



2009/2010
Swimmer's Handbook



2009/2010 Swimmer's Handbook

WELCOME TO THE 2009-2010 SEASON.

I would like to welcome both new and returning athletes to the Thunderbolts and the 2009-2010 Season. The 2009-2010 season is going to be very difficult to top but I feel that with the improvements that our athletes have made that they are truly ready to move to the next level both in performance and training.

There will be a number of changes to the program this year that I feel will be exciting and challenging for our athletes. Improved dry land fitness, flexibility and stroke mechanics will be the focus through the first part of the year moving towards improved overall training and racing by season's end. We will also be focusing on setting goals as individuals, groups and as a team. This the year to challenge ourselves and I feel we are ready to do that. ARE YOU READY??

The team dynamic is also something that I hope to develop further. Swimming is often thought of as an individual sport but it is also safe to say that you need support from those around you to be successful. The team dynamic does not stop on the pool deck. I encourage parents and siblings to be part of the TEAM dynamic and support your athlete, other athletes, the coaches and board members in anything that will help to move the Thunderbolts in a positive direction.

I know that I can speak for the coaching staff, when I say that we are very excited about the upcoming season. I wish you all the best of luck this year and hope that you are excited about where 2009-2010 can take us.

Stewart McLean
Head Coach/Director of Swimming
Thunderbolts Swimming



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Mission Statement

Thunder Bay Thunderbolts Swim Club (TBT), as a member of Swim Ontario, seeks to foster the growth and development of young people through participation in age group and senior swimming. TBT provides an environment in which swimmers of any age or level may reach their fullest potential. This growth is designed to go beyond swimming and carry over into personal development. TBT offers the facilities and means to enable participants in the program to strive for and attain their own personal goals and to work together as a group to achieve team goals.

Contact List

Email

Important, please check your email regularly! Emailing is our preferred method of communication. The membership can expect to receive emails directly from Coaches. If email isn't an option, please contact a board member or head coach for alternative arrangements.

Website

Please check the website frequently for important information. The website will be updated on a regular basis, look for practice information, swim meet packages, a photo gallery and general information. www.thunderbolts.ca

Thunderbolts Contact Information

Please email, write or call with any questions or concerns. Questions or concerns will be promptly responded by the appropriate coach or board member.

Thunder Bay Thunderbolts Swim Club
C/O Canada Games Complex
420 Winnipeg Avenue
Thunder Bay ON
P7B 6B7
Phone: 807-344-9802
Email: info@thunderbolts.ca



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Swimmer and Family Liaison

The Swimmer and Family Liaison is a resource available to all families and swimmers. The Thunderbolt Board is committed to answer questions and solve any concerns throughout the year. Please feel free to contact us using our email address info@thunderbolts.ca or leave a message at, 807-344-9802.

Newsletter

The Thunderbolt Swim Club publishes a monthly newsletter "Off the Blocks". It provides both informative and fun to read information. Our main editor and publisher, Johane Kreuger, continues to take on this voluntary role for our Club. The newsletter will be emailed to the club membership. If you have any suggestions or article submissions please email to; info@thunderbolts.ca of Directors 2009-2010 or to Johane directly at; krueger_jm@yahoo.ca.

Board of Directors 2009-2010

The Board of Directors, along with Stewart McLean (Head Coach and Director of Swimming) are responsible for the operation of the Thunderbolts Swim Club. Additionally, each Board member is responsible for a portfolio to manage. The Board consists of 9 members elected for a one year term at the Annual General Meeting. Please feel free to contact the Board of Directors for further information regarding any aspect of the Club's administration, at info@thunderbolts.ca. The board members are:

President	Jon Cuthbertson (627-6463)
Vice President	Leanne Barch (626-9804)
Treasurer	Ray Halvorsen (344-2265)
Secretary	Kim Pelletier
Director of Fundraising	Nadine Fenton
Director of Meets	Tom Bishop
Director of Travel	Charlotte Speziale
Director of Team Equipment	Shelley Taylor
Director of Community Relations	Lars Hurlen



The Coaches

Stewart McLean - Head Coach and Director of Swimming

The 2009-2010 season marks Stewart's 4th year as the Thunderbolt's Head Coach and Director of Swimming. Stewart is a fully certified NCCP Level 2 and continues to work towards his Level 3 swim coach. Previous to the Thunderbolts, Stewart served as Head Age Group Coach for the Guelph Marlin Aquatic Club for five years and was Head Coach/Owner for Forest City Swimming in London for 4 years. Stewart is also a very active member of the swimming community in Ontario and Canada. Serving as a board member for both Swim Ontario and Ontario Swim Coaches Association, he also serves as a Skills Assessor. During his career, Stewart has worked with every level of athlete from the beginner to international level athletes and believes that focusing on basic skills and race pace training are the keys to building a strong athlete.

