

TIMMINS MARLINS PARENTS HANDBOOK



2023-2024

"TO BE THE BEST YOU CAN BE"



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MARLINS EXECUTIVE WELCOMES YOU

Welcome to the 2023-2024 TMSC season! We are excited to get swimming and we are looking forward to another fun year. The coaches and the executive have been working hard to prepare for the season.

Please remember that our fundraising commitments are vital to maintaining a successful and competitive club, while also keeping registration dues more affordable.

Please feel free to ask any of our executive members any questions to help you navigate the season. More info can be found via team emails, the Facebook page and the Team website.

TMSC strives to give the swimmers a great opportunity to achieve their personal goals and become an amazing competitive athlete. I strongly believe that competitive swimming is an incredible sport that establishes a high level of fitness, teaches time management skills, allows for individual development and is fun! So please: Get involved, support the team and your swimmers and go to the meets!

Thanks for your support of the TMSC and have a great season.

Gertjan Bekkers,
TMSC President
presidenttmsc@gmail.com

Timmins Marlins 2023/2024 Executive

President	Gertjan Bekkers	presidenttmsc@gmail.com
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Past President		

Website: <https://www.timminsmarlins.ca>

Facebook: [Timmins Marlins Swim Club](#)

Facebook: **Timmins Marlins Group** – used for buy/sell/rides



TMSC Executive Meetings

TMSC Executive meetings normally take place the third Monday of every month.

Parents who wish to have an item added to the agenda of the executive meetings may do so by contacting any executive member three days prior to the meeting.

Parents will be notified if the item is on the agenda and the process for discussion.

OUR CLUB'S HISTORY

The club's origins can be traced back to a small group of local swim enthusiasts that called the old Schumacher Lion's Club pool home. Whenever the opportunity presented itself, they would attend area competitions under the name "The Timmins Swim Club."

With the opening of the new Archie Dillon Sportsplex Pool in 1981, a small group of local parents, led by Pierrette Ferrari, decided there was enough interest to formalize a competitive swim team and The Timmins Marlins Swim Club was born. Approximately 15 swimmers were registered with Swim Ontario that first year. Forty three years later we are proud to have upwards of 90 swimmers.

The Club, since its origins, has incorporated as a non-profit organization and operates under its own Constitution, By-laws and Policies. In the early days, the club colors were burgundy and red; volunteers did the coaching, and parents drove the swimmers to various meets. As many of you may know, the colors are now navy blue and gold, there is a full-time paid Head Coach and the team occasionally travels by bus.

The TMSC has had swimmers compete at all levels including Provincials, Junior Nationals, Nationals, Olympic Trials and World Cup. To highlight a few:

- Drew Chorney (after leaving the Marlins to attend university) swam at both the 1996 and 2000 Olympic Trials.
- Stephanie Kuhn swam at the Olympic Trials in 2000, 2004 and 2008 (the first one as a Marlin). Raymond Chow swam at the 2004 Olympic Trials.
- Andrea Jurenovskis was a member of the Ontario Tour Team that competed in Charlotte, N.C. in 2007 and Switzerland in 2008. Andrea also swam at the 2008 Olympic Trials and was a provincially carded athlete from the age of 16.
- Many TMSC swimmers have gone on to compete at the university varsity swimming level.
- The 2017-2018 season saw three swimmers qualify for Junior Nationals and a dozen swimmers at the highest provincial level.
- The 2018-2019 season saw many athletes break club and regional records, along with qualifying for festivals, provincials, nationals and recognized as potential future Olympians.

Today, TMSC continues to be a parent-run club with an eleven-member executive. The TMSC continues to strive at maintaining a team environment where every swimmer has the potential to ***be the best they can be.***



WHAT IS THE MARLINS SWIM TEAM?

In essence and as the name implies, a "team" is a competitive structure of individuals who work together towards a common goal. The Timmins Marlins Swim Club (TMSC) is sanctioned through Swim Ontario (SO), which is the provincial governing body, with Swimming/Natation Canada (SNC) being the national governing body. Our motto, "**To be the best you can be,**" is the focal point for all activities of the TMSC.

Our club is one of the largest teams in the North Eastern Ontario Region (NEOR), and our swimmers will compete throughout the year in our own region as well as across the Province and other regions of Canada.

TMSC will continue this excellence in swimming, throughout our region and throughout our province by:

- Continuing the Skills Entry program.
- Motivating, challenging and fun practices.

Our Mission

(a) To promote, foster, teach and perpetuate the art and sport of swimming and to encourage training for competition and self development in the field of amateur swimming in the City of Timmins;

(b) To make amateur swimming available to all members of the community of Timmins for self satisfaction through self competition or through competition with others;

(c) To allow for each swimmer to eventually reach his highest possible level of excellence through competitive swimming.

Our Philosophy

TMSC swimming program will therefore stress in each individual the development of discipline and self motivation.

Be the BEST that you can BE!

Distributing Information

There are numerous methods TMSC uses to communicate with swimmers and families about information pertaining to the Club.

We strive to ensure this website is up to date with all the information that members and swimmers require, please make sure you check in with this site often. On this site, there is a members only section, where member can access specific details such as the Bingo calendar and details on swim meets (lodging or busing details). The calendar contains swim meets, general membership meetings, and club events.

The Bulletin Boards in the lobby of the Sportsplex facility is the home to many pertinent pieces of information for you and your swimmer. Sign-up sheets for swim meets (swimmers and officials) are posted regularly and must be signed by the parent or guardian. Club activities and social



events bulletins are also posted. Other areas of the board that get attention are: Club and Regional records lists, the Bingo schedule, communications from the Executive and the Coaching staff, just to name a few.

One of our goals for the current swim season is to increase and expand the profile of the TMSC on the local sporting scene. Towards this end, we have established relationships the Daily Press and local radio stations and will endeavor to get the Marlin message to the widest audience possible. Our swimmers are amongst the most hardworking, dedicated and successful athletes in the entire Northeast region and deserve to have their many achievements recognized.

MESSAGE FROM THE HEAD COACH

Welcome back to another season of Marlins swimming! Heading into the upcoming season I want to remind everyone of what a great season we had last year and let us not forget the great group of individuals we have to work with.

Leadership, talent and the desire to achieve is the character traits that many of our swimmers aspire to have and up hold.

