



Langley Flippers Swim Club Parent/Athlete Handbook

May – August 2025

Who Are We?

The Langley Flippers are a competitive summer swim team offering high quality professional coaching and technique instruction for all ages and abilities. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability from novice to provincial competitor.

The Langley Flippers foster long term growth and development of the athlete as a person, not only as a swimmer. To achieve this, we encourage the process of achieving excellence not simply the attainment of the goal. We believe that through emphasizing the process, each individual will develop strong personal characteristics such as an appreciation for the value of hard work, team work, self-discipline and strong self-esteem.

The Swim Club undertakes the responsibility to provide the individual with the support necessary in their pursuit of excellence. We provide a safe and positive environment to foster the development of the skills required for each individual to achieve their goals.

At the Langley Flippers, we believe that “Excellence is an Attitude”.

We are a non-profit club run by a volunteer elected executive that meets once a month. All members are strongly encouraged to be involved in all team activities and fundraisers.

We look forward to working with all of you in various capacities throughout the summer and the rest of the year!

Langley Flippers Swim Club

Board of Directors 2025

President: Pamela Labrum (president@langleyflippers.com)

Registrar: Amy Jorundson (registrar@langleyflippers.com)

Treasurer: Henry Wong (treasurer@langleyflippers.com)

Secretary: Nicole Poelman (secretary@langleyflippers.com)

Communications: Michelle Allen (communications@langleyflippers.com)

Director of Fundraising: Enzina Tucker (fundraising@langleyflippers.com)

Director of Officials: Michelle Rueff (michelle@langleyflippers.com)

Director of Marketing: Jessica Friesen

Equipment Manager: Mike Hogarth

Meet Manager: Pamela/Henry

Members at Large: Mandy Whiddington/ Lindsay Lachance

If you have any questions or concerns, you can contact:

Pam, president, (president@langleyflippers.com),
Brielle, Head coach, (brielle@langleyflippers.com)

The Langley Flippers welcomes you to the Team!

We are very excited to welcome everyone to the team, both new and returning members. We will be hosting a Welcome Back BBQ on May 10, 2025 from 10:00am – 1:00pm at City Park Picnic Shelters. This is a great opportunity to meet the coaches, board of directors, and the other families that you will be spending the summer with. The Board of Directors will be going over the summer season and answering any questions you may have. The Coaches will be talking about parent and swimmer expectations and goals for the season. There will be a lot of important information at this meeting, so we encourage all members to attend.

Our summer swim season is designed to accommodate all levels of participation, from beginning swimmers to Provincial competitors; and regardless of what level of swimmer you or your child are currently, the Langley Flippers Swim Club has something to offer you! We have age group swimming, which can be fun, exciting and rewarding; many children improve rapidly and it is not unusual to see big time drops during this phase. Swimming, especially at the youngest levels, should be fun and relatively pressure free. With continued hard work by the athlete and supportive parents and coaches, future performance improvements generally follow. Remember, not every swimmer becomes a world record holder, but everyone gains from their personal swimming experiences. Supporting your child can be one of the most rewarding experiences in your life.

Throughout our summer season, with regards to practices and swim meets, our coaching staff will be making their decisions based on what they think is best for each individual swimmer and will plan their practices and meet entries with these thoughts in mind. Our parent volunteers work hard to better the program for the children, as the children are our main focus. The Langley Flippers Swim Club is a non-profit organization, run by a volunteer Board of Directors. We do require many volunteers to perform a variety of jobs throughout the season. There are many tasks to be done in order for the program to be a success, but with the help of all our parents, the workload for any one individual will not be that great. More importantly, volunteer work brings you closer to the organization and gives you a common experience to share with your children. The Langley Flippers can truly be a family experience. All of us are looking forward to a rewarding, exciting and fun summer, we hope you are too!

We are happy to announce that our Head Coach this year will be Brielle Woodruff. This will be her third year with our team, and her first season as Head Coach. Brielle brings years of experience and knowledge, having, herself, competed as an elite level swimmer, followed by many years of coaching. Feel free to contact her at brielle@langleyflippers.com.