Kathryn McEwan - Assistant Coach

This season will be my 13th year with the Thunderbolts. The 2009-2010 Season will be my seventh year coaching with the club. Previous to that I swam with the Bolts for 6 years. I am currently certified as a NCCP Skills Coach, but hope to be able to obtain my level 2 over the course of this season. I attend Lakehead University where I have recently received my Honours Bachelor of Arts with a Geography major in conjunction with the concurrent education program. This year will be my final year, where I will be doing my practical portion of the education program.

As a coach of Age Group swimmers I am extremely excited about being able to work with young, talented swimmers this year, as well as in the years to come. I believe that workouts should have a balance between technique work, as well as fast swimming, while having an element of fun to them at the same time. I hope to see an overall level of excellence throughout the groups, and am excited to see the gradual improvement of each individual



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Barb Friday - Program Assistant

The Thunderbolts are proud to introduce Barb Friday as part of the Thunderbolts Team. Barb has worked at the Canada Games Complex for 10 Years now. She has held a variety of positions, the most current being Head Lifeguard, Head Swim Instructor, Senior Instructor and Facility Operator. Barb is looking forward to working with the athletes, coaches and families in the upcoming swim season. Barb will spend most of her time coordinating the swim programs to ensure the most appropriate environment is maintained for our athletes, coaches and families. In addition to Barb's complex experience, she is a certified Paramedic and AFPA certified personal trainer.

Any questions with respect to coaching matters should be referred directly to your child's coach. In general, the coaches are available for questions before or after practices. If you are unable to speak to the coach personally during these times, you may leave a message on the office phone (807-344-9802) or email the coaches at: info@thunderbolts.ca to arrange a meeting.



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Group Structure

The Thunderbolts program is founded on the belief that swimming offers an exciting and worthwhile experience in a young person's life. The values of competitive swimming go far beyond that of learning efficiency in the water. We hope to instill in all our swimmers, regardless of age and ability, the desire to strive for excellence, and the knowledge that they can achieve their maximum potential in all things they do.

The competitive and pre-competitive programs are organized into a group structure that reflects the physiological, psychological and sociological development of the individual athletes in each group and **are representative of the strategies laid out in Swimming Canada's Long Term Athlete Development Strategy**. The following group descriptions describe the purpose and mission statement of each group within the Thunderbolts Swim Club for the **2009-2010** swimming season.

Competitive

TRAIN TO COMPETE/COMPETE TO WIN:

Our two senior training groups focus on the final stages of athlete development and are very specific to the individual needs of each athlete.

NATIONAL

Swimmers that have reached the Senior Group are starting to compete at a National & Youth National level. At this level swimmers have made a full commitment to swimming and are prepared to dedicate themselves to the long-term climb to senior swimming. This program offers a wide variety of training from specific strength training to fine-tuning of race strategies. The program is very specific in terms of its preparation and planning to meet the individual swimmers needs. Swimmers are expected to attend 100% of practices and to swim at designated meets laid out by the coaching staff.

Equipment requirements:

Team Suit, Fins, Full Paddles, Skipping Rope, Band, Snorkel, Parachute



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Performances Standard:

Must be qualified at the Youth/Junior or Senior National Level Swimmer must also have 200 Free under 2:15/200 IM Under 2:25/200 Kick Under 3:00

Technical Standard:

Must be able to complete the following sets 10x100 Free on 1:20/10x100 I.M on 1:35.

Training Sessions: 7 Water/ 2 Dryland per week

PROVINCIAL

Swimmers in the Provincial group have reached a standard that allows them to compete at the Provincial level. Training in all areas becomes an integral part of this program. Because of the age and physical maturity of these swimmers, aerobic training is the main emphasis while developing the skills required to compete at the top level in the sport. Multi-layered dry land conditioning is a main part of this program. Swimmers are expected to attend 100% of practices and to swim at designated meets as agreed to by swimmers, coaches and parents.

Equipment requirements:

Team Suit, Fins, Full Paddles, Skipping Rope, Band, Snorkel, Parachute

Performance Standard:

Must have achieved a minimum of an Age Group National qualifying time or a Provincial "AA" or "A" time. Must have a 200 free under 2:30, 200 I.M under 2:45/200 Kick under 3:30.

Technical Standards:

Must be able to complete 10x100 Free on 1:30, 10x100 I.M on 1:45

Training Sessions: 6 Water / 2 Dryland per week



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TRAIN TO TRAIN/TRAIN TO COMPETE:

The second tier of competitive programming focuses on the development of aerobic system training, strength development and mental training required to deal with competition.

