



Red Deer Marlins Swim Club

Parent Handbook

www.reddeermarlins.org

Table of Contents

Foreword	5
Summer Swimming	5
Club Philosophy	5
Your Role as a Parent	6
Be Enthusiastic and Supportive	6
Let the Coach be the Coach	7
Club Discipline	7
Pool Etiquette.....	7
Parent Responsibilities	8
Be on Time.....	8
Become Involved.....	8
Fundraising Responsibilities	9
Be an Official.....	9
Equipment: What They'll Need	10
Competition Suit.....	10
Caps.....	10
Goggles.....	10
Team Uniform	11
Towel.....	11
Sports Bag	11
Swim Meets	11
What to Bring to a Swim Meet	12
Meet Procedures.....	13
Meet Attendance.....	13
Meet Fees	14
What to Watch at a Swim Meet	14

The Racing Course	14
Events	14
Freestyle Event	15
Backstroke	15
Breaststroke	15
Butterfly	16
Individual Medley (IM)	16
Relays	16
The Rules.....	17
Freestyle Rules	17
Backstroke.....	17
Butterfly	18
Breaststroke	18
How to Handle Disqualification (DQ)	18
About Our Club	18
History	18
Club Structure	19
Season	19
Pool Admittance	19
Newsletters	Error! Bookmark not defined.
Time Trials	20
Social Functions.....	20
Awards	20
The Shelley Dyrland Memorial Award.....	20
Art Mellom Builder's Award - to honor club founder Art Mellom.....	23
Registration and Withdrawal Policy	23
Code of Conduct	23
General.....	23

Responsibilities of Members 24

Responsibilities of the RDMSC 25

Responsibilities of External Bodies 25

FOREWORD

The Red Deer Marlins Swim Club is a competitive summer swim club that has an intensive training season from May 1st to mid-August. The swimmers are coached in stroke improvement, endurance, meet procedure and are encouraged to participate in swim meets.

SUMMER SWIMMING

The sport of swimming has many benefits, among which is the people you and your child will meet. The camaraderie among swimmers is unique; many swimming buddies become lifelong friends.

In addition to being around fine people, swimming provides one of the most beneficial forms of exercise for cardiovascular and overall fitness. The exercise can be enjoyed throughout one's life.

Possibly the greatest benefits of participating in an organized swim program are the life skills your child will develop. These skills include time management, self-discipline and sportsmanship. Your child will reap the benefits of swimming long after his participation ends.

CLUB PHILOSOPHY

The focus of the club is to develop swimmers with excellent swimming technique, traits of good sportsmanship and team spirit, and to create a positive environment for friendships to develop between swimmers. We want to expose all the swimmers to the complete range of experiences that summer swimming has to offer. The club provides a positive atmosphere that focuses on personal growth. **We emphasize effort and improvement.**

YOUR ROLE AS A PARENT

Competitive swimming programs provide many benefits to young athletes. They develop self-discipline, good sportsmanship, and time management skills. Competition allows the swimmer to experience success and to learn how to deal with defeat, while becoming healthy and physically fit.

As a parent, your major responsibility is to provide a stable, loving, and supportive environment. This positive environment will encourage your child to continue. Show your interest by ensuring your child's attendance at practices and by coming to swim meets.

Parents are not participants on their child's team, but contribute to the success experienced by the child and his team. Parents serve as role models and their children often emulate their attitudes. Be aware of this and strive to be positive models. Most importantly, show good sportsmanship at all times toward coaches, officials, opponents, and teammates.

The RDMSC has a Parental Code of Conduct that must be signed before your child enters the water. Please see our registration package for the form.

BE ENTHUSIASTIC AND SUPPORTIVE

Remember that your child is the swimmer. Children need to establish their own goals, and make their own progress towards them. Be careful not to impose your standards and goals.

Try not to overburden your child with winning or achieving best times. Not every swimmer will take time off at every meet. The most important part of your child's swimming experience is that he learns about himself while enjoying the sport. Feeling good about the effort made is a goal for every meet and practice. This healthy environment encourages learning and fun, which will develop a positive self-image within your child.

