

NORTH DELTA SUNFISH SWIM CLUB

**RETURN TO COMPETITION
SUMMER 2022**



WHO IS SUNFISH

- Non-profit summer swim club
 - Maintenance from Sep – Apr
 - Competitive from May 1 – mid Aug
- Member of BC Summer Swimming Association
- Offer condition and technical programs:
 - swimming, water polo artistic swimming

WHERE DO YOU GET INFORMATION

- Social platforms:
 - www.ndsunfish.com
 - instagram
- EMAILS
- COACHES
- FILE FOLDER BINS ON DECK

REGISTRATION OPTIONS

- FULL MEMBERSHIP
- LIMITED MEMBERSHIP
 - 2 day Little Fishy 5-7 yrs old
 - water polo ONLY
 - artistic swimming ONLY

WHAT TO BRING

- Swim bag
- Boys wear jammers & Girls wear 1 piece swimsuit
- Hair ties and swim caps
- Goggles
- Water bottle
- Towel
- Sunscreen
- Runners
- Flip flops
- Snacks
- Lots of encouragement and smiles!

EXPECTATIONS

- Child expectations
 - Attend Practices
 - Respect Coaches
 - Give best effort
 - Good sportsmanship
 - Good behavior & positive attitude
 - Treat the Club and Pool equipment properly
 - Respect fellow athletes
 - Ask questions!!

EXPECTATIONS

- Parent expectations
 - Abide by the Parent Code of Conduct
 - Respect Coaches
 - Supportive
 - Volunteer
 - Fundraise
 - Ask questions!!

COACHES

- Adopt a peer-coaching model
 - University/College students who were/are swimmers
 - Senior/intermediate swimmers who also coach
 - Intermediate swimmers who are volunteers
- Head Coaches and Senior Coaches are certified with Lifesaving BC and NCCCP courses

COACHES

- Coach lineups – on our website and some are here tonight
- Available to talk to parents before or after practices or at coach/parent meetings
- Supervised by the Club Head Coach and VP of Coaching

COACHES

- Responsible for Group Assignments / Team Formations
 - draft list provided and is subject to change over the first 2 weeks and adjustments may be made throughout the season
 - assessed on a number of factors including age, skill and discipline

PRACTICES

- Progressive practice plans over the 14 weeks (last 2 weeks is preparation for Regionals and Provincials)
- 1. **SWIMMING**
 - Technical skills before speed
- 2. **WATER POLO**
 - Technical skills before game play
- 3. **SYNCHRONIZE SWIMMING**
 - Technical skills before routines

MONTHLY PRACTICE SCHEDULE



WEEKLY GROUP SCHEDULE

May 2nd – 28th, 2022

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Fishy	3:45 - 4:45 PM	3:45 - 4:45 PM	3:45 - 5:00 PM	3:45 - 4:45 PM	3:45 - 4:45 PM	
Little Fishy - 2days/week	OFF	3:45 - 4:45 PM	OFF	3:45 - 4:45 PM	OFF	
Junior B	OFF	6:00 - 7:30 PM	5:45 - 7:30 AM 6:00 - 7:30 PM	5:45 - 7:00 PM	4:30 - 6:00 PM	
Junior A	4:30 - 6:00 PM	5:30 - 6:45 PM	4:45 - 6:15 PM	OFF	5:45 - 7:30 AM 5:30 - 6:45 PM	
Intermediate B	OFF	4:30 - 5:45 PM	5:45 - 7:30 AM 4:45 - 6:30 PM	4:30 - 6:00 PM	5:45 - 7:30 AM 4:30 - 5:45 PM	
Intermediate A	5:45 - 7:30 AM 4:30 - 6:00 PM	5:45 - 7:30 AM OFF	6:15 - 8:00 PM	5:45 - 7:30 AM 4:30 - 6:00 PM	OFF	
Senior	5:45 - 7:30 AM OFF	5:45 - 7:30 AM 4:30 - 6:15 PM	7:15 - 9:00 PM	5:45 - 7:30 AM OFF	5:45 - 7:30 PM	
Junior Polo	5:45 - 7:00 PM			6:45 - 8:00 PM		6:15 - 7:30 PM
Senior Polo	6:45 - 9:00 PM			7:45 - 9:00 PM		7:15 - 9:00 PM
Beginner Synchro		6:30 - 7:30 PM			6:30 - 7:30 PM	
Returning Synchro		7:30 - 9:00 PM			7:30 - 9:00 PM	
Coaches			8:00 - 9:00 PM			

Notes:

1. All practices include a 15 minute dryland.
2. There are **NO** practices held on **Monday May 23rd**.

Keep a printout or picture on your phone!

Dry land and pool time

Slightly changes each month

SOCIALS

- Team bonding ie pasta night, volley ball, theme days
- Included in fees or minimal cost (ie movie night)
- Refer to social website and emails for details



VOLUNTEER

- Activities/Club is completely managed by parent volunteers
- 20 hours of commitment needed:
 - SUNFISH DEVELOPMENT MEET – June 22
 - SUNFISH INVITATIONAL SWIM MEET – July 23/24

FUNDRAISING

- Club is a non-profit society so we are funded through grants, registration fees, donations and your fundraising
- Refer to website and emails for opportunities:
 - Ex 1. Shake the can
 - Ex 2. Bottle drive
 - Ex 3. Purdy's chocolates



SWIM MEETS

1. Sunfish GREEN & GOLD Meet
2. Development Meets
3. Competitive Meets
4. Regionals & Provincials
5. GOAL – fun & personal best times!



WATER POLO TOURNAMENTS

- Teams

- U10, U12, U14, U16, U18



- Scrimmages and Regular tournaments

- 'Equal Play' principle

- Qualifications, Regionals and Provincials

- 'Play to Win' principle

ARTISTIC SWIMMING COMPETITIONS

- RECREATION VS COMPETITIVE
- Groups – beginners, intermediates, seniors
- Competitions – figures and routines
 - Crescent Beach Water Show
 - Regionals
 - Provincials



RECOGNITIONS

- Candy bags for 8 and under from clubs
- Medals/ribbons from clubs & BCSSA
- Year-end achievements AND best efforts from Sunfish



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