We have multiple social media accounts that we encourage you to follow. Please check us out on FaceBook and Instagram.

****Our website is full of information, including practice schedules and announcements.**

www.langleyflippers.com

We are proud to support Seaside Swim and Sport for our equipment needs. You can order any of your bathing suits or swim equipment online at seaside-swim.com or visit them in store, located in the lobby of the Walnut Grove Community Center. Please use promo code: FLIPPERS_15% when shopping online for a 15% discount or mention you are a member of the Langley Flippers Swim Club when shopping in store. If you are shopping during your birthday week, you will receive a 20% discount in store.

Swim caps can be purchased from your coach or an executive member for \$12. We will have a limited supply of team apparel available for purchase at the pool. Please inquire for pricing.

Group Placement

Group placement will be at the discretion of the coaches. We try to keep age groups together, however, final placement will be based on ability.

Cancellation/Refund Policy

If the coach decides that your child does not meet minimum requirements, you will receive a full refund minus the insurance/registration fee of \$40. There will be no prorating of fees for missed practices or late registrations. If your child must withdraw due to medical reasons, a medical note must be provided. Medical refund schedule will be 75% (excluding insurance/registration fee) if withdrawn by end of May 2025, 50% (excluding insurance/registration fee) if withdrawn by end of June 2025, 25% (excluding insurance/registration fee) if withdrawn by July 9, 2025. No refund will be given after July 9, 2025.

Parents/Guardians and Spectators

1. Parent Etiquette
 - a. Love and support your child. Be their biggest fan and not their critic
 - a. Encourage effort and enjoyment of skill development (process) over performance (outcome)
 - b. Allow Coaches to coach
 - c. Do not stand on the pool deck
 - d. Do not distract or interrupt your child from their practice
 - e. Do not compare your child to others. All children develop at different rates. If you have any concerns about your child's progress, please speak to their coach.
 - f. Respect the coaches decisions with event selection and skill development within practice. We want to promote well rounded athletes which will improve their overall development and reduce overuse injuries.
2. Encourage Athletes to compete within the rules and to resolve conflicts without resorting to hostility or violence.
3. Never use violence in any form, including but not limited to physical, threats, verbal abuse, and intimidation
4. Never ridicule a Member, Coach, or Member of another team publicly for making a mistake during a competition or practice.
5. Respect the decisions and judgments of officials and encourage Athletes to do the same.
6. Support all efforts to stop and prevent verbal and physical abuse, coercion, intimidation, and excessive sarcasm.
7. Respect and show appreciation to all competitors, and to coaches, officials and other volunteers
8. Gain an understanding of The Langley Flippers Swim Club 24 Hour Rule (see below*)
9. Never harass Members or Coaches, competitors, Athlete Support Personnel, Officials, parents/guardians, or other spectators.
10. Never encourage, aid, cover up or assist an Athlete in cheating through doping, competition manipulation or other cheating behaviors.
11. Never approach a coach with complaints during a practice or competition. Schedule to talk after the practice or competition. Coaches are focusing on the task at hand and will be more attentive outside of practice or competition situations.
12. Encourage your child to seek their own answers. Coaches appreciate swimmers who come to them privately with their questions. This shows the coach that the swimmer is taking ownership of their progress
13. Do not criticize anyone connected with your swimmer's team. Criticism is contagious and often hurtful.
14. Do not coach your child or any other child from the sidelines or bleachers during practice and competitions
15. Do not express your opinion of the coaches or swimmers in front of your own child
16. Do not use foul language towards other parents, coaches, officials, or swimmers
17. Do not yell at or threaten Officials, competitors or coaches before, during or after competitions or practices

18. To promote fair play and respect for all participants within BCSSA, all parents must agree to the following before being allowed to participate in swimming and must continue to observe the principles of fair play.