Our key Team meets this year will be:

- Top Fish Meets
 - 12 and under swimmers only and are the meets that will track your progress towards your goals!
- NEOR Development Meets
 - Everyone can attend and are the meets that will track your progress towards your goals!
- Dave Kensit Regional A Champs
 - Qualifying times
- Fred Ram Regional B Champs
 - 14 and under swimmers only and has a de-qualifying standard so again you need to keep communicating with your coach to see if you are most likely to attend those championship meets.
- Jenő Tihanyi Long Course A Champs
 - Qualifying times
- Gatineau Invitational
 - Qualifying times
- Individual Championship Meets
 - Festivals, Ontario Youth Junior Championships, Ontario Swimming Championships, Eastern Canadians, Nationals, Internationals
 - Key meets – check with coaching staff about your child and their eligibility
- Markham
 - Everyone can attend - long course meet

Please check the meet schedule and mark those dates on your calendar.

Swim Ontario standards follow the international four-year circuit, changing their standards after every Olympic Games. The new standards will be posted this fall.

I would like to welcome back Sheri Ginglo, Lynn Michaud, Oliva Edwards & Danika Colbey to the coaching staff. We would like to also welcome a new coach this year – Mireille Bekkers!



Last season was a huge success! I look forward to having another great year with everyone.

Coach Tracy, Tracy McCartney, Head Coach TMSC

Coaching Staff

Tracy McCartney

This season Tracy will move into her twenty first year as the Marlins Head Coach. Certified with Can Fit Pro as a Personal Trainer Specialist, fully certified NCCP level two and appointed as a provincial NCCP evaluator for Swim Ontario. Tracy has been very fortunate to be able to establish mentorship programs under Bud McAllister, Former Head Coach for the National Training Center in Victoria, Jenő Tihanyi, Canadian Hall of Fame inductee and Dean Boles, Coach of National Record holder Keith Beavers. Tracy is the coordinator of the TMSC program and is responsible for the supervision of the entire coaching staff. Tracy has coached swimmers to the Senior National, Youth and Club National Standard, as well as the Senior and Junior Provincial levels.

Sheri Ginglo

Sheri swam with the Marlins as an age group swimmer and was also on the coaching staff for a few years. Sheri is now returning to coach the Marlins and has completed her Swimming 101. We welcome her back! Her experiences as a competitive swimmer and former coach will be valued very much. This will be Sheri's third consecutive year since returning to the Marlins.

Lynn Michaud

Lynn is a former Marlin and competitive swimmer herself! She brings with her years of personal experience, a highly competitive drive, enthusiastic approach and a genuine desire to develop swimmers into the best that they can be.

Jr. Coaches – Olivia Edwards, Danika Colbey & Mireille Bekkers

TMSC Coaches' Pledge

- ✓ Let every swimmer know what is expected of them in practice.
- ✓ Recognize or praise each swimmer for practicing well.
- ✓ Treat every swimmer as a person.
- ✓ Care about the development of every swimmer.
- ✓ Respect the opinions of, and answer questions from, all swimmers.
- ✓ Promote commitment and participation from all swimmers.
- ✓ Discuss progress with each swimmer.
- ✓ Provide an opportunity for swimmers to practice, to learn, and to improve.



OUR SWIM TEAM STRUCTURE

Swimmers will be assigned to the skills entry-level program, Jr. Development. Returning swimmers will be assigned to one of six levels determined by the coaching staff. Ability level, mental preparedness, specific concerns and age will be considered in determining the level placement of the swimmer.

Knowing that swimming is an individual sport (outside of the relays) the club does run several activities (relay challenges, mini meets, bus meet traveling activities, Elf extravaganza with secret gift exchanges...) throughout the year to teach comradery, team bonding, solid relationships and forever lasting bonds amongst the swimmers.

The Head Coach and the Assistant Coaches monitor the training and progress of all swimmers. Practice times vary with each group and ability level. The coaching staff work with swimmers to determine scheduling and level based on the swimmer's ability and the requirements of the groups. If a swimmer missing a practice (because of a dentist, doctor's appointment etc.) and wants to swim another time to make up the time they must discuss with the Head Coach to determine when the scheduled practice will be assigned. Make up practices require the swimmer to "swim down" and not up a level.

All Northeastern Ontario Regional (NEOR) swim clubs are encouraged to support the NEOR region by providing the opportunity and encouraging their swimmers to attend NEOR Developmental and Championship meets. Meets are chosen with every level of swimmer in mind. The goal of the TMSC's meet schedule, is to provide opportunities for in house training and experience, developing skills for 12 and under, the evolving development of all ages and skill levels, the possibility to attend invitationals, regionals, regional championships, festivals, provincials and national meets.

No swimmer is required to attend meets and may swim their entire career without attending competitions. Swimmers are encouraged to seek guidance from their coach on which meets are appropriate for them. Parents are suggested to speak with the coaching staff if a better description of meets and the expectations coaching staff may have for their swimmer. New swimmers, if possible, are encouraged to attend in-house competitions before traveling to out of town meets.

Swimmers should also be aware that the coaching staff has the ability to hold back a swimmer from attending a meet. Swimmers that do not attending practices regularly, who do not participate in their practices while there or have violated the swimmers' code conduct. The situation will be reviewed by the coaching staff and the Board to determine if the swimmer should be able to attend the meet.

GROUP DESCRIPTIONS: 2023-2024

Senior A

11.0 pool hours

Dry land, running program and spinning training also included

Coach: Tracy McCartney

Requirements: 13 & Over and have a current Provincial "B" Grid time

Testing: Quality Sets & Endurance



Kicking sets
Stroke Rate Times
Reaction Speed
Minimum Maximum sets

Key Meets: Short Course National/Provincial/Regional Championships
Long Course National/Provincial/Regional Championships
Team Challenge as selected - Tour Teams as qualified
Invitational Meets as recommended by their coach
Regional & Development Meets, as recommended by their coach

Training Descriptions:

Stroke Technique and aerobic energy system training will remain a major part of the level Senior A program, at this level however, swimmers will also train the anaerobic energy system. There will be a greater emphasis placed on race strategy and mental strategy will be on going throughout the week. Individualized training will take place on a more regular basis; sprint training, individual medley and distance training swimmers will also have separate training practices.

