

KISU SWIM CLUB



2011 - 2012 HANDBOOK

www.kisu.ca

Please check the website regularly.

Swim BC – www.swimbc.ca
Swimming Canada – www.swimming.ca

Changing lives – be safe, get fit, swim fast.

To provide a challenging and stimulating team environment, where any swimmer, regardless of ability, can benefit from the many rewards of participation in a quality competitive swimming program, and have fun in the process.

WELCOME to **the KISU SWIM CLUB!**

KISU was founded in the fall of 1981, as a competitive swim club, at the same time that the new indoor pool in Penticton opened. The first coach, Debbie Millar, and 25 members began what has become one of the most respected swim clubs in the Okanagan.

The name, Kisu, is the Interior Salish Indian word for steelhead, referring to the ocean going trout. Being internationally renowned as one of the best fighting fish, the powerful steelhead, or Kisu, was a suitable name to represent the finest of the Okanagan's swimmers.



COURAGE is the willingness to accept risk(s) and endure failings. Courage does not exist unless there is a situation that presents the opportunity for success. We encourage our athletes to embrace these opportunities and not fear the outcome.

PERSEVERANCE is the backbone of success in any endeavour in life. One cannot succeed at the highest levels without enduring some setbacks. These difficult times can create a lack of faith, low self-esteem, and an obvious drop in enthusiasm. Perseverance is the quality that transcends these difficult times. It allows the individual to find the true strength of their character.

Physical Development

Swimming is considered the ideal activity for developing muscular and skeletal growth by many physicians and pediatricians. Why do doctors like it so much -

- Swimming develops high quality aerobic endurance, the most important key to physical fitness. In other sports an hour of practice may yield as little as 10 minutes of meaningful exercise. Age group swimming teams use every precious minute of practice time developing fitness and teaching skills.
- Swimming does a better job in proportional muscular development by using all the body's major muscle groups. No other sport does this as well.
- Swimming enhances children's natural flexibility (at a time when they ordinarily begin to lose it) by exercising all of their major joints through a full range of motion.
- Swimming helps develop superior coordination because it requires combinations of complex movements of all parts of the body, enhancing harmonious muscle function, grace, and fluidity of movement.
- Swimming is the most injury-free of all children's sports.
- Swimming is a sport that will bring kids fitness and enjoyment for life. Participants in Master's Swimming programs are still training and racing well into their 80's.
- Intellectual competence. In addition to physical development, children can develop greater intellectual competence by participating in a guided program of physical activity. Learning and using swimming skills engages the thinking processes. As they learn new techniques, children must develop and plan movement sequences. They improve by exploring new ideas. They learn that greater progress results from using their creative talents. Self-expression can be just as much physical as intellectual. Finally their accomplishments in learning and using new skills contribute to a stronger self-image.

KISU Group Descriptions

Something for EVERYONE!

The KISU Swim Club has several different training groups. Generally, the training groups are put together at the beginning of the season and progress together throughout the season. Unlike swim lessons, a swimmer is not expected to move to the next group within a season. The whole group progresses together. Having said that there are occasionally exceptions to the rule.

Mini Squad

The Mini Squad group focuses on the basic skills of swimming. Starting off with body movement and breathing skills, they will progress towards an introduction to all four strokes and basic start and turn. Mini Squad swimmers will also work on developing their endurance and fitness. Mini Squad swimmers will be predominantly in the shallow end of the pool, swimming across the width. They will occasionally go to the deep end to practice their starts/dives and endurance. Depending on the numbers, there may be 3 or 4 Mini Squad classes. The coaches will divide the swimmers up equally, based on ability, numbers and dynamics.

Mini Squad swimmers will be encouraged to compete in KISU Mini Meets and, depending on their ability and desire, possibly our home invitational or regional meets. The pre-requisites of the Mini Squad group are 5 years of age and the ability to swim across the width of the pool. Before moving into the Junior level they should have well-developed backstroke and freestyle (with bilateral breathing), recognizable butterfly and breaststroke (with a legal brst. kick).

Juniors

The Junior group focuses on the further development of the strokes and an introduction to group training. These swimmers will be swimming in the 25m lanes of the pool. They will work on their strokes through a variety of drills. They will also gain an understanding of basic training – lane etiquette and using the pace clock. They will become familiar with competitive starts and turns. Junior swimmers are encouraged to compete at our home invitational and regional swim meets. The pre-requisites of the Junior group are an understanding of all four strokes (including a legal brst. kick). Before moving into the Age Group training group, swimmers must have legal strokes, a good understanding of lane etiquette and how to use the pace clock, the ability to lead a lane and good training ethic.

Super Juniors – is a sub-group of Juniors. It was created for Junior swimmers who had already been in the program for a year or two, but were not ready to move on because of their age.

Intermediates – the Intermediate group was created when the Seniors moved to a later time for more lane space. It was created as a group between Juniors and Age Group, allowing Age Group to advance in skills and age.

Both Super Juniors and Intermediates swim 4 times a week.

Age Group

The Age Group training group focuses on fine-tuning of the four competitive strokes and the introduction of training principles. Through the introduction of demanding stroke drills and more complex pace clock work, these swimmers will show progress both in skills and fitness. These athletes will also be introduced to dry-land warm up. Age

Group swimmers are encouraged to compete at our home invitational, regional, travel and qualifying meets (AA's and up). With the rebuilding of the club, there will be a noticeable rise in the quality of this group as the standards change to get into the Senior group.

Seniors

The Senior Group focuses on further fine-tuning of strokes and the development of training principles and practice. The swimmers of this group are expected to have well-developed strokes and an understanding of training principles. Their training will encompass all areas of swimming including dry-land strength/flexibility training and morning practices. Senior swimmers are encouraged to compete at all levels of swimming. Their competitive schedule will be determined by the meets they qualify for. It is expected that Seniors have long-term goals and are committed to achieving their potential in swimming.

YES Swimmers – Young Enabled Swimmers

The KISU YES program is for swimmers with physical and mental disabilities. The water allows these athletes a freedom that many never experience on land. The Canadian and International Swimming Associations have a well-developed program to allow these athletes to participate and compete with one another.

Masters – for the KISU Parents!!