- a. I will not force my child to participate in swimming
- b. I will remember that my child swims for their enjoyment, not mine
- c. I will encourage my child to follow the rules and to resolve conflict without resorting to hostility or violence
- d. I will make my child feel like a winner every time by offering praise for competing fairly and swimming their best
- e. I will never ridicule or yell at any participant for making a mistake or losing a race
- f. I will remember that children and youth learn by example
- g. I will applaud good performances by our team and competitors
- h. I will never question the officials judgment or honesty in public
- i. I will recognize officials are developing in the same manner as swimmers
- j. I will support all efforts to remove verbal and physical abuse from swim practice and competitions
- k. I will respect and show appreciation of the rules and regulations as set by The Langley Flippers Swim Club and BCSSA

Disciplinary action

Any offenses may result in disciplinary action according to our By-Laws.

***24 Hour Rule**

Unless there is an immediate safety issue, parents/guardians of swimmers must wait 24 hours prior to contacting the team head coach or board member following the competition or practice of the incident related to their child. The 24 hour period is a time to logically assess the situation and afford “cooling off” time for all parties involved, so things can be discussed in a calm, unemotional manner and not in the “heat of the moment”.

Failure to abide by this guideline will result in the following penalties (on a per season basis).

1st offense: Verbal and written warning to the individual(s) in question

2nd offense: Removal from all Langley Flipper activities for 2 weeks. That means the individual(s) in question cannot attend practice, competitions, or any other events

Further offenses will be reviewed and assessed by the Board of Directors and will be dealt with at the discretion of the Langley Flippers Swim Club

Langley Flipper Parent Guidelines

To ensure that every child is given the best opportunity to learn and be successful within the Langley Flippers Swim Club, please do your best as parents to adhere to the following guidelines.

Please refrain from:

1. Coaching your child, including giving stroke or race instructions
2. Listening to gossip
3. Reprimanding your child for actions occurring during practice or during a race (if they are displaying inappropriate behavior, please feel free to discuss this with the coaches, who will work cooperatively with you to resolve the issue)
4. Talking to coaches during practice (a few words here or there is fine, but engaging in full-length conversations inhibits their ability to give quality coaching to all of our swimmers)
5. Living vicariously through your child (living your own athletic aspirations through them).

Please try to:

1. Praise your child for any of the following:
 1. Trying their best
 2. Participating
 3. Learning or perfecting a new skill
 4. Achieving a Best Time (BT)
 5. Displaying sportsmanship
2. Know your child's Best times
3. Get excited about your child's swimming
4. Help them get to practice
5. Help them live up to their commitments
6. Give them direction where needed
7. Take part in club activities
8. Volunteer to time at Swim Meets
9. OPTIONAL: (but greatly appreciated!) learn how to be an Official

Most importantly, have FUN with your child, and make friends. By following these guidelines and participating in a summer swim club, your child will be able to foster life-long skills, attitudes, and friends.

Swim Meet Ins and Outs

Equipment: What they will need

Competition Swimsuit

A one-piece swimsuit is required for swim meets (preferably blue). NO t-shirts, board shorts, two piece swimsuits, watches, jewelry or swim shoes are permitted.

Because swimsuits deteriorate rapidly with daily use, swimmers are encouraged to wear practice suits to train in and keep their competition suit for swim meets only. After each use, swimsuits should be thoroughly rinsed with cool tap water. Suits can be washed using a mild detergent and hung to dry. Try to avoid using a hot dryer.

Caps

A swim cap is used during races and at practice, they help cut down on resistance, as well as, protect swimmer's hair. Caps are worn by both girls and boys. Club caps are available for purchase from the coaches or executive members for \$12.

Goggles

Goggles are worn by swimmers during practices and competition, as they enhance vision and protect swimmers' eyes. Goggles come in many shapes and sizes, and sometimes it takes a few pairs to find just the right fit. We encourage good quality goggles that can be easily purchased at Seaside Swim Shop, Team Aquatics, or alltides.com. We ask that you avoid purchasing goggles from dollar stores, Canadian Tire, or Costco. They are generally lower quality, don't fit properly, and are not ideal for a training environment. Seaside Swim and Sport can help you find the ideal goggle in person. Their store is located in the Walnut Grove Community Center. Let them know you are with the Langley Flippers and receive 15% off your purchase.

