



## Welcome to the Port Moody Aquarians

Joining a summer swim club can seem a bit overwhelming at first, but after a few weeks, it will feel like you've always been a part of our PMA family.

### What to bring to the pool

We swim at Westhill Pool through May and June and then add Rocky Point Pool for the summer. The schedules for practice times are listed here on our website. Practices are scheduled for 1 hour and 15 minutes. You don't need to arrive early, warm ups begin at the posted time. For the first 15 minutes, swimmers will warm up on the grassy area next to the pool. They will need runners, as the coaches will begin with a quick run or game of tag, followed by some stretching. The swimmers will then spend an hour in the pool.

Athletes all need to wear a bathing suit and goggles for practice. Many will also wear a swim cap to protect their hair and keep it out of their eyes.

For practice, any suit is OK, many kids have multiple suits and choose the one that strikes their fancy for each practice. For swim meets, we would like everyone to wear a black suit, so that all of our athletes are easily identifiable by coaches and their cheering squad.

Goggles come in a range of styles and prices. Each swimmer has to find the goggles that feel most comfortable for him/her and don't leak. Once you find a pair that work well, it's often a good idea to buy a second pair and keep it in the bottom of the swim bag in case the first pair gets lost.

Swim caps come in 2 main styles: silicon for about \$15 and latex for about \$2. The silicon caps are thicker and don't pull on the hair as much. After each practice, they should be quickly rinsed in tap water and then hung up inside out to dry. With care, a silicon cap can last through at least one season, sometimes multiple years. Latex caps are thinner and have a tendency to pull a bit. You can buy a \$2 bathing cap liner to put on first, which will fix this problem. They also need to be rinsed and hung up after each practice, or the material will stick together and they may start to smell a bit mouldy.

At least one towel is a must. Some swimmers with long hair have a few, one to wrap around their hair and another to dry off. For swim meets, you'll want to have at least 4 towels, so that there is a dry one ready throughout the day as you finish your races.

**SUNSCREEN!!** Even in May, when the sun doesn't feel hot, the reflection of light from the water can be hard on the skin. A recent report claimed that even the people who do wear sunscreen aren't putting enough on, so buy a big bottle for the season and slather it on thickly.

Something warm to throw on after practice. Some kids have a shower at the pool and then get changed back into street clothes, but many just throw on a big swimming jacket, a warm robe or fleece jacket until they get home.



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## Parents at the Pool

At both pools, we are lucky enough to have seating and deck tables right on the pool deck. On sunny days, there is nothing better than sitting on the deck, relaxing and chatting with the rest of the parents. On rainy days, both pools have undercover areas and at Westhill, we can also bring out pop-up tents for parent to wait under. One thing that we ask is that parents do not talk to the coached during practice. The coaches need to focus on the swimmers in the water, but would be happy to speak to you after practice.

## Swim Competitions

There are 2 types of swim meets: Development Meets and A/B Meets.

Development meets are designed for newer swimmers who are Division 1,2 or 3 (11 and under). There are usually 25m (one length) events and 50m events. These meets often run in the evening and take about 3-4 hours. We try to have 4 opportunities for swimmers to participate in a development meet.

A/B Meets usually do not have 25m races. They are open to anyone who can complete 50m and the coaches have the final decision on which events are appropriate for each swimmer. They often run 2 days, with 4 events and a relay on Saturday and the remaining 3 events and relay on Sunday. Some A/B meets have timed finals. This means that the swimmers will race only once. The awards are determined based on the times from the morning swims. Meets with timed finals usually end by 2:00 in the afternoon.

Other meets have finals in the afternoon. Generally, the top 8 times from the morning swims re-race in the afternoon to determine their final placements. A meet with finals may run until 5pm, depending on how many athletes are involved, but some end by 3:00.

Swim competitions usually begin in June. Every swimmer will be given a list of all the possible meets. The coaches then ask for the sheets back, filled in ASAP. You can choose which meets work for you around your family's summer schedule and sign up. For swimmers to improve, it is important that they attend as many meets as possible. It can be difficult in May to predict which weekends you will be free in July. If you sign up for a meet and then find you have a conflict, just contact your coach before the Wednesday prior to that meet. The coached will then "scratch" you from the meet at no cost to you. However, if you sign up for a meet and then fail to appear, the club will charge you \$5 per event that you were entered in. For most people this is \$20 per meet.