

**NORTH DELTA SUNFISH SWIM CLUB**

**RETURN TO COMPETITION**

**SUMMER 2023**



# 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](http://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 athletes
  - Senior/intermediate swimmers/players who also coach
  - Intermediate swimmers who are volunteers
- Head Coaches and Senior Coaches are certified with Lifesaving BC, NCCP and other sports related 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 14-15 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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Fishies	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45	
Little Fishies 2x week	OFF	OFF	3:45 - 4:45	OFF	3:45 - 4:45	
Junior Green	Off 4:30 - 5:45	4:30 - 5:45	7:15 - 8:45	4:30 - 6:00	5:45 - 7:30 Off	
Junior Gold	4:30 - 6:00	5:45 - 7:30 Off	4:30 - 5:45	5:45 - 7:30 Off	4:30 - 5:45	
Intermediate Green	5:45 - 7:15	Off	5:45 - 7:30 Off	5:45 - 7:30 4:30 - 6:00	4:30 - 6:00	
Intermediate Gold	5:45 - 7:30 6:45 - 8:00	4:30 - 5:45	5:45 - 7:30 Off	5:45 - 7:00	7:15 - 9:00	
Senior Green	5:30 - 7:15	5:45 - 7:30 Off	7:15 - 9:00	4:30 - 6:15	5:45 - 7:30 Off	
Senior Gold	5:45 - 7:30 7:15 - 9:00	Off	4:30 - 6:15	5:45 - 7:30 5:45 - 7:00	7:15 - 9:00	
Junior Polo		5:45 - 7:30		6:45 - 8:00		5:45 - 7:00
Senior Polo		7:15 - 9:00		7:45 - 9:00		6:45 - 9:00
Rec Synchro			4:30 - 6:00		4:30 - 6:00	
Comp Synchro			5:45 - 7:30		5:45 - 7:30	
<b>NOTES:</b>						
1. No practices on Monday, May 22, 2023 due to Victoria Day.						

**Bold font = AM practice**

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All practices include 15 minutes of dryland.

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 21
  - SUNFISH INVITATIONAL SWIM MEET – July 22/23

# 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

# 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
- Ocat1 and Ocat2



- Scrimmages and 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
  - Sunfish 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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