

BEDFORD BEAVERS SWIM TEAM



HANDBOOK

Welcome to the Beavers

Welcome Bedford Beaver families, old and new. As a summer swim team, we emphasize a maximum of participation and fun for all team members with a spirit of friendly competition. We also strive to improve stroke technique and personal best times, and to remain competitive in the province while aiming for the Provincial Championships held at the end of the summer.

Our weekly newsletter the *Buzz* will keep you up to date during the season about meets, schedules, and social events. It is transmitted electronically so please make sure you provide the club with an email address and check your emails frequently.

Information can also be found on our website: www.bedfordbeavers.com

Please free to watch your child from the stands and if you have concerns or questions, speak to the parent liaison for your child's age group or a member of the executive, all of whom are listed on the *Contacts* section of our website. Parent meetings are usually held at the very beginning of the season, mid season, and finally at our Annual General Meeting which takes place in the fall or winter once the season is over.

Our e-mail is admin@bedfordbeavers.com

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Who We Are

The Bedford Beavers are a competitive summer swim club with approximately 100-120 swimmers ranging in age from 5 to 18. The club, started in the mid 1970's and swims out of the Bedford Lions pool on Shore Drive in Bedford.

The administration of the club is carried out by a group of parent volunteers, the Bedford Beavers Parents Association, a non-profit organization.

The Beavers practice every weekday at the Lions pool from the beginning of July to the start of Provincials, usually held during the third week of August. Our season lasts about 8 weeks, and in some years we begin training in mid June at one of the nearby indoor pools, should finances and pool time permit.

Many of our swimmers are able to achieve ambitious goals they set for themselves in swimming and many develop friendships, not just with other Beavers, but with other swimmers across the province, which last a lifetime. Our swimmers are supported by a talented coaching staff and a willing group of parent volunteers.

Coaching Staff

The Beavers select an experienced and committed coaching staff annually through a resume and interview process. In most years we have a head coach and two assistant coaches. All coaches are present for all practices and swim meets. We may also add part-time junior coaches to assist with the development of our 10 and under swimmers. The number of coaches in any given year will depend on the number of swimmers and financial considerations.

The full-time coaches are selected by the Club President and two other parent volunteers. The selection committee for part time junior coaches will be comprised of two members of the full-time coach selection committee and the Head Coach. Priority selection of part-time coaches will be afforded to senior Beaver swimmers (age 15-18) who make a full-time swimming commitment to the club for that year. If all applicants are considered to be equally qualified, preference will be given to swimmers aged 17-18.

Registration

Eligibility

Each child must be able to swim the length of the pool unassisted and without interruption in order to register for the team. Returning swimmers are automatically eligible to re-register, provided they have met the minimum attendance requirements for the prior year. Registered winter swimmers are not eligible to join the Beavers.

Filling of positions

Most years the Beavers have a very high percentage of returning swimmers, resulting in few vacancies and a waiting list for new applicants. Positions in each age group are filled in the following order of priority:

- Prior year returning swimmers providing the swimmer attended a minimum of 1/3 of the practices and two swim meets in the previous year
- Beaver sibling applicants on a one-time basis (see note below regarding retired swimmers)
- Gender balancing of age groups
- Lottery used to fill remaining positions

No tryouts are required.

Returning of “retired” swimmers

Swimmers who have left the Beavers for a season or more and decide to return will participate in the lottery for open positions. This applies to all swimmers, including those with siblings on the team, who have left the team and decide to return.

Dates

Registration is held during the month of March for returning and new swimmers. New applicants will be notified by the end of March if they have a spot on the team. This will enable swimmers to participate in Spring Training, which is traditionally held at the Dalplex Pool during the months of April – June.

Fees

Bedford Beavers fees include all coaching costs, pool time, meet entry fees and registration with Swim NS. The fee may be divided into two for ease of payment. Postdated cheques are due with registration, with ½ payable on that date and the second due by the end of May.

Fundraising

The Beavers primary form of fundraising takes place at the Bedford meet. Proceeds from the canteen and a raffle are used to offset costs not covered by registration fees. The fees due as part of registration include a \$10 charge per

family to cover costs associated with supplying the canteen for the meet. In some years additional fund raising may be required, particularly in years where the Beavers host Provincials.