Team Uniforms

Some type of warm-up or sweat suit should be worn at meets and to and from practice during cold weather. Clothing embossed with our logo; (i.e. sweatshirts, t-shirts, sweatpants, etc.) are available for purchase at the Welcome BBQ or by asking your coach or Board Member. Purchasing team clothing is not a requirement, but does enhance team spirit and makes spotting teammates a breeze.

Towels

A large, thick beach towel is the usual preference of swimmers; and a minimum of three towels is recommended to bring each day of a swim meet

Swim Bag

Swimmers may bring their bag onto the deck; they must place them in the amphitheater and not on the pool deck. And please leave all valuables at home!

Day of the Event: Swim Meet!

Competition is designed to be a learning experience; by implementing what has been learned in practice, swimmers test themselves against the clock to see how they're improving. Swimmers are encouraged to attend as many meets as possible throughout the summer; and in order to qualify to attend the Regional Meet, a swimmer must participate in at least one official-sanctioned meet (not a fun meet) during the season. Swimmers who qualify for Provincials are encouraged to go. Swimmers are encouraged to attend swim meets, aiming for personal best times. Swim Meets take place on most weekends, starting late May and are hosted over two days. Parents are encouraged to volunteer at meets, in which their child attends, to be an official, timer and recorder, crash desk official, etc. Our club does not provide transportation to swim meets; it is the parents' responsibility to arrange travel plans. Please make sure you plan your season! The meets and dates that the Langley Flippers are attending for the 2025 season are listed on the website under the Swim Meets tab and in this Handbook.

What to Bring to a Swim Meet

Make sure your child comes to swim meets with proper equipment, clothing and food!

1. Langley Flippers Swim Cap;
2. Goggles;
3. Blue swimsuit or Racing Suit;
4. Enough changes of clothing to be warm and dry during the whole meet. (One set of dry clothes in the vehicle to return home in is always a good idea);
5. Sleeping bag or blanket;
6. Shoes and deck shoes;
7. Towels, at least three;
8. Traveling games, books, cards, etc. for entertainment;
9. A nutritious lunch. Most swimmers feel more comfortable eating a number of smaller nutritious snacks during the day, rather than one larger meal at lunchtime. Pack lots of fruit and vegetables, protein, carbohydrates and water.
10. Foods to avoid include: pop, chips, candy and chocolate bars.
11. Camping chairs and pop-up tents are recommended for comfort and to act as shade and cover from whatever weather the day may bring.
12. Parents... When you're on deck, volunteering, your shoes will get wet and maybe even your clothes. It is suggested that you bring spare shoes and shirt as well.

Meet Procedures

1. As soon as swimmers arrive at the pool, have them check in with the coaches. Get prepared for warm-up/activation. Coaches will coordinate the warm-up schedule, which will be sent out usually the day before the meet.
2. Check with the coaches to see if you are on a relay.
3. Check in with the coach before and after each race.

4. If a swimmer misses an event they will be considered disqualified.
5. Swimmers are responsible for listening for the marshaling announcements of their races.
6. **Do not** leave for the day without checking in with your coach.

Meet Attendance

Parents will be informed about up-coming meet registering dates via email (be sure to check your Junk Mailbox and redirect Flipper emails to your inbox, so you don't miss future emails).

Your child's coach will decide what events your child will race. You must register by the meet deadline in order to attend the meet. If you attend a swim meet, your swimmer may be expected to participate in a team relay. Relays are held at the end of the meet. Please expect to stay until the end of the day for relays as it is a great team building experience and fun for all. If your swimmer cannot stay for relays, please inform the coach prior to that weekend. Always check in with your coach prior to leaving for the day.

Meet Volunteer Duties

Swim meet duties are mandatory when your swimmer attends a meet. This can be timing, recording, deck official, the crash desk, etc.