Age Group I

Age Group 1 puts an increasing emphasis on perfecting proper training habits and skill development. Swimmers in this group practice complementary training such as stretching, general strength and running. Swim meets for this group take place mainly at a Regional level with some high level Invitational meets being available as well.

Equipment requirements:

Team Suit, Fins, Full Paddles, Skipping Rope, Band, Snorkel, Parachute

Performance Standards:

Must have achieved a minimum of a Provincial "B" Standard. Must have a 200 Free under 2:45/200 I.M under 3:15/200 Kick under 4:00

Technical Standards:

Must be able to complete 10 x 100 free on 1:40/10x100 I.M on 2:00

Training Sessions: 5 Water / 1 Dryland per week

Age Group 2

Age Group 2 focuses on developing proper training habits while furthering skill development. Swimmers will also continue to work on flexibility, core strength, nutrition and goal setting. Swim meets for this group take place mainly at a Regional level with some high level Invitational meets being available as well.

Equipment requirements:

Team Suit, Fins, Full Paddles, Skipping Rope, Band, Snorkel



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Performance Standards:

Must have achieved a Provincial "C" time in their age group. Must have 200 free under 3:20/200 I.M under 3:30/200 Kick under 4:15

Technical Standard:

Must be able to complete 10x100 Free on 1:50/10x100 I.M on 2:10

Training Sessions: 4 Water / 2 Dryland per week

FLASHES 1

Swimmer's in Flashes I will be focusing of continued development of the basic skills while introducing the basic principles of a formal training environment, as they move into the competitive stream. Swimmers will also be introduced to work on flexibility, core strength, nutrition and goal setting. Swim meets for this group take place mainly at a Regional level.

Performance Standards:

Must have achieved a Provincial "D" time in their age group. Must have 200 free under 3:40/200 I.M under 4:15/200 Kick under 4:20

Technical Standard:

Must be able to complete 10x100 Free on 2:10/10x100 I.M on 2:25

Training Sessions: 3 Water / 1 Dryland per week

Equipment requirements:

Team Suit, Fins, Cap, Goggles, Skipping Rope



Pre-Competitive

Learn To Train/FUNDamentals: Our Pre-Competitive program looks to provide an enjoyable, challenging and progressive experience for any athlete interested in the sport of competitive swimming or the fitness benefits that our sport can provide.

STORM

The Storm group is for athletes over the age of 12 who are looking to further stroke development, to stay fit, and/or to get an introduction to competitive swimming. This group is also ideal for those looking to cross train and improve fitness for other sports. As well as, water workouts the STORM group will have dry land options set out by the coaching staff. Group members are allowed one competitive option throughout the season at any regionally sanctioned event. Please note that athletes will be entered as exhibition for the meet they have chosen.

Equipment Requirements:

Fins, Cap, Goggles, Dry land Equipment (shoes, shorts and t-shirt)

Training Sessions: 2 Water / 1 Dryland per week

STORM 2

The Storm group is for athletes over the age of 12 who are looking to further stroke development, to stay fit, and/or to get an introduction to competitive swimming. This group is also ideal for those looking to cross train and improve fitness for other sports. Group members are allowed one competitive option throughout the season at any regionally sanctioned event. Please note that athletes will be entered as exhibition for the meet they have chosen.

Equipment Requirements:

Fins, Cap, Goggles,

Training Sessions: 1 Water per week



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FLASHES 2

Group emphasis is on endurance and technique in freestyle and backstroke. Proper breaststroke technique is reinforced and butterfly is introduced in a fun and encouraging atmosphere. Group members are allowed one competitive option throughout the season at any regionally sanctioned event. Please note that athletes will be entered as exhibition for the meet they have chosen.

Equipment requirements:

Team Suit, Fins, Skipping Rope and Swim Cap.

Training Sessions: 3 Water per week

LIGHTNING

This group focuses on the swimming basics in a fun and encouraging atmosphere. This first experience with competitive swimming will emphasize learning proper technique in freestyle and backstroke with the introduction of breaststroke. Swimmers will also work on improving endurance. Group members are allowed one competitive option throughout the season at any regionally sanctioned event. Please note that athletes will be entered as exhibition for the meet they have chosen.

Equipment requirements:

Cap, Goggles, Appropriate bathing suit, fins

Training Sessions: 2 Water per week

SPARKS

The Sparks group will be an introduction to swimming program for children 5 to 7 years old. Athletes in this group will be introduced to the basic elements of competitive swimming with a focus on teaching the four competitive strokes in an encouraging environment geared towards fun.

