



Welcome to the Steinbach Skimmers Swim Club. Our club has been around for over 2 decades providing competitive speed swimming training and opportunities for individuals in SouthEastern Manitoba. Competitive swim clubs can typically cost tens-of-thousands of dollars in club & registration fees. The Skimmers are dedicated to keeping our club as affordable as possible to create as many opportunities as possible for club members.

Our club is broken into 3 swim programs:

1. **Skimmer Launch Program** - for our new & beginning swimmers. Attention is given to training on the 4 main strokes, starts, turns and building endurance. Swimming to a goal of provincial “A” time standards.
2. **Skimmer Glide Program** - for swimmers with solid performance on the 4 main strokes, starts, turns and endurance. The Glide program focuses on fine tuning skills, and refining technique. Swimming to improve on provincial “A” times and achieve “AA” ManSask times.
3. **Skimmer Sprint Program** - for our senior swimmers with several years of competitive swimming under their belt. Swimming to improve on their “AA” ManSask times.

Swimmers should have comfortable & appropriate swimsuit, goggles, towel and water bottle. Swim caps are provided to new swimmers, and additional caps are available from the club for \$15 each. New Skimmers members will receive their first swim cap at no charge when practices begin. Competitive swimming is fun, but it’s also lots of work and swimmers should come prepared to listen, learn and try their best.

The Steinbach Aquatic Centre has regulations for adult supervision for children swimming. We ask that parents take responsibility for their swimmer and plan to join their child at practice, watching from either the lobby or seating area. If you cannot be at practice, please ensure that another parent is aware and is assigned “responsibility” for your swimmer, and that your swimmer knows which parent is “responsible” for them.

The Steinbach Skimmers is a volunteer organization, and we cannot run without the dedication and commitment of parents. Please consider offering some of your time, to help make this a better club for all of our swimmers.



2016/2017 Season

FAQ's & Information

- Our season will begin on **September 12th, 2015**
- The last regular season Skimmers event will be the swim meet on **June 3rd, 2017 (to be confirmed)**
- Skimmers qualifying for Provincials and ManSask championships will continue to swim after June 23rd up to the championship swim meets.
- We strive to keep our website current with information, calendar items, news and more. Please visit us often at www.steinbachskimmers.com
- Our swim practice and swim meet schedule is posted on the calendar section of our website
- The club sends regular email communications on club activities, practice information and times. If you have multiple addresses that you would like to receive this information at, please let us know at steinbachskimmers@gmail.com

General:

- If you have any medical conditions such as asthma, please let your coach know and make arrangements to have any required medications available with your parents/guardian or in your swim bag.
- All registration fees must be paid to the Club treasurer by the start of the Skimmers swim season. This is for insurance purposes.

Payment:

- The Skimmers offer 2 payment schedules:
 - Payment in full at start of season
 - Post-dated cheques through arrangements with club treasurer
- Please see our club treasurer for more details & arrangements
- All accounts need to be paid in full by March 31st. Any meet fees incurred after March 31st should be paid immediately after receipt of invoice.



2016/2017 Season

Swim Tiers & Times - Monday/Wednesday Nights:

Tier:	Practice Time:
Skimmer Launch	4:30 - 5:30
Skimmer Glide	4:30 - 6:00
Skimmer Sprint	4:30 - 6:30

Practice times on Tuesday and Thursday morning is **6:30-7:45** and Friday's Sprint practice is **5:45 - 7:30**.

Practices:

- Please ensure you arrive early and are ready on deck for warm up and stretching 10 minutes prior to the start of practice.
- If you are unable to make practice, please let the head coach know by email at tciado@gmail.com or by texting him at 204-612-2204
- If you will be away from practice for more than 2 weeks, please let both Coach Peter and Corrielynn know.
- All rules for the Steinbach Aquatic Centre apply during Skimmers practices
- Parents - As per the Steinbach Aquatic Centre's policy, an adult is required to be present with responsibility for children 12 and under. If you are unable to stay for the practice time, please be sure to have another parent take "responsibility" for your child, and make sure your child knows which adult is "responsible" for them.
- We welcome and encourage parents to participate by watching practices - but please do so from the assigned viewing areas and refrain from entering the pool deck area.
- Parents are encouraged to communicate with coaching staff after practice or by email at any time.

Equipment:

- Swimmers require appropriate swimwear and goggles.
- Additional/replacement swim caps are available from the club at a cost of \$15. These are available from any of our coaches.
- Your swim bag with equipment, change of clothes and water bottle can be brought with you on deck. Please leave bags in at the meeting area in the SouthEast corner.
- No outside shoes are allowed on deck.