Club Refund Policy

In general there are no refunds. In the instance where a swimmer registers and informs the club before the end of May of their intention to not join, ½ of the registration fee will be refunded. In the case of injury or illness that will prohibit the swimmer from participating, refunds will be considered.

Training and Racing

At Beavers, swimmers are placed in training groups according to age and gender. Age group is determined by the child's age as of July 1 of that year. Training schedules will be set at the beginning of the season depending on the number of swimmers in a particular age group. The age groups may be split, depending on group size but pool time generally looks like this:

Morning:	Monday to Thursday	7:30Am - 8:30 AM	optional Ages 9+
Afternoon:	Monday to Friday	4-5PM	8 & Under
		5-6PM	9&10
		6-7PM	11&12
		7-8PM	13+

Time trials are also held at least three times throughout the season. These are held on Wednesday evenings beginning at 4PM for warm-ups, with racing starting around 4:30PM. Time trials are run similar to a meet and allow for swimmers to practice racing against other Beavers, and sometimes against other teams that we may invite to join us. The times recorded at time trials are considered in determining "best times" for selection of the Beavers Provincial Team.

In recent years we have also introduced land training for the 9 and up swimmers. The times for this will be included in the training schedule for the year once established.

Swimmers are encouraged to attend all practices and enter as many meets as possible. Your yearly fees include all coaching costs, pool time, dry land training, meet entry fees and registration with Swim NS.

At the end of the year prizes are awarded at our annual Awards Banquet for most dedicated and most improved by gender in each age group.

Attending Meets

All swimmers can attend all meets with the exception of the Provincial Swim Meet and the St Margaret's Bay Swim Meet. Other than Provincials, there are no qualifying times for meets; meets are open to all swimmers regardless of experience or ability.

In order to attend the Provincial meet, the swimmer must meet certain criteria (see Provincial Selection Section). The St Margaret's Bay Meet is intended for swimmers who have limited opportunity to participate in Provincials and is a fun meet at which times recorded are not considered for Provincial qualification.

Except for the two exceptions noted above, all swimmers are entered for all meets, unless you notify the statistics coordinators by the time specified (identified in the Buzz weekly) that you will not be attending. It is important to let us know if you are not attending to avoid "empty lanes" at the meet, which slow the meet down and take away some of the excitement from the races.

Parents are responsible for getting their swimmers to the meets and supervision of their swimmers at the meets. Warm-ups are at assigned times between 7-9AM, with the meet usually starting at 9AM. (In some cases this will be earlier). The website will have our warm-up times posted as they come available. The meet usually finishes by mid to late afternoon. Most meets target to have the 8 and under events completed by lunchtime.

Meet locations

Most summers the Beavers are invited to meets hosted by teams in the following locations: Kentville, Waeg (Halifax), Bridgewater, Lunenburg, Bridgetown, Digby, Windsor, Colby (Dartmouth), St Margaret's Bay and, of course, our Bedford meet. The meet schedule is set by the end of May. Directions to each of the pools are at the back of this handbook.

Competing at meets

Swimmers will race and compete within his/her age group (e.g. 8 and under, 9-10, 11-12, 13-14, 15-16, 17-18.) There is at least one swim meet on each weekend, sometimes two. Each meet has a template of the events; Template A is usually Short Free, Backstroke, Individual Medley (I.M.) and Free Relay. Template B is usually Butterfly, Breaststroke, Long Free and Medley Relay. The schedule for meets is determined at the Presidents' meeting held in early May and typically run in alternating order. (i.e. "A" meet, followed by "B" meet, etc). In some circumstances meets may need to be rescheduled which can alter the template order from week to week.

In most cases the swimmers will be seeded according to their best times swum in the event for the year, with the heats progressing from slowest to fastest. Swimmers without a time in an event are entered as an "NT" (no time) and swim

in one of the early heats. Except for Provincials, swimmers can be entered in all events in the meet, except relays, where the coaches select the relay team for that week. All meets are within Nova Scotia.

There are no preliminaries and finals, rather each swim is considered a “timed final”; the time the swimmer achieves in their heat is used to determine placement. Ribbons are awarded for 1st to 3rd place for most meets and for some meets ribbons may be awarded up to 10th place.