Senior B

9.75 pool hours

Dry land, running program and spinning training also included

Coach: Tracy McCartney

Requirements: 13 & Over and have a current Provincial "C" Grid time

Testing: Kicking sets & Endurance
Stroke Rate Times
Reaction Speed
Minimum Maximum sets

Key Meets: Easter Cup
Eastern Canadians
Age Group Nationals
Short Course Provincial and Regional Championships
Long Course Provincial and Regional Championships
Team Champs as selected
Invitational Meets as recommended by their coach
Regional & Development Meets, as recommended by their coach

Training Description:

Stroke Technique and aerobic energy system training will remain a major part of the level Senior B program, at this level however, swimmers will also train the anaerobic energy system. There will be a greater emphasis placed on race strategy and mental strategy will be on going throughout the week. Individualized training will take place on a more regular basis; sprint training, individual medley and distance training swimmers will also have separate training practices.

Senior C

9.75 pool hours

Dry land and running training

Coach: Tracy McCartney

Requirements: Provincial D/E Grid time

Testing: Kicking sets & Endurance



Stroke Rate Times
Reaction Speed
Minimum Maximum sets

Key Meets: Age Group Nationals
Short Course Provincial and Regional Championships
Long Course Provincial and Regional Championships
Team Champs as selected
Invitational Meets as recommended by their coach
Regional Development Meets, as recommended by their coach

Training Descriptions:

Stroke Technique and aerobic energy system training will be the primary focus for provincial/national level. Speed training and racing sets will be introduced in this level.

Progression to level senior B is based on the swimmers age.

Some swimmers in provincial/national level may be required to swim up a level for the purpose of intensity but not an increase in hours.

Junior A

4.75 pool hours

Coach: Sheri Ginglo

Requirements: Festival Grid E standard or higher

Testing: Kicking sets & Endurance
Stroke Rate Times
Reaction Speed
Minimum Maximum sets

Key Meets: Short Course Provincial and Regional Championships
Long Course Provincial and Regional Championships
Team Challenge as selected
Invitational Meets as recommended by their coach
Regional Development Meets, as recommended by their coach

Training Description:

Stroke Technique and aerobic energy system training will be the primary focus for junior A level. Speed training and racing sets will be introduced in this level.

Progression to provincial/national level is based on the swimmers age.

Some swimmers in junior A level may be required to swim up a level for the purpose of intensity but not an increase in hours.

Junior B

3 pool hours

Coach: Lynn Michaud

Requirements: Minimum 1 season of experience / New registrations by evaluation

Testing: Kicking Times
Stroke Rate Times
Reaction Speed
Minimum Maximum sets



Key Meets: Short Course Provincial / Regional Champs
Long Course Provincial / Regional Champs
Team Challenge as selected
Tour Teams as qualified
Regional Development Meets as recommended by their coach
Invitational Meets as recommended by their coach

Training Descriptions:

Stroke technique and kicking endurance and power will be the focus of junior B level.

Development Group

2.25 pool hours

Coach: Danika, Olivia & Mireille

Requirements: The ability to swim 25 meters without stopping of all four swimming strokes.

Testing: Decathlon
800 meter swim
400 meter kick

Key Meets: Team Challenge as selected
Regional Development Meets
Regional B Championship Meet
Invitational meets as recommended by their coach

Training Description:

Technique, swimming rules and swimmers' etiquette will be the main focus of this group. The swimmer will be encouraged to understand the importance of being able to hold their technique over distance. Swimmers will be introduced to the importance of breath control, stroke efficiencies, as well as an understanding of stroke rates and the importance of distance per stroke.

Jr. Development

80 Pool Minutes

Coach: Danika, Olivia & Mireille

Requirements: Graduation from the FOSC swim program is recommended. Swimmers must also be proficient in the front crawl, back crawl, dolphin kick and whip kick.

Key Meets: Team Challenge as selected
In house
Top Fish
NEOR development, regional and championship

Training Description:

Continue to improve on the technique of front crawl and back crawl as well as be introduced to the butterfly and the breaststroke swims. Work on individual starts and relay starts will also be introduced to the swimmers.



PRACTICE SCHEDULE 2023/2024

Groups	MON	TUES	WED	THUR	FRIDAY	Mandatory Dryland	COACH
Senior A 10 pool hours 1 dryland hour	3:15-4:45pm	6:45-8:00 am 3:15-4:45pm	3:15-4:45pm	6:45-8:00 am 3:15-4:45pm	3:15-4:45pm	MON 4:45-5:15 & WED 4:45-5:15	Tracy
Senior B 8.75 pool hours 1 dryland hour	3:15-4:45pm	3:15-4:45pm	3:15-4:45pm	6:45-8:00 am 3:15-4:45pm	3:15-4:45pm	MON 4:45-5:15 & WED 4:45-5:15	Tracy
Senior C 8.75 pool hours 1 dryland hour	3:15-4:45pm	6:45-8:00 am 3:15-4:45pm	3:15-4:45pm	3:15-4:45pm	3:15-4:45pm	MON 4:45-5:15 & WED 4:45-5:15	Tracy
Junior A 4.75 pool hours	4:30-5:30pm		4:30-5:30pm	6:45-8:00 am	4:30-5:30pm		Sheri
Junior B 3 pool hours	4:15-5:15pm	4:15-5:15pm		4:15-5:15pm			Lynne
Development Level 2.25 pool hours	4:45-5:30pm		4:45-5:30pm		4:45-5:30pm		Olivia, Danika & Mireille
Junior Development 80 pool min		4:20-5:00pm		4:20-5:00pm			Olivia, Danika & Mireille