KISU Masters swimming is for adults who would like to pursue both stroke improvement and fitness in a fun work-out. The minimal pre-requisite is comfort in the water and the ability to swim approximately 20 lengths non-continuously. We are expanding our program for the 2011 season –

- Monday and Wednesday – 6 – 7am.
- Tuesday and Thursday – 9 – 10:30am or 8 – 9pm.
- Friday - 5:30 – 7am.
- Saturday – 4 – 5:30pm.

Come join us!!

KISU Practice and Attendance Policies

The following guidelines are to inform parents and swimmers of the coaches' policies regarding practice.

1. Each training group has specific attendance requirements appropriate for the objectives of that group. As a general rule, the least possible interruption in the training schedule will produce the greatest amount of success. The club does, however, encourage younger swimmers to participate in other activities in addition to swimming. The expectation level of the coaches to attend practices increases as swimmers move to higher groups. Senior Swimmers must inform their coach if they will not be at practice (email, phone or at an earlier practice).
2. For the swimmers protection, they should arrive at the pool no earlier than 15 minutes prior to their workout time. They should also be picked up no later than 15 minutes after their practice is over. Swimmers should be ready to swim five minutes prior to the start of their practice.
3. In case a youngster is late for practice, it is our hope that the parents will send a note with the child explaining the reason for tardiness.
4. Plan to stay the entire practice. The last part of practice is very often the most important. Usually, there are also announcements made at the end of each practice. In the event that your child needs to be dismissed early from practice, a note from the parent for each dismissal is required.
5. Occasionally, most of a practice group may be attending a meet, in which case you will be notified of a practice change or cancellation. Check the bulletin board, website and newsletter.
6. Parents are not allowed on the pool deck during practice unless it is an emergency.
7. KISU swimmers are expected to come to practice with the appropriate gear. If there is a dryland session, swimmers are expected to wear dryland clothing – t-shirt, shorts and proper footwear - no skirts, jeans or strapless gowns.

KISU PARENTS AT PRACTICE

KISU Parents are welcome to watch practice from the lobby or upstairs window. Parents should not sit on the pool deck during training sessions. A parent's presence at practice is often distracting to the swimmer and coach. If you would like to watch, please do so from the lobby or upstairs windows. For quick information, parents are welcome to talk to KISU coaches briefly after practice (please note that Mini Squad coaches do run two practices back to back). For more information, call the KISU line at 250 493 1161 to speak with Tina Hoeben, the Head Coach or 250 493 2533 to speak with Anne, our Club Administrator.

KISU Equipment

Team Uniform

The team colors are navy and yellow/gold. All swimmers are encouraged to wear our team swim caps at swim meets. This makes it easy for the other swimmers, coaches and parents to recognize KISU swimmers. You wouldn't dream of playing a school basketball game without your team uniform, so please swim with your team colours on. Most swimmers should have at least two on hand for each meet. Try not to leave this until the day before the meet . . . our equipment manager may not be able to make it down to the pool for you.

The team suit is a solid navy polyester suit with a screened KISU Swim Club logo. All team members are encouraged to wear their suits at regional swim meets. At higher level swim meets, AAA finals and up, swimmers may look at purchasing a racing suit.

KISU swimmers are required to wear KISU Swim Club T-shirts and/or sweats at swim meets.

It is highly recommended that each swimmer's name be placed inconspicuously on all items of their team uniform.

The requirements for equipment at KISU are few and reasonably priced. You can purchase most of your needs from the Equipment Manager, Karen Kellet and Susan Koster – KISUEquipment@gmail.com

The following equipment is recommended as "the basics":

- 1 polyester training suit (this suit should fit comfortably)
- 2 KISU swim caps
- 1 pair of goggles
- 1 club shirt
- for older swimmers at provincial level meets and beyond - 1 racing suit (this suit should be a snug fit)

The club also has tracksuits, rugby shirts, swim bags, and many other KISU accessories available for our members. It is recommended that each competitive swimmer purchase more than one club shirt to wear at swim meets as shirts become quite wet during the day and should be changed for added warmth. It is also a good idea wear deck shoes to keep the feet warm.

KISU Events

KISU has a “NO JUNK FOOD” policy at our events.

Team Practice — last Friday of each month.

Team Practice is one of the opportunities for our older swimmers to bond with our younger swimmers. It is also our chance to have a little FUN and build some team spirit. Team Practice is when our Swimmer of the Month gets acknowledged and our monthly newsletter given out. We often split the groups into Juniors and Up, and Mini Squad.

Mini Meets

What is a Mini Meet?

A Mini Meet is an introduction to the basic format and guidelines of a swim meet. It usually consists of 2 x 25 races, a fun relay and a game. Races are run according to sex and age group (depending on the number of kids that attend). We want kids to get an idea about: marshalling, lining up, starting, different strokes, participation, and team spirit. We use different coloured ribbons for each race – everyone gets one. We put the swimmers on teams for cheer, but we don't keep score. There are always goodies at the end!!

KISU Time Trials – The KISU Swim Club, like many swim clubs, will hold time trials occasionally throughout the season. These are sanctioned events which must be applied for through Swim BC and results are sent in to Swim Direct. The two primary purposes for these time trial are, first, to allow swimmers to do events that are not normally covered through our regional meet schedule. Often these are distance events – 800/1500 Free, 400 Free and IM, and 200 Fly – but sometimes stroke 50's are also not commonly offered. These time trials are offered as an opportunity to all the club's sub 4:00 swimmers. The second purpose of time trials is to allow swimmers, who are close to a qualifying time, another opportunity to make it before an upcoming qualifying meet. This format of this type of time trial is small and offered to swimmers who qualify by having the standard below – if the meet is AA, then the time trial will be offered to swimmers with an A time standard.

Time trials are run by parent volunteers. There must be a referee present and, especially for the open time trial, we need parent volunteers to help with timing and stroke and turn. This is a great, informal setting to get some experience in and to see the KISU swimmers perform.