LET THE COACH BE THE COACH

The best way to help a child achieve goals and reduce the natural fear of failure is through positive reinforcement. No one likes to make a mistake. If your child does make one, remember that they are still learning, and that it is the coach's job to correct errors. Our job is to support the efforts of the swimmer, and let them know that we appreciate their hard work.

As well, parents should always show the swimmers that they support the coach's decisions, and encourage swimmers to follow the coach's instructions. We support our swimmers and we also support our coaches. If parents have an issue with a coach that they would like addressed, they are encouraged to do the following:

- Firstly, let some time pass after the issue has come to mind. The waiting 24 hour rule is usually effective and encouraged. Typically, those things that seem significant at the time become less so after a cool down period.
- If a parent still feels that the issue needs discussion, they need to approach the Coaching Committee Parent Liaison who will take the first steps in addressing the issue.
- The parent cannot approach the coach directly. If necessary, the Coaching Committee Parent Liaison can bring in other members of the Coach Committee for assistance in dealing with the matter.

CLUB DISCIPLINE

Swearing, fighting, or physical retaliation will not be tolerated. The swimmer will be reminded of the rules and if the problem continues, the child will be asked to leave the pool area, and the parents will be notified of the incident. Please read the Club's Code of Conduct Policy within this handbook for more detailed information.

POOL ETIQUETTE

Parents, siblings, grandparents are not allowed on the deck (unless there is an emergency or the coach invites them).

The RDMSC is only renting the pool, therefore the lifeguards have the ultimate authority and pool rules must be obeyed at all times.

Non registered members on the deck void the Liability Insurance provided by the ASSA to the RDMSC. Members on the deck, unless serving directly as an ASSA participant, are a direct infraction on the insurance parameters. Serving directly would include, an official at a meet, registered executive board member, or a registered coach. Please help us to stay within our Insurance Guidelines and adhere to this rule.

PARENT RESPONSIBILITIES

BE ON TIME

As in all sports there are many events that your child must attend; team meetings, practices, competitions and special events. The coach wants your child to enjoy the experience of swimming as much as possible. The coach also has the responsibility to look after the team as a whole. Start times are very important to get the most out of pool time. Late or inconsiderate members hurt everyone. If your child is going to be late or miss any practices or events, let the coach know.

BECOME INVOLVED

This does not mean you have to run for Club President your first year, but try to be involved in some aspect of the club. It is important that you try to attend the club's general meetings. You need not always be on the club's executive committee, but you should be aware of the club's business affairs. You also may have an expertise that the club could tap into for assistance.

Please refer to the RDMSC website for specific guidelines and expectations for Volunteer Requirements. Some example for obtaining the required volunteer hours would be timing at swim meets, being part of a committee, volunteering at social events or being part of the Executive Board.

Most of our committees use Volunteerspot to sign up for club functions and duties.

www.volunteerspot.com

BE AN OFFICIAL

Initially one of the best ways to be involved is to sign up to be an official at swim meets. You get to enjoy the competition, meet other parents, and watch your child participate. The club will offer official clinics during the season. ***Officiating can be fun!***

The following are the levels of officiating that you can take training sessions for, and serve at any swim meet in Alberta:

- 1 **Level I** – Timer, Place Judge, Marshall
- 2 **Level II** – Clerk of Course, Chief Timer, Chief Place Judge/Chief Judge, Electronic Recorder/Scorer, Stroke/Turn Judge, Head Lane Timer
- 3 **Level III** – Starter, Meet Manager
- 4 **Level IV** – (Senior) Referee (involves one year evaluation period in province)
- 5 **Level V** – (Master) Successful completion of Senior Official, able to work at National/International competition

Swim Alberta website: <http://www.swimalberta.ca/officials/clinics-and-certification>

FUNDRAISING RESPONSIBILITIES

Quality coaching, pool rental and attending swim meets all cost money. Our club participates in a variety of fundraising activities to keep the sport of summer swimming affordable for families. Please refer to the RDMSC website for specific guidelines and expectations for Fundraising Requirements.

