



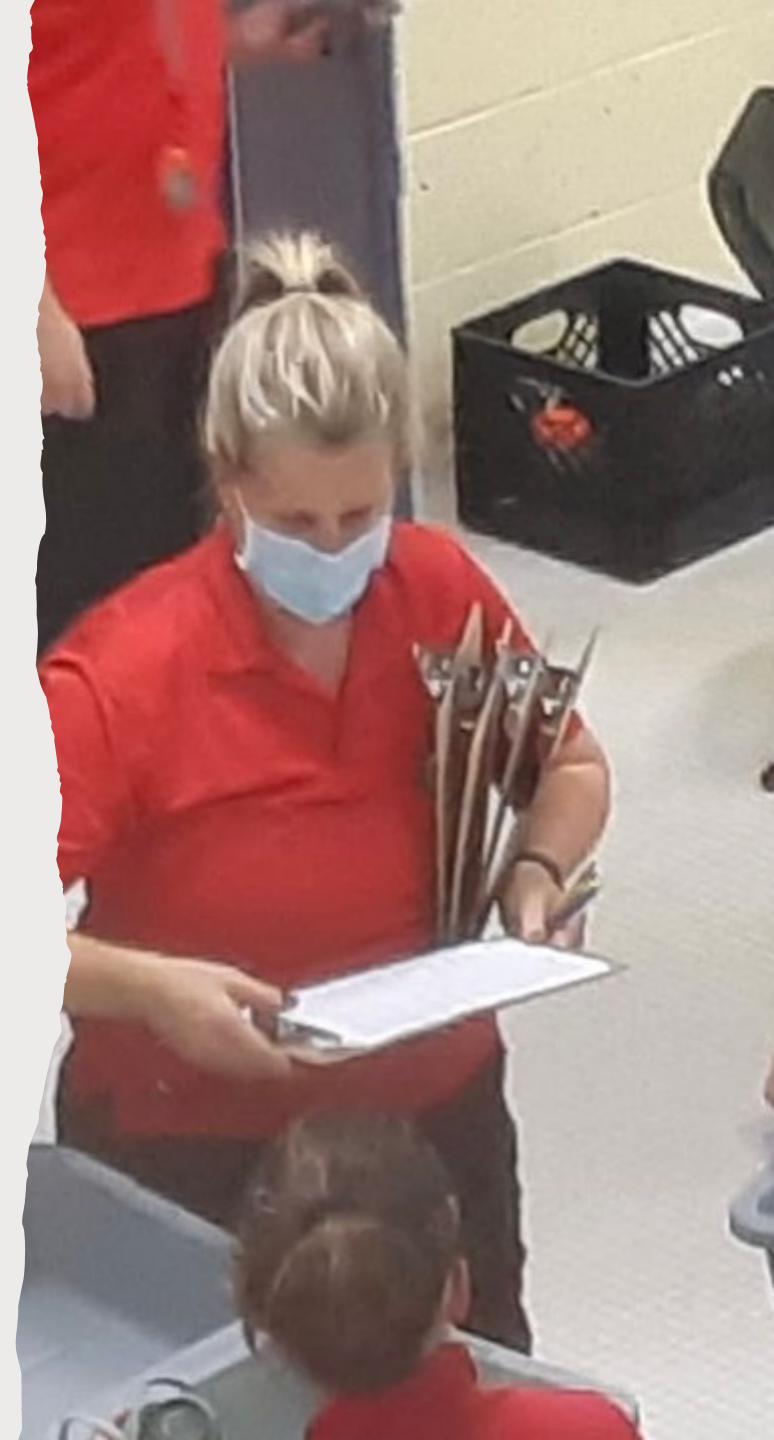
General Information  
for New Parents

FAQ Guide  
2022/2023



# ALL ABOUT ROW

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

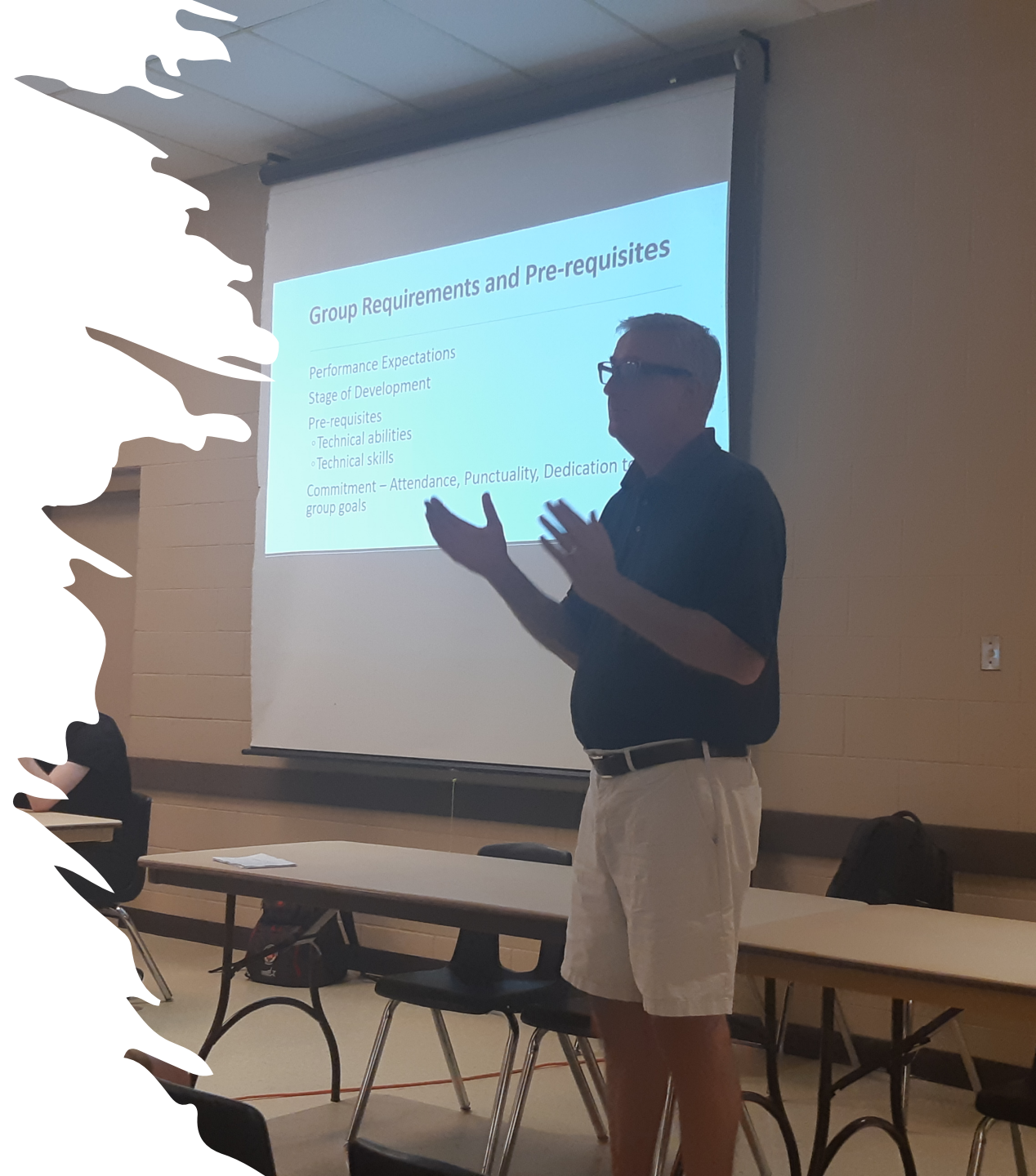




# Description of Club Board Roles

## CLUB PRESIDENT

- Lead for all board meeting, planning for club wide OTB and AGM.
- Arranges the monthly board meetings
- Ensures contracts with WLU are renewed
- Arranges lawyer for bylaw or contract review
- Represents ROW at city meetings, SO events/banquets
- Lead liaison with WLU







# ROW BOARD

- **TREASURER**

- Lead for all Finances and has an accounting/book keeping background
- Budgets all fees, pool rentals, equipment purchases, paychecks for coaches and part time staff
- Works with Financial auditor, book keeper and debt collectors as required
- -Presents financial updates at board meetings and AGM

- **FUNDRAISING & SPONSORSHIP**

- Lead for all fundraising initiatives for the club
- Leads all proposals for grants and sponsorship of the club.

A photograph of a swimmer in a pool, viewed from above. The swimmer is wearing a white swim cap and dark swim trunks. They are in a swimming stroke, with their arms extended forward and legs kicking. The water is a clear, bright blue. The swimmer is positioned in the upper right quadrant of the image.

