a member of the board followed by mail notification alerting the family to the situation. The swimmer will not be permitted to train until the situation has been rectified.

FUNDRAISING

With the exception of one or two minor adjustments, many of you will notice that we have held the line on our monthly training fees and that they are similar to last year. Although reduced in number, in order to maintain this fee schedule, some fundraising will be required from our swimming families. We try to make our fundraisers enjoyable, time effective and of low intensity. The fundraisers are:

- **October** -Tag Day,
- **April** - Swim-a-thon,
- **Ongoing** - Parents are encouraged drop off their unwanted refundable bottles at the 4th Street bottle exchange and ask that it be credited to the TSUNAMI account – it all adds up.
- **BINGO Grant – Vital to our very existence** – In order to maintain our grant, we must provide a few people for a number of hours at the Casino each year. In addition, we must track our in-club parental volunteer involvement. You may be called to help out.
- **Other** – The Club MAY introduce other fundraising initiatives throughout the year.

NEAT THINGS TO KNOW

Swimming in British Columbia – TSUNAMI and its swimmers are registered with SwimBC which is our provincial sports governing body. SwimBC belongs to SwimCanada who in turn registers with the International Swimming Body called FINA. In order to simplify the management of competitive swimming in our rather large province, we are divided into regions. Our region is the Vancouver Island Region and the majority of the competitions we will attend will be on the island.

What to Bring to Practice – Let's start by stating the obvious – bathing suit – goggles – towel – bathing cap - water bottle – and very important - a light, nutritious high energy pre-workout snack. - - If not proceeding home following practice, a post workout hi-carbohydrate snack is very important to aid muscle recovery.

What to Bring to a Swim Meet – All of the above plus – extra towels – extra snacks – sandals or suitable pool foot wear – warm top and pants (sweat suit is ideal) – extra bathing suit (older swimmers) – something to read, to listen to, a game to play or all three.

Bathing Cap Rule – Wet hair in the face and eyes detracts from a person's swimming; therefore, regardless of gender if your hair isn't short, a bathing cap will be required. The coaches have the final say.

Nutrition for Young Swimmers – The new Canadian food guide for athletes can be downloaded. http://www.hc-sc.gc.ca/fn-an/food-guide-liment/educ-comm/index_e.html

The Need to Remain Hydrated – It is a proven fact that regular consumption of water throughout a practice will help alleviate cramps, headaches, nausea and in some cases early fatigue. Drink lots – drink often.

Swim Terms – There will be 3 competitive terms; fall – mid-September to Christmas; winter – early January to March school break; spring – right after the March break until the end of May for the majority (EAG & MAG) and the end of June for selected MAG and TAG swimmers.

Swimmer Development: When we move a swimmer up within a sectional grouping (e.g. Dynamos to Challengers of the MAG group) during the season, generally there is no problem. However, when a swimmer moves up to another group (e.g., EAG to MAG), he/she is leaving his/her comfort area (friends, coach, etc.); this is an entirely different situation. Unless it is an exceptional situation, moves from one group to another should only take place at the start of the swimming year, in September.

DID YOU KNOW - - Everyone thinks of hockey and football players as macho strong athletes. In a couple of random fitness studies conducted by two Canadian universities several years ago, it was discovered that swimmers, gymnasts and tennis players had, on average, higher 'all round' fitness scores. With some exceptions, hockey and football players actually scored in the middle percentile. Swimmers as a whole topped the list. Swimming is a proven all round life skill. . .

While not exclusive to competitive swimming, it is one of the sports to which the axiom – **“More is Better”** – applies. Parents, it is proven that the more practices an athlete can attend, the greater his/her chances are for steady improvement and ultimate success in the sport.

A Practice Missed, is an Opportunity Lost

The Port Alberni



<http://www.tsunamiswimteam.org/>

2008 – 2009 REGISTRATION FORM: #1 - PLEASE FILL OUT IN ADVANCE AND BRING TO THE POOL
Training Group _____

SWIMMER/ATHLETE - - - Please check if he/she is a returning swimmer _____

Last Name: _____ First Name: _____

Birthdate (DD-MM-YYYY): _____ Gender: _____

Language: _____ Citizenship: _____

BC Health No.: _____ First Nations: _____

Please indicate your swimmer's t-shirt size – Circle the appropriate choices – Child - Youth – Teen – Adult
Small – Medium – Large - XLarge

CONTACT # 1 (Parent/Guardian)

Last Name: _____ First Name: _____

Address: _____

Postal Code: _____ Phone #: (250) _____

E-mail Address: _____ E-mail has become the method of choice as a means to communicate quickly with the *TSUNAMI* swim families. We do however realize the privacy issue and will restrict the distribution to coaches and the board only. Should you prefer to receive club information via Canada Post, please circle - MAIL

CONTACT # 2 (Parent/Guardian)

Last Name: _____ First Name: _____

Same Address as Contact # 1: _____ Address: _____

Postal Code: _____ Phone #: (250) _____

E-mail Address: _____

PLEASE READ CAREFULLY BEFORE SIGNING

I/We _____ the parent(s) or lawful guardian(s) of _____ do hereby authorize the Port Alberni *TSUNAMI* Swim Club (hereinafter referred to as the 'Swim Club') and SwimBC to use pictures of my child for the purpose of the promotion of the sport of competitive swimming. In addition, we will support the Swim Club at its home and away swim meets and its fundraising functions.