It is an expectation that all parents will participate in the fundraising activities that the club has chosen to pursue for the year.

EQUIPMENT: WHAT THEY'LL NEED

COMPETITION SUIT

A team racing suit may be purchased for competition. To promote team spirit, swim club members will be encouraged to wear the club suit to swim meets. These suits can be ordered at registration.

Because swimsuits deteriorate rapidly with daily use, swimmers are encouraged to wear suits other than their competition suit in their regular practice sessions.

After each use, suits should be thoroughly rinsed with cool tap water. Suits can be washed using a mild detergent and hung to dry. Avoid using a hot dryer to dry your suits.

CAPS

A latex or silicone swim cap is used during a race or practice to cut down resistance, and to protect swimmer's hair from the effects of chemicals in the water. Caps are worn by both girls and boys. Club caps, embossed with the club logo are available to be purchased and are mandatory equipment during competitions for those athletes whom wear a cap.

GOGGLES

Goggles are usually worn by swimmers during practices and competition to enhance vision and protect their eyes from the effects of chemicals in the water. Goggles come in many shapes and sizes. Check at a sporting goods store for a style that suits your child's face.

TEAM UNIFORM

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, kangaroo jackets, sweatpants) are available to be ordered at registration. Purchasing this clothing is not a requirement but enhances team spirit and is made available to club members at an affordable cost.

TOWEL

A large, thick beach towel is usually preferred by swimmers. A minimum of three towels is recommended for meets.

SPORTS BAG

Swimmers may carry a sports bag onto the deck. Leave all valuables at home! Clearly label all clothing, suits and equipment with your child's name.

SWIM MEETS

Competition is designed to be a learning experience. By implementing what has been learned in practice, the swimmer tests himself against the clock to see how he is improving.

Swimmers are encouraged to attend as many meets as possible. All swimmers are especially encouraged to attend our own club's meet and the Regional meet (in mid-August). Swimmers who qualify for Provincials must go. (Swimmers qualify for Provincials by obtaining a first or second place at Regionals.)

Swimmers are encouraged to attend meets, aiming for personal best.

Meets take place most weekends, starting in June and are usually only one day long. The exceptions are that the Regional meet and the Provincial meet are usually both days of the weekend. Parents are encouraged to be meet officials and volunteer at any meet, especially the ones that our club hosts.

As the club does not provide transportation to swim meets, it is the parents' responsibility to make travel arrangements. Most swim meets are held in Central Alberta.

WHAT TO BRING TO A SWIM MEET

Make sure your child comes to meets with proper equipment and clothing:

- 1 Marlins Swim Cap (mandatory and can be purchased through the club at registration time).
- 2 Goggles, at least two pair/swimmer;
- 3 Competition swim suit. Swimmers must wear a black suit during races (club colors). Swimmers may purchase a black suit with the Marlins logo through the club at registration time.;
- 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.);
- 5 Sleeping bag or heavy blanket if swimmers are allowed or must go outdoors between events;
- 6 Pair of old running shoes or deck shoes. This is essential if swimmers must stay outdoors between events;
- 7 Towels – these are best passed out, one before the meet, one at lunch and one for showering at the end of the day;
- 8 Parents should be prepared for the possibility that all articles entering the pool area will come home soaked;

- 9 Traveling games, books, and cards to entertain swimmers during meets; and
- 10 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, fruit juices and low-fat carbohydrates. Foods to avoid include pop, chips, candy and chocolate bars. As well, your swimmer should also have plenty of plain water during meets and practices.
- 11 A tent for outdoor meets.

MEET PROCEDURES

- 1 As soon as the swimmers arrive at the pool, check in with the coach. Get prepared for and do the warm-up. Coaches will coordinate the warm-up schedule, which is assigned by the meet manager.
- 2 Check in with the coach before and after each race.
- 3 Report to your coach before leaving the pool area. If a swimmer misses an event, he/she may be removed from the rest of the meet.
- 4 The swimmers are responsible for listening for the announcement of their races, although assistance will be given for 8 and under races.
- 5 Return on time after the lunch break. Better still; pack a picnic lunch to eat at the pool building, to avoid having to leave the area. The time it takes to run swim events is very unpredictable.

