

Manitoba Cerebral Palsy Sports Association

Para Storm Swim Club – Parent’s Handbook



Welcome to Para Storm Swim Club

Our program stresses developing great people with strong swimming skills. Competitive swimming empowers athletes and teaches more than swim skills. We invest in our members building independence, self-esteem and providing a place to call their own.

Why swim? Water offers resistance that enhances muscle endurance and strength. Water also offers mobility freedom by supporting weight, joint, muscles and spine.

Throughout the year, members participate in many team activities beyond swimming. Friendships further develop through activities such as wall climbing, ceramic painting, etc. These activities are fun ways for our members to grow as a team.

MCPSA and Para Storm Mission and Values

Our mission is to ignite passion for sport excellence within our athletes as our team continues to grow and develop.

We value the life enriching qualities inherent in physical activity and the pursuit of excellence in sport through respect, integrity, commitment, and perseverance.

- Respect – We recognize and respect all individuals and value their contributions
- Integrity – Maintain the highest ethical and sporting standards to promote the well-being of our athletes
- Empower – We empower our members to take initiative and find success
- Commitment/Perseverance – We bring commitment, perseverance, energy and passion to our programs to drive success

Through this handbook, we hope to further introduce you to the Para Storm Team, expectations of the swimmers, parents and coaches along with the principles of competitive para swimming.

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Who can participate?

Children, teens and young adults with a physical disability are eligible and welcome to join. Children are admissible the year they turn 10 years old.

Children of all swimming abilities are Welcome!

The needs and abilities of every para swimmer are unique to the individual, as are their goals and aspirations. Good communication between coaches, swimmer and parent is essential to ensure the program designed is appropriate and challenging to the swimmer.



Volunteers

Many hands make light work and a great way to get to know each other

The club always needs volunteers. Volunteers are needed to participate on the MCPSA board, fundraising projects, social events, and swim meets.

The club is here for all of our children which means we all must help.

Volunteer opportunities are discussed at the Annual General Meeting and at the beginning of the swim season. All parents are expected to select at least one volunteering activity and are strongly encouraged to participate at the board level. Recruiting volunteers for the board is appreciated.

Your contribution is greatly appreciated

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Team Management

Para Storm Swim Club is a non-profit corporation administered by a Board of Directors elected each year by the membership. The Board includes an Executive consisting of the President, Vice President, Treasurer and Secretary. These positions are all voluntary and held by parents, friends and community members of the club. The Board Executive and Directors are elected at the Annual General Meeting.

Information/Communication

It is essential to stay up to date on club happenings throughout the season. Information will be communicated to parents/guardians in a number of ways including:

Notification/Reminders to Members via Team Snap.

Families will be invited to sign up for Team Snap through which email notifications will be sent. Notifications may also be sent by text or by phone if you do not have access to email.

Please add us to your favourites as member information is provided on the site

Website: www.parastormswimclub.com

Facebook: www.facebook.com/ParaStormSwimClub/

Twitter: www.twitter.com/parastormswim

Instagram: www.instagram.com/para_storm_swim_club/

Instagram tag: [@para_storm_swim_club](https://www.instagram.com/para_storm_swim_club/)

Email Head coach: parastormswimming@gmail.com

Email Treasurer: parastormswimtreasurer@gmail.com

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Teamwork

Teamwork amongst the coaches, club members and their families is essential in developing and maintaining a successful swim club. Working collaboratively to provide a positive experience for everyone is necessary. Swimmers and parents, who choose to disregard the following expectations, may be denied entry to the program the following year.



Parent/Guardian Expectations

Parents shall:

- Obey all the rules and regulations of the club and the facilities used both at practice and competitions
- Support their child, coaches and teammates in order to reach individual and club goals
- Encourage their child's full participation at practices, competitions and club approved activities
- Follow all fundraising club policies outlined prior to the season at registration
- Volunteer at fundraising activities throughout the season
- Not be on pool deck during swim meets other than in an Official capacity or as a club designated chaperone
- Discuss any questions or concerns directly with your coach. Coaches can arrange time to meet with you before practise.
- Discuss any concerns with the program with the Club President or appropriate Executive Member

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Positive values of swimming

- Swimming is healthy. Injuries are few. The sport has been proven to be the best sport for overall conditioning of the body. It provides cardiovascular fitness, muscular fitness, and increased flexibility. Swimming is a sport for life time!