Training Camps – For the past several years, our training camps have been for the whole club, not just the top groups. This has been very successful in having a full pool, entertaining/occupying a lot of swimmers and getting everyone fit. Many of the Mini Squad swimmers who participated have gone on to be our core group of Juniors the following year. Generally there is a workout, some games, and dryland. We are hoping to run two camps again this year, during the Christmas and Spring Break holidays. Every second year the Senior Group travels abroad for the Spring Break Camp.

Swim-a-thon-

Swim-a-thon will be held in mid-April. All KISU Swimmers will participate. For Swim-a-thon, Mini Squad and YES swimmers do as many lengths as they can during their

practice time. For Juniors and up, the swimmers do as many lengths as possible in 2 hours or 200 lengths (5000m), whichever comes first.

KISU Social Events

There are a number of social events for the KISU swimmers. Some of these events will involve the whole club (eg. Tubing at Apex, Movie night) while others will involve only a select group (eg. rock climbing for Seniors and Age Group). Keep posted on these events by reading the monthly newsletter, website or notices.



Bobby Harling (left of center) and Tina Hoeben (far right) as part of the Canadian team at the North American Challenge Cup, August 2007. Canada won!

Swim Meets

KISU is a competitive swim club, so here is the low-down on swim meets. The KISU Swim Club will host two sanctioned swim meets - the Iron Sprint Meet, held in mid-October and the Cherry Blossom held in mid to late March. Up to 300 swimmers participate in these meets. All parents are expected to assist in running the meet.

Should my child compete?

KISU Swim Club encourages our swimmers to compete at swim meets, as we believe that competition makes them better swimmers and allows them opportunities to learn valuable life skills. It is through swim meets that swimmers are given a direction and focus in their training that is difficult for even the most motivated non-competitive swimmer to duplicate. Could you imagine signing up for hockey or soccer, but never attending a game . . . swim meets are one of the most exciting parts to belonging to the swim club. The meets also allow swimmers an opportunity to show off their newly learnt skills (eg. at the MINI Meets there are often phenomenal swims that astonish both parents and coaches). Meets also allow swimmers to chart their progress as they improve their times. Competitive swimming, because it is objective and time based, emphasizes self-improvement over placing against others. It is a very positive life experience for swimmers to realize that their hard work and attention to detail result in improvement in their events. Competitive swimming also allows swimmers to experience and deal with failure. At some point in all swimmers' careers, they will have a race that is disappointing. They will realize that failure is not an end in itself, but only a stepping stone; an opportunity to become something better. Competing at meets allows swimmers the opportunity to become better swimmers and to develop skills that will help them throughout their lives.

Types of Swim Meets

MINI Meets - Your child will usually start out competing at Mini Meets. These meets are a great opportunity to introduce competitive swimming to the novice swimmer in a fun, friendly, relaxed atmosphere. This is all that most 5 – 7 year old swimmers need. Mini Meets take place in Penticton, at our pool, usually on Saturday morning or afternoon. They last 1.5 – 2 hours. These are non-sanctioned meets (no upgrade in insurance/registration).

Regional Swim Meets – These are meets within a reasonably short drive from Penticton (Kelowna, Vernon, Kamloops). Penticton traditionally hosts the first meet of the season in mid-October and a second meet in early March. The format of these meets often include a '**Jamboree**' meet for swimmers with times slower than 4:00 for 200 IM. This is a non-sanction meet, with the objective of introducing swimmers to the sport and finishing in a reasonable time. Once swimmers are faster than 4:00 for their 200 IM, they will compete in the sanctioned events at the meet. These meets are appropriate for our Juniors swimmers and the top end of Mini Squad.

Travel Meet – it has become a tradition that the KISU Swim Club plans a travel meet sometime in the spring. In the past, we have traveled to Prince George to see their new 50 m pool, to Oak Harbour in Washington, Calgary, Fernie and Langley. This year's plans have not been finalized. We look for an all-level, invitational meet, so that all our competitive swimmers can go. We rent a large bus, travel together and sometimes billet with the host team. It is a great meet for team bonding, making new friends and starting off the long course season.

Qualifying Meets –

AA's and AAA's – some of you may have seen the Swim BC Time standards that are posted on the bulletin board, the KISU or Swim BC websites. These are the times swimmers have to achieve to attend Provincial level swim meets. There are three levels. 'A' times mean that you are in the ball park. KISU uses this as the standard to attend the Kamloops Ice Classic in December. AA's (the next level) mean that you can attend the Provincial AA meet and AAA's (the top swimmers in BC) can attend the BC Championship Meet. These meets are Heats and Finals format (all swimmers will swim in the morning at heats. The top 8 swimmers will swim again in the evening for Finals) and introduce to our swimmers the challenge of swimming under pressure. These meets are usually held at the premier pools in the Province. This year, the short course and long course AAA Championship will be held in Victoria, while the AA meets are held in Chilliwack (February) and Kelowna (June).

Westerns and National Level Swim Meets – again these are qualifying meets which have specific times. For National level meets, the time standards are given by SNC (Swimming/Natation Canada, check the web site) and apply to the entire country. These time standards apply to the elite swimmers in Canada. The meets are held twice a year. This season's short course meet, Westerns, are held in Kamloops in February and Age Group Nationals are in Montreal in July.

Progression of Swim Meets

As we hope that all of our swimmers will have long careers we try to not burn them out at the beginning. There is a progression of swim meets that we encourage our swimmers to participate in depending on their age and skill level.

- Mini Squad Swimmers (5 – 10 years) are all encouraged to participate in our Mini Meets, regardless of their ability.
- 8 – 12 year old Swimmers, who are comfortable swimming 25/50m, are encouraged to compete in at least one or two of the Regional Jamboree Swim Meets, even if they are in Mini Squad. They do not have to be in Juniors to compete in these Regional Jamboree meets.
- 10 & Over swimmers are encouraged to participate in Regional meets and our Team Travel Meet.
- 12 & O Swimmers are encouraged to compete at the highest level they qualify for.

Entering Meets

Permission slips are available on the website – www.kisu.ca

For every swim meet, the Coach will remind swimmers that the deadline for the permission slips is approaching. Swimmers or their parents are responsible to download the permission slip from the website. A cheque covering the costs of the

meet must be attached to the permission slip and returned to the coach before the deadline date. If meet fees have not been forwarded, your swimmer can not be registered for the meet. It is the responsibility of the parent to check the bulletin board or website for upcoming events.