## ROW SWIM-A-THON

For all rowing swimmers and parents ROW Swim-A-Thon is  
Please see below on how to register as a participant  
to support ROW's fundraising efforts. Fun prizes for  
participants will be given along the way.





239 Posts 300 Followers 5 Following

Region of Waterloo Swim Club

Amateur Sports Team

ROW provides opportunities for each of our athletes to attain his or her maximum individual potential in the sport of competitive swimming.

www.rowswimming.ca/

75 University Ave West, Waterloo, Ontario

Professional dashboard

546 accounts reached in the last 30 days.

Edit profile

Email



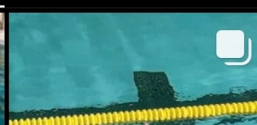
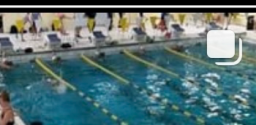
ROW Coaches



California 2019



New



# ROW BOARD

- **MEMBER LIAISON & SAFETY**
  - Lead for organizing group parents and in conjunction with head coach leads ROW social media accounts.
  - Lead for club safety policies and updates (covid/anti-bullying).
- **COACHES LIAISON**
  - Lead for communication between coaching staff and the board
  - Lead board rep. On hiring committees for head coach or assistant head coach positions.
- **FAMILY ENGAGEMENT LEAD**
  - Lead for FPP program including tracking volunteer points accrued by families.
- **COMMUNICATIONS**
  - Lead for all club communications on behalf of board to membership.
  - Lead for website update and maintenance



713 Tweets



Tweets

Tweets & replies

Media

Likes



**ROW Swim Club** @ROWS... · 12 Sep. ·

Season startup for many of our teams today. Welcome all new swimmers and it's great to see our returning swimmers back in the pool! #ROW #rowswimclub #competitiveswimming #swimathletes



Comment icon, Retweet icon, Like icon (2), Share icon, More icon



**ROW Swim Club** @ROWS... · 05 Sep. ·

Last Assessment date September 6th. Please contact office@rowswimming.ca for any registration or swim assessment questions. Looking forward to seeing all swimmers back in the pool next week! #ROW #ROWswimclub #rowswimming #competitiveswimming







# FAMILY PARTICIPATION PROGRAM (FPP)

GROUP	MINIMUM POINT REQ
LONDON	3
SYDNEY	3
BARCELONA	4
BEIJING	6
PARIS	6
LOS ANGELES	8
SEOUL	12
PROVINCIAL DEVELOPMENT 2	10
PROVINCIAL DEVELOPMENT 1	12
NATIONAL DEVELOPMENT	14

- We are a volunteer-based; not-for-profit organization
- We need your help!
- A point system is used to track family participation
- Jobs/opportunities have different point values assigned to them
- Full program document is available on the website

# NON BOARD ROLES

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- **Bingo Fundraiser Lead or ROW Raffle**
- Work with board rep. to book location/obtain licensing/arrange tickets and prizes etc.
- **Group Parent Role**
- Organize team building events for their swimmers and families
- Work with board rep. for photography of your team for social media and website updates.
- **Clothing Assistant**
- Work with board rep. to liaise with supplier in ordering and distribution of ROW gear.
- **EVENT COORDINATOR**
- Work with Treasurer to budget for Club wide events
- Plans year end event and Awards Banquet with other volunteers.





# NON BOARD ROLES

## BULLETIN BOARD MAINTENANCE

- Maintains Bulletin boards at WLU and Waterloo Rec Center
- Works with ROW Communications board rep. to keep printed information up to date and reflective of ROW website information.

## TEAM TRAVEL CHAPERONE AND AWAY MEETS CHAPERONE

- Selected by Head Coach and Board
- Responsible for travel arrangements and care of swimmers at away meets





# MEET MANAGEMENT

- 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 swimmers 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!





