

# **SILVER TIDE SWIM CLUB**

*Passion for Swimming*



Message from the Head Coach:

September 2010

Welcome to all Silver Tide swimmers and families for the 2010-2011 swim season!

2009-2010 was a breakthrough season for Silver Tide, as we witnessed one of our largest increases in Provincial- and National-level qualifiers in Silver Tide history. The success spanned all competitive groups, with provincial-level swimmers coming out of every group including the Junior Development group, and international swimmers coming out of the Senior National group.

I am extremely pleased to welcome back all of our coaches from last year. Coaches Chelby, Erica, Michelle and Maciek will be head group coaches again for their respective groups; Coach Maciek will head up the Age Group program, in particular the I Can Swim staff and lessons; Coach Brea is also back to offer the absolute best coverage available anytime one of our head group coaches is away; and, Head Coach Chris is back leading the Senior group and all of the staff and swimmers for another fun and fast season of swimming.

Silver Tide is evolving right in front of us. Many parents and board members have volunteered countless hours in the last year to improve the team for which you have chosen to swim this season. To evolve means to continuously search for ways to improve, and these changes will continue to affect everything from the pool to administration. Everything we do takes an incredible effort on a few people's part, so I encourage those of you who recognize any change for the positive to take a moment to thank someone responsible. We are a close and caring swim club, and our foremost objective is to give the absolute best athletic experience possible to every swimmer in our program. I would like to thank all of those parents who volunteered in 2009-2010, and thank everyone in advance for all of the volunteer hours that will be generously donated in 2010-2011.

We are proud to offer a positive winning culture with the best coaching and the best team environment in Canada. Please read the following page of important "how-to's" for the 2010-2011 season, and I look forward to seeing everyone's bright and smiley faces in just a few weeks!

Go Tide!

Coach Chris Nelson  
Head Coach – Silver Tide Swim Club

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## **2010-2011 Season – Training and Racing Team Policies**

The following policies are set out by the Head Coach as a means of ensuring that all swimmers are prepared to get the most out of every workout and to foster pride and team spirit throughout all groups. Team clothing is of the utmost importance for showing to our training facilities, public patrons, and other teams that Silver Tide is organized, fun, and full of the best-behaved kids on the pool deck.

### **WHAT TO BRING TO THE POOL**

- Team Clothing:** All swimmers must wear a STSC T-shirt (or other STSC top) at all practices. No other shirts will be acceptable. Swimmers will be asked to remove non-team shirts while representing STSC on deck.
- Swimwear:** Training suits and goggles are personal preferences (suits must be decent).  
**(in training)** Swim Caps must be Silver Tide caps (black or silver). For those swimmers who own other personal caps, they can be worn on special 'personal cap' days only. Swimmers will be asked to remove personal caps and asked to borrow (from a teammate) or buy a STSC cap for that practice.
- Swimwear:** Racing goggles are personal preference.  
**(in competition)** Racing Caps are the STSC silver caps.  
Racing Suits are as follows for each group:  
JD - Tight training suit (no logo necessary) or Aquablade (with team logo)  
JAG - Aquablade (with team logo)  
YD - Aquablade (with team logo)  
TAG - Aquablade (with team logo)  
Senior - Aquablade (with team logo) or high performance suit (talk to coach)
- Equipment:** Swimmers must bring their swimming equipment to every workout. JD swimmers must have a suit, cap, goggles and water bottle every day; And, shirt, shorts and shoes on dryland days. Subsequent groups will add equipment as they move up.
- Water Bottles:** Every swimmer needs a water bottle, so buy one now and put your name on it. This is absolutely necessary for long-term success in swimming. Senior swimmers will not be allowed in the pool without a full water bottle before workout.
- On-Deck behaviour:** STSC swimmers, parents and coaches must be respectful of all patrons, pool staff and lifeguards, and all other swimmers, parents and coaches, regardless of team. Swimmers unwilling to correct a negative behaviour will be asked to leave and parents will be contacted at the first appropriate opportunity.
- Team Spirit:** Team spirit comes in many different forms, depending on each swimmer's personality. The one common thread that we expect from all swimmers is to support each other in cheers and a positive atmosphere. Put-downs and un-welcome words or actions are completely unacceptable.