Events at a swim meet will be chosen by your coach. Discussion is encouraged. There will always be exceptions but once a swimmer has attended a few meets our policy is that they swim all the events they can.

If your swimmer becomes ill or can not attend the meet, please contact the coaches as soon as possible so they can scratch that swimmer. If the coaches have already left for the meet, please still call them so they know to scratch and adjust the relays. Tina's cell number is 486 4286.

What to expect at a Swim Meet

Going to a swim meet for the first time can be a little overwhelming, so the following are a few tips to make it easier.

What to bring:

- Swim suit.
- Goggles.
- KISU swim cap (if used).
- 2 or 3 big towels, you will need at least one during the meet to dry off after each race and then another one at the end of the day.
- KISU Warm up gear (sweat pants, KISU t-shirt, sweat shirt, etc).
- Deck shoes.
- Between race activities (books, games, etc.).
- Wholesome food.

What to expect

Unless you are there very early, when you first walk into the pool, expect to see CHAOS!!!! To the newcomer, it appears much worse than it is.

What to do – Find your coach.

First thing to do is, find your coach. Although they have some running around to do, coaches try to be on the deck. If you don't see them right away - don't panic - just keep looking around.

Meet Information

Meet information will be posted on the KISU bulletin board as well, you can find meet info. on the KISU and Swim Canada websites. Approximately one week before the meet, the entries will be posted on the bulletin board and website. If you have any questions, please ask your coach as soon as possible rather than leaving it until the meet.

Scratches

If you need to scratch from any event, you must talk to your coach immediately. If you need to scratch from an entire day, please contact your coach (by cell phone if it is on the day of the meet), then we will be able to follow the proper procedure and alter the relays if necessary.

Warm ups – Be on time for Warm ups!!

Warm ups will be very exciting as our whole team will be swimming in one lane (often warm ups are divided so 10&U swimmers swim at a different time from the 11&O swimmers. It can be very crowded. Remember your lane etiquette of swimming up on the right side of the lane. Try not to stop unless you are supposed to (if you stop, then the person behind you stops, and the person behind them stops. It becomes a big traffic jam). Your coach will tell you what to swim for warm ups. After a few meet warm ups, the rough and tumble Ironman swim will look easy.

KISU Cheers

After warm ups, we do our team cheers. KISU has a great repertoire of cheers. If you don't know all the words, do your best. You will learn them in time.

Finding out when you swim

There will be meet programs for sale somewhere at the pool (you don't have to buy one, but the coaches have only one copy for the whole team). The program will tell you when and where you will be swimming. The times are only approximate so don't count on them. Memorize or write on your hand/arm, which event, heat and lane you will be swimming in. Watch the events closely and head up a couple of heats before you swim.

Before your race

Before your race be sure to talk to your coach. He or she may have some extra pointers to tell you and will want to wish you good luck.

KISU Sportsmanship

KISU takes special pride in our sportsmanship. At the end of your race be sure to congratulate the swimmers in the lanes beside you. Whether they are faster or slower than you, without them, swimming would not be nearly as exciting. Also be sure to

thank the timers for your lane. Without their volunteer time, this meet and your race would not be possible.

After your race

After your race, be sure to talk to your coach. He or she will want to share in your success and perhaps have some pointers to make you faster next time.

Tips for Parents

- Help your child set reasonable goals. At your child's first swim meet, the priority is that they have fun and enjoy the thrill of competition. If we accomplish this, then we have set the stage for unlimited improvement.
- Cheer for your own child, but cheer equally enthusiastically for other KISU children. Sometimes it can be embarrassing for a child to have a parent wildly cheering for them, but it is never embarrassing to have your parent cheer for other children. Take an interest in the team.
- Dress for a hot, humid pool. Some pools have great ventilation systems and will keep the spectator area quite comfortable, other pools, however do not . . .
- Bring a book. There can be quite a bit of time between races. You may want some reading material or something to keep yourself busy.
- You may want to bring a small cooler with some food. Often there is a small concession stand at swim meets.
- At our home invitational meet, all KISU parents will be expected to help out.



Rob Smith, Andrew Kennedy, Bobby Harling and Dan Sander swimming for the Pen Hi Relay team at High School Provincials 2006.

KISU Officiating

In order to host sanctioned swim meets, KISU must provide qualified officials. Officiating provides opportunity for parents to learn more about the sport along with their children. Throughout the year KISU offers training clinics for officials certification. Updating your certification is required so that you can fulfill your obligation to participate as a meet official.

Level One:

Level Two: Position of timer, marshal, and place judge.

Level Three: Head lane timer, starter, stroke and turn judge, recorder\scorer, chief timer, chief place judge, meet manager and clerk.

Level Four: Must be certified in all level two and level three positions and conduct two clinics at level two.

Clinics are usually held the week before our invitational meets. A list will be published on the KISU bulletin board, the newsletter and on the KISU website.

Travel Policy

During the swim season your swimmer(s) will have the opportunity to travel with our entire team to a swim meet or training camp. When swimmers travel with our team they are ambassadors for our city and our sport and will be expected to behave as such.

You will be required to sign a travel permission slip prior to each trip.

When swimmer(s) travel with the team, the Team Manager will estimate the costs ahead of time. There will be times when the Club charters a bus for the team to travel to a meet. You will be asked to prepay all hotel and travel expenses before all meets. The Team Manager will be making all travel arrangements and collecting the money for these trips.

The following travel policies have been established:

- Children 9 & under attending out of town meets must be accompanied by a parent.
- Chaperones will be provided for swimmers attending meets without their parents. The swimmers who require this service will pay chaperone's expenses. When the number of swimmers is very low, coaches may also act as chaperones if necessary.
- Swimmers are representing the KISU Swim Club when traveling and will behave in a responsible manner en route and at the destination. Please read the swimmers' code of conduct. All swimmers must wear club suits and caps for competition. Outerwear when on deck will also be club clothing, either sweat suits or T shirts.