MEET SCHEDULE 2023/2024

NEOR 2023-2024 COMPETITION & TRAINING CAMP SCHEDULE				
Date	Meet Name	Host	Location	NOTES
2023				
Oct 28-29	NEOR 1 North & South	SSAT	SAULT	Open
Nov 12	Top Fish Northern	KAP	Kapuskasing	12 and under
Nov 17-18	Dominique Bouchard Invitational	NBYT	NORTH BAY	Open
Dec 2-3	KLAC Invitational	KLAC	Kirkland Lake	Open
Dec 8-10	Gatineau Short Course Invitational	Gatineau	Gatineau	Qualified
Dec 17	Elf Extravaganza	TMSC	Timmins	Timmins only
2024				
Jan 5-7	NEOR Senior Training Camp	Sudbury	Gatchel Pool	Qualified 14-17
Jan 20-21	TMSC Invitational	TMSC	Timmins	Open
Feb 2-4	Dave Kensit Champs	SSAT	Sault	Qualified
Feb 11	Top Fish Northern	KAP	Kapuskasing	12 and under
Feb 15-18	Ontario Junior Championships winter	Swim Ontario	Markham Pan Am pool	Qualified
Feb 17-18	Ontario Festival Championships winter	Swim Ontario	Etobicoke	Qualified 12 & under
Feb 24-25 2	NEOR 2 North only	Kirkland Lake	Kirkland Lake	Open
Feb 29-Mar 3	Ontario Senior Championships winter	Swim Ontario	Toronto Pan Am Pool	Qualified
March 23-24	NEOR Junior Training Camp	Sudbury	Gatchell pool	Qualified
March 21-24	Easterns	Swim Canada	Quebec City	Qualified
April 6-7	NEOR 3 North & South	North Bay	North Bay	Open
April 10-13	Canadian Championship winter	Swim Canada	Toronto Pan Am Pool	Qualified
April 21	Top Fish Northern	KLAC	Kirkland Lake	12 and under
April 26-28	Gatineau Long Course Invitational	Gatineau	Gatineau	13 & over qualified
May 11-12	Fred Rams Champs	TMSC	Timmins	de-qualified from A's
May 13-19	Olympic Trials	Swim Canada	Montreal Park Pool	Qualified
May 25 & 26	Mac Rising Starts #2	Markham	Markham	Open
June 8-9	NEOR 3 LC TBD	TBD	TBD	Qualified
June 13-16	Ontario Junior Championships summer	Swim Ontario	Markham	Qualified
June 14-16	Ontario Festival Championships	Swim Ontario	Etobicoke	Qualified 12 & under
July 24-30	Age Group nationals	Swim Canada	Toronto Pan Am Pool	Qualified



REGISTRATION AND FEES

Registration fees are based on a swimmer's placement in a specific training group, as recommended by the TMSC Head Coach taking into consideration, the general level of proficiency of each swimmer. Registration fees will be established on an annual basis, and are based on a nine-month swim season, from mid-September to mid-June.

When a family has more than one swimmer, the additional swimmers will be given a discount to the TMSC registration portion of the fee for their specific swimming level, as outlined in the Fee Schedule. The family swim fee discount applies in the following order: highest-level swimmer will be at the regular fee and subsequent levels from highest to lowest level of swim.

Swimmers changing from one level to another will be assessed a fee adjustment appropriate to the new level and are prorated for the remainder of the swim year. Swim parents will receive a notice advising of any change in fees.

Payment for registration fees will be in accordance with the Fee Schedule. Fifty percent (50%) due upon registration in September + Swim Ontario fees; and the remaining fifty percent (50%) due February (via postdated cheque collected during September registration).

NOTE:

If personal circumstances warrant and with the approval of the TMSC Executive, an installment plan for fees with a minimum up-front payment may be allowed, with postdated cheques for the balance up to March 1, of the following calendar year.

Swim Canada and Swim Ontario swimmer assessment fees are combined with the Club's registration fee.

Registration fees will only be reimbursed if requested, after all monies and commitments owing to the TMSC have been paid and a membership termination form has been completed. Pro-rated refunds will be calculated based on the date of the termination form.

All outstanding fees and fundraising commitments from the previous year must be paid in full before the swimmer(s) will be allowed to register in the current swim season.

There will be no refund of swim fees after March 15th of the current swim year. Prior to March 15th, any refund will be pro-rated, less two months plus any outstanding balance or fundraising commitment owed to TMSC.

Registration Fee Schedule 2023-2024

The charts below explain both the Marlin fees and the Swim Ontario fees. The Swim Ontario fees must be added to the TMSC swim fees at time of registration. The two fees added together make up the registration for each swimmer. The Swim Ontario fees are non-refundable.

The Swim Ontario fee is based upon the age of the swimmer.



TMSC Swim Fees

Timmins Marlins Fees	
Junior Development	\$656.96
Development	\$741.60
Junior B	\$1,067.93
Junior A	\$1,195.00
Senior C	\$1,265.10
Senior B	\$1,428.72
Senior A	\$1,500.00

Swim Ontario Swim Fees

Age	Swim Ontario Fee
8 and under	\$123.90
9-10	\$143.90
11-14	\$163.90
15 & Over	\$183.90

Family Discount

Family discounts do not apply to the Swim Canada and Swim Ontario fees. Family rate per swimmer, starting with the most senior swimmer, is as follows:

- 1st swimmer Full price
- 2nd swimmer 15% off
- 3rd or more 25% off

Late Fee

A late fee of \$50 will be added to the total registration fee of a swimmer who is not fully registered by the identified registration date. The registration of swimmers with the club and with Swim Ontario requires various steps of which some are time sensitive. Further, any swimmer not fully registered as per Swim Ontario standards cannot commence practices or be on the pool deck, for liability reasons.

SWIM MEETS

Home Meets

The meet schedule is not finalized until late September at the Regional AGM, so you will be informed once we officially know what meets we will be hosting for the Region. Other in-house meets may be held from time to time during the season.

It is extremely important that we all work together to make these meets a success. **Parents will be expected to work at the meet in various capacities. It takes over 80 people to run a successful Regional meet and every family is expected to have at least one person assisting in the running of the meet, as well as contributing in other capacities, such as donating food items.** If done well, a swim meet is a blast for the kids and reflects well on the Timmins Marlins. There is also the opportunity to raise funds with a successful swim meet.



These 'In House' meets introduce new swimmers to swim meets in a less intimidating environment, as well as provide swimmers with the opportunity to swim events that are not available to them on the regular schedule. These "In House" meets may be sanctioned by Swim Ontario, so if any Personal Bests are achieved, the new time(s) will be official.

Sign-Up sheets will be emailed three to four weeks prior to the sign-up deadline. Parents are encouraged to sign up early to ensure that the meet is well attended.

For more information on home meets, please approach a coach or contact the Meet Manager.

Away Meets

The Marlins compete in many regional meets across Northeastern Ontario. Swimmers who compete at the provincial level will also find themselves traveling to meets in Southern Ontario. Those competing at the National level may even have the opportunity to travel to other Provinces.

The Marlins' meet schedule each year is recommended by the Head Coach and approved by the Executive. The goal is to provide all swimmers, regardless of which level they are at, the opportunity to compete against themselves and other swimmers at the same level.

