



Langley Flippers Swim Club Parent/Athlete Handbook

May – August 2023

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 2023

President: Pamela Labrum (langleyflipperspresident@gmail.com)

Registrar: Amy Jorundson/ Hilary Zanatta (langleyflippersregistrar@gmail.com)

Treasurer: Eytan Moudahi

Secretary: Michelle Rueff

Director of Fundraising: Carrie Bennett

Director of Officials: Wes Jorundson

Director of Marketing: Jessica Friesen

Equipment Manager: Wendy Moss

Meet Manager: Pamela/Amy

Members at Large: Tara Mihalech/ Mike Hogarth/ Mandy Whiddington

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 and Meet and Greet on May 12, 2023 from 6:00pm – 8:30pm 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. Stop by, grab dinner and say hi, or stay and socialize for the evening, whatever works for your family. We are looking forward to meeting all of you. We will also be having a team apparel sale during the BBQ. Team clothing promotes team spirit and allows our swimmers to stand out at Swim Meets while they are representing our team. It is not mandatory, but encouraged.

Our summer swim season is designed to accommodate all levels of participation, from beginner 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, and we do require volunteers to perform different types of activities throughout the season. There are many tasks to be performed, 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 Willem Hergesheimer. This will be his third year with our team, and his second season as Head Coach. Willem brings years of experience and knowledge, having, himself, competed as a National level swimmer, followed by many years of coaching. Feel free to contact him at flippersheadcoach@gmail.com.

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

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 swim 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.

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 registration. 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 2023, 50% (excluding insurance/registration fee) if withdrawn by end of June 2023, 25% (excluding insurance/registration fee) if withdrawn by July 15. No refund will be given after July 15, 2023.

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 behaviour, 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'll Need...

Competition Suit

A one-piece swim suit is required for swim meets (preferably blue). NO t-shirts, board shorts, watches, jewellery 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, swim suits should be thoroughly rinsed with cool tap water. Suits can be washed using a mild detergent and hung to dry, and 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.

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 to 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 2023 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 meets with proper equipment, clothing and food!

1. Langley Flippers Swim Cap;
2. Goggles;
3. Blue swim Suit 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. 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 marshalling announcements of their races.

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, which are held at the end of the meet, please expect to stay till the end of the day for relays, 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.

2023 Swim Meet Schedule

Mission	May 27 & 28
Haney	June 3 & 4
Aldergrove	June 10 & 11
Langley	July 1 & 2
Chilliwack	July 8 & 9
Agassiz	July 15 & 16
Regionals	Aug 4-6
Provincials in Nanaimo	Aug 18 - 20

Fundraising

Fundraising is important in keeping our summer swim fees low. We require all families to participate in fundraising. We require a deposit of \$150 per family as a fundraising commitment, this can be in the form of an e-transfer or a cheque post-dated August 15, 2023. Your fundraising efforts throughout the summer will count towards this deposit. We will only deposit your cheque if the minimum requirement is not met in full by August 15, 2023. No partial refunds will be given.

Equipment List 2023

*All Swimmers should arrive to 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

Dates to Remember

Welcome Back BBQ
Date: May 12, 2023
Time: 6:00pm – 8:30pm
Location: City Park Picnic Shelters (next to Al Anderson Pool)

Pub Night Fundraiser
Date: May 13, 2023
Time: 6:00pm
Location: The Henry Public House

Langley Flippers Swim Meet
Date: July 1 – 2, 2023
Time: 6:00am – 6:00pm
Location: Al Anderson Pool

Swim-a-thon Dinner
Date: July 12, 2023
Time: 5:00pm – 7:00pm
Location: City Park Picnic Shelters (next to Al Anderson Pool)

Wind-Up BBQ/ Awards Night
Date: August 15, 2023
Time: 5:30pm – 8:00pm
Location: City Park Picnic Shelters (next to Al Anderson Pool)