What to bring to a meet

Rain and/or cool weather do not stop a summer swim meet! The meet goes on unless there is thunder, lightning, or severe enough wind or rain that it is unsafe to proceed. In such an event, the officials, in consultation with the coaches, decide if there will be a delay or cancellation of the meet.

Accordingly, here are things to bring to a swim meet:

- swimmer(s) and their suit, goggles and cap
- flip-flops or Crocs
- Towels
- Warm clothes
- Rain gear
- Another change of clothes
- Lawn chair
- Tent (optional)
- Healthy snacks and drinks
- Water
- Sunscreen
- Umbrella
- Money (everyone has a canteen they need you to support)

Meet Officials

There are a number of officials required to successfully run a swim meet. These are the people on the deck in the white shirts. Many Beaver parents are actively involved in officiating and each club is asked to contribute a number of officials to each meet. The easiest way to get involved is to be a timer – and there are many other spots to be filled when we host our Bedford Meet. The Beavers and other teams host clinics throughout the season to train new officials. It is a great way to get involved and you get no better view than being on the deck!

Following are the officials usually involved in our summer meets:

MEET MANAGER – provided by host club

- prepares and distributes Meet Information
- makes arrangements for pool time, rooms, equipment, supplies, awards, etc
- arranges for officials (may delegate to Officials’ Coordinator)

- ensures that entries; psych sheets, heat sheets, finals sheets and Timekeepers Sheets are prepared in timely manner (by computer operator)
- works with coaches & officials to ensure a smoothly run event
- deals with any problems not referred to the Referee
- ensures that post meet information is circulated (results)

TIMEKEEPER (2 or 3 per lane) “Timer”

- takes time of each swimmer in their lane
- record times on Timekeeper Sheets;
- may be assigned to take splits with the plunger system if the electronic timing system is in place

CHIEF TIMEKEEPER (*may have an assistant*)

- briefs Timekeepers prior to session
- signs watches out/in
- takes time of lead swimmer in each heat
- instructs Timekeepers when to clear watches
- monitors times to ensure watches are operating accurately
- alerts Referee if all Timekeepers not ready for Start

MARSHALL – *provided by host club*

- assists with directing swimmers to correct heats and lanes
- assists with deck control

CLERK OF COURSE – *provided by host club*

- checks in swimmers and with Marshall(s) sees that swimmers proceed to correct heats & lanes
- ensures quiet and order on the pool deck
- is responsible for seeding at deck seeded meets
- notifies Referee when anything is not as published in the Heat Sheet

STROKE AND TURN JUDGE

- positioned on both sides of the pool and or at the end of the pool
- observes the stroke techniques of the swimmers and judges whether rule infractions have occurred
- observes the turn techniques of the swimmers and judges whether rule infractions have occurred
- confirms with the Referee the validity of a disqualification
- makes every effort to notify the swimmer or the coach of the disqualification
- confirms with the Referee the validity of a disqualification
- makes every effort to notify the swimmer or the coach of the disqualification

RELAY TAKEOVER JUDGE – usually only at Provincials

- may be Inspector of Strokes and/or Turns
- judges the touching and takeoff to determine fair takeover

REFEREE

- chief official at the meet, with full authority over all aspects of the session
- briefs the Stroke & Turn Judges on the tolerances of the meet
- ensures fairness and makes decisions not clear in the rules
- is the final rule on Stroke & Turn infractions

STARTER

- starts each race by gun/horn/electronic start system, making sure the start is fair; may serve as Inspector of Turns

CHIEF FINISH JUDGE – usually only at Provincials

- briefs the runners on their duties
- determines official times on each Timekeepers Sheet
- compiles cards (when used) in order of finish
- assigns placings and times

COMPUTER OPERATOR (Stats) – provided by Swim NS or host club

- enters scratches, deck entries, etc. just prior to start of session
- prints Timekeepers Sheets
- prints Heat Sheets
- enters results, publishes event postings, scoring reports, etc.
- submits results to Swim Nova Scotia
- prints Team Rosters & Psych Sheets for Provincials

Provincials

The Provincial Championships are held at the end of the season, usually during the third week of August. The meet starts on Friday afternoon and finishes late afternoon on Sunday. The location rotates from year to year.