- Any swimmer sent home from a meet by a coach or chaperone for breach of discipline, shall reimburse the club for any and all expenses incurred by the club on behalf of the swimmer.
- The head coach, or his/her designate, has the overall responsibility for the team while traveling.
- Any swimmer using alcohol or drugs (including tobacco) while representing the KISU Swim Club, the Province of B.C. or Canada, or at team function while a member of our team shall be immediately suspended and returned home at their expense. The suspension shall be reviewed by the board of directors as soon as possible after receiving reports from the coach and other club officials involved.
- Travel expenses are the responsibility of the swimmer. At valley meets, it is the responsibility of the parent to get the swimmer to the meet. The club may make travel and accommodation arrangements to meets outside the valley. The club tries to take the most practical and economic means possible to keep costs to a minimum.
 - Parents are responsible for informing the team manager or chaperone, in writing, regarding use of any medication and appropriate dosages when attending out of town meets.
 - Swimmers must stay with the club during the entirety of the trip. Special arrangements cannot be made for individuals wanting to leave the group for any reason. Swimmers are at the pool for the duration of the meet.
 - Swimmers traveling with the KISU Swim Club are expected to act as athletes and ambassadors for the club. At the swim meet they are to wear their KISU T-shirt for both heats and finals, even if they are not swimming in finals.
 - Swimmers are expected to give 100% in all their races. After all the time, money and preparation by your coaches, and most importantly by yourself, you owe it to give 100% in your races.
 - Swimmers are expected to cheer for all their teammates at finals.
 - General safety, like wearing seat belts when traveling in a KISU vehicle, is expected at all times.
 - No junk food. KISU has a no junk food policy at our events and swim meets.
 - KISU swimmers are ATHLETES and should follow proper hydration and nutrition. Please be sure to drink a sports drink before and after your races.
 - "appropriate" comments, conversations and behaviour in public
 - cleaning up/leave no trace of everywhere you've been.
 - resting during down time at hotel (particularly between heats and finals).....it is not a time to be playing video games or running around (get on the bed and put your feet up!).
 - Relays - whether you win or lose the team always supports each other before, during and after races.
 - If you leave the building, you must let your coach know where you are going, even at the end of the meet, when you are leaving with your parents, please still check in with your coach.
 - Parents attending away meets should leave a contact number they can be reached at, with the coach.

- No Contact Rule – There is no physical contact between swimmers, including hitting, slapping, scratching, etc., as well as mutually agreed upon games such as ‘knuckles,’ etc. Swimmers will be given one warning/explanation (which this is). The need for a second warning will involve the parents of the swimmer. If a third warning is needed, it will involve the KISU executive, with a possible suspension from the club, dependent upon the severity and history.

Receiving Awards in Public

Whenever there is an awards presentation at a meet, it is customary for swimmers to be prompt and to cooperate fully with dignity and respect. A club uniform is to be worn when accepting the award. It is also customary for swim club swimmers to be polite and thankful for any awards they receive. It is appropriate to congratulate other swimmers and receive the same with poise and a “thank you.” Good sportsmanship is essential. If photos are being taken, we ask the swimmer to remain until the shooting is complete, being sure to cooperate with the photographer. Do not ham it up! The picture may be special to someone else. The image a swimmer presents is a direct reflection of the team.

Chaperone Policy

Coaches are not chaperones and will not be used as such unless the numbers are very low and it is mutually agreed upon by the traveling swimmer, parents and the coach. A chaperone must accompany the team if 5 or more swimmers are traveling to a meet.

Responsibility of Parents:

To notify the team manager if any child has any physical problems in regard to billeting i.e. allergies.

To make a firm commitment as to whether the child is participating in the meet and will be using Club transportation, or traveling with his/her own family. If less than 7 days notice or withdrawal from the meet is given without a medical certificate the family will be billed for all costs pertaining to the meet, transportation, hotel and chaperones expenses.

To label all clothing taken on a swim trip by your child.

Responsibilities of Chaperones

- To obtain a list of swimmers from the team manager which will include phone numbers, addresses, medical numbers, and SNC registration numbers.
- To obtain medical information from parents of children with physical problems.
- To bring bags suitable for holding wallets, etc. plus a garbage bag and small additional plastic bags.
- To arrange the grouping of swimmers to rooms when staying in hotels.
- On arrival at destination - to stop at the pool, check that all belongings are off the bus and make arrangements with the driver as to pick up times etc.

If swimmers are billeted you must:

1. Find the billet chairperson of the host club.

2. Check that each child is billeted and give them an information slip on where they can contact you.
3. Do not leave the pool until all swimmers have been picked up.

If swimmers are staying in a hotel you must:

1. Leave the swimmers on the bus while you check at the desk to find if the rooms are ready.
2. Inform the desk if the numbers of rooms booked has changed
3. Assign swimmers to rooms and assign a room captain to be responsible for the room key.
4. Make arrangements for the meals. Be prepared to shop for breakfast and lunch items (muffins, fruit sandwiches, juice etc), and arrange an evening meal at a restaurant.
5. To wake all swimmers in the morning, supervise breakfast, and checkout.
6. To check out of hotel and pay bill. Check bill for accuracy, paying particular attention to extra room charges. The club is not responsible for additional charges such as movies or long distance calls, e.g. Give hotel bill to the team manager upon return from meet.

In general, chaperons must be prepared to act as parent, friend, and confidant. Be prepared to look after money, passports, and traveler's cheques, and possibly watch that the swimmer is budgeting his/her money last.

Parents must realize that unacceptable behaviour will be dealt with by the chaperone and should trust the judgment of the chaperones. In the case of a severe violation of the rules of conduct, the chaperones, and the coach may decide to send a child home immediately, at the parents' expense.

Rooms should be accessible at all times to the chaperons and doors should be left ajar when both sexes are in the same room.

Chaperones must be prepared to be at the pool each day of the meet, in case of injury or other problems are responsible for "lights out" as requested by the coach.

COMPETITION...and the winner is...

The KISU Swim Club staff does not see the first place person as the only winner. We'd rather look to see who behaves like a winner. There are certain characteristics of a winner, and every swimmer, no matter where they place, has the opportunity to emulate those characteristics: concentration, listening skills, and working toward goals.