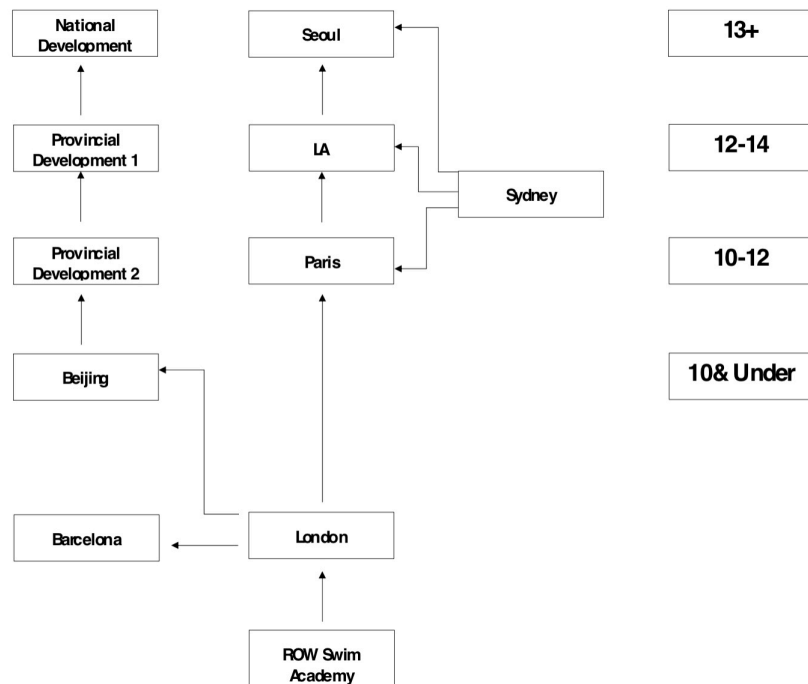


# COACHES NOTES

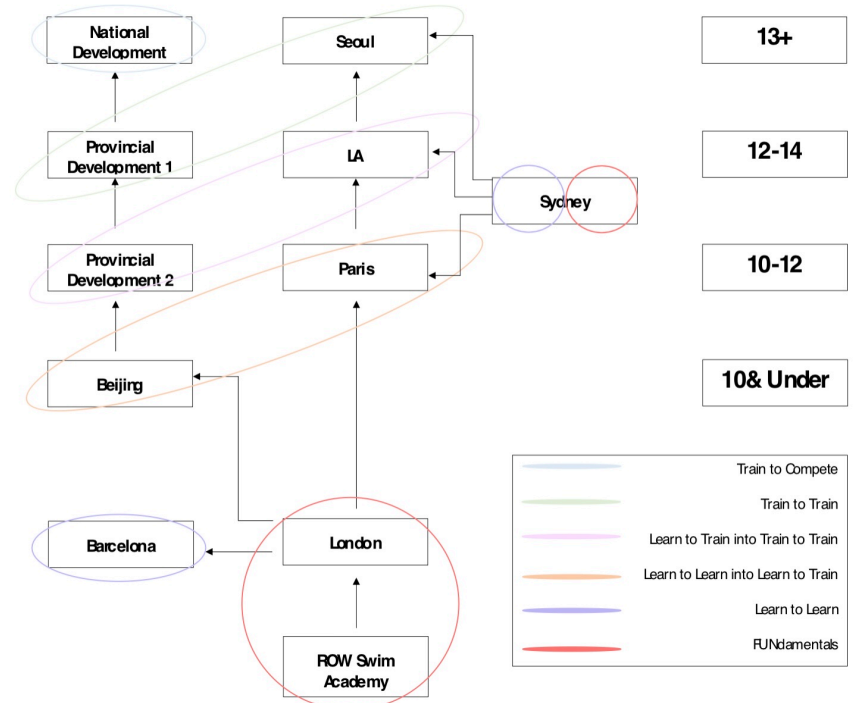
# COACHES NOTES -GROUP STRUCTURE

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

## Group Structure Flow Chart 1