Equipment Requirements: None

Training Sessions: 2 Water per week



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Annual Fees plus Swim Ontario Registration

Pre-Competitive Fees						
Group	Annual Fees	Swim Ontario Registration Fee	Total Fees	Payment Plan Option (Installments) (1 st payment included Swim Ont. Fee)		
				1 st (Sept 14, 09)	2 nd (Jan 4, 10)	3 rd (Apr 5, 10)
Sparks	\$432	\$60	\$492	\$204	\$144	\$144
Lightning	\$594	\$60	\$654	\$258	\$198	\$198
Flashes 2	\$972	\$60	\$1032	\$384	\$324	\$324
Storm	\$972	\$60	\$1032	\$384	\$324	\$324
Storm 2	\$594	\$60	\$654	\$258	\$198	\$198
Competitive Fees						
Group	Annual Fees	Swim Ontario Registration Fee	Total Fees	Payment Plan Option (Installments) (1 st payment included Swim Ont. Fee)		
				1 st (Sept 14, 09)	2 nd (Jan 4, 10)	3 rd (Apr 5, 10)
Flashes 1	\$1260	\$120	\$1380	\$540	\$420	\$420
Age Group 2	\$1805	\$120	\$1925	\$721.67	\$601.67	\$601.66
Age Group 1	\$2400	\$120	\$2520	\$920	\$800	\$800
Provincial	\$2725	\$120	\$2845	\$1028.34	\$908.33	\$908.33
Senior	\$3359	\$120	\$3479	\$1239.67	\$1119.67	\$1119.66

Family Swimming Discount applies to families with more than 1 immediate family member participating in a Thunderbolts program. The highest level swimmer will be required to pay full registration fees. Each additional family member will be entitled a 10% discount excluding the Swim Ontario Registration portion.

The swim year will commence in September 2009 and continue through to the end of June 2010. Swimmers meeting Provincial, Age Group Nationals and/or National time standards can continue to train for competitions for which they qualify, usually scheduled in July.



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Tryout Period

The Thunderbolts Swim Club provides a two week tryout period for new members, both at the start of the season and for those considering joining at any time throughout the year. The tryout policy is based on pool time and coaching availability and the new member will be required to be assessed by our coaching staff for appropriate group placement.

Prorating of Fees

If a swimmer accepts an offer to move to another group during the season, the family is responsible for the payment of any additional Annual Fees on a prorated basis at the time of the transfer.

Swim Ontario Registration

Swim Ontario requires that all swimmers registered with a competitive swim club register with Swim Ontario. This fee is rated by Swim Ontario; members who join throughout the year are required to pay the full amount of the Swim Ontario registration.

Outstanding Fees

Any fees outstanding from the previous swimming session will be charged a 10% administration fee. The account must be paid before a returning swimmer can be registered. A late fee policy is being implemented, if a swimmers account is not paid within 30 days of the invoice delivery, the swimmer(s) will not be permitted to swim with the club until the matter is resolved.

Family Discount

The family discount will apply to each additional swimmer from the immediate family. A 10% reduction of fees will be provided; the highest level swimmer will pay full fees. Mandatory fundraisers maybe reduced for families with multiple swimmers.



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Additional Costs

The Annual Fee schedule for the Thunderbolts includes; coaches salaries, pool fees and administration costs for the club. Swimmers are responsible for the cost of swim equipment, swim meet fees, transportation, accommodations and living expenses.

Sports Tax Credit

Please note that the Treasurer of our Club will issue receipts in accordance with the requirements of the Canada Revenue Agency, early in 2009 in order to support any claims for the Sports Tax Credit. These will be distributed to oldest swimmer's coach by late February 2010. Please contact finance@thunderbolts.ca if you have any questions relating to the tax credit or if you did not receive your tax receipt by Feb 28th.

Leaving the Club Mid-Session

Please note that if your swimmer leaves swimming mid-session, a written notice is required to be submitted to the coaching staff as well as to the Board of Directors. Please send to bolts@thunderbolts.ca.

Resignation Refund Policy:

A swimmer may resign (within 14 days of the start of a session) from the club with partial refund. Official notice **must** be sent to the Bolt administrator's e-mail address; bolts@thunderbolts.ca. It will not be enough for the swimmer to just tell the coach. ONLY un-cashed cheques will be returned. Families making one (1) total payment in September will receive a refund for the future session(s).

If a swimmer chooses to resign after 14 days from the start of a session, no refund will be applied.

Note: Swim Ontario Registration Fee is a one time (yearly) fee. This registration fee is paid to Swim Ontario on your behalf and therefore is not refundable in the event of withdrawal from the Club, regardless of date.



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NSF Cheques

Cheques that are returned due to non-sufficient funds are subject to a \$50 charge and must be replaced within two weeks. If payment is not received within the two week period, the swimmer will not be allowed to practice or participate in any Club activities (including swim meets) until their account is balanced. In the event that a family provides two NSF cheques in a season, all future payments from that family must be in the form of a certified cheque.