- Swimming provides self-discipline. No one can make a person swim. They must develop an inner sense of discipline to devote themselves to the sport.



- Swimming provides a sense of quality. The young athlete learns that success comes from doing things properly. Technique is vital. Learning is vital.

- Swimming teaches the relationship between team and individual. Neither team nor individual can exist and prosper in swimming without the other. Swimming teaches people to work collaboratively.

- Swimming teaches organization. A swimmer has to organize their day to fit in all of life's activities. They learn to do so and usually become a much better student. Swimmers are usually better students when they are training and competing.

SWIMMING

Swimmers registering for the first time will be invited to attend a specific session to allow the coach to assess the swimmer's abilities and readiness to swim independently in deep water.

Children who are not “Deep Water Ready” will require an in-pool assistant. This may be a parent or may be available through respite support from Society for Manitobans with Disabilities (SMD) (<https://www.smd.mb.ca/>) or Children’s disABILITY Services (<https://www.gov.mb.ca/fs/cds/index.html>).



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Facility - Parking and Change Rooms

Reserved handicap parking directly in front of the entrance of the pool. General parking in front and back parking lots.

One specialized Change Room (families, special needs etc).

Regular change rooms with cubicles equipped with hand bars.

Lockers are available at a cost of 25¢ (quarter coin). The quarter is refunded when the key is reinserted.

Hot tub after practise available to the athletes & water attendants

Accessible and regular showers within the change rooms

Parent Seating & Viewing

Parents are allowed on the deck and are asked to sit in the chairs on the long side of the pool.

A viewing area with benches is also available.

Please do not sit on the bench behind the coaching area.

Street shoes are not allowed on deck. Crocs, flip flops or sandals are suggested.

Anyone providing athlete assistance in/out of the pool are required to wear appropriate non-slip footwear during assistance.



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Training & Practices

Practices are held at Bon-Vital Pool 1215 Archibald deep tank on Monday - Wednesday and Friday.

Junior program: 5:15 - 5:30 pm activation 5:30 - 6:30 pm in water training

Senior program: 6:15 - 6:30 pm activation 6:30 - 8:00 pm in water training

Activation

Consists of a series of warm-up exercises done 15 minutes prior to entering the water. This is a required portion of each training session.

Please ensure your swimmer arrives on deck 5 minutes prior to the start of activation

Any questions or concerns, please discuss directly with your coach. Coaches can arrange time to meet with you before practise.



What to bring to Practice

- Swimsuit – rinse it after use to keep the chlorine from causing it to deteriorate
- Swim cap – the club will provide you with one, rinse it after each use to get the chlorine off. If broken or lost you will need to pay for a replacement
- Goggles – the coach may have a spare pair to borrow but you are expected to buy a suitable pair
- Water bottle - carbonated beverages and sports drinks are not necessary. Water is best!
- Club T-shirt – one is supplied every year with registration. Members are to wear Team Gear at every practise and Team out of water activities
- Positive attitude
- Be ready to challenge yourself
- **Be ready to have fun**

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Cost and fees

Fees are paid annually

To ensure all insurances are up to date, swimmers must be registered and fees paid before or on the swimmer's first day in the pool.

Total fees include a combination of charges including:

- Manitoba Cerebral Palsy Sports Association (MCPSA) who sponsors the team
- Swim Canada (SNC) – the national competitive swimming organization
- Swim Manitoba (SNM) – the provincial competitive swimming organization

Additional expenses include: meet registration fees, travel fees, training equipment, team gear, facility rental fees, activity fees and may include other items not listed.

Swim Account – each member has a swim account from which any charges will be debited.

Parents will be advised of the balance of their account at regular intervals.

