

REGION OF WATERLOO



ROW



SWIM CLUB

ALL ABOUT ROW

- Introduction
- FPP Opportunities
- Meet Management
- Coaches Notes
- Supportive Parenting
- All about Meets
- Office & Fee Information
- Questions





Family Participation Program (FPP)

We are a volunteer based not-for-profit club

We need your help!

We use a point system to track volunteer participation

The points given depend on the job opportunity

Full details are available on our [website](#)

Swim Group FPP Point Requirements



| Group | Minimum points |
|---|----------------|
| Tops (former London) | 3 |
| RSA Age Group (former Sydney) | 3 |
| Junior Development 2 (former Barcelona) | 4 |
| Junior Development 1 (former Beijing) | 6 |
| Age Group Development (former Paris) | 6 |
| RSA Competitive (former Los Angeles) | 8 |
| Senior Development (former Seoul) | 12 |
| Provincial Development 2 | 10 |
| Provincial Development 1 | 12 |
| National Development | 14 |

Examples of ROLES to earn FPP

Bingo Fundraiser Lead or ROW Raffle

- Work with board rep. to book location/obtain licensing/arrange tickets and prizes etc.

ROW Bulletin Board Maintenance

- Work with ROW Communications to create/print off and post updates at WLU & Breithaupt pool ROW bulletins

Assist on Committees

- Work with Board Members on projects through the swim season such as Fundraising or events.



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Team Travel Chaperone

Selected by Head Coach and Board

Responsible for travel arrangements and care of swimmers at away meets

Clothing Assistant

Work with board rep. To liaise with supplier in ordering and distribution of ROW gear

Group Parent

Organize team building events for swimmer and set up chat group for your team to information share.

Work with a board member to submit photographs and videos for ROW social media and website.



Check our [Website](#) for more details about FPP

Keep in touch with ROW events by following us on Social Media.