MEET ATTENDANCE

Parents will be informed about the date and place of up-coming events. Prior to a meet you **must** commit to whether or not your swimmer(s) will be attending via Teamsnap. (see more about Teamsnap under Communication)

The coach will decide with your child what events the child will swim. A meet information notice will be sent out prior to the meet identifying: pool address, arrival time, athlete events. If you do receive the notice and were not planning on attending, please notify the head coach immediately. If you do not receive the notice and had planned on attending the meet, also contact the head coach immediately, in some circumstances we may still be able to enter your swimmer into the meet.

MEET FEES

Meet fees are paid by the club. If you indicate that your child is attending, and then fail to show up, you will be responsible for reimbursing the incurred swim meet fee(s) for the swimmer(s).

WHAT TO WATCH AT A SWIM MEET

THE RACING COURSE

The length of the short course pool is 25 meters and the long course pool is 50 meters. (Almost all summer swim meets occur in a short course pool.) The pool has between 5 to 8 lanes.

EVENTS

At most swim meets swimmers are allowed to participate in a maximum of four individual and two relay events. Events are usually run from the youngest age group up to the oldest, alternating between girls and boys. At most swim meets, swimmers are seeded so that they compete against competitors with similar times, regardless of age in that strokes distance.

Heat Sheet are usually sold at the beginning of the meet, listing the events and swimmers. Race Results are posted somewhere accessible for spectators and competitors at a meet within a short time of the race finishing (depending how the meet is running for time).

Some meets will use “Meet Mobile” App to list all races, swimmers and results are posted there as well. Meet Mobile App can be purchased at a small cost. Official results however will always be posted.

FREESTYLE EVENT

In the freestyle, the competitor may swim any stroke he/she wishes. The usual stroke used is the front crawl. This stroke is characterized by the alternate overhand motion of the arms.

The freestyle is swam in 25, 50, 100, 200, 400, 800 and 1500 meter distances.

BACKSTROKE

The backstroke begins with the competitor holding onto the block. The feet, including the toes, must be under the surface of the water. At the start signal, the swimmer pushes off and swims on the back, using alternating motion of the arms and flutter kick.

During the turn, the swimmer may turn over to the front, after which a continuous single arm pull may be used to initiate a turn. Once the body has left the back position, there will be no kick or arm pull that is independent of the continuous turning action. At the wall, some part of the swimmer must touch the wall while on the back.

Distances vary according to age groups.

BREASTSTROKE

Perhaps one of the most difficult strokes to master, the breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pushed on or under the surface of the water and brought backward in the propulsive stage of the strokes simultaneously.

The kick is a simultaneous thrust of the legs called a 'frog' or 'breaststroke kick'. No flutter or dolphin kicking is allowed.

At each turn a swimmer must touch with both hands at the same time. Breaststroke races are distances of 25, 50 and 100 meters.

BUTTERFLY

The most beautiful and physically demanding stroke, the butterfly features the simultaneous overhead stroke of the arms, combined with the dolphin kick. The dolphin kick features both legs moving up and down together. No flutter kicking is allowed.

The butterfly was 'born' in the early 1950's, as a result of a loophole in the breaststroke rules. Butterfly races are swum in 25, 50 and 100 meter distances.

INDIVIDUAL MEDLEY (IM)

The individual medley, commonly referred to as the "IM" features all four competitive strokes. In the IM, a swimmer begins with the butterfly, changes to the backstroke, then the breaststroke for another quarter, and finally finishes with the freestyle. The IM is swum in distances of 100 and 200 meter races. An easy way to remember the order of IM strokes is: **BUTTER** my **BACK**, my **BREAST** is **FREE**.