There are many different types of meets. Swim meets can run from a couple of hours to five days, depending on the type. The number of swimmers eligible to attend a specific meet will depend on many factors, including what level the swimmer is in and their qualifying times. The Head Coach will indicate at the beginning of the year which levels/swimmers are eligible for which meets. This will be refined as the qualifying times for specific meets become available from Swim Canada and Swim Ontario.

Every Marlin is encouraged to attend meets within our Region. These Regional meets serve as confidence builders and indicators of your swimmer's progress. It is important that all clubs in the northeast region support each other. Not only does it build comradery but also it allows swimmers to learn from each other, teach each other and test their own limits.

Approximately four to five weeks before each meet, a meet sign-up sheet will be emailed to everyone via Team Unify. This sheet will list the names of the swimmers who are eligible to attend that meet. The sheet will also contain pertinent information that will help parents decide if they wish to sign up their swimmer(s). Parents are encouraged to sign the sheet (yes or no) early.

This is very important because once the **sign-up deadline has passed it is too late to register your swimmer**. The more swimmers that sign up for bus meets, the lower transportation fees will be. Should a swimmer be signed up, but decide not to go after the deadline, they will still be responsible for their share of the costs.

If five or less swimmers sign up for an invitational meet, TMSC will withdraw from the meet.

The Marlins travel by bus to some Championship meets (1-2 meets, over 5hr drive). All swimmers are encouraged to travel by bus. This promotes team building and most swimmers look forward to the bus ride. Traveling by bus is also safer. The bus may be cancelled for any given meet if the number of swimmers attending is so few that using a bus is not feasible.

The safety of our swimmers is our top priority. Chaperones will be required for all bus meets. For away meets, parents can indicate their interest in being a chaperone by informing the Transportation Director. Swimmers cannot stay with a Coach.



Though a chaperone is provided during bus meets, **parents/guardians are still responsible in ensuring the full supervision of their swimmers(s) at all times during a meet;** thus, they must make their own arrangements (i.e. another swim parent or family member) if they are not readily available to their swimmer(s). The club is not responsible to provide supervision to swimmers age 18 or older. **If your child is on the bus and you are driving independently to the swim meet it is imperative that you pick up your child immediately upon them exiting the bus. The Chaperon is responsible for ensuring the children get on and off and travel safely, not for their supervision while at the meet – that is the responsibility of the swimmer’s parent/guardian.**

The logistics of away swim meets are the responsibility of the Travel & Accommodation Director; this includes arranging transportation, club block accommodations, and chaperoning where required. They work closely with the Head Coach to ensure that all the details are worked out and that the swimmers have a safe enjoyable meet. For further information about away meets, contact the Travel & Accommodation Director.

SWIMMER CONDUCT

Swimmers and Marlins members must follow the Code of Conduct at all times. The following code of conduct applies to all TMSC swimmers who represent the club at practices, training camps, team functions and swim meets including travel, hotel stays and billeting.

Swimmers will conduct themselves in a good sportsmanship manner and respect their fellow athletes, coaches, chaperones, officials and pool staff.

Swimmers will behave in a manner, which favorably reflects on themselves, their families, the Timmins Marlins Swim Club and the sport of swimming. Examples of inappropriate behavior include:

- Sexual impropriety
- Use of profane or disrespectful language
- Actions that threaten the safety of themselves and others
- Any behavior in violation of a criminal code
- Failure to comply with stated rules and/or curfews as set out by the coaches and chaperones.
- Causing property damage

A positive and successful image will enable our team greater opportunities in the future and encourage all swimmers **“To be the best that they can be”**. To provide a better understanding of the code, the following rules of behavior are provided. They apply to practices, meets, training camps, and to all team functions.

- Swimmers must comply with travel, training, competition, curfew and behavioral guidelines.
- Respect and cooperate with coaches and chaperones at all times.
- Wear proper team uniform at all meets as indicated by the coaches.
- Be punctual for practices, warm-ups, departure times, and club meetings.
- Refrain from using profanity around coaches, athletes, officials, chaperones, and pool staff. This behavior will not be tolerated.
- At a competition, be readily available to the coaches and sit with the team in the assigned



area to share in team support.

- At a swim meet, the coaches' primary concern is to help you perform to the best of your ability at the pool; therefore, coaches will deal with the swimming aspect of meets. Other matters such as questions or problems concerning food, travel or hotel should be directed to the attending chaperones.
- At a swim meet, if a swimmer must leave the deck, the swimmer needs to let their coach know. If the swimmer must leave the "team" for any reason, consult and inform the coach and chaperone.

During team travels, respect all guidelines established by coaches or chaperones. Consider that:

- Hotel etiquette of the highest caliber is mandatory. Rooms should be kept tidy, with garbage in the garbage cans and the room should be left in the same condition, as it was when you arrived. Because hotels are resting places for all guests, the following behavior is not acceptable: running up and down hallways or loitering in the halls.
- Constant room-to-room telephoning.
- Playing loud music or television (keep the volume down).
- Fist fights, wrestling or any kind of roughhousing.
- Jumping on the beds or damaging furniture (you will be billed for any damage you cause).
- Crank phone calls inside or outside of hotel.
- Pranks of any nature, which, may result in damage to property or injury to fellow teammates.
- Hotel room doors must be kept open if there is mixed company in a room without adult supervision.
- Running or other forms of horseplay are not tolerated in any public buildings.
- Curfews must be respected in order to allow teammates to rest and sleep undisturbed.
- Rest and study times will vary from trip to trip. Swimmers may be asked to stay in a room other than their own during the afternoon, depending on whether or not they need or wish to sleep before evening finals.
- While in the care of your parents or billets and attending a swim meet, all previously stated TMSC rules and disciplinary guidelines still apply.

Any violation of the above Code of Conduct will be dealt with in a timely fashion by the coach, the chaperone or the TMSC Executive, according to the guidelines presented in the TMSC Swimmer Discipline Policy. TMSC is also governed by the Swim Ontario and Swim Canada Code of Conduct that is signed during registration. Any violation of these 2 codes will also result in disciplinary action.

Payment of Meet Fees

The Travel & Accommodation Director as well as the Swim Meet Finances Director, use a formula based on Club policies to determine the meet fees.

It is the sole responsibility of the parent/guardian to respond to communications (email/website notices) to attend confirmation of attendance at meets.