Instagram
Facebook
X (formerly Twitter)
Threads



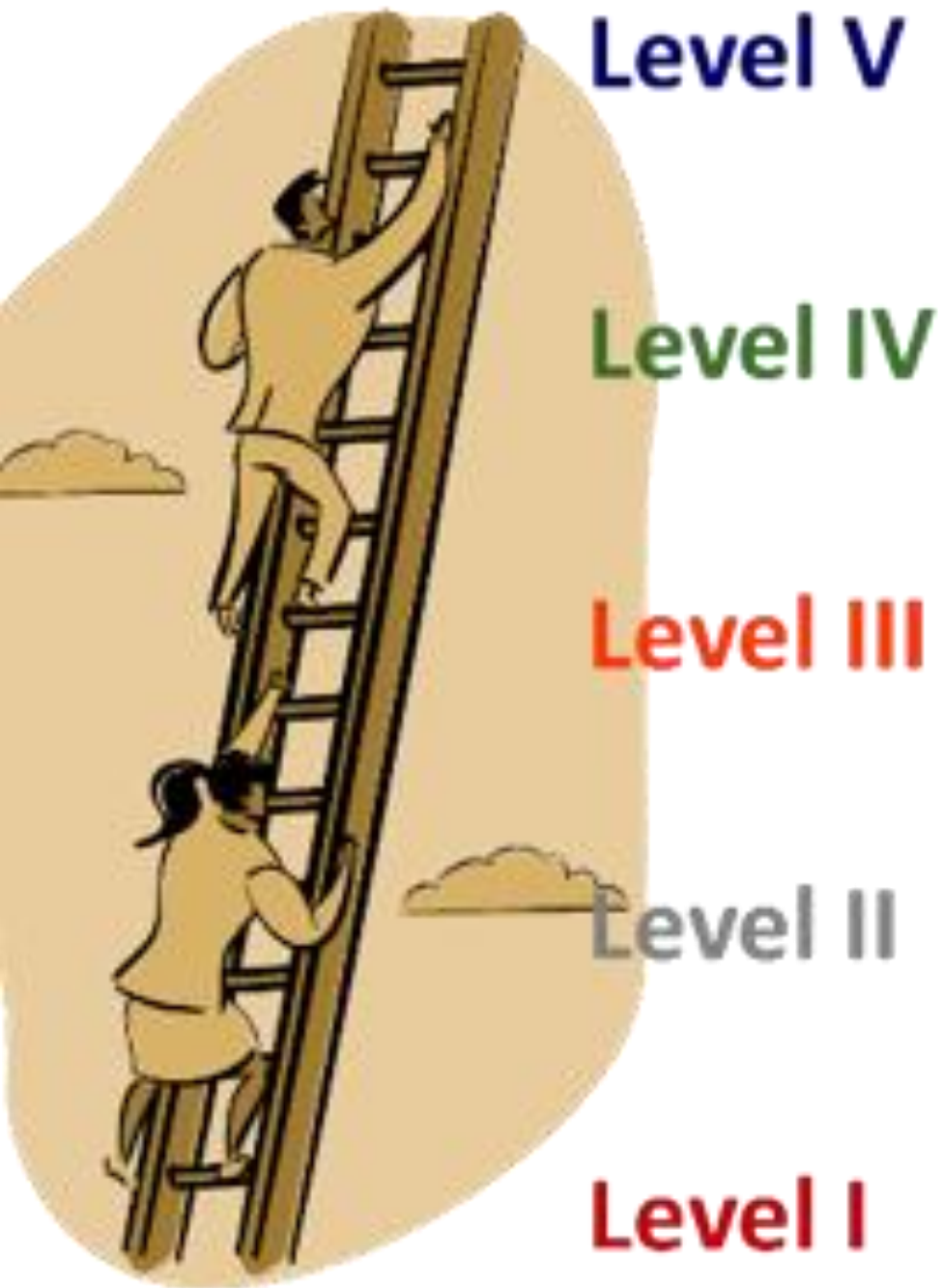
MEET MANAGEMENT

- A great way to earn FPP and be on deck to watch your child compete!

Group of ROW parent volunteers who plan ROW hosted meets, varsity meets, time trials, etc...

- Responsible for ensuring that all Swim Ontario policies and procedures and Swimming Canada rules are followed





OFFICIATING CLINICS & CERTIFICATION

- 5 different levels of certification
- To be able to host meets and maintain our standing with Swim Ontario/Swim Canada, we must have a set number of officials certified at each level
- As your swimmer progresses, you can also progress up the ladder
- Great way to see the action up close and earn FPP points quickly

MEET MANAGEMENT FPP Points



| | | |
|--|-------------------------|--|
| Meet Management Team *must be senior level official & be invited to join | Meet Coordinator | Points for these positions will be awarded a total of their minimum requirement provided the member holds the position for the entire season and has completed all of the duties and responsibilities |
| | Officials Coordinator | |
| | All other members | |
| Officiating & Other Hosted Meet Positions | Referee | 4 per session worked |
| | Starter | 3 per session worked |
| | Clerk of Course | 3 per session worked |
| | Marshall | 3 per session worked |
| | Chief Timekeeper | 3 per session worked |
| | Chief Finish Judge | 3 per session worked |
| | Chief Electronics | 3 per session worked |
| | Recorder/Scorer | 3 per session worked |
| | Stroke & Turn Judge | 2 per session worked |
| | Timer | 1 per session worked |
| | Safety Marshall | 1/2 per session worked |
| | Awards | 1 per session worked |
| | Set Up & Tear Down Crew | 2 per session worked |

HOW TO GET STARTED

- Register as an official with Swim Canada
- Take Introduction to Swimming Officiating (virtual class)
- Get out on deck and volunteer at a meet as a Timer
- After 2 successful evaluations/sign offs...you will be a LEVEL 1 official!