RELAYS

Relays are swum with four competitors in either a mixed or same gender team. Each swimmer completes a quarter of the prescribed distance. Each leg of a relay must be swum in accordance with the rules governing the stroke for that leg of the race. A swimmer is only allowed to swim on one relay team per event. Distances are 100 and 200 meters.

There are two types of relays:

- 1 **Freestyle Relay** – All 4 swimmers swim the freestyle stroke.
- 2 **Medley Relay** – The 4 swimmers are required to follow this stroke order:

Backstroke

Breaststroke

Butterfly

Freestyle

Note: The freestyle shall mean the front crawl in the medley relay.

THE RULES

The technical rules of swimming are designed to provide fair and equitable conditions of swimming. Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair advantage over another swimmer.

Trained officials observe the swimmers during each event to ensure compliance with these technical rules.

If a swimmer commits an infraction of the rules, he will be disqualified from the events, which means he will not receive an official time nor be eligible for an award in that event.

Disqualification may result from actions such as not getting to the starting blocks on time, false starting, walking on or pushing off the bottom of the pool, pulling on the lane ropes or unsportsmanlike conduct.

Technical rule violation for each stroke may include among others:

FREESTYLE

The swimmer must touch the wall at each turn and at the finish.

BACKSTROKE

Turning past the vertical onto the stomach and gliding or kicking into the wall on the turn (the roll to the stomach must be part of a continuous turning action);

Pushing off the wall on the stomach (not on the back) after a turn;

Not remaining on the back while swimming;

Turning onto the stomach before the finish.

BUTTERFLY

Alternating movements of the arms or legs;

Pushing the arms forward under the water instead of over the water surface (underwater recovery; a breaststroke style of kick);

Touching with only one hand at the turns or finish.

BREASTSTROKE

An illegal kick such as flutter (freestyle), dolphin (butterfly), or scissor (side stroke);

Shoulders not level

Alternating movements of the arms;

Taking two arm strokes or two leg kicks while head is under water;

Touching with only one hand at the turns or finish.

HOW TO HANDLE DISQUALIFICATION (DQ)

If your child is disqualified in an event, be supportive rather than critical. A disqualification should be treated as a learning experience, not as a punishment. They should be considered in the same light as an incorrect answer in school work – they point out areas that need further practice. A supportive attitude on the part of the official, the coach, and the parent can also keep it a positive experience for the disqualified swimmer.

ABOUT OUR CLUB

HISTORY

The club was started in 1972 by Art Mellom and Nancy Langevan. It was during the second year that Art named the group the Marlins Swim Club. Membership has ranged from 15 to well over 100 swimmers.

CLUB STRUCTURE

The Red Deer Marlins Swim Club is a member of the Alberta Summer Swim Association (ASSA), a Provincial body that governs the 7 Competitive Summer Swim Zones. Our region is Zone D and includes the following Swim Clubs: Castor Tritons Swim Club, Forestburg (F.A.S.T.), Hanna Seals, Innisfail Dolphins, Killam Cyclones, Lacombe Dolphins, Oyen Otters, Ponoka Gators and Red Deer Marlins.

SEASON

The summer swim season runs from the first day in May until the second or third week in August. The last practice for most swimmers will be the Thursday before Regionals. The four practice sessions after Regionals will be for those who qualify for Provincials, on the exception of our Precomp and Intro to Comp groups..

POOL ADMITTANCE

Only currently registered RDMSC swimmers will be allowed in the pool during practice sessions, time trials, and swim meets.

COMMUNICATOIN

Newsletters, which will be sent out via email near the beginning of each month, contain information on training schedule, general meetings, coaches' updates and swim meets.

Teamsnap will be used for squad communication and regular scheduled practices. All special events will also be on the calendar and reminders for deadlines for sign up for special events. Each swimmer will have an invite sent to their email asking them to "join" teamsnap. Once you accept that invite you can set up your swimmer profile. You should ensure all emails that you wish to receive information and notices at are listed. (For example mom *and* dad, or a work email). Also ensure all contact phone numbers are listed. And for SMS text alerts please turn that function on and add your phone "carrier" (For example, Telus Mobility, Rogers, etc).