Sports are not an end in itself, but a vehicle we use to teach children life skills and how to reach their potential. We use sport as organized play to demonstrate and measure one's abilities. Seen in that light, winning without learning is not the KISU Swim Club's desired intention. In competition, the important measure is not who collected the most medals, or even who improved the most seconds. The real critical measure is who learned the most from the competitive experience.

Swimmers quickly forget the medals, records, and other material benefits. They will, however, remember the development of interpersonal skills, discipline, listening skills, time management, goal setting, and enhanced self- image. These are the things that make the swimmer a more successful person with a better chance of living a life closer to their peak potential, and to contribute to the world they live in.

Philosophy of Competition

1. We emphasize competition with oneself. Winning ribbons, medals, or trophies is not our main goal. Even if the swimmer finishes first, but has swum poorly in comparison to his/her own past performances, he/she is encouraged to do better. The individual's improvement is our primary objective.
2. Sportsmanlike behaviour is of equal importance of improved performance. All the coaches teach swimmers how to behave like a champion when the swimmer has either a "good" and a "bad" swim. Respect for officials, congratulations to other competitors, encouragement to team mates, determined effort, and mature attitudes are examples of behaviours praised and rewarded by the KISU Swim Club coaching staff.
3. A swimmer is praised for improving his/her stroke or time. It is the coach's job to offer constructive criticism of a swimmer's performance. It is the parent's responsibility to provide love and encouragement that bolster the swimmer's confidence along the way.

Swimmers are taught to set realistic, yet challenging, goals for meets and to relate those goals to practice to direct their training efforts. Swimmers are prepared and encouraged to compete in all swimming events, distances, and strokes. This policy promotes versatility and encourages the swimmer to explore his/her potential in the wide range of events offered in competitive swimming. Oftentimes, a swimmer's "best" stroke changes as they mature and his/her body goes through physical changes.

PARENTS...

YOUR ATHLETE NEEDS YOU

To have a successful program there must be understanding and cooperation among parents, swimmers, and coaches. The progress your youngster makes depends to a great extent on this triangular relationship.

You have done a great deal to raise your child. You create the environment in which they are growing up. Your child is a product of your values, the structure you have provided, and the model you have been. Human nature, however, is such that a parent loses some of his/her ability to remain detached and objective in matters concerning his/hers children's athletics. The following guidelines will help you keep your child's development in the proper perspective and help your child reach his/her full potential as an athlete.

The coach is the Coach! We want your swimmer to relate to his or her coach as soon as possible concerning swimming matters. This relationship between coach and swimmer produces best results. When parents interfere with opinions as to how the swimmer should swim or train, it causes considerable, and oftentimes insurmountable, confusion as to whom the swimmer should listen to. If you have a problem, concern, or complaint, please contact the coach.

The coach's job is to motivate and constructively criticize the swimmer's performance. It is the parent's job to supply the love, recognition, and encouragement necessary to make the child work harder in practice, which in turn gives him/her the confidence to perform well in competition.

Ten and Under swimmers are the most inconsistent swimmers and this can be frustrating for parents, coaches, and the swimmer alike! Parents and coaches must be patient and permit these youngsters to learn to love the sport.

Even the very best swimmer will have meets where they do not do their best times. These "plateaus" are a normal part of swimming. Over the course of a season times should improve. Please be supportive of these "poor" meets. The older swimmers may have only two or three meets a year for which they will be rested and tapered.

Best of luck to everyone!! Remember to keep a smile on your face.

What Happens If Your Child has a Disappointing Swim

As a parent, if your child has a poor race and comes out of it feeling bad, talk about the good things. The first thing you say is, "Hey, that is not like you. You're usually a top swimmer." Then you can go on and talk about the good things the child did. You never talk about the negative things.

If your child comes up to you and says, "That was a bad race, don't tell me it wasn't," there is nothing wrong with a swimmer negatively evaluating a race. The important thing is for the child not to dwell on it. You should move the swimmer on to something good. "All right, you have had a bad race. How do you think you can do better next time?" Immediately start talking about the positive things.

Swimmer's Code of Conduct

Any swimmer competing with the KISU Swim Club shall agree to:

- Display respect, honesty, and sportsmanship toward coaches, officials administrators, parents and fellow competitors.
- Refrain from any inappropriate or unacceptable behaviour, such as:
 - Smoking
 - Drinking alcoholic beverages at any time.
 - Use of any drugs unless medically prescribed.
 - Violation of curfews established by the coach.
 - Any illegal activity.
 - Any activity which would detract from a positive image of the program.
 - Interfere with the progress of another swimmer, during practice or otherwise
- Maintain a lifestyle that will allow proper sleep, rest and nutrition necessary for maximum performance.
- At all club functions, whether practice, meets or social gatherings, we expect each swimmer to behave in such a way that their actions reflect positively on the team. All members of the club, whether parents or swimmers, continue to protect and improve the excellent reputation of the club.

Any contravention of the Code of Conduct will be dealt with by the KISU Swim Club, through its representatives, and may result in:

- * fines (e.g. cost of a relay, if the club must cancel when a swimmer pulls out)
- * not permitted to compete any further at a meet, or being dropped from a relay event
- * sent home early via bus/plane (at parent's expense)
- * suspension from competition until further notice
- * suspension from the club until further notice (or expulsion)
- * any combination of the above.

Any objection made to the disciplinary measures taken, may be made in writing, from the swimmer or swim family. It must be forwarded to the President, who will bring it to the attention of the Executive Committee.

Swimmer, Coach and Parent Concerns

Never discuss a problem about an athlete, coach or parent with another athlete, coach or parent. If an athlete or parent has a problem, he should see his/her coach to resolve the problem. If the problem cannot be resolved, then the Head Coach or head developmental coach should be asked to be involved. If the Head Coach cannot resolve the concern, then the Executive should be notified. The Executive will then study the matter and make recommendations for a successful conclusion. If your swimmer is asked to leave the pool deck for misconduct, the Coach will provide a disciplinary notice to the child to be signed by a parent before the swimmer can attend another practice.

Communication **www.kisu.ca**

It has been said many times before that lack of good communication results in misunderstandings and hard feelings. We attempt to overcome these kinds of problems by the following steps:

Electronic – KISU communicates through email. For the past couple of years we have made the transition to using it as our primary communication. If you do not have email access, please let Anne know (250 493 2533), hard copies will be made and posted on the bulletin board.