Meet Fees

All meet fees are invoiced and then paid following any given swim meet. All swimmers are given a deadline for committing to attend all meets. Any swimmer who commits to these meets is expected to attend. Any committed swimmer who does not attend will continue to be invoiced and be expected to pay the meet fees.

Family Participation Requirements

The Thunderbolts Swim Club relies on family involvement for the effective running of its administrative activities and club hosted events. We encourage family members to become involved, opportunities will be available throughout the year. If you are interested in becoming involved, please contact a board member, committee chair, or email: info@thunderbolts.ca.

Good Standing:

Every member is considered to be in good standing when mandatory fundraising events are completed, is acting in the best interest of the Thunderbolts Swim Club and all applicable membership fees are paid within the designated time frames.

A swimmer's ability to attend swim meets and further swimming program may be impacted or ceased for any member who is not in "good standing". The board will consider exceptional circumstances on a case by case basis. Please contact the President of the Board in writing if you encounter exceptional circumstances that adversely influence your family's ability to maintain good standing.



Fundraising and Volunteer Activities

Fundraising is a necessary component of the Thunderbolts Swim Club. Fundraising is separated into mandatory and voluntary fundraisers. Mandatory fundraisers help offset pool, coaching, equipment, and administrative fees for the club. Competitive families are required to participate in Mandatory Fundraisers. Voluntary fundraisers allow all Thunderbolt families an opportunity to directly offset their individual accounts.

Fundraisers

1) BoGo Cards (Competitive Mandatory)

BoGo cards are coupon cards for discounts at various retailers and restaurants. Each family is required to sell 5 BoGo Cards for the club. After the mandatory number, each family can request cards in sets of 10 to sell for approximately 50% profit to their account. A \$50.00 fee will be charged to any competitive family who doesn't sell the minimum number of BoGo Cards.

2) Raffle/Draw (Competitive - Budgeted for Full Family Participation)

Yet to be finalized, the Thunderbolts will hold a draw for a major prize package. It is anticipated that tickets will go on sale in late fall, with the final draw held in December. Dependent on the number of tickets printed, each family will be required to sell a set number of tickets. All proceeds of the draw will go directly back to the Thunderbolts Swim Club. We anticipate providing venues for families to sell raffle tickets.

3) Swim-a-thon (Competitive Mandatory)

The Swim-a-thon is usually held in April. Participants swim as many lengths as possible in a two hour period of time. The swim-a-thon is held in conjunction with Swim Canada and swimmers are asked to raise pledges. A tax-deductible receipt will be provided to the pledgers in accordance with Swim Canada guidelines. Swim-a-thon kits will be provided in advance of the event to collect pledges. A mandatory portion of the proceeds earned go directly to the Thunderbolts Swim Club. Further information will be provided prior to the event. The minimum amount of monies to



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be raised is as follows: \$250 National, \$200 Provincial, \$150 Age 1, \$125 Age 2, \$100 Flashes 1. Note: in a multi-swimmer household only the highest amount is required to be fundraised. Competitive families who do not raise the minimum level associated with the athletes group will be charged the difference to their account

4) Phone Books (Competitive Mandatory)

Each Thunderbolt family participates in delivering Thunder Bay Telephone phonebooks in mid-June. Each family will be asked to deliver one route for the benefit of the club. The delivery of the books requires approximately 2-3 hours of your time. We do understand that participating in this fundraiser is difficult for some families, so a family can opt out of this fundraiser for a \$100 charge to their account. If extra routes are available, families can earn a \$75 fundraising credit for each extra route they complete.

Voluntary Fundraisers

Various voluntary fundraisers are presented to Thunderbolt families throughout the year. These fundraisers are often initiated by parents within our club to help offset the costs associated with competitive swimming. Perogie sales, magazine sales, Maltese's meat packages for either Christmas or Bar-B-Q season, or Mom's Pantry are all examples of these voluntary fundraisers that have run in the past. If you have an idea of a fundraiser please contact Nadine Fenton at (622-3598) or nadine_fenton@hotmail.com.

Bingos

The Thunderbolts Swim Club continues to participate in the Thunder Bay Community Bingos as a fundraiser for the club. Funds generated are used for pool usage, team travel and team equipment. It is anticipated that each competitive family will be requested to work 7 bingos in the upcoming year, although final numbers will not be known prior to registration. As additional information becomes available, the Club's membership will be informed.



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For a variety of reasons, some families find it difficult to participate with our bingo program. We ask families that find they cannot participate to voluntarily donate \$80 per bingo missed in the year (the amount that each worker generates for our club per bingo) to ensure that all families share equally in the funds generated from bingos.