If you are having difficulty with set up of your account or did not receive the invitation to your email initially – please contact the Teamsnap lead who can assist you.

Once an account is set up both parents may access the schedule and profile by using the same login and password (no need to set up multiple accounts). The Teamsnap App is easy to download and access on your smart phone.

TIME TRIALS

Time trials may be held twice each season. Swimmers may swim events that they don't swim at swim meets. Coaches concentrate on starts and turns and meet procedure for the swimmers that are new to competition.

SOCIAL FUNCTIONS

The club attempts to hold a number of social events throughout the season. Attending these functions is an excellent way to get to know other Marlin families.

AWARDS

Swimmers of the week awards are given to those who attend practice regularly and work hard.

At the end of the season, trophies in each swim group are awarded for:

- 1 Most Improved
- 2 Coaches Award for participation and conduct
- 3 Smiling Marlin

THE SHELLEY DYRLAND MEMORIAL AWARD

The Shelley Dyrland Memorial Award for team sportsmanship was first presented the summer of 1977. It was initiated after Shelley had been killed in a snowmobile accident on February 20, 1977. Art Mellom, Earl and Jacki Dyrland set up the guidelines for the award based upon their feelings of Shelley's contributions to, and enjoyment of, the Marlins Summer Swim Club. The Marlins Swim Club was chosen by the Dyrlands because of the intensity of Shelley's feelings toward the club and toward swimming.

Shelley joined the club in June 1975 after Art Mellom had approached her at swim lessons. Showing her usual enthusiasm she went to training and came home full of stories about the coaches and all the swimmers. Time trials came up right away and the Red Deer Meet was looming. Mom and Dad, feeling very proud of their daughter, went down to watch the time trials. Never having been at a swim meet, everything was strange and so sitting in the bleachers watching some of the parents reaction to how their children had swum was no exception. One mother ran up and down the bleachers while the race was on and then really raised cane with her son when the race was over. We were shocked! Did we have to react like this? We'd never make it. Then came Shelley's turn. Sitting up a little taller we watched as she dove in from the edge of the pool while everyone else used the blocks. Prejudice against our child? (No – she just hadn't been there long enough to know how to stand on them). Then the race! As the swimmers streaked down the pool Shelley was getting further and further behind. We couldn't believe it! I think they delayed the meet for her to finish. We were mortified. Why would they ask her to swim with them if she wasn't any faster than that? Well – we weren't going to have our child humiliated – we'd take her out! Find something she was more suited to. She pulled herself out of the pool, asked her time and came straight to the stands to see us. We, of course, were ready to console her and let her know we still loved her. What we weren't ready for was the smile, the excitement, the bubbling enthusiasm.

“Wasn't it great Mom and Dad? I'm pretty slow, but wasn't it great?”

We were dumbfounded. How could you kill enthusiasm like that? Smiling weakly we agreed how great it was. And her enthusiasm stayed all summer. She loved the social aspect of the club. She had so many new friends. Realistic in realizing she had some good swimmers to swim against right in Red Deer she never quit trying to beat her personal best and catch up to Kelli Barabonoff and Donna McNichol. Because of work commitments, Earl and I never got too involved in the swim club that summer and never really learned what it was all about. I'm sure we were a trial to Art in Killam when we picked up Shelley before the relays, as we had to go on to Vermilion. We never had any idea how hard it is to run a relay with only three girls and we'll never forget the disbelief on Art's face the day we told him Shelley wouldn't be going to Regionals because we had put her in a bible camp. What were Regionals? We didn't have any idea. So, needless to say, Shelley did not go to Provincials that year. But her enthusiasm remained and the next May she was ready to start again. This time little brother Bart was asked to swim also.

That summer progressed much better. I wasn't working and took more interest in the training sessions. Its amazing what you learn when you hang around the pool every day. Shelley continued to improve her swimming and loved every minute of it, whether training or at meets. Being a social person anyway, mixing with all these boys and girls was very enjoyable for her. That summer she competed in the Regionals which were held in Red Deer. Both her relay teams qualified to go to provincials in Calgary. They won silver and bronze metals. At the wind-up she shared the most improved 10 and under swimmer award with Roxanne Noyes. Was she thrilled! Of course Mom and Dad were kind of pleased too. Little did we know that would be her last year of swimming.