Dated at Port Alberni, British Columbia, this _____ day of _____, _____
Month year

Parent/Guardian Signature

#2 - PLEASE FILL OUT IN ADVANCE AND BRING TO THE POOL

PARENTS – PLEASE HELP US BY SUPPLYING THE FOLLOWING INFORMATION:

How did you hear about us? - - - - Shaw Cable _____ Newspaper _____ Word of Mouth _____ Radio _____
 Parks & Recreation Leisure Guide _____ A Community Bulletin Board _____ *TSUNAMI* Brochure _____ Red
 Cross Swim Lessons _____ From a Friend _____ From the School _____
 Other _____

USE THIS SECTION TO CALCULATE THE SWIM FEES

Club Registration \$30.00 \$ 30.00

SwimBC Registration \$ _____

* Half Monthly Fee for September \$ _____

Term Meet Fee \$ _____

TOTAL \$ _____

Please indicate here if this athlete is entitled to the multi-swimmer family discount of – 2nd child 25% ___ or 3rd or more child 50% _____

NOTE:- Please include one cheque for the TOTAL(which would include ½ Septembers monthly fee) and 8 post-dated cheques for the remaining monthly fees (9 for the TAG Group). Those swimmers in the competitive program will also be required to deposit a cheque for meet entry fees and expenses for the current term (approx 3 months).

2008 – 2009 Fee Structure

Group	Club Reg	SwimBC Reg	Monthly Fee	Term Meet Fee
FUN Ripples x 1	N/A	\$20.00 Session	N/A	\$60.00 Session
FUN Ripples x 2	N/A	\$20.00 Session	N/A	\$100.00 Session
FUN Waves x 1	N/A	\$20.00 Session	N/A	\$85.00 Session
FUN Waves x 2	N/A	\$20.00 Session	N/A	\$140.00 Session
EAG x 2	\$30.00 Yr	\$85.00 Yr	\$80.00	\$50.00
EAG x 3	\$30.00 Yr	\$85.00 Yr	\$110.00	\$70.00
MAG - Dynamos x 2	\$30.00 Yr	\$85.00/\$131 Yr	\$90.00	\$90.00
MAG - Dynamos x 3	\$30.00 Yr	\$85.00/\$131 Yr	\$120.00	\$90.00
MAG - Challengers x 3	\$30.00 Yr	\$85.00/\$131 Yr	\$130.00	\$90.00
SwimFit - MAG – Dynamos x 1, 2 or 3	\$30.00 Yr	\$64/\$85.00 Yr	\$70/\$90/\$120.00	N/A
SwimFit - TAG – 3 Pack (2 or 3)	\$30.00 Yr	\$64.00 Yr	\$115/\$155.00	\$100 Yr – 4 Meet Max
TAG – 3 Pack	\$30.00 Yr	\$85.00/\$131 Yr	\$155.00	\$90.00
TAG – 4 Pack	\$30.00 Yr	\$85/\$131 Yr	\$170.00	\$90.00
TAG – 5 Pack	\$30.00 Yr	\$85/\$131 Yr	\$185.00	\$90.00
TAG – 6 Pack	\$30.00 Yr	\$85/\$131/\$173 Yr	\$200.00	\$90.00

Multi-swimmer Family Club Discounts – (SwimBC Registration 3rd swimmer only - sessional fees not included) – TSUNAMI first swimmer full fee, 2nd swimmer 25% discount and the 3rd or additional swimmers 50% discount (club discount refers to monthly fees only). Meet fees for key Invitational and Championship meets families of the swimmers involve will be assessed separately prior to each event (on average \$75 - \$100 per meet). - - NOTE:- There is an early indication that our fall registration may exceed out spring projections. Should this occur we may need to adjust the coaching and training schedule?

MEDICAL RELEASE FORM



<http://www.tsunamiswimteam.org/>

Please accept this Release Form as my permission for the chaperone traveling with the Port Alberni *TSUNAMI* Swim Club (hereafter called the "**Swim Club**") to be the signing authority for my child, _____, in case of a medical emergency. This release will only be used when my child is traveling with the **Swim Club** and in the event that the chaperone is unable to personally contact the parents or guardians.

Name of Parent/ Guardian: _____

Home phone number: _____

Parent's Emergency Contact # (cell or pager): _____

BC Care Card Number: _____

Please list any allergies, medical problems and any medications being taken:

If parents or guardians will be away while the swimmer is traveling with the **Swim Club**, please provide names and numbers to contact in an emergency.

1. _____

2. _____

3. _____

Signature of Parent/Guardian

Date

FOUR STEPS TO ATHLETIC SUCCESS

Eat right,

Swim smart,

Train hard, and

Do not skip practice.

SWIMBC MEDIA WAIVER

Please download page 13 from the following SwimBC website
(sorry you will most likely need to copy and paste to your web browser)

<http://swim.bc.ca/admin/docs/2008-2009RegInfoPkg.pdf>