Failure to meet your bingo commitments will not affect a swimmer's ability to practice with the team. It could, however, impact your status as a "member in good standing", and potentially affect whether your child (ren) can attend swim competitions with the team.

For information regarding bingos, please contact Nadine Fenton at 622-3521 or at nadine_fenton@hotmail.com. For bingo scheduling information, please contact Laurie Jacobsen at jimjacobsen@shaw.ca.

Thunderbolts Code of Conduct

The majority of the swimming experience happens at the pool, involving only swimmers and coaches. Because of this, we cannot ask parents to maintain a constant watch to ensure proper behaviour from their children. As an organization with abiding responsibilities for the growth, development, safety and success of young athletes, the Thunderbolts Swim Club has adopted the Swim Ontario and Swim Canada Codes of Conduct. Our Code of Conduct applies to everyone associated with the club including swimmers, coaches, parents, officials and volunteers. The Thunderbolts Swim Club strives to ensure a safe environment for its members and endeavours to foster healthy relationships amongst its swimmers. For these reasons, the Club has adopted a zero-tolerance policy. The rules of the Thunderbolts Swim Club are in effect at all functions, training sessions and meets where swimmers are acting as representatives of the Club.



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RESPONSIBILITIES OF SWIMMER

- Attend practices as required
- Be on time for practices and meets
- Acquire and use the proper attire/equipment including official Thunderbolt clothing at meets
- Help setup and take down all training equipment (lane ropes, kickboards, flags, etc)
- Leave pool facility promptly at the end of each practice
- Ensure that all Thunderbolt communications are delivered to parents
- Act in the best interest for the Club

RESPONSIBILITIES OF PARENT

- Ensure children get to practices and meets on time and in case of practices ensure children leave facilities promptly
- Communicate with coaches as the need arises
- Ensure that children have proper equipment
- Most important, supply swimmers with emotional support

PROHIBITIONS

- No drinking or transporting of alcoholic beverages
- No smoking or chewing tobacco
- No illegal drugs (which if found, could be turned over to the appropriate authorities)
- No sexual harassment or other discriminatory behaviour
- No sexual fraternization on trips
- No entertaining of outside guests in hotel rooms
- No bullying

EXPECTATIONS

- Courtesy, good sportsmanship, co-operation with coaches and respect for the rules they set out for meets, trips and training sessions
- Respect for the needs and sensitivities of teammates and competitors;
- Respect for public and private property, including pool decks, change rooms, and on trips, buses or other vehicles of transportation, hotel rooms, lobbies and other facilities



Discipline

While some behaviour is much more unacceptable than others, any breach of a rule may result in some form of disciplinary action up to and including a temporary suspension, or with the approval of the Board of Directors, dismissal from the Club.

Occasionally a coach must discipline a swimmer. Depending on the nature of the problem, the coach may speak privately to the individual or to the parents. A swimmer may be asked to leave the pool and remain on deck for the duration of the practice (for safety reasons) or miss a practice or an upcoming meet. Infrequently, a swimmer may be asked to leave the Club. If an issue is not resolved by the coach to the satisfaction of all individuals involved, the issue may be referred to the next level of authority. The order of authority is Coach, Head Coach, and Board of Directors.

Consent to Participate and Use of Name, Image, Personal Information

Please read the paragraphs following with respect to participation, publication and personal information, including the referenced section from the Swim Ontario website. Signatures on the corresponding sections of the registration form are required to complete your swimmer's registration with Thunderbolts Swimming for 2009/2010.

Participation Consent Agreement

The Thunderbolts Swim Club (the Club) strives to ensure a safe environment for its swimmers. However, parents or guardians should understand that injuries can occur during some activities because of the inherent nature of the activity and without neglect on the part of the swimmer or the Club.

With a signature on the Thunderbolts Authorization Form, the parent or legal guardian authorizes the swimmer to participate in Club activities (including local



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and out of town meets) and releases the Club, its Board of Directors, coaches and chaperones from any and all claims which may arise by reason of the Swimmer's participation in Club activities, including any and all claims which may arise due to bodily injury or illness.

With a signature on the Thunderbolts Authorization Form, the parent or legal guardian authorizes the Club, its Board of Directors, coaches, chaperones and/or any representative of the Club to authorize such medical attention as may be necessary and appropriate in the circumstances should a swimmer suffer an injury or illness while participating in Club activities and agrees to pay for all medical and any other related expenses incurred in such event.