The next spring, after the tragedy had struck, we decided to donate a trophy to the swim club to be given to a swimmer that not necessarily always won ribbons and medals, but to one who always tried hard. Someone that being part of the club was special to them and after doing their best, but maybe placing second or third, could congratulate the winner with sincerity. Someone that put the efforts of the whole team right along side of their own personal triumphs. Someone who took the time to watch and cheer all age groups. This swimmer was to be chosen by the head coach. We would not have any say in the choice. In the ten years we were involved in the club, as parents of Bart, we got to know the swimmers and realized how hard it was for the coach to choose one, as these summer swimmers were all such a great bunch of kids.

The winning swimmer has his/her name engraved on the trophy, which is displayed in the trophy case at the Recreation Centre, and also receives a coordinated engraved plaque to keep. The trophy was designed by Ray Malo of Al Ray Trophy Shack and Jacki Dyrland. The lady at the top of the trophy with her arms extended signifies Victory. The two maple leafs are Canadian, of course. The two smaller swimmers, one male, one female indicates the award is for male or female. The larger swimmer in the center is female and signifies Shelley. The blue color was chosen as it was the team color, the gold signifies a top award. Shelley's picture was added, in hopes the swimmers who never knew her personally would be able to identify with it a little better and realize it's an award based on the characteristics of a former swimmer.

Shelley introduced us to a new social set. We enjoyed the family aspect of the club and its outings to swim meets. We enjoyed camping at Killam, sitting at a swim meet in the boiling sun or chilling rain. Walking into the Killam pool when our swimmers are shouting R-E-double D- double-E-R at the top of their lungs is something a person could never forget. Meeting a child on the street and not recognizing them because their hair isn't standing on end from chlorine damage must be forgivable as they still say hello. Those years are very precious to us and it is with more than a little envy I see your closeness when I come to the wind-up to present Shelley's trophy.

I do miss the sitting at the pool watching kids swim up and down, the getting up at some ungodly hour to be at a pool for 8 A.M. warm-ups, the dripping bathing suits, towels, sweat suits, and sleeping bags that accompanied us home from a meet. The thrill of a win, the disappointment of a disqualification, the feeling of an over full stomach after trying a little of everyone's food at the wind-up – I miss them all.

We would like to congratulate all the swimmers who have won in the past and encourage all the swimmers of the future to work hard and keep improving their personal best and even if they never win this particular award they will still be winners in their own right.

Good luck to all from the Dyrland family.

Earl, Jacki, Bart & Cory

ART MELLOM BUILDER'S AWARD - TO HONOR CLUB FOUNDER ART MELLOM

Builder's Award - to be awarded to the RDMSC member (swimmer, parent, or coach) who makes a significant contribution to the club.

JOY ANDERSON MEMORIAL AWARD

Joy Anderson was a parent of a Marlins swimmer and a long standing executive member. Joy lost her long battle with cancer, and her family started this award in her honor shortly after she passed away. Joy had a passion for the Marlins Swim Club and its athletes. She felt very strongly about the Shelly Dyrland Award except she wanted the athlete's opinion. This award is presented to the athlete, as voted by their peers, that displays sportsmanship, love for the sport of swimming, lives in the Marlins spirit and proves to be a leader. Near the end of the season the coaches will take votes from the swimmers on their choice for this award.

REGISTRATION AND WITHDRAWAL POLICY

Club registration fees may be paid by post-dated cheque. The total registration fee must be paid for each swimmer, and will not be prorated for swimmers intending to swim for a portion of the season.

The club is required to pay a registration fee to the Alberta Summer Swimming Association. If you decide to withdraw your swimmer from the club before May 30th and the president is informed in writing of your decision, your registration fees will be refunded, less expenses incurred by the swimmer (A.S.S.A. registration, etc.). Refunds after May 30th will be for medical reasons only.