If a parent/guardian misses the sign-up deadline their swimmer will not be able to participate in that meet. Further a swimmer who has unpaid meet fees or any other outstanding debts with the club will be unable to participate in the meet.



Meet Fees will be collected by the Transportation Director/Away Meet Manager Director (or designate) and are usually due the Wednesday prior to the meet. Team unify will also be a possibility for payment.

PARENTS' RESPONSIBILITIES AND PRIVILEGES

Chaperoning

Parents are encouraged to serve as chaperones at out-of-town meets.

Please indicate your interest in chaperoning to the Transportation Director.

The safety of our swimmers is our top priority. Chaperones are responsible for all swimmers in their care and also responsible for minor discipline, as per the TMSC Swimmer Discipline Policy and will be familiar with the TMSC Chaperone Guidelines. Guidelines for chaperones are available from the Director of Transportation. Chaperones will be required to undergo and submit to the Transportation Director a Vulnerable Police Check.

Annual General Meeting

This is a very important meeting. Attendance of all swim parents is encouraged. During the AGM, which is normally held in late May, the outgoing Executive presents a complete report of the past year's operations. All items on the pre-set agenda are discussed and, if need be, voted on. Parents are informed of up-coming changes at all levels. Furthermore, the new Executive is elected.

This is the best opportunity for parents to get informed and involved.

All motions for the AGM must be brought to the executive at least 30 days prior to the AGM.

Parents on Deck

The only parents allowed on deck during swim meets are working officials. The coaches are available for discussions, but NOT during practice. Please contact the head coach to make mutually convenient, arrangements if you need to have a discussion regarding your swimmer. Parents that are fully registered as officials are insured to be on deck, but only during sanctioned swim meets when performing the function of an official.

SWIMMER'S ACCOUNT

Each Swim Family will have a swimmer's account. The Vice-President maintains the swimmer's account ledger. Every effort is made to ensure the swimmer's account balance is up to date.

When a swim family exceeds their minimum requirement for fundraising activity, a portion will be credited to the swimmer's account.

- Sponsorship: Anything above the \$350 requirement – 100% will go in the swimmer's account
- Raffle: A minimum of 5 books must be sold. Anything above the 5 books, 50% will go to the Marlins, and 50% will go to the swimmer's account.
- Flipgive: Anything over the \$250 minimum requirement will go to the swimmer's account.



Reimbursements for officiating subsidies, approved expenses and over payment of fees are also credited to the swimmer's account.

The funds in the swimmer's account may be used to purchase TMSC swim equipment, TMSC clothing, pay for registration fees, meet fees, and cover transportation costs and fundraising commitments. *It is not used to cover social activities with the exception of the banquet or accommodations at away meets.* If your swim account goes into a negative balance, monies owed will be due immediately.

If monies are owed (i.e. for swim meets) beyond one week of the date of which they were due and no other arrangements are made, **the funds will be automatically removed from your swimmer's account.** TMSC parents may request to see their swimmer's account at any time by contacting the Treasurer.

Should the swim family leave the club, the funds in the swimmer's account will remain with the club, and may be used to cover any outstanding balances. The swim account will remain open until the start of the following season and available to the swim family should they return to the Marlins. If your swimmer does not return to the Marlins after one year absence from the team, all monies remaining in the swim account will be transferred back to the general Marlins account and funds will remain with the club.

FUNDRAISING

Fundraising is essential to help the Timmins Marlins operate throughout the swim season and helps to keep the swim fees at a minimum. Refer to the TMSC Fundraising Manual for more details.

SOCIAL ACTIVITIES

Social events may be scheduled throughout the year with the objective of providing an opportunity for swim families to have fun, get to know each other, and share ideas.

If you have any ideas and are interested in leading or assisting with organizing a social activity for the swimmers, please contact any member of the Executive.

Planned activities for the upcoming season, only possible with the co-operation of volunteers, include (but are not limited to):

- **The Christmas Elf Extravaganza**
- **Team Captains Scheduling**
- **The Annual Year End Banquet**

Families are encouraged to participate in these activities to meet other swimmers and their families. Watch for notices on the Marlins bulletin board, Facebook and the TMSC website for more information.



CODE OF CONDUCT, ETHICS AND DISCIPLINE

Upon registration, parents and swimmers will be required to sign the TMSC Swimmer Code of Conduct, acknowledging their understanding of the document.

The Timmins Marlins Swim Club's main objectives are to promote, foster, teach and perpetuate the sport of swimming and to encourage the training of all athletes for competition in the field of amateur swimming. The club has always promoted the well-being, the safety and the respect of all athletes involved in the sport.

Swim Ontario Code of Conduct can be found on our website.

OFFICIATING

WHO are the swim officials? Officials are typically comprised of parents of the swimmers, and often many of the senior officials are comprised of parents of swimmers who have graduated the system. Swim Officials are required to be fully registered with Swim Canada and be affiliated to a registered swim team. All swim officials must receive sanctioned training before performing their role during a swim meet. "All" officials at a swim meet are volunteers, there are no paid positions.

WHY do parents work as officials? There are several reasons:

- If there are no officials, there are no swim meets! It takes approximately 35 officials to run a swim meet. A sanctioned swim meet must have a minimum number of officials, based on position and experience level.
- It is the club's obligation to supply officials for out of town meets. In this respect, each team that participates in the meet will share the volunteer base required to manage the meet. In fact, some meet packages make it a condition to supply a designated number of officials for the meet. For "in house" meets, the officials comprise 100% Marlins parents, so we need all hands on deck.
- It gives you the best seat in the house to watch the swimming.
- Being an official gives you a better understanding of the rules and techniques that govern competitive swimming.
- Most swim meets that we attend are also attended by the same teams from around the region. Often, the same parents volunteer at each of the meets, so it is also a good opportunity to make friendships amongst other parents from around the region and share information.

HOW - Each year, every official must first fully register with Swim Canada / Swim Ontario, similar to registering your swimmers, except there are no fees, except for the fee that the swim team issues to Swim Ontario to cover insurance. There is a registration process for both returning officials and new officials. Every official, once registered, will have their own profile and account on the Swim Canada website that will allow you to track your experience levels and create deck logs to track swim meets and positions that volunteered.

There are five levels of officials, each designated by a color code or pin. Each level is achieved only after specific training at the various positions is received, and experience of "deck evaluations" are performed by a referee at a swim meet. Each level requires a minimum number of positions to have been trained and signed off before officially being recognized by



Swim Ontario. As you can imagine, with the limited number of swim meets that we attend every year, it takes many years of training and commitment to achieve a level IV and V designation.