With a signature on the Thunderbolts Authorization Form, the parent or legal guardian releases the Club, its Board of Directors, coaches, chaperones and/or any representative of the Club from any claim arising from the medical treatment a swimmer may require while participating in club activities. With a signature on the Thunderbolts Authorization Form, the parent or legal guardian acknowledges that should a swimmer not abide by the rules and expectations as established by the Club, its Board of Directors, coaches, chaperones and/or any representative of the Club while participating in Club activities, at the discretion of the coaches, the swimmer's participation may be terminated and the swimmer may be sent home. Any additional costs incurred by reason of the termination of a swimmer's participation in club activities, and/ or as a result of the swimmer being sent home will be the responsibility of the parent or legal guardian.

Publication Consent Agreement

"The Thunderbolts Swim Club" occasionally publishes swimmers' names and images to promote the club and amateur swimming in their Thunderbolts Swim Club Website, Newsletter and/or other publications.

I understand that as a member of the Thunderbolts Swim Club, that my child's name or image may be used in such literature and on the Club website (www.thunderbolts.ca).



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I understand that my child's name and image will not be used for any purpose other than promoting the Thunderbolts Swim Club and that it will not be given to any other organization and/or media group without prior approval.

Personal Information Protection & Electronic Documents Act

Swim Ontario's policy with regard to the Personal Information Protection & Electronic Documents Act is now in effect. Consent forms must be signed by every family in order for children to be accepted into any club program.



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COMPETITIVE SCHEDULE					
	SENIOR	PROVINCIAL	AGE 1	AGE 2	FLASH
MONDAY	6:00-7:30AM/ 4:00-6:15PM	6:00-7:30AM/ 4:00-6:15PM	4:15-6:15PM	5:30-7:00PM	5:30-7:00PM
TUESDAY	6:00-7:30AM	6:00-7:30AM	4:15-6:00PM	OFF	OFF
WEDNESDAY	6:00-7:30AM 4:15-6:30PM	4:00-6:15PM	6:00-7:30AM/ 4:15-6:15PM	5:30-7:00PM	5:30-7:00
THURSDAY	6:00-7:30AM	4:00-6:15PM	OFF	OFF	OFF
FRIDAY	6:00-7:30AM/ 4:00-6:00PM	6:00-7:30AM	4:15-6:15PM	4:15-6:15PM	5:30-7:00PM
SATURDAY	7:00-9:30AM	7:00-9:30AM	7:00-9:30AM	7:00-9:30AM	8:00-9:00AM
	9 SESSIONS (17 HOURS)	7 SESSIONS (14.5 HOURS)	6 SESSIONS (12 HOURS)	4 SESSIONS (7.5 HOURS)	4 SESSIONS (5.5 HOURS)
PRECOMPETITIVE SCHEDULE					
	FLASHES 2	STORM	STORM 2	LIGHTNING	SPARKS
MONDAY				5:00-6:00PM OR 6:00-7:00PM	30 min classes 5:00-7:00PM
TUESDAY	6:00-7:00PM	5:00-6:30PM		6:30-7:30PM	30 min classes 6:00-7:30PM
THURSDAY	6:00-7:00PM	5:00-6:30PM		6:30-7:30PM	30 min classes 6:00-7:30PM
FRIDAY	6:00-7:00PM			5:00-6:00PM OR 6:00-7:00PM	30 min classes 5:00-7:00PM
SATURDAY			8:00-9:00 AM		30 min classes 8:00-8:30 am OR 8:30-9:00 am
	3 SESSIONS (3 HRS/WEEK)	2 SESSIONS (3 HRS/WEEK)	1 SESSION (1 HR/WEEK)	2 SESSIONS (2 HRS/WEEK)	1-2 SESSIONS (.5 - 1 HR/WEEK)

ATTENDANCE EXPECTATIONS:

How often a swimmer attends practice depends on age and the training group. These guidelines are set to promote optimal progress for each individual. Too much or too little practice time will limit results.

PRACTICE EXPECTATIONS:

1. Always be present at the pool at least 15 minutes before the scheduled start of practice in order to start on time and use the allotted time.
2. Plan to stay the entire practice. The last part of practice is very often the most important and reminders and announcements are made at this time.
3. All equipment should be brought to the deck for each practice. See the equipment information for each group.



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Registration Dates (5-7pm):

The Thunderbolts accept registration through-out the Swimming Season.