## Group Structure Flow Chart 2

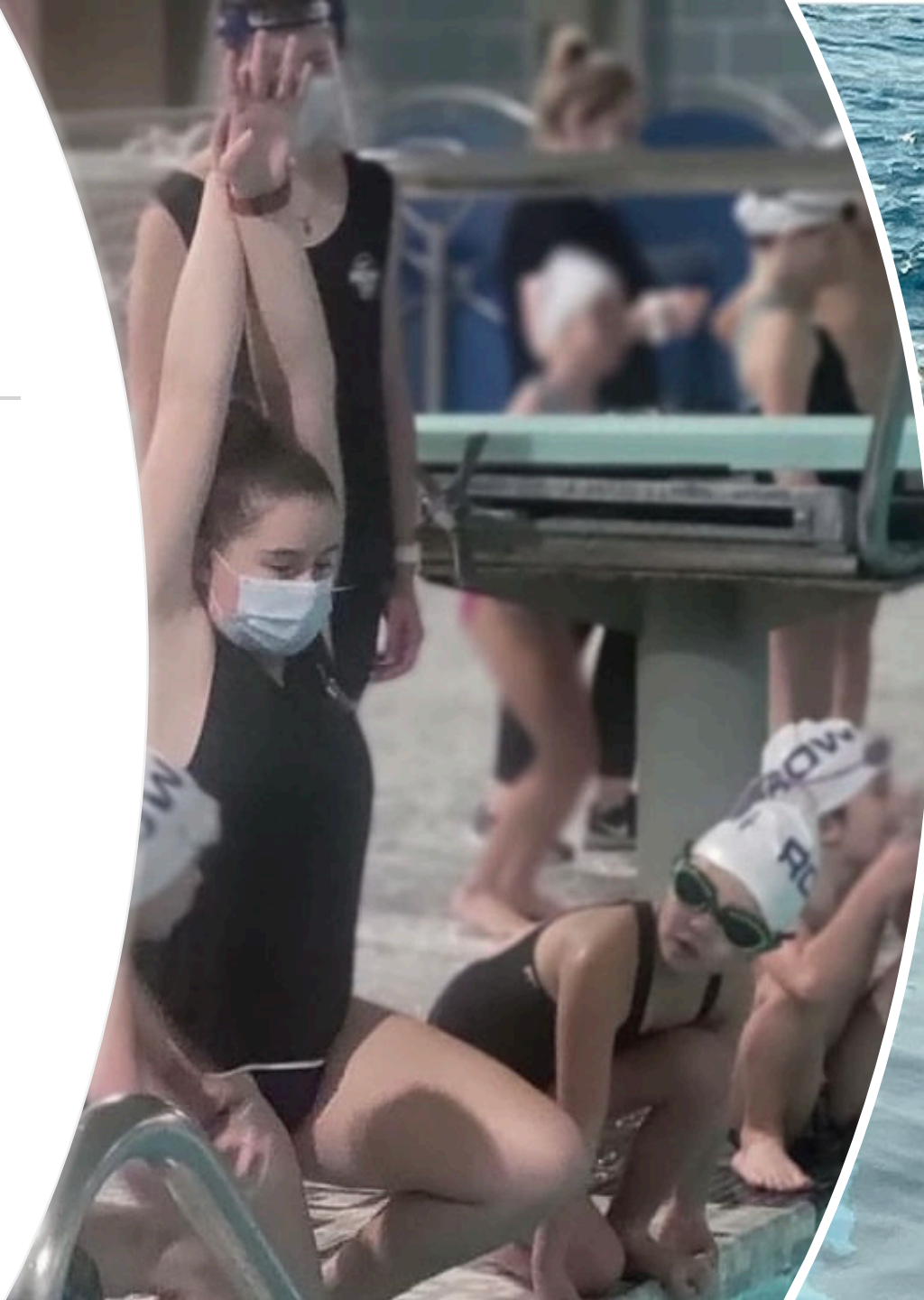




# COACHES NOTES GROUP REQUIREMENTS

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- 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:

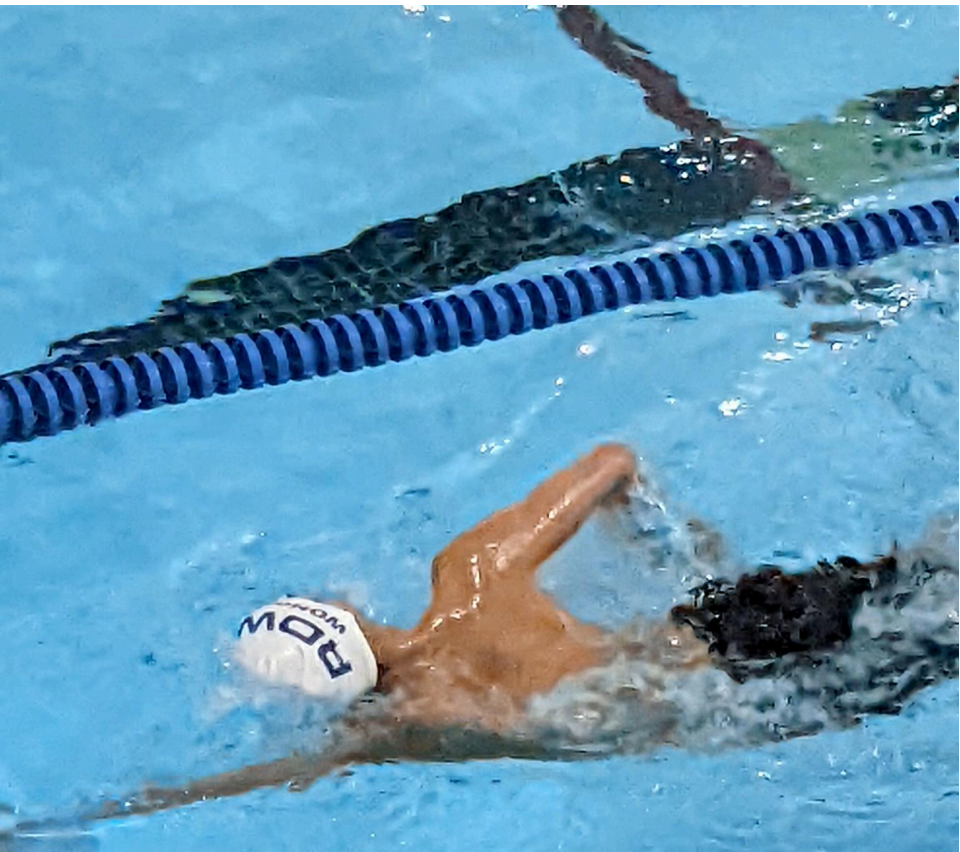
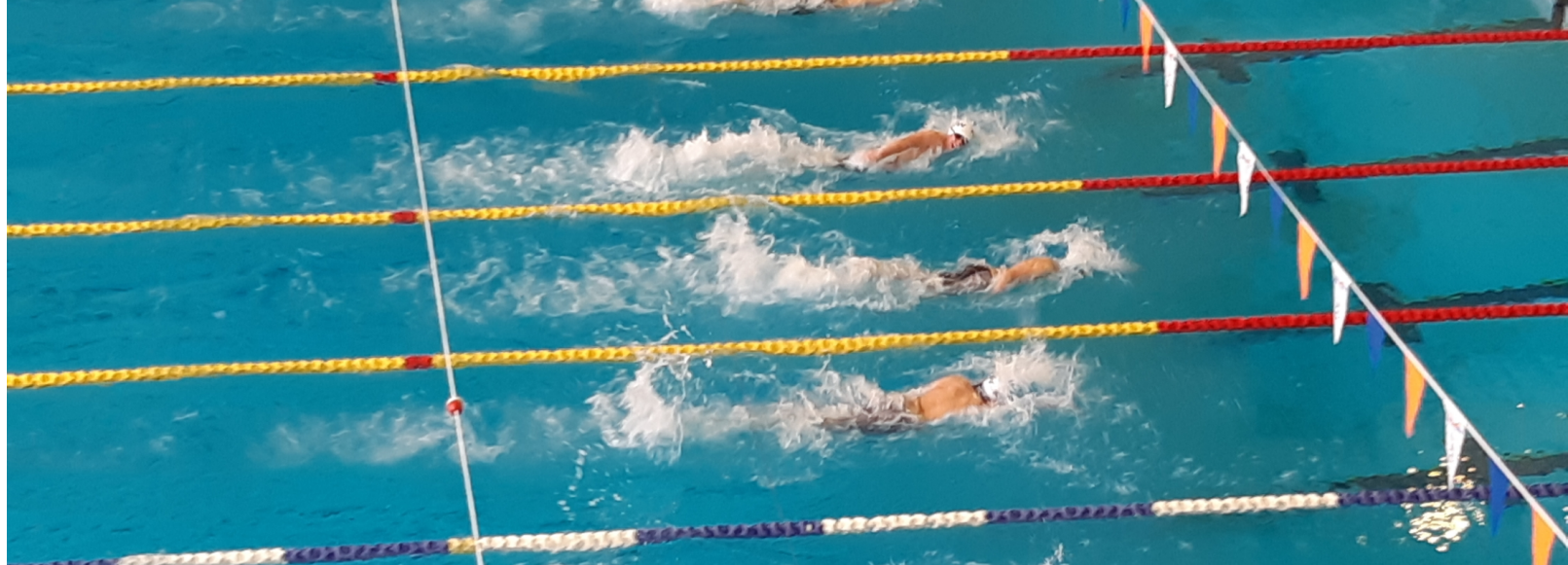
Please try your best to limit photos and videos to your child only. Not all parents would like their child photographed.



### 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 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

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



# WHAT TO PACK:

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









# 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?



QUESTIONS?