Direct Communication - We encourage face-to-face discussions with your child's coach in regards to his or her swimming ability, progress and development. If you have concerns about your swimmer's performance or progress, please discuss them directly with the child's coach. This is the best way for communications to take place and for both you and the coach to understand each other's concern. Please contact the coach at the end of a practice if you wish to speak with him or her. The coaches are more than willing to discuss these matters with parent. DO NOT go on deck to talk with the coach while they are coaching a session.

Website – www.kisu.ca KISU has hired an administrator to maintain our website. Please use it as a source of information for newsletters, permission slips, upcoming events, notices, etc.

Bulletin Boards - The bulletin board in the community centre lobby provides schedules, upcoming events, extra copies of the newsletter, meet information in detail, entry summaries for upcoming meets and general information. It is the swimmer or parents responsibility to double check each meet entry after it is posted. Mistakes sometimes happen in meet entries, however, it is much easier to fix them two weeks prior to a meet than on the actual day of competition. Our bulletin board is now located opposite to the entrance to the gym.

Any additional questions or concerns, please call the KISU line, Tina Hoeben at 250 493 1161.

Suggestions for Parents

Make sure your children know that, win or lose, scared or heroic, you love them, appreciate their best efforts and are not disappointed in them. Be the person in their life that they can look to for positive reinforcement.

Do not re-live your athletic life through your children in a way that creates pressure for them. You fumbled too, you lost as well as won, you had down days as well. Do not pressure them because of pride.

Leave the coaching to the coaches. They are all trained, professional coaches who know their business. Be helpful but don't coach your swimmer on the way to the pool, at breakfast and so on. Constant advice, pep talks and instructions put a great amount of pressure on the child that can be very difficult for them to deal with.

Try to be completely honest about your child's athletic capabilities, the competitive attitudes, sportsmanship and actual skill levels. It may be your dream they swim in the Olympics, but do not force it on them.

Teach them to enjoy the thrill of competition, to be "out there trying", to be working to improve their skills and attitudes. Do not say "winning does not count" because it does to them; instead teach them that winning has many faces. Winning can be time improvement, reaching goals or attitude improvement, not just ribbons or medals. Help them develop a feel for competing, for trying hard, and for having fun in their swimming. Find out what they want and feel; do not assume they feel the same as you do, or want the same things.

Get to know the coach so that you can be assured that their attitudes, philosophy, ethics and knowledge are such that you are happy to have them coach your children.

Do not compare the skill, courage, attitudes or abilities of your children with that of other members of the team. Do not foster competition with other members of the team. We are a team and the best growth for your swimmer is in a positive team environment.

Always remember that children tend to exaggerate, both when praised and criticized. Temper your reactions to the tales of woe or heroics they bring home. Do not undermine their enthusiasm if they are exaggerating, just look at the situation and gradually try to establish an even level of understanding.

Tell your swimmer you are proud of them, no matter what their level of achievement.

Fundraising

For the past number of years, KISU has incorporated the fundraising into the monthly fees. There will, however, be opportunities to recoup some of this money.

Our philosophy in fundraising is to concentrate on a few, well-planned fundraisers, rather than many smaller events. Other avenues of fundraising are currently being explored as well.

KISU Membership Payment Policy

KISU fees and Swim BC fees are payable immediately upon registration.

KISU fees may be paid in full or by post dated cheques.

Please make cheques payable to KISU. Your swimmer will only be allowed in the pool when all post-dated cheques have been received.

Programs are available only on a full fee basis. No fee reduction will be made for part time attendance, i.e. swimming three out of a five day a week training program or three out of seven months.



KISU Spring Break Camp 2007 in Spain.

KISU Executive

President	Andrew MacPhail	250 492 0011
Vice President	Nancy Telford	250 492 9142
Secretary	Shanon Beglaw/Susan Koster	
Treasurer Registrar	Vacant	
Chief of officials	Wayne Williams	250 492 4040
Meet Manager	Vacant	
Past President Equipment Manager	Karen Kellet and Susan Koster	250 770 1938
Fundraising	Scott McCafferty	250 492 4793
Member at Large	Jill Doroshuk	250 496 5776
Head Coach	Tina Hoeben	250 493 1161
KISU Administrator	Anne Benn	250 493 2533

***KISU Swim Club
Box 22048
Penticton, BC V2A 8L1
Kisu Swim Club Information 250 493-1161***

Responsibilities of KISU Club Executive

President	Coordination of club activities Liaison between parents and coaches Overall operation of the club Signing officer
Vice President	Replaces President in his/her absence Helps establish club policies
Publicity	Media reports, promotions and communications and awareness of competitive swimming and the Kisu swim Club
Secretary	Preparation of all minutes of AGM, Board Meetings and all other general meetings Custodian of club documents Manages all correspondence and documentation
Treasurer	Manages all club accounting including all financial matters, bank accounts, deposits, accounts payable/receivable and coach's Payroll. Signing officer
Registrar	Manages club roster Responsible for registration of all swimmers with Swimming National Canada (SNC) Fee collections Monthly registration lists
Meet Manager	Meet and fun meet set-up and organization Meet communications, heat sheets and results Meet registration, fee collection and meet budget management.
Team Manager	Establishes travel program for the club
Fundraising	Arranges fundraising opportunities.



GUIDELINES FOR THE PREVENTION OF TRANSMISSION OF *molluscum contagiosum* AT THE PENTICTON COMMUNITY CENTRE POOL

An Overview of Molluscum Contagiosum



Typical molluscum bumps.
Image courtesy L. Sperling, MD, Walter Reed Army Medical Center

[View large image >](#)Molluscum contagiosum is a common skin disease that is caused by a virus. The disease is generally mild and should not be a reason for concern or worry.

Molluscum infection causes small white, pink, or flesh-colored bumps or growths with a dimple or pit in the center. The bumps are usually smooth and firm and can appear anywhere on the body. They may become sore, red, and swollen but are usually painless. The bumps normally disappear within 6 to 12 months without treatment and without leaving scars. In people with weakened immune systems, molluscum growths may grow very large, spread more easily to other parts of the body and may be harder to cure.