It is expected that swimmer accounts are kept current (30 days) at all times. Fees are reviewed and updated yearly

2017-2018 fees

All Swimmers:

Membership fee: \$325

Supplemental fee: \$125

Total per athlete: \$450

+ volunteering at minimum of 2 team events
with possibility of additional events

For athletes competing in the 2017-2018 season:

Competitive members must also pay SNC + SMB fees dependent upon age at registration

| Age | SNC Fee | SNM Fee | Total Owning |
|-----------|---------|---------|-----------------|
| 8 & under | \$24.00 | \$20.00 | \$494.00 |
| 9 – 10 | \$44.00 | \$30.00 | \$524.00 |
| 11 – 14 | \$64.00 | \$40.00 | \$554.00 |
| 15 & over | \$84.00 | \$40.00 | \$574.00 |

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Competition Costs

All costs related to competitions and out of town travel are the swimmer's responsibility. Meets can occur in/out of Winnipeg, Manitoba and Canada. The team makes every effort to keep costs to a minimum when choosing accommodation and transportation. The estimated fees will be provided in advance for out of town meets.

One possible source of funding for qualifying families is:

<http://jumpstart.canadiantire.ca/content/microsites/jumpstart/en.html#HowToGetHelp>

Team Gear for Purchase

Club clothing and gear including hoodies, short & long sleeve performance wear shirts, swim bags, some training gear. Please check out the website for details

Out of Water Activities



Our Out of Water Team Activities are designed to enhance team building and promote healthy living. There are additional fees for attending these events. Participants will be informed of the cost prior to the event.

Wall climbing was one of the teams’ favourites.

Wind Up/Annual General Meeting/Awards

A potluck wind up party and Annual General Meeting will be held at the end of the season.

Suggestions for Parents

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Make sure your children know that, win or lose, scared or heroic, you love them, appreciate their best efforts and are not disappointed in them. Be the person in their life they can look to for constant positive reinforcement.

Teach them to enjoy the thrill of competition, to be “*out there trying*”, to be working to improve their skills and attitudes. Help them develop the feel for competition, for trying hard and for having fun.

Get to know the coaches so that you can be assured that their philosophy, attitudes, ethics and knowledge are such that you are happy to expose your child to them.

Don’t compare the skills, courage or attitudes of your children with that of other members of the team.

100% effort is recommended. The coach will help each swimmer make a commitment to a personal training schedule. As parents, we have the responsibility of ensuring that the training schedule is realistic and that the swimmer maintains the agreed schedule.

Notify the coach in advance when school exams, concerts and similar activities will disrupt the schedule. If a swimmer is sick and unable to swim, notify the coach and keep the swimmer at home.

Be punctual. Individuals who are late confirming participation in club activities can cause the club inconvenience and possible financial loss. Individuals arriving late to activation and practise disrupt the entire group. Parents can help the club by demonstrating and encouraging punctuality.

Please attend all functions and meetings posted as your input is important to us.

We sincerely hope your family enjoys the sport of competitive swimming and thank you for making the Para Storm Swim Club your choice.



**Para
Storm**

Swim Club Cancellation Policy

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Practice - Event Cancellation policy

Safety of our athletes and families is our priority both during practices /events and travel to and from.

From time to time cancellations may be required.

In the event of a practice/event cancellation, a TeamSnap notification will be sent to all members.

The weather will be considered at 06:00 on the Environment Canada website <https://weather.gc.ca> and remain in effect regardless of temperature / conditions at practice time.

Extremely Cold Weather Policy

A temperature/wind chill of -45 or greater will dictate cancellation of regular scheduled practice.

Hazardous Weather/Road Conditions - Blizzard warnings

Ice-covered roads and/or snow-blocked roads. Any other weather condition that may put our athletes at risk will constitute cancellation of regular scheduled practice.

Other Emergencies

Should any other emergency arise, the Head Coach will in collaboration with the president of Para Storm determine if a practice cancellation is warranted.

Pool closures

Should there be a pool facility closure, the Head Coach will notify team members of the practice cancellation.

Para Storm will attempt to make prudent cancellation decisions for the team, but it is the direct responsibility of the individual to assess and make the decision to attend or cancel attendance at any practice.

Please notify your coach of all non-attendance at practices.