2016/2017 Season

- The Steinbach Aquatic Centre has been kind enough to allow us to use their equipment, but they get priority over us, and we are running into more situations where each Skimmer needs their own practice equipment and bag.

Tier:	Practice Time:
Skimmer <i>Launch</i>	<ul style="list-style-type: none">• Kickboards• Pull Buoys
Skimmer <i>Glide & Sprint</i>	<ul style="list-style-type: none">• Kickboards• Pull Buoys• Swim Paddles• Swim Fins• Equipment bag

One of the most popular places to get this equipment is www.swimoutlet.com. As a club, we are looking into doing a “team purchase” for anyone that is needing any of this equipment. Stay tuned for info - or feel free to contact us with any questions.

FundRaising:

- We make additional fundraising opportunities available throughout the year. Money generated through these campaigns goes directly into your “Skimmers Account” and can be used to pay for swim meet fees, club clothing, future registration fees, etc.
- Credits in your account from fundraising can be carried over to subsequent seasons, but will not be paid out as a refund should you cancel your swim season.

Volunteering:

Our club’s success is directly related to parent involvement through encouragement and support of their swimmers, and through support of our training and coaching program. The Steinbach Skimmers have several opportunities for you to get involved through the year. Please let us know if you would like to get involved.

Swim Meets:

- Swim meets are an important component of speed swimming. We encourage all club members to participate in level-appropriate meets.
- We encourage our Launch Program swimmers to compete in at least 1 short-course and 1 long-course meet.



2016/2017 Season

- Swimmers in the Glide program and above are encouraged to make meet participation a discussion point in their swim development plans.
- Swim meet registration fees are separate from the Club registration fees and will be applied against your Skimmers Account. Once registered, our club is unable to refund meet registration fees should you not be able to attend.
- Swim meet registration fees vary depending on the meet. Your Skimmers account will be charged \$10 per swimmer for meet registration plus the additional meet & event registration fees. These meet and event registration fees vary depending on the meet.
- To build team spirit, the Skimmers are potentially planning 1 “away” meet for this season. This is an important opportunity for the swimmers to connect in an entirely new way - as well as experience competition at a different level. Details will follow, but our hope is all club members will show their support through attendance of this meet.

Swim Meet Volunteer Support:

Swim MB's Competition Committee manages and staffs 2 Junior Provincial Championships annually. Their expectation is that each club will provide volunteer support based on a quota of club swimmers registered in the event. Failure of the club to meet their quota will result in the club not being able to participate.

We definitely want our club's swimmers to experience these championship events. Our club's expectation is that all parents of provincial qualifying swimmers will volunteer to ensure our quota is met. These championships are already listed on our website calendar to help you with planning.

Missed Practices:

- If you are unable to make a practice, please let the coach know by email/txt/phone
- If injury or other unforeseen circumstances will see your swimmer missing more than 2 consecutive weeks of practice, please speak with the swim coach and the club treasurer about a pro-rated reimbursement of fees.

Refund on Swim Fees:

- For medical injury & concerns: If you suffer a medical injury that prevents you from participating in practices for more than 2 consecutive weeks, please let the coach and treasurer know. Your Skimmers Account will be credited for each swim missed after that 2 week period
- Your registration deposit of \$200 is non-refundable.
- Swim MB does not offer refunds on their registration fees



2016/2017 Season

- For non-medical cancellations, 4 weeks notice is required
- For cancellations by November 20th, 2015, your refund is calculated as follows:
 - Total Registration Fee - \$200 deposit = Adjusted Swim Fees
 - Adjusted Swim Fees / 36 weeks = Weekly Adjusted Swim Fees
 - Weekly Adjusted Swim Fees X Weeks Swam = Used Fees
 - Adjusted Swim Fees - Used Fees = Refund

- For cancellations between November 16 and February 10, 2017 the same calculation will be used, but the refund will be prorated to 75% of the total refund
- For cancellations between February 11 and April 29, 2016 the same calculation will be used, but the refund will be prorated to 50% of the total refund
- No refund of swim fees will be given for cancellations after April 30th.
- You will receive a cheque at the end of the Skimmers season for any credits on your Skimmers account for moneys directly paid to Skimmers. Please note that credits earned from fundraising campaigns will not be paid as credits.

Successful management of a swim club involves dedication and effort of a working executive, support and dedication of volunteers, and the positive support of all parents and swimmers. While we recognize that not all parents will be able to support with volunteer hours and activities, we expect the positive support of all swim families, to create the best possible experience for our swimmers.