Qualifying for Provincials

In order to attend Provincials a swimmer must either (1) swim a provincial qualifying time during the season at either a time trial or swim meet or (2) be chosen as a swimmer for that event by the team where the team has a number of allocated berths in an event, for which all of the spots are not filled.

A swimmer who meets or exceeds the qualifying standard for an individual event is eligible to swim that event at the provincial championship meet, up to a maximum of five individual events.

Times swum in yard pools (Bridgetown and Kentville) are converted to equivalent metre pool times for determining rankings and provincial qualification.

Each team is allocated a number of automatic berths for each event and some teams, depending on size, can be allocated extra berths. To be eligible for consideration for the Beavers Provincial Championship Team berths that have not been filled by swimmers with qualifying times, a swimmer must have attended 50% of Beavers practices and 50% of the combination of all Beaver time trials and the regular season swim meets hosted by summer swim clubs in Nova Scotia. The selections are made based on best times, once the attendance requirements are satisfied.

Relay teams are selected using the combination of swimmers that results in the fastest time based on individual swims, provided attendance requirements are met. In 2008 summer swimming began to allow two relay teams per club.

Rankings for each event for all summer swimmers are posted weekly on the Swim Nova Scotia website, based on times swum during the current season.

Medals and Awards

Medals are awarded to the swimmers achieving 1st, 2nd, and 3rd places in each event. Medal presentations are held periodically throughout the meet, usually during lunch breaks and at the following the completion of the meet. Team awards and individual recognition awards are presented following the completion of the meet.

Participation Commitment

Consistent with most youth sport organizations, the Bedford Beavers Swim Club feels that it is very important for the swimmers in the club to regularly attend practices and competitions. For swimmers in our club to put themselves in a position to learn, improve and receive a positive experience requires regular and routine participation in training and competition.

Attendance Policy

The Beavers Attendance Policy is specifically designed to establish a reasonable and minimum standard of attendance for those swimmers who wish to be considered for selection to Beaver relay teams and for berths unfilled by qualifying swimmers at the annual Nova Scotia Summer Swimming Provincial Championship Swim Meet, as described in the Provincials section. As well, in order to qualify for automatic registration in the following year, a minimum standard of attendance is also required as described in the Registration section.

The details of the attendance policy are:

- Attendance at Beaver practices and meets is recorded commencing on the first day of practices at Lions Park Pool.
- The Beavers Provincial Championship Team is selected approximately 10 days before the provincial meet begins, although if a swimmer meets the

50% regulation at the time the team is picked but has poor attendance from that time until the provincial meet such that their overall practice attendance falls below the 50% threshold, the club would reserve the right to reconsider that swimmer's potential participation, at least on the Beaver's relay teams.

- Days when weather or other factors result in the cancellation of practices, time trials or swim meets are excluded from the calculations.
- The evening practice is the standard for the attendance policy. However, should a swimmer be unable to attend an evening practice but has attended the optional morning practice same day, that swimmer will be recorded as having attended practice for that day and will receive full credit for attending practice that day. For clarity, a swimmer cannot transfer attendance at a morning practice to cover an absence at an evening practice on another day.
- Personal family vacations are not considered for any exemption for practice, time trial and swim meet attendance.
- In the event that any evening practices are cancelled due to inclement weather, pool mechanical failure or other reasons, the number of available practices for the season in which attendance is recorded will simply be reduced by one. If some practices on a given date occur, but other practices are cancelled, attendance will be recorded for those practices that were held. Similarly, there are a few dates on the annual Beaver calendar for social events where there are no evening practices offered. These dates are not counted for attendance purposes.
- Special circumstances will be considered relative to the attendance policy and the selection of the Beavers provincial championship team. The most obvious would be an injury to a swimmer. In such a case, the swimmer is encouraged to regularly attend Beaver practices to demonstrate their commitment to the team, during the period when they cannot participate in the pool. If any such situations develop, it would be important for the family to dialogue with the Beaver's president just as soon as such situations develop and to gain some perspective on how the specific situation might be reviewed.

Parental involvement

In addition to the swimmer participation commitment described in the attendance policy, parental involvement is expected and required to successfully run our team and our swim meet. There are a number of parent volunteer roles that are selected annually at the annual general meeting. Executive appointments are for two year terms; all others are for one year. Reoffering is encouraged.