CODE OF CONDUCT

GENERAL

1. The Red Deer Marlins Swim Club (RDMSC) believes that all individuals should be treated with dignity and respect. Persons who work for or act on behalf of the RDMSC, as well as spectators granted access to RDMSC activities are expected to take responsibility for their actions and treat others with courtesy and respect.
2. This Code of Conduct applies to all directors, officers, volunteers, coaches, parents, athletes, officials, administrators, members and participants involved with the RDMSC. This policy applies to Harassment that may occur during the course of all activities and events of RDMSC and its members, and to all

harassment occurring outside those situations when the harassment involves individuals covered by this policy.

3. The RDMSC promotes an abuse free environment. Support shall be provided should an individual be subjected to abusive behaviour or harassment. Members shall also be protected from reprisal or threat of reprisal for filing a complaint, for speaking out against or attempting to eliminate harassment, or for being associated with a person who filed a complaint.
4. Acts of abuse shall not be tolerated and action will be taken in accordance with the RDMSC Harassment Policy.
5. The RDMSC recognizes the contribution of the Code of Conduct of the ASSA to the development of this Code of Conduct.

RESPONSIBILITIES OF MEMBERS

1. Members shall endeavour to respect the rights, dignity and worth of every human being and their ultimate right to self determination, regardless of racial/ethnic origin, citizenship, religion, sex, sexual orientation, disability, age, marital/family status, political persuasion or pardoned conviction.
2. The primary concern of all members is the well-being, health and future of our swimmers. This includes not only encouraging swimmers to accept responsibility for their own behaviour in training, competition and in relationships with others, but also includes setting and monitoring appropriate boundaries between adults and young persons in the swimming community.
3. Members who become aware of a conflict of interest shall make explicit the nature of the conflict, and the loyalties and responsibilities involved, to all parties concerned. This includes any actual or perceived conflict of interest.
4. Members shall not attempt to exert undue influence over another member in order to obtain personal benefit or reward.
5. Members shall not be involved in recruiting. Contact by any member regarding the possible transfer of an athlete from one club to another shall require that the originating club be fully informed. Once a transfer is completed, both clubs shall be fully cooperative in the exchange of information in the best interests of the athlete.
6. Members are expected to consistently display high personal standards and project a favourable image of their sport to swimmers, other members, the media and the general public. Although personal appearance is a matter of individual

taste, members should project an image of health, cleanliness and functional efficiency. The use of tobacco, alcohol or other drugs shall be consistent with moral, ethical and legal standards.

7. Members are to follow RDMSC board meeting protocol if a concern is wanting to be addressed at the RDMSC Executive Meeting. The visitor must give prior notice to the attendance of the meeting with their item added to the meeting agenda. They will be given 5 minutes to address their agenda item, the executive will table the item for board discussion to bring about a solution. An unannounced visitor is not permitted.

RESPONSIBILITIES OF THE RDMSC

1. The RDMSC is committed to prescribing standards of conduct for its membership, to determine what constitutes grounds for the discipline of members, and to suspend, terminate or otherwise reprimand any member who fails to comply with this Code of Conduct.
2. The RDMSC recognizes that disciplinary actions should only be called upon following appropriate and timely investigation and when education has failed or been ignored.
3. The RDMSC recognizes that it can be extremely difficult to come forward with a complaint of harassment and that it can be devastating to be wrongly convicted of harassment. The rights of both parties shall be respected and members shall not disclose information except as required in order to investigate a complaint.

RESPONSIBILITIES OF EXTERNAL BODIES

1. Notwithstanding this Bylaw, every person who experiences harassment or abuse continues to have the right to seek assistance from the Alberta Human Rights Commission, even when steps are being taken to investigate.
2. A member has the right to appeal any decision to the Federal Alternate Disputes Resolution Program for Amateur Sport.
3. The RDMSC recognizes that any conviction of a member by a court of law may also be regarded as a breach of this Code of Conduct.