You do not need any experience or training to sign up or complete the registration process as an official. Before the meet, you are given basic information to enable you to work as a timer. **It is highly recommended that anyone who plans to work as an official, take the Level 1 Introduction to Swimming Officiating Clinic** when it is offered. This clinic gives general information on officiating levels, meet operation, and specific instruction on working as a Timer, Marshal and 15-meter Judge/False-start Rope Operator. Once you take the Level 1 Clinic, you are classed as a Level 1 Official, and receive the red maple leaf badge. The Level 1 Clinic is a prerequisite to take other officiating clinics that are offered during the season.

Swim officials who sign up for away meets are eligible to receive the club officiating subsidy. The officials may be eligible to receive one third of their hotel rooms' costs paid by the club at NEOR swim meets if they volunteer at the minimum number of sessions during a meet (see TMSC Policy for details)

Signing up as an official at a swim meet is typically done electronically. Most teams have adopted an online platform to sign up and choose various volunteer positions at a swim meet. The team official's coordinator will coordinate with the host team to identify the link to the signup. An email will typically be distributed to all parents 2-3 weeks prior to the meet asking for official volunteers. In most cases you will sign up yourself on the online platform, but in some cases, the TMSC official's coordinator will collect names and provide them to the host team. Signups fill up quickly for some meets, but others often require numerous requests to meet the minimum number of officials.

WHERE do you obtain additional information on officiating? The club has an Officials Director as part of the TMSC Executive. Contact the Director at tmscofficials@gmail.com to learn more on how you can get involved or you can find out more information on officiating at the Swim Ontario Website.

The following gives you an idea of the wide variety of talents needed to make a meet happen for our children. It is presented courtesy of Swim Ontario (the governing body for competitive swimming in Ontario);

Officials - Officials are present at all competitions to implement the technical rules of swimming and to ensure that the competition is fair and equitable. Officials attend clinics, pass written tests, and work meets before being certified. All parents are encouraged to get involved with some form of officiating. If you are interested, contact your club's officials' chairperson. Swim Clubs are expected to have a minimum number of officials at each level.

Timekeepers – operate timing devices (stopwatches or automatic timing equipment) and record the official time for each swimmer in their lane.

Turn Inspectors – observe from each end of the pool and ensure that the turns and finishes comply with the rules applicable to each stroke.

Stroke Judges – observe from both sides of the pool, walking abreast of the swimmers, to ensure that the rules relating to each stroke are being followed.



Relay Take-off Judges – stand beside the starting blocks to observe the relay exchanges, ensuring that the feet of the departing swimmer have not lost contact with the block before the incoming swimmer touches the end of the pool.

The Clerk of Course – arranges the swimmers into their proper heats and lanes.

Chief Recorder (Recorder-Scorer) – The Chief Recorder (Recorder-Scorer) is responsible for compiling the times and generating result printouts using swimming specific software.

Chief Finish Judge / Chief Judge Electronics – The Chief Finish Judge (CFJ) or the Chief Judge Electronics (CJE) determines the official times, results and placing of the swimmers.

Meet Manager – The Meet Manager is the general manager of the entire competition. They have duties before, during and after the meet.

The Starter – assumes control of the swimmers from the Referee, directs them to take their mark, and sees that no swimmer is in motion prior to giving the start signal.

The Referee – has overall authority and control of the competition, ensuring that all the rules are followed; assigns and instructs all official; and decides all questions relating to the conduct of the meet.

Violations of the rules are reported to the Referee, and the rules require that every reasonable effort be made to notify the swimmers or their coaches of the reasons for any disqualifications. If your child is disqualified (DQ'd), in an event, be supportive rather than critical. For newer swimmers, a disqualification should be treated as a learning experience, not as punishment. A disqualification alerts the swimmer and coach to what portions of the swimmer's stroke needs correction. It should be considered in the same light as an incorrect answer in schoolwork: it points out areas that need further practice. The disqualification is necessary to keep the competition fair and equitable for all other competitors. 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.

COMMUNICATIONS

There are numerous methods the TMSC uses to communicate with swimmers and families about information pertaining to the Club, such as email, website, Facebook or the bulletin board. We recognize that members prefer a variety of mechanisms for communication. We will primarily be using Facebook and the website <https://www.timminsmarlins.ca> for communications.

The Bulletin Boards in the lobby of the Sportsplex facility will also have many pertinent pieces of information for you and your swimmer throughout the year. Club activities and social events bulletins are also posted. Other areas of the board that get attention are: Club and Regional records lists, the Bingo schedule, communications from the Executive and the Coaching staff, just to name a few.

We will continue to make it our goal for the current swim season to increase and expand the profile of the TMSC on the local sporting scene and in the local media. Our swimmers are amongst the most hardworking, dedicated and successful athletes in the entire Northeast region and deserve to have their many achievements recognized. We also like to recognize any outstanding achievements our swimmers have outside of swimming. If your swimmer (s) has



some amazing news or an accomplishment we'd love to celebrate their achievements.

If you have any questions or suggestions, please contact the Director of Communications.
tmsccommunications@gmail.com

T.M.S.C. EQUIPMENT

Tracy will advise your swimmer as to what specific equipment is necessary for their level. Training suits and TMSC caps (latex and silicone) and an assortment of goggles are available. The Vice President is responsible for equipment; please contact to set up a time that works for both of us to ensure you get the equipment you need. Payment can be done via swim account, cash or cheque made out to TMSC.

Other equipment such as fins, hand paddles, kick boards, racing suits, pull buoys and swimming bags are not routinely available at the pool. The best way to order this (or any) type of equipment is through the Team Aquatics website www.team-aquatic.com. Go online, browse the items, add to cart and then proceed to check-out. Once at checkout, you will see a box called Discount Code. **Enter marlinsrock to get 10% off!** This code can be used by family and friends so spread the word. The more we use it, the larger the credit TMSC gets from Team Aquatics at the end of the year.

AWARD DESCRIPTIONS

Janet Tripp Memorial Award:

The Janet Tripp Award is voted on by the executive in consultation with the Coaching Staff. The Janet Tripp Memorial Award is awarded to a swimmer who demonstrates the qualities of dedication, team spirit, leadership, who is supportive of his or her peers and a good all-round role model both on and off the deck.