How It Spreads

People with this skin disease can cause the bumps to spread to different parts of their body. This is called autoinoculation. Such spread can occur by touching or scratching a bump and then touching another part of the body.

The virus can also be spread from person to person. This can happen if the growths on one person are touched by another person. It can also happen if the virus gets on an object that is touched by other people. Examples of such objects are towels, clothing, and toys. Molluscum can also be spread from one person to another by sexual contact. Anyone who develops bumps in the genital area should see a health care provider.

How to Prevent the Spread of Molluscum

Wash Your Hands

There *are* ways to prevent the spread of molluscum contagiosum. The best way is to follow good hygiene (cleanliness) habits. Keeping your hands clean is the best way to avoid molluscum infection, as well as many other infections. Hand washing removes germs that may have been picked up from other people or from surfaces that have germs on them. See [Wash Your Hands Often](#), from "An Ounce of Prevention".

Don't Scratch or Pick at Molluscum Bumps

It is important not to touch, pick, or scratch skin that has bumps or blisters...that includes not only your own skin but anyone else's. Picking and scratching can spread the virus to other parts of the body and makes it easier to spread the disease to other people too.

Keep Molluscum Bumps Covered

It is important to keep the area with molluscum growths clean and covered with clothing or a bandage so that others do not touch the bumps and become infected with molluscum. Do remember to keep the affected skin clean and dry.

However, when there is no risk of others coming into contact with your skin, such as at night when you sleep, uncover the bumps to help keep your skin healthy.

Sports and Activities to Avoid or Be Careful with When You Have Molluscum

To prevent spread of the infection to other people, people with molluscum should not take part in **contact sports** unless all growths can be covered by clothing or bandages. Wrestling, basketball, and football are examples of contact sports.

Activities that use **shared gear** should also be avoided unless all bumps can be covered. Helmets, baseball gloves, and balls are examples of shared gear.

Swimming should also be avoided unless all growths can be covered by watertight bandages. Personal items (such as towels, goggles, and swim suits) should not be shared. Other items and equipment (such as kick boards and water toys) should be used only when all bumps are covered by clothing or watertight bandages.

Other Ways to Avoid Sharing Your Infection

- Other personal items that may spread the virus should not be shared by people with molluscum. Some examples of personal items are unwashed clothes, hair brushes, wrist watches, and bar soap.
- People with molluscum should not shave or have electrolysis performed on body areas that have growths.

Treating Molluscum

Some treatments exist for molluscum that may prevent spread of the infection to other parts of the body and to other people. A health care provider can remove the growths with surgery or laser therapy. A health care provider may also prescribe a cream to apply on the bumps or a medicine to take by mouth.

However, treatment is not usually required because the bumps disappear on their own within 6 months. However, they may not go away completely for up to 4 years. In addition, not all treatments are successful for all people.

Some molluscum treatments that are advertised on the Internet are not effective and may even be harmful! Therefore, always discuss any therapy with a health care provider before using it.

Information courtesy of the CDC.

For more information go to <http://www.cdc.gov/ncidod/dvrd/molluscum/index.htm>

“Preparation for Life”
by Phil Hansel,
Reprinted from:
Swimming World magazine
February 1988

Not everything we do in life is a pleasant experience. Not everything we do is beneficial. Not everything is productive. Not everything is a nurturing, loving experience. Life is full of negative, destructive experiences. Rejection, defeat and failure surround all of us. The trick is to be prepared to deal with this side of life and learn to overcome discouragement.

I have always felt that the great value of swimming as a sport is that it prepares one for life. The total swimming experience is made up of people, attitudes, beliefs, work habits, fitness, health, winning and losing, and so much more. Swimming is a cross section of lifetime experiences. It can provide so many learning situations. A swimmer learns to deal with pressure and stress, sometimes self-imposed, sometimes applied by others. One learns to deal with success and failure. One learns teamwork and discipline.

Swimming becomes a self-achievement activity. There is only one person in the water in a given lane in any race. The responsibility for performance ultimately lies with the individual. How well the individual has prepared physically and mentally to a large degree will determine the performance level. Many swimming experiences can be of the disruptive discouraging type. But at least a young swimmer learns that this is part of life, and the swimmer must learn to cope. By learning how to handle frustration and disappointment, the young swimmer gains confidence. The swimmer learns dedication and commitment. Through perseverance, a swimmer learns to overcome adversity. All of these experiences tend to develop an individual who is better able to handle life's hardships and face problems.

As coaches and parents, we tend to preach that hard work will lead to victory. We preach that clean living and proper training such as diet, sleep and regular attendance at workouts will lead to winning. Though in the long run for a productive successful life, these are probably truthful concepts that don't always work in short term situations.

We have all been in situations where a bigger, more gifted person with poor work habits is the victor in race after race. Or we've known others who never seem to study, yet get good grades. We've known business people who never seem to lift a finger, yet for one reason or another, they close deal after deal.

These things just are not fair. Yet this is one of the valuable lessons that swimmers learn: “Life is not fair.” We don't all start out in life with the same physical, mental, emotional and financial resources. In that respect, “Life is not fair.”

A swimmer must learn what is fair for one is not necessarily fair for another. A swimmer learns we are all different and each individual controls his or her own destiny. A swimmer learns to emphasize given talents and skills. A swimmer learns to improve on a regular basis. By not setting limits and restrictions, this improvement will surely lead to success. A swimmer learns if he or she does their best, then there are no failures. A swimmer learns to set realistic goals. Once a goal is reached, then new goals must be established. A swimmer learns that effort becomes an individual crusade. If the ultimate goal is an Olympic gold medal, then with the proper talent, dedication, belief and support, all swimmers believe it can be done.

This is the positive achievement side of swimming that I like so much. Through experience in swimming, our young people learn attitudes and habits that will remain with them throughout the rest of their life. Most swimmers learn to be “can do” people.

Generally, these positive attitudes, belief in self and solid work habits will produce a terrific adult. Our society and our world is enriched by these former swimmers as they become adults. Because of their training, they handle life with a smile. They contribute time and energy to others in every way imaginable.