- Open Registration: Wednesday September 9th No Appointment Necessary
- Open Registration: Thursday, September 10th No Appointment Necessary

Pre-Competitive Sessions		
Session 1 (12 week session)	Session 2 (12 week session)	Session 3 (12 week session)
Start - Monday, September 21st End - Saturday, December 12 th	Start - Monday, January 4th End - Saturday, April 3rd	Start - Monday, April 5 th End - Thursday, June 24th
No sessions on: <ul style="list-style-type: none"> • Monday, October 12th (Thanksgiving) 	No Sessions on: <ul style="list-style-type: none"> • Monday, February 15th (Family Day) • Monday, March 15th to Saturday, March 20th (March Break) • Friday, April 2nd (Good Friday) 	No sessions on: <ul style="list-style-type: none"> • Monday, April 5th (Easter Monday) • Monday, May 17th (Victoria Day)
Competitive Sessions		
Start - Monday, September 14 th		
No sessions on: <ul style="list-style-type: none"> • Monday, October 12th (Thanksgiving) 	No Sessions on: <ul style="list-style-type: none"> • Monday, February 15th (Family Day) • Monday, March 15th to Saturday, March 20th (March Break) • Friday, April 2nd (Good Friday) 	No sessions on: <ul style="list-style-type: none"> • Monday, April 5th (Easter Monday) • Monday, May 17th (Victoria Day)

Competitive swimmers do not follow a 12 week schedule. All competitive swimmers will receive statutory, Christmas and March Break Holidays and time off as directed by the coaches.



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2009/2010 MEET SCHEDULE

DATE	MEET	LOCATION	DETAILS
OCTOBER 10	FUNDAMENTALS CAMP(10&U)	DRYDEN	SIGN-UP REQUIRED
OCTOBER 16-18	12 AND OVER NWO CAMP	KENORA	QUALIFIERS ONLY
OCTOBER 17	SWIM W/THE BOLTS	THUNDER BAY	COMP MANDATORY
OCTOBER 23-25	GREAT WOLF INVITATIONAL	MINNEAPOLIS	SIGN-UP REQUIRED
NOVEMBER 13-15	SWIM INTERNATIONAL	BRANTFORD	QUALIFIERS/REGIONAL FUNDING AVAILABLE
NOVEMBER 13-15	NWO DEVELOPMENT 1	KENORA	ALL COMP
DECEMBER 4-6	PRAIRIE WINTER INVITATIONAL	WINNIPEG	QUALIFIERS ONLY
JANUARY 15-17	12 AND UNDER NWO CAMP	THUNDER BAY	QUALIFYING CRITERIA TBA
JANUARY 16	FUNDAMENTALS # 2	THUNDER BAY	SIGN-UP REQUIRED
JAN 29-31	MACH 3 FLYERS	MINNEAPOLIS	SIGN-UP REQUIRED
FEB 6-8	NWO DEVELOPMENT 1	FORT FRANCES	COMP/NON COMP
FEBRUARY 11-14	EASTERNS/WESTERNS	TBA	QUALIFIERS ONLY
FEB 26-MAR 1	SC JUNIOR PROVINCIALS	TBA	QUALIFIERS ONLY
FEB 26-28	NWO REGIONAL CHAMPIONSHIPS	THUNDER BAY	ALL COMP
MARCH 9-13	SC SENIOR NATIONALS	TBA	QUALIFIERS ONLY
MARCH 18-21	MAN/SASK SC PROVINCIALS	SASKATOON	QUALIFIERS ONLY
APR 2-4	NWO DEVELOPMENT 2	KENORA	COMP/NON COMP
APR 24-26	CHINOOK INVITATIONAL	CALGARY	ALL COMP
MAY 28-30	MAY INTERNATIONAL	THUNDER BAY	ALL COMP/NON COMP(?)
JUNE 3-5	ONTARIO SENIOR CHAMPS	TBA	QUALIFIERS ONLY
JUNE 19-21	MACH 3 INVITATIONAL	MINNEAPOLIS	QUALIFIERS ONLY
JULY 2-6	LC JUNIOR PROVINCIALS	TBA	QUALIFIERS ONLY
JULY 16-19	AGE GROUP NATIONALS	WINNIPEG	QUALIFIERS ONLY
JULY 23-26	SENIOR NATIONALS	WINNIPEG	QUALIFIERS ONLY



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2009-2010 Pre-Requisite Times:

REGIONAL PRE-REQ'S: TO BE POSTED BEFORE EACH MEET!

PROVINCIAL/NATIONAL: Available with the Published time Standards

MEET ATTENDANCE EXPECTATIONS:

The meet schedule is devised based on the competition needs for each group. Each athlete in the competitive groups are expected to attend deemed appropriate by their coach.

MEET SIGN-UP:

Meet sign-up deadline will be determined based on the entry deadline set in the meet package and will published by the coaching staff. Sign-up will be available on the Thunderbolt Bulletin Board and on the Thunderbolt website. There will be no sign-up for Thunderbolt hosted meets, athletes are expected to notify their coach if they have a conflict for home meets or they will be entered.

Please note!! Meet deadlines ARE deadlines!! If you miss the deadline, please e-mail your coach and they will attempt to enter the athlete in the meet swimmers. There is no guarantee of entry after the deadline.