The positions are as follows:

Executive: President
Vice-President
Treasurer
Registrar

Others: Secretary
Age group parent liaisons
Buzz newsletter
Clothing
Equipment
Facilities Development
Off-season training coordinator
Social
Statistics
Time Trials and Officials Coordinator
Website administrator

In addition to these roles, we require parental involvement with our Bedford meet to run the canteen, organize raffles, provide on-deck snacks for officials, and many other tasks. There will be a sign-up sheet posted at the pool for volunteer sign-up as we get close to the meet. Please help out!

Please feel free to watch your child from the stands and if you have concerns or questions, speak to the parent liaison for your child's age group or a member of the executive, all of whom are listed on the *Contacts* section of our website. In order for the coaches to focus on the development of the swimmers during pool time, parents should stay off the deck during practices and refrain from approaching the coaches while practices are in session.

Parent meetings are usually held at the very beginning of the season, mid season, and finally at our Annual General Meeting which takes place in the fall or winter once the season is over. Minutes of the meetings and motions passed at meetings are listed on the *Message Board* page of the website.

Off- Season Training

The Beavers in most years offer an off-season training program at one of the nearby indoor pools, which allows for two hours of coached pool time per week. In order to retain eligibility for summer swimming, swimmers must abide by the Winter Training Policy provided by Swim Nova Scotia. As part of the registration process, each applicant must sign an affidavit stating that they have complied with the policy.

Swim Nova Scotia Winter Training Policy for Summer Swimmers

4.2 Winter Training Policy

From November 1 to May 31, the amount of training permitted by a summer swimmer is restricted, if they wish to retain summer swimming status. To be considered eligible to register for summer swimming, and/or be considered eligible to compete at any summer meet, a swimmer may swim not more than 2 hours per week in a coach or parent directed program.

The two hours per week does not include:

- Red Cross and Life Saving Society Classes, "I Can Swim" Classes, YMCA swim instruction program
- Fundraising swim-a-thons
- Other water sports such as Synchronized Swimming, Water Polo, or Diving.

Summer swimmers will be permitted to attend one swim camp during the restricted training period.

As per Section 3.4 of the Summer Swimming Operating Handbook, former winter swimmers (registered September 1 to August 31) wishing to become summer swimmers are not eligible to compete in the summer for the same period of time they trained and/or competed in the winter, for a minimum of one summer season to a maximum of two summer seasons. Based on this required timeframe, to be considered eligible to compete in the summer, a former winter swimmer has not

- Practiced more than 2 hours per week in a coach or parent directed program, as per section 4.2 AND/OR
- Competed in winter meets

The intent of any winter training should be for team building and general fitness of swimmers. Training sessions should not be organized for the purpose of creating a competitive edge of one individual over others.

4.3. Winter Training Declaration, Complaint, and Investigation Procedure

If investigation determines that a swimmer did not respect the winter training policy they will not be eligible to register for the next summer swimming season. If the investigation is concluded during a summer swim season, the swimmer will be disqualified from participating any further in the current season, and will forfeit any awards, records or medals received during that season.

4.3.1 Identification of swimmers who do not respect the winter training policy is first the responsibility of their club.

At the start of each season every club will ask each of their swimmers to declare, by way of signed affidavit, if they have respected the winter training policy.

Also, at the start of each season, the president of each club will declare, by way of signed affidavit, that they have not knowingly registered anyone in their club who has violated that winter practice policy.

Swimmers and/or clubs will not be registered with Swim Nova Scotia for summer swimming, unless individual and club winter training affidavits have been received by the registration deadline defined at the start of each season.

4.3.2 Any registered member or officer of a summer swim club may register a complaint with Swim Nova Scotia if they have evidence that a swim club or individual has not accurately declared their winter training. Such a complaint must be declared in writing to the Executive Director of Swim Nova Scotia.

Upon receiving a complaint, the Executive Director shall determine if the complaint will be investigated, and inform the complainant of this decision within 4 calendar weeks of receipt of the complaint. If the Executive Director chooses to investigate the complaint, they will, as a minimum, conduct, interviews with:

- the swimmer alleged to have violated the winter training policy (4.2 above)
- A parent or guardian shall be present during the interview of the swimmer.
- their coach
- the complainant

Once the Executive Director has completed the investigation he/she will inform the swimmer investigated and the complainant in writing of any decisions resulting from the investigation. The Executive Director's decision in each investigation will be final.