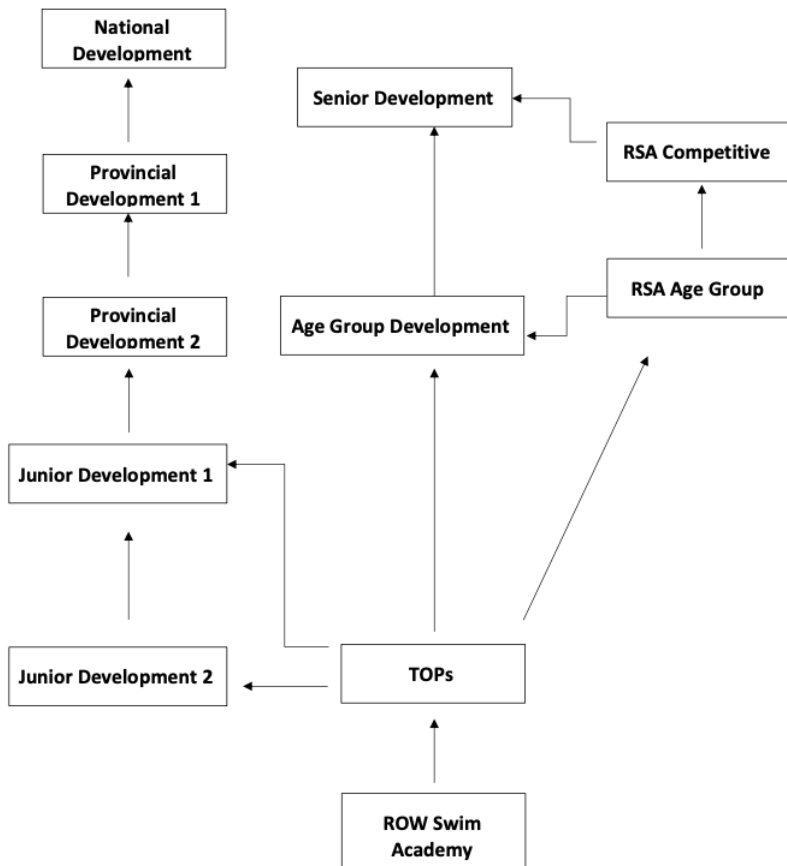




COACHES NOTES

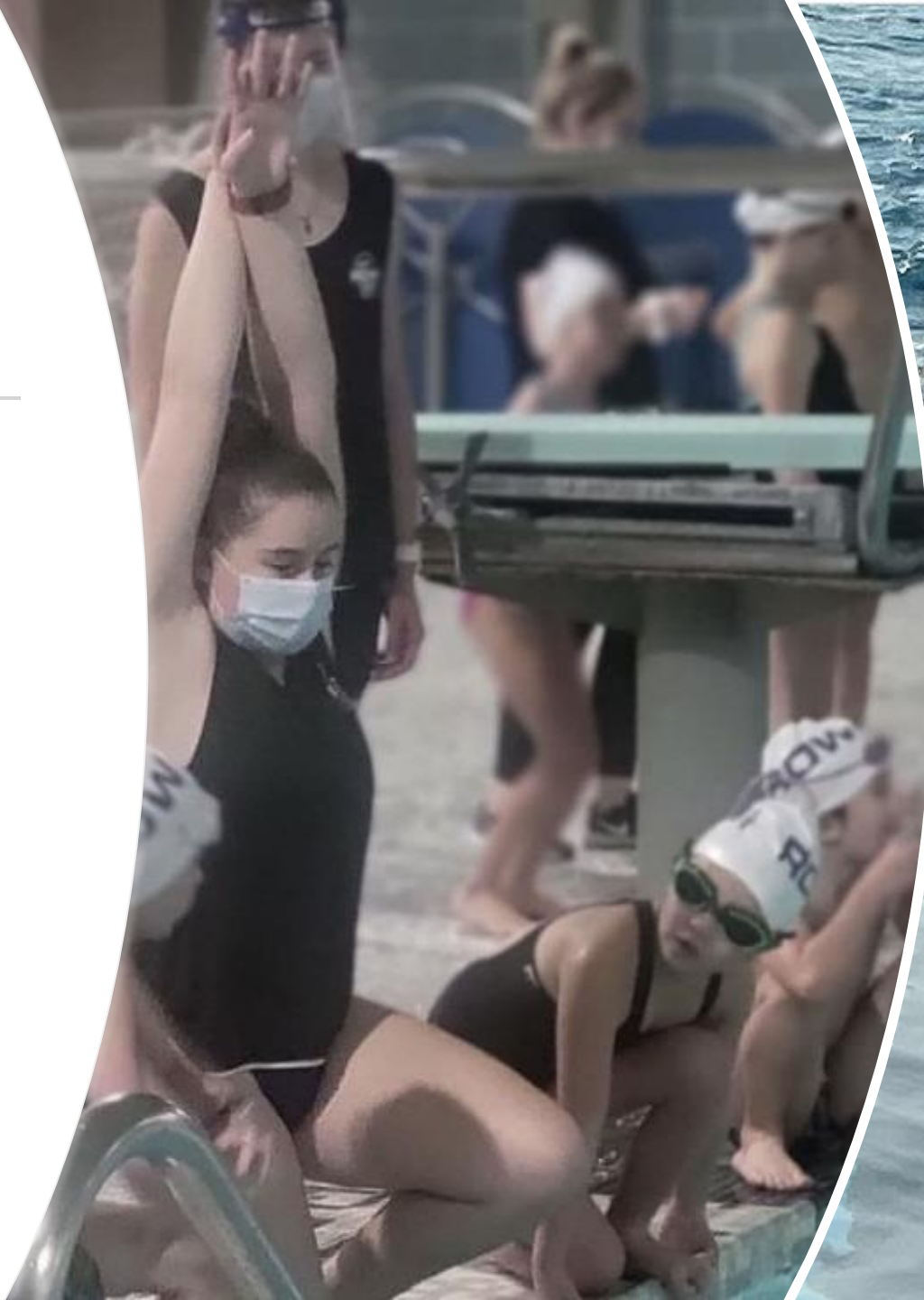
COACHES NOTES - GROUP STRUCTURE

- Goal of the club is to get athletes moving through our system to be part of National Development one day.
- We follow the NCCP long term athlete development plan.



COACHES NOTES GROUP REQUIREMENTS

- Performance Expectations
- Stage of Development
- Pre-requisites are Technical Skills & Abilities
- Commitment
- Attendance
- Punctuality
- Dedication to group goals



COACHES NOTES - SUPPORTIVE PARENTING

- Reinforce Positive Behavior
- Support their Commitments:
Attendance, Punctuality, Meets
- Dedication to group goals
- Encouragement & Communication
- Listen & Ask Questions but don't give
Answers
- Empower them



GALLERY ETIQUETTE



SUPPORTIVE PARENTING



LET THE COACHES COACH:

Please refrain from coaching from the gallery. This can be confusing and distracting for swimmers.



LIMIT DISTRACTIONS:

Please try to keep hand signals, and other disruptions to a minimum. Coaches work hard to keep swimmers' attention and would appreciate your help in keeping them focused during training.



CHAT & GET TO KNOW OTHERS:

Please take time to get to know the other parents sitting around you. Keep conversations positive and avoid any comparisons. Each child has their own strengths and weaknesses.



PHOTOGRAPHY & VIDEOGRAPHY



SAFETY FIRST:

Please remember no photos/videos should be taken in changerooms, and never from behind the starting blocks.



CONSENT:

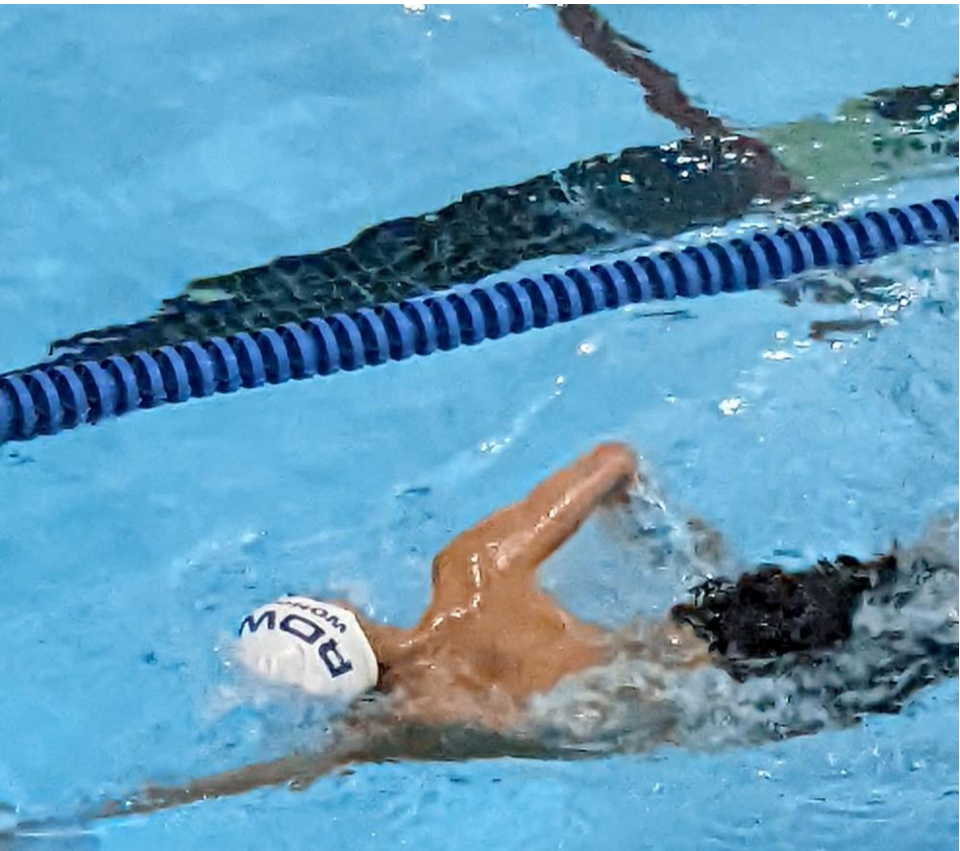
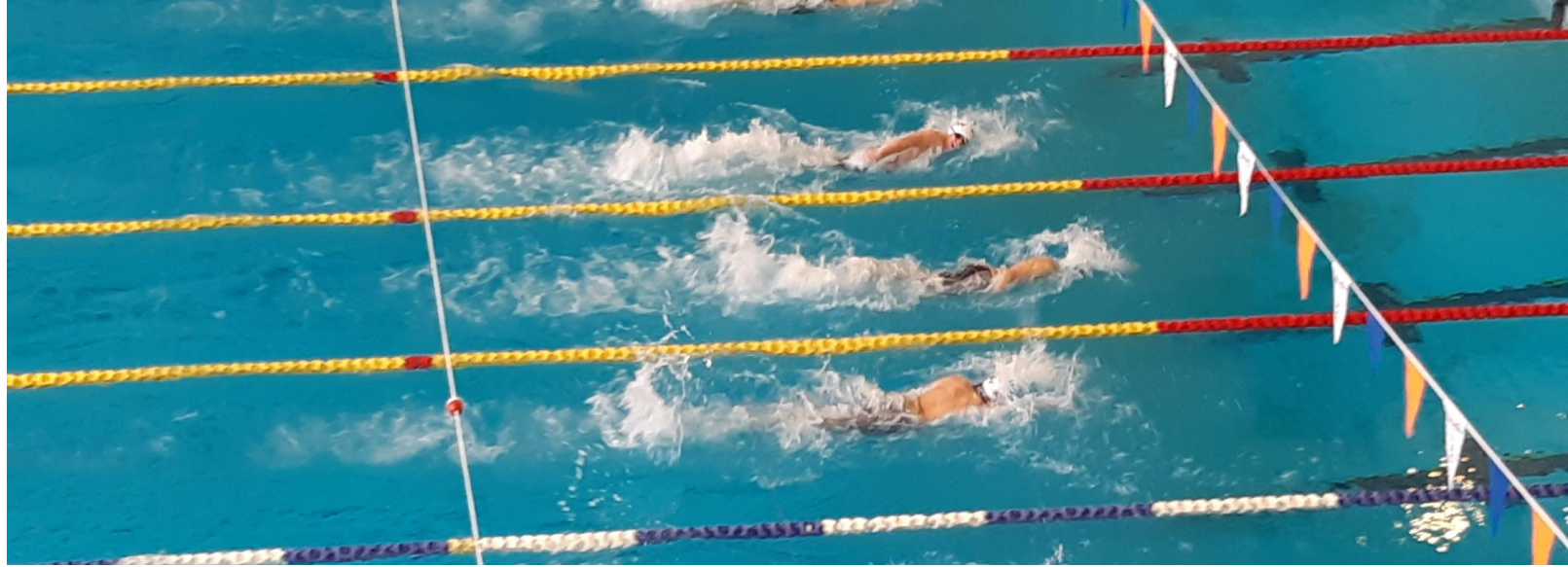
Please try your best to limit photos and videos to your child only. Not all parents would like their child photographed.