2025 Swim Meet Schedule

May 24 - 25: Mission Marlins Swim Meet (All day; Mission Leisure Centre)
May 31 - June 1: Haney Neptunes Swim Meet (All day; Maple Ridge Leisure Center)
June 14-15: Hope River Monsters Swim Meet (All day; Hope Recreation Center)
June 28 - 29: Langley Flippers Invitational Swim Meet (All day; Al Anderson Memorial Pool)
July 5 - 6: Chilliwack Stingrays Swim Meet (All day; Chilliwack Landing Leisure Centre)
July 12 - 13: Agassiz Aquanauts Swim Meet (All day; Ferny Coombe Pool)
July 19 - 20: North Delta Sunfish Swim Meet (All day; Sungod Recreation Center)
August 1 - August 3: Fraser Valley Regional Swim Meet, 2025 (All day, Fri, Sat and Sun; Centennial Pool)
August 15 - 17: BCSSA Provincial Championships (All day, Prince George)

Fundraising

Fundraising is important in keeping our summer swim fees low. We require all families to participate in fundraising. We require a deposit of \$300 per family (1 child) or \$350 per family (2+ children) as a fundraising commitment, this can be in the form of a cheque post-dated for August 14, 2025 or credit card authorization for August 14, 2025. The cheque or form must be handed in to a Board Member or Coach by May 10, 2025. Swimmers will not be allowed in the water at Al Anderson Pool prior to receiving the cheque. Masters and Intro to Competitive swimmers are exempt from the fundraising commitment. Your fundraising efforts throughout the summer will count towards this deposit. We will only deposit your cheque or process your credit card if the minimum requirement is not met in full by August 14, 2025. You may inquire about how much fundraising you have remaining by contacting our fundraising coordinator at fundraising@langleyflippers.com and pay your remaining balance before August 14, 2025. **It is the sole responsibility of the members to pay the remaining balance prior to the above date. If the remaining balance is not paid by August 14, 2025, your post-dated cheque will be deposited.**

Volunteer Requirements

A separate deposit will be collected via cheque or credit card authorization at the start of the season. **It will only be processed if the volunteer requirements are not met by August 12, 2025.**

Little Flipper families will be required to volunteer a minimum of 5 hours. A post dated cheque or credit card authorization form of \$100 will need to be submitted by May 10, 2025. All 5 hours need to be completed in order to fulfill this requirement. There will not be partial credit.

Speed Swimming families will be required to volunteer a minimum of 10 hours. A post dated cheque or credit card authorization form of \$200 will need to be submitted by May 10, 2025. All 10 hours need to be completed in order to fulfill this requirement. There will not be partial credit.

****Families with swimmers in both programs will fulfill the **Speed Swimming** requirement.**

Equipment List 2025

*All Swimmers should arrive at each practice with a water bottle, cap and goggles .
The following list is encouraged but not mandatory. Most items can be found on our Seaside Swim Shop Team Portal.

<https://www.seaside-swim.com/team-portal/langley-flippers/>

Senior

- Mesh Bag
- Kickboard
- Pullbuoy
- Band
- Fingertip paddles
- Size .5-1 Strokemakers
- Short Fins
- Snorkel FINIS Freestyle (optional)
- Socks
- Skipping rope
- Duotang and Pencil
- Hockey Puck

Intermediates

- Everything above except Strokemakers and skipping rope

Juniors

- Everything is optional but strongly encouraged

Dates to Remember

Pub Night Fundraiser

Date: May 3, 2025

Time: 6:00pm

Location: Jimmy Mac's Pub

Welcome Back BBQ

Date: May 10, 2025

Time: 10:00am - 1:00pm

Location: City Park Picnic Shelters (next to Al Anderson Pool)

Langley Flippers Officials Clinic

Date: May 22, 2025

Time: 6:30pm - 8:30pm

Location: Al Anderson Memorial Pool (Multipurpose Room)

Langley Flippers Swim Meet

Date: June 28 - June 29, 2025

Time: 6:00am - 6:00pm

Location: Al Anderson Memorial Pool

****Set-up will be required June 27, 2025 at 5:00pm - 8:00pm**

Swim-a-thon

Date: July 15, 2025

Location: Al Anderson Memorial Pool

Wind-up BBQ and Awards Night

Date: August 12, 2025

Time: 5:00pm - 8:00pm

Location: City Park Picnic Shelters (next to Al Anderson Memorial Pool)