Frequently Asked Questions

Thinking of Joining the Beavers?

New swimmers and parents often have questions about the club.

What is the time commitment?

The summer swim season runs for eight weeks and starts at the beginning of July and ends with Provincials in late August. The team practices every weekday, typically broken up into age groups. On the weekends, there are one or two meets at locations from Halifax to Digby.

Weekday evening practices typically look something like:

4-5 pm	8 & under
5-6 pm	9 & 10
6-7 pm	11 & 12
7-8 pm	13 & up

Other than in the 8 & U, 15 & 16/17 & 18 age groupings, it cannot be guaranteed that all swimmers from a particular age group will practice at the same time. This is necessary to balance/equalize the number of swimmers in each of our four practice times.

Swimmers age 9 & up can attend optional morning swim and dry land training Monday – Thursday from 7:30-8:30am.

Time Trials will be held on a few (probably 3-4) Wednesday evenings throughout the season beginning at 4pm.

We usually have a waiting list to join the Beavers, so a serious commitment is expected of those who join the team. The team is a competitive swim team and members are expected to attend meets on the weekends.

What is the expectation of parent involvement in the team?

The Beavers have social activities for the swimmers, run time trials, host a swim meet, look after administrative functions, and do some fundraising. The philosophy of the team is that swimmers benefit when parents/guardians become involved, so anytime a parent can help out, it is welcomed and encouraged. In order for the team to function effectively and for the swimmers to enjoy the meets, parental involvement is necessary.

Will my swimmer have to try-out to join?

Try-outs are not required. If the swimmer can swim a length of the pool they can apply to join the club. Applications from swimmers whose families had one or

more swimmers in the club have first priority. The second priority is to address gender equality in the age groups. Our next stage of consideration is for new swimmers who would be considered for an age grouping that has one or more vacancies. A lottery system would be used amongst new applicants for any age grouping that is determined to have one or more openings, again with consideration first to move towards gender equity in the particular age grouping. Applications must be tendered to the Beavers Registrar by the registration deadline for consideration. Information on registration protocol and the registration form itself is posted on the website.

What if we are away on vacation or can't come every single day?

Coaches realize summer is short, and families take vacation so it is understandable that swimmers will be away from time to time. Daily swimming is encouraged, of course. Vacations do count as absences under the attendance policy.

How many meets should each swimmer attend?

Meets are open to all members, regardless of ability. (Only provincial championships require time standard qualification). Swimmers can attend as many meets as they like, however, in order to attend Provincials it is expected that the swimmer attend at least one half of the meets and regular practices.

In order to qualify for a guaranteed spot on the team the following year, a swimmer must attend a minimum of 1/3 of the practices and 2 meets. Meet attendance is definitely encouraged by coaches so the swimmer can gain confidence and experience and will be considered when selecting the provincial team. In 2009 the Beavers will attempt to provide our swimmers with an option to commence training at a pool other than Lions Park Pool from mid June until the end of June. Regular practices at Lions Park pool usually commence on or about July 1. This is the date when practice attendance commences to be officially recorded.

Do the Beavers host a swim meet?

Yes. The swim meet is usually the last weekend of July at the Bedford Lions Pool. Parent volunteers are requested to help with set-up of grounds, canteen, timing, and on deck assistance if available. Many hands make light work, and our meet is one of the most successful of the season, due to the dedicated parents who help out.

Who chaperones the swimmers at the meets?

The Coaches are very busy at the meets and are not able to chaperone children. Parents are responsible for monitoring their swimmers.

How much does it cost to join the team?

Registration fees for 2010 are \$220 for the first swimmer, \$210 for the second swimmer, \$200 for the third and free after that.

How much fundraising is involved?

The Beavers hold a raffle and run a canteen at the Bedford Meet. In some years other fundraising may also be required.

What is the money used for?

The money raised is used primarily to pay for the pool rental, coaches' salaries, and registration with Swim Nova Scotia. In some years we have been fortunate to have corporate sponsors come forward with significant cash donations. This has helped our financial situation immensely.