CELEBRATE AND SHARE:

Please keep in mind when sharing on social media that posts that include teammates should be done with their permission.

MEETS



- Meet List, Sign ups, & Entries
- General Meet Information
- What to pack
- Heat Sheets and Results

Meet List, Sign up & Entries



Tentative meet list for the season can be found on our [website](#)

Email invite to RSVP to any meet your swimmer is eligible to attend will be sent to you

YOU MUST EXPLICITLY DECLINE or your swimmer will be automatically entered – could result in additional charges to your account

- Note any days you are unable to attend in the notes
- Coaches choose which events your swimmer will compete in
- Preliminary entries will be sent to you
- Verify they reflect your choice to attend the meet
- Notify coach of any discrepancies

GENERAL INFORMATION

- Meets can vary in length from 1 day to 3 days (or even 4 days at higher levels)
- Days are divided into sessions which include a warm-up
- ARRIVE 20-30 MINUTES PRIOR TO WARM-UP
- Sessions are typically 4-5 hours in length
- Read the MEET PACKAGE to familiarize yourself with the layout of the meet

|  SWIM ONTARIO | | GMAC Fall Skills and Thrills | |
|---|--|-------------------------------------|---------------------|
| DATE(s): | November 6 2022 | REGION: | Western |
| HOSTED BY: | Guelph Marlin Aquatic Club | | |
| LOCATION: | Athletic Centre, University of Guelph, 50 Stone Rd. E. N1G 2W1 | | |
| FACILITY: | Gold pool | | |
| PURPOSE & DESCRIPTION: | Competition for swimmers new to swimming | | |
| MEET PACKAGE: | The only meet package which will be considered as valid must be the most current version found on www.swimming.ca | | |
| COMPETITION COORDINATOR: | Mary Gerrard | Level: | 4 |
| | If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/> | | |
| MEET MANAGER: | Dawn Larson | Email: | dlarson@uoguelph.ca |
| SAFETY AT COMPETITION: | Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe, welcoming and inclusive sport environment that is free of abuse, harassment and discrimination. The Swim Ontario Concussion Management & Swimming Canada Event Photography procedures will be in effect. For complete details click HERE . Every club and its participants are responsible for ensuring all facility rules and requirements are followed. | | |

WHAT TO PACK:

- Black swimsuit
- T-shirt & long-sleeve (ROW)
- Pants and shorts
- Deck shoes
- 2 Caps and 2 goggles
- 2 Towels
- Healthy snacks
- Water bottle



Team Uniform Policy



Team Suit Policy:

- Competitive Groups (all groups except - RSA Age Group, RSA Beginner, Intermediate, Advanced, TOPs)
 - Black Training Suits - 80%+ Black if remainder is blue, 95%+Black if other accent colour - All black is preferred, black with blue (navy or royal) second preference
 - Black or Navy Competition Suits - 80%+ Black if remainder is blue, 95%+Black if other accent colour - All black is preferred, black with blue (navy or royal) second preference
 - Race Suits - One warning policy - if suits have been purchased unknowing of the colour policy and suit is not returnable - they may wear it out until a new suit is required - which must fit the suit policy. A second suit not following Team Suit Policy will not be allowed.
 - Saturdays = CHOICE COLOUR SUIT DAY!
 - Outdoor Meets = CHOICE COLOUR SUIT!
- Non-Competitive Groups
 - Training suits should be appropriate swimwear
 - Boys - Brief-cut or jammer
 - Girls - One piece athletic suit
 - Preferred colour is black

HEAT SHEETS AND RESULTS

- Heat sheets can be found on the host club's website the day before the meet
- Print or view on your phone
- Results are posted outside the viewing gallery typically or you can subscribe to Meet Mobile and get live results/notifications