Most Improved: (Coaching Staff)

One male, one female swimmer in the following categories:

- Jr. Development
- Development
- Junior A & B
- Senior A, B & C

Most Improved swimmer will be determined using FINA score points. The totals from all of their events for each swimmer will be added together and the previous seasons total will be subtracted from the current season to determine the swimmer with the greatest improvement. For Skills Entry, Jr. Development and Development coaches will also provide input for improvement award.

Age Group High Point Performance: (Coaching Staff)

This award is a mathematical calculation based on the amount of FINA points accumulated by the swimmer during the swim season. According to the swimming journal FINA points can be described as "The FINA Points allow comparisons of results among different events. The FINA Points Table assigns point values to swimming performances, more points for world class performances typically 1000 or more and fewer points for slower performances." Base times are



established every year using the latest FINA approved world record as a basis. To learn more about FINA please visit <http://www.fina.org/content/fina>

One male, one female swimmer in the following categories:

- 10 & under
- 11
- 12
- 13
- 14 and over

Most Valuable Swimmer: (Coaching Staff)

Most valuable swimmer will be selected by points scored throughout the season. Points will be accumulated from their five best events. Finals at championship meets, 10 points for each final, as well as 100 pts. For each Provincial and National qualifying standards, they have achieved. Swimmers' attitude towards coaching staff and team members will contribute to the decision. Swimmers must have achieved at least one qualifying time at the Festival level or higher to be considered for this award. It is important to note what separates this award from the Age Group High Point Performance award is the athlete's ability to encompass the leadership of taking on the responsibility of leading TMSC at every level of competition.

Swimmers' Choice: (swimmers vote)

Swimmers' choice will be awarded to a swimmer who is chosen by their teammates.

SAFETY

PLEASE READ CAREFULLY WITH YOUR SWIMMER

PARENTS:

Do not drop your swimmer off at the pool until you know that his/her coach is present (no earlier than 15 minutes prior to the start of the practice).

If your swimmer uses public transportation, be sure to brief him/her on safety measures such as: sitting near the driver, not getting involved with strangers, etc.

Your Coach will take attendance. However, he/she would like to know in advance if a swimmer will miss a practice. You should make sure your swimmer is at swim practice and not somewhere else.

SWIMMERS:

We are guests at the pools we use. You must stay in the immediate pool area. Dressing rooms and shower rooms are usually wet and can be dangerous.

DO NOT run, shove, push, flip towels or create unsafe situations.

The pool itself has several danger spots that you must be aware of:

- **Wet decks (no running)**



- **Deep water (non-swimmers, keep out)**
- **Shallow water (no diving)**
- **Other swimmers (always be aware of your position in the pool and in your lane)**

NUTRITION

Start right now on a seasonal plan of good eating and healthy physical activity, and your swimmer will display immediate benefits. **Please note that no junk food is allowed either on the bus or at swim meets. If you are not sure which food you should not pack for the swim meet please consult the head coach.**

Caloric Intake

For maturing young swimmers, the base calorie intake should be no less than 1500 calories per day. For every hour of swimming or activity you should add 400 – 600 calories to the base. For example, a swimmer having 4 hours of swimming/land training should intake a between 3100 & 3900 calories. To determine if your swimmer is receiving enough calories simply write down everything they ate during the entire day (use an average of 3 days for best results).

Using Canada's Food Guide is an alternative to counting calories. Suggested servings are:

~ 10 Grain Products ~ 8 Fruit & Vegetable ~ 3 Milk Products ~ 3 Meat & Alternatives

Fat

Limiting fat should not be a priority when planning your swimmer's meals. Fat is the primary fuel used when swimming longer practices. Fat is also important to transport fat-soluble vitamins. Daily calorie intake **fat = 20 – 30 %**

Protein

Protein is essential for bodily tissues for maintenance, growth and repair. They also play a vital role in the immune system and the oxygen transport system used to swim & perform daily activity. Daily calorie intake **protein = 15 – 20 %**

Carbohydrates

Carbohydrates are digested in the body to form blood glucose. Besides being essential for caloric needs Carbohydrates are either 1) converted to glycogen; primary fuel used by anaerobic energy-delivery system 2) stored in tissue as fat. Carbohydrates in the form of blood glucose are a fuel source for aerobic energy-delivery system. Daily calorie intake **carbohydrates = 50 – 60 %**

Iron

Iron is component of red blood cells that attracts and transports oxygen. Having an iron deficiency can cause swimmers performances to suffer because they cannot use oxygen properly. Adolescent females need to be extra diligent with iron intake when they start to experience the iron loss associated with menstruation. Blood testing is the best way to evaluate your swimmers iron levels. Supplementing intake with multivitamins is the best way to increase their iron levels.

Calcium

Due to rapid bone growth calcium intake is very important. Calcium also has an important role in muscular contraction and transmission of nerve impulses.

Fluid Intake

Becoming dehydrated is a health risk, and it can hamper performance: excessive fluid loss decreases blood volume, increases viscosity and decreases the rate of blood flow to working



muscles. Recovery time from workout can be increase 10 times if swimmer is dehydrated!

Nutrient Replacement

Swimmers should eat something easily digested within 20 minutes of completing practice; the body is craving nutrients, and this period directly after practice is the best time to replace them.

SPIN CLASS WITH DISCOVER FITNESS

Who – TMSC Senior A, B C swimmers

What? – Spin Classes/conditioning 😊

WHEN? – 8-9am Saturdays

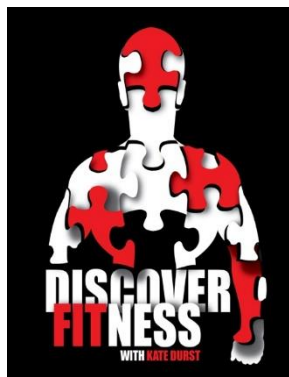
Sept 16, 23, 30 - Oct 7, 14, 21 - Nov 4, 11, 25 - Dec 2, 23, 30 - Jan 6, 13, 27 - Feb 10, 17 - Mar 2, 9, 16, 23, 30 - Apr 13, 20 - May 4, 18

dates subject to change based on meet schedule

Where – Discover Fitness 227 Spruce St S

How Much – \$20/Swimming for access fob

Bring – Indoor shoes, water bottle, small towel & Energy!
Don't forget to sign your waiver!



= RESULTS 😊