How do I apply for my child to join the team?

Registration forms and information is posted on the website. To be considered for any potential openings, a registration form and appropriate payment by cheque must be submitted to the Beavers Registrar by the registration deadline. Acceptance of any received applications for new member registration depends on availability per age group and gender. Check the website for information.

What if my child joins but does not enjoy the team?

The club has an intro spring training session to introduce the swimmer to the coaches, and take them through some typical activities. These sessions are held in April and May and should give your child an idea of what the team is like. The team has a no-refund policy after the end of May.

Is it mandatory to purchase Beaver Bathing Suits or clothing?

No. Beaver clothing is optional. Swimmers need a bathing suit, goggles and swim cap. The Beaver bathing suits are Speedo brand, and will be of high quality, therefore will stand-up better to the chlorine. Girls' suits are usually around \$60 and boys' jammers are around \$50. Beaver Hoodies are also very popular.

Is there someone I can call if I have other questions?

You can always email the website admin@bedfordbeavers.com or contact a member of the executive. As well, we have parent liaisons for each age group. If you wish to speak to someone, let us know and we will get in touch with you.

How do parents keep informed?

The Beavers use email as the primary means of communication, and each Monday our newsletter, the Beaver Buzz is distributed. We also have a website www.bedfordbeavers.com that has up-to-date information on activities.

SWIM TALK!

Glossary of Swimming Terms

Block: The starting platform.

Cardless Meet: A meet where the entries are done in advance electronically, thus allowing the use of heat sheets for recording times rather than issuing time cards to swimmers.

Coach: A person who trains and teaches athletes in the sport of swimming.

DQ (Disqualified): This occurs when a swimmer has committed an infraction of some kind (e.g. one-handed touch in breaststroke). A disqualified swimmer is not eligible to receive an award, nor will there be an official time in that event.

Drill: An exercise involving a part of a stroke, used to improve technique.

Dry-land Training: Training done out of the water that aids and enhances swimming performance; usually includes stretching, calisthenics, and/or weight training.

False Start: Occurs when a swimmer is moving at the start prior to the signal.

Finish: The final phase of the race – the touch at the end of the race.

Flags: Backstroke flags placed 5 metres from the end of the pool. They enable backstrokers to execute a backstroke turn more efficiently through being able to count the number of strokes into each wall.

Free Relay: An event in which 4 swimmers compete together as a team to achieve a time, each swimming freestyle.

Goal: A specific time achievement a swimmer sets and strives for; can be short or long term.

Heat Sheets: The swim meet program. Each race consisting of 6 or 8 swimmers (depending on the size of the pool) is 1 heat. Each event has several heats.

I.M.: Slang for individual medley, an event in which the swimmer uses all four strokes in the following order: butterfly, backstroke, breaststroke, freestyle.

Long Free: The longer of the two freestyle races for each age group. In summer swimming, this refers to 50 meters (or yards) for 9 & 10, 100 meters (or

yards) for 11-12; and 200 metres (or yards) for 13 and up. There is no long free for 8 & under.

Medley Relay: An event in which 4 swimmers compete together as a team to achieve a time, with each swimmer swimming one of the four strokes in the following order: backstroke, breaststroke, butterfly, freestyle.

Meet: Competition designed to be a measure of progress and a learning experience. By implementing what has been learned in practice, the swimmers test themselves against the clock to see how they are progressing.

Negative Split: Swimming the second half of the race faster than the first half.

Official: A judge on the deck of the pool at a sanctioned competition who enforces SNC rules.

Official Time: A time achieved in a race during a duly sanctioned competition.

Pace: The often pre-determined speed with which a swimmer completes each segment of a race (e.g.25m, 50m)

Pace Clock: Large clock with a large second hand and a smaller minute hand, used to check pace or maintain intervals in practice (may also be digital).

PB: Personal Best. A swimmer's current best time in any given race.

Psych Sheets: Lists of swimmers entered in each event in a particular meet.

Q-Time: Qualifying time necessary to compete in a Provincials

Relay: An event in which 4 swimmers compete together as a team to achieve a time.

Runners: Persons on deck, assisting officials with time cards and sheets.