| Event # | Event Name | | | |
|---|-----------------------------------|-----|---------|-----------|
| #13 | Girls 8 & Under 25 Yard Freestyle | | | |
| Lane | Name | Age | Team | Seed Time |
| Heat 1 of 2 Finals | | | | |
| 2 | Matthews, Marissa | 7 | LP-NC | 42.44 |
| 3 | Frame, Aubree | 7 | CCST-NC | 35.87 |
| 4 | Mercer, Jillian | 7 | LP-NC | 37.64 |
| 5 | Zelakowski, Caleigh | 7 | LP-NC | 50.80 |
| Heat 2 of 2 Finals | | | | |
| 1 | Lockwood, Peyton | 7 | LP-NC | 29.20 |
| 2 | Albrecht, Allie | 8 | LP-NC | 24.60 |
| 3 | Denton, Grace | 8 | LP-NC | 22.56 |
| 4 | Wilson, Kendall | 7 | CCST-NC | 23.79 |
| 5 | Kramb, Claire | 7 | CCST-NC | 27.75 |
| 6 | Love, Laniyah | 7 | LP-NC | 31.88 |
| #14 Boys 8 & Under 25 Yard Freestyle | | | | |
| Lane | Name | Age | Team | Seed Time |
| Heat 1 of 1 Finals | | | | |
| 1 | Frame, Mason | 8 | CCST-NC | 27.84 |
| 2 | Bigham, Kaleb | 8 | CCST-NC | 23.84 |
| 3 | McDevitt, Sean | 8 | CCST-NC | 20.97 |
| 4 | Howe, Sam | 8 | CCST-NC | 23.19 |
| 5 | Croly, Trace | 8 | CCST-NC | 24.79 |
| 6 | Blume, Thomas | 7 | LP-NC | 53.59 |



OFFICE & FEE INFORMATION

- Registration Fees
- Training Fees
- Meet Fees
- Monthly training fees are calculated by adding Training Fees plus Meet Fees And dividing by 9 or 10 monthly payments for each groups fees
- What happens when you don't use all prepaid meet fees?

Fee Structure

| Group | Registration Fee | Training Fees | Prepaid Meet Fees | Number of Additional Payments | Total | Monthly Payment |
|----------------------------------|------------------|---------------|-------------------|-------------------------------|-------------|-----------------|
| National Development | \$ 425.00 | \$ 5,625.00 | \$ 1,250.00 | 10 | \$ 7,300.00 | \$ 687.50 |
| Provincial Development 1 | \$ 425.00 | \$ 4,875.00 | \$ 1,150.00 | 10 | \$ 6,450.00 | \$ 602.50 |
| Senior Development (Seoul) | \$ 425.00 | \$ 3,775.00 | \$ 1,000.00 | 10 | \$ 5,200.00 | \$ 477.50 |
| Provincial Development 2 | \$ 425.00 | \$ 3,700.00 | \$ 1,000.00 | 10 | \$ 5,125.00 | \$ 470.00 |
| Age Group Development (Paris) | \$ 425.00 | \$ 3,000.00 | \$ 950.00 | 10 | \$ 4,375.00 | \$ 395.00 |
| Junior Development 1 (Beijing) | \$ 425.00 | \$ 2,525.00 | \$ 950.00 | 10 | \$ 3,900.00 | \$ 347.50 |
| RSA Competitive (LA) | \$ 425.00 | \$ 2,975.00 | \$ 950.00 | 10 | \$ 4,350.00 | \$ 392.50 |
| Junior Development 2 (Barcelona) | \$ 425.00 | \$ 1,475.00 | \$ 700.00 | 10 | \$ 2,600.00 | \$ 217.50 |
| RSA Age Group (Sydney) | \$ 425.00 | \$ 1,725.00 | \$ 300.00 | 9 | \$ 2,450.00 | \$ 225.00 |
| Tops (London) - 3 times | \$ 425.00 | \$ 1,425.00 | \$ 150.00 | 9 | \$ 2,000.00 | \$ 175.00 |
| Tops (London) - 2 times | \$ 425.00 | \$ 1,000.00 | \$ 150.00 | 9 | \$ 1,575.00 | \$ 127.78 |
| ROW Swim Academy (Beginner) | \$ - | \$ 250.00 | \$ - | | \$ 250.00 | |
| ROW Swim Academy (Intermediate) | \$ - | \$ 300.00 | \$ - | | \$ 300.00 | |

- Registration Fee: one time payment to cover swimmer insurance
- Training Fees: cover the cost of pool time, coaches, facility usage for the year
- Pre-paid Meet Fees: approximate cost of meets for the year



QUESTIONS?