Sanctioned Meet: All competitions in which records may be set and official times may be obtained, must be sanctioned (approved officially) by a Swim NS Sanctioning Officer.

Scratch: To withdraw from an event in a competition.

Seed Time: A swimmer's previous best time. The entry time used to enter a race.

Short Course or SC: A 25 metre long pool (or 25 yard pool) in which summer competitions are held.

Short Free: The shorter of the two freestyle races for each age group. In summer swimming, this refers to 25 meters (or yards) for 10 & under, 50 meters (or yards) for 11-12; and 100 metres (or yards) for 13 and up.

SNS: Swim Nova Scotia

Split: A swimmer's intermediate time in a race. Splits are registered every 50m and are used to determine if a swimmer is on a planned pace.

Standard: A qualifying time swimmers must have achieved to be allowed entry to Provincials.

Streamline: The position used to gain maximum distance during a start and/or push-off from the wall in which the swimmer's body is as tight and straight as it can be.

SWAD: Swimmer with a disability.

Taper: The final preparation phase before a meet, may include practices with less distance covered, a "rest and prepare" phase.

Time Card: The card issued to each swimmer prior to each race, on which splits and the final time are recorded. Not used at "cardless" meets.

Time Trial: A practice race which is not part of a regular competition. Time trials may be sanctioned and used to qualify for Provincials.

Warm-up: Low-intensity swimming used by swimmers prior to a main practice set or a race to get muscles loose and warm, and to gradually increase heart rate and respiration.

Watches: Stopwatches used to time swimmers during a competition.

Directions to Pools

Bridgetown Swimming Pool

- travel Highway 101, west (approx. 100 km.) to the end
- turn right toward Bridgetown
- travel through town until you see Freeman Street on the left, approximately across from the Anglican Church
- the pool is on the left, there is no parking at the pool, please park on surrounding streets

Bridgewater Swimming Pool (more difficult to find)

- travel Highway 103 (to the South Shore)
- take Exit #12
- at exit, turn left at stop sign
- follow this road, keeping to the left, to the lights
- at the lights turn right
- follow this road to the bridge
- cross the bridge and turn left
- follow this street to Jubilee Road
- turn right on Jubilee
- follow this street to the pool
- the pool will be on your right

Colby Village Swimming Pool

- travel on Circumferential Highway (Route 111)
- take the Portland Street exit
- east on Portland Street, which becomes Cole Harbour Road
- turn right on Cumberland Drive which becomes Colby Drive
- the pool is on the left immediately following the first four way stop

Digby Swimming Pool

- travel west on Highway 101 to exit 26 (approx. 230 km.)
- exit onto highway 303, go straight (Warwick St.)
- turn left Victoria St.
- pool is on the left next to rink

Kentville Swimming Pool

- Take Highway 101 to Kentville
- Turn right at Exit 14 (by Wandlyn Hotel)
- Head into Kentville, Pool is located in Memorial Park on the left just before the one way system of streets

Lunenburg Swimming Pool (more difficult to find)

- travel Highway 103 (South Shore)
- take Exit 11
- at the Exit, turn left at the stop sign (to Lunenburg, Bridgewater, Mahone Bay, etc.)
- at the four way stop at the bottom of the hill, continue straight
- at the next four way stop, continue straight into Lunenburg
- proceed past the tennis courts and then turn right
- remain on this road around the curve
- here you will see a school and a fenced in area, THIS IS THE POOL!!

St. Margaret's Bay

- Take Hammond's Plains Road towards St. Margaret's Bay
- turn off at Shopping Mall just prior to the Hwy 103 On Ramp
- The pool is co-located with the St. Margaret's Bay Arena up a small hill

Waegwoltic Swimming Pool

- 6549 Coburg Road
- go down Oxford Street
- turn right on Coburg Road
- go to the bottom of the hill
- pool is on the right; however, you cannot park in the parking lot
- parking space is limited to the streets, you may have to walk some distance from where you park

Windsor Swimming Pool

- travel on Highway 101, west to Windsor (approx. 42 km.)
- take Exit #6 (Nesbitt St.)
- turn right on Water St
- turn left on Gerrish Street
- drive straight until you see the Community Centre on the right, right before the park
- Turn right at the Community Centre
- pool is at the end of this street, right across from the Community Centre



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