

NORTH DELTA SUNFISH SWIM CLUB

SUMMER 2024



WHO IS SUNFISH

- Non-profit summer swim club
 - Maintenance from Sep – Apr
 - Competitive from May 1 – mid Aug
- Member of BC Summer Swimming Association (BCSSA)
- Offer condition and technical programs:
 - swimming, water polo artistic swimming

WHERE DO YOU GET INFORMATION

- Social platforms:
 - www.ndsunfish.com
 - instagram
 - facebook
- EMAILS
- COACHES
- FILE FOLDER BINS ON DECK

REGISTRATION OPTIONS

- FULL MEMBERSHIP
- LIMITED MEMBERSHIP
 - 2 day Little Fishy 5-7 yrs old
 - water polo ONLY
 - artistic swimming ONLY

WHAT TO BRING TO PRACTICE

- Swim bag
- Boys wear jammers & Girls wear 1 piece swimsuit
- Hair ties and swim caps
- Goggles
- Water bottle
- Towel
- Sunscreen
- Runners - especially for dryland/warm-up
- Flip flops
- Snacks
- Lots of encouragement and smiles!

ATHLETE EXPECTATIONS

- Abide by the Athletes Code of Conduct
- Attend practices
- Respect Coaches
- Give best effort
- Good sportsmanship
- Good behavior & positive attitude
- Use the Club equipment properly
- Respect fellow athletes
- Ask questions!!

PARENT EXPECTATIONS

- Abide by the Parent Code of Conduct
- Respect Coaches
- Supportive
- Volunteer
- Fundraise
- Ask questions!!

COACHES

- Adopt a peer-coaching model
 - University/College students who were/are athletes
 - Senior/intermediate swimmers/players who ARE also coaching
 - Intermediate / junior swimmers who are volunteers
- Head to Junior Coaches are certified with Lifesaving BC, NCCP and other sports related courses (refer to [Coaches](#) webpage)

COACHES

- Coach lineups – on our [Coaches](#) webpage and some are here tonight
- Available to talk to parents before or after practices or at coach/parent meetings
- Supervised by the Club Head Coach and VP of Coaching

COACHES

- Responsible for Group Assignments / Team Formations
 - draft lists are provided and subject to change over the first 2 weeks and applicable adjustments may be made throughout the season
 - assessed on a number of factors including age, skill and athlete maturity (ie listening, coachability, etc.)

PRACTICES

- Progressive practice sets UNTIL the last 2-3 weeks before Regionals and Provincials

1. SWIMMING

- Technical skills before speed

2. WATER POLO

- Technical skills before game play

3. ARTISTIC SWIMMING

- Technical skills before routines

MONTHLY PRACTICE SCHEDULE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Little Fishies	PM	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45	
Little Fishies 2x week	PM	OFF	OFF	3:45 - 4:45	OFF	3:45 - 4:45	
Junior Green	AM	/	/	5:45 - 7:30	/	/	
	PM	4:30 - 6:15	4:30 - 6:00	/	5:45 - 7:30	4:30 - 6:00 *dive tank 5:45	
Junior Gold	AM	/	5:45 - 7:30	/	/	5:45 - 7:30	
	PM	4:30 - 6:00	/	4:30 - 6:15	4:30 - 6:00	/	
Intermediate Green	AM	/	/	/	/	5:45 - 7:30	
	PM	7:00 - 8:30	/	4:30 - 6:15	4:30 - 6:15	4:30 - 6:00 *dive tank 5:45	
Intermediate Gold	AM	OFF	5:45 - 7:30	/	5:45 - 7:30	/	
	PM	OFF	4:30 - 6:00	7:15 - 9:00	7:00 - 8:30	5:30 - 7:00	
Senior Green	AM	/	/	5:45 - 7:30	5:45 - 7:30	/	
	PM	7:00 - 8:30	OFF	4:30 - 6:00	/	4:30 - 6:15 *dive tank 6:00	
Senior Gold	AM	OFF	5:45 - 7:30	5:45 - 7:30	/	/	
	PM	OFF	4:30 - 6:00	7:15 - 9:00	7:00 - 8:30	5:30 - 7:00	
Junior Polo	PM		5:30 - 7:30			6:30 - 8:00	5:30 - 7:00
Senior Polo	PM		7:00 - 9:00			7:30 - 9:00	6:30 - 9:00
Recreational / Beginner Competitive Synchro	PM	4:30 - 6:00			4:30 - 6:00		
Intermediate/Advanced Competitive Synchro	PM	5:45 - 7:30			5:45 - 7:30		

Keep a printout or picture on your phone!

Dry land and pool time are noted.

Slight changes each month.

<https://www.ndsunfish.com/summer-schedule.html>

COMPETITION SCHEDULE

Competition dates can be found on our [Competition schedule](#) webpage

- swim meets
- water polo scrimmages/tournaments
- artistic swimming competition

SOCIALS

- Team bonding ie pasta night, volleyball, sports day, theme days
- Refer to [social calendar](#) on website and emails for details
- contact social@ndsunfish.com



VOLUNTEER

- Activities/Club is completely managed by a [Board of parent volunteers](#)
- 25 hours of commitment needed where half of those are expected during our meets:
 - Sunfish Development Meet - June 19
 - Sunfish Invitational Meet – July 20/21

FUNDRAISING

- Club is a non-profit society so we are funded through grants, registration fees, donations and your fundraising
- Refer to [fundraising](#) webpage and emails for opportunities:
 - Ex 1. Shake the can
 - Ex 2. Purdy chocolate sales
- contact fundraising@ndsunfish.com

SWIM MEETS

1. Sunfish GREEN & GOLD Meet
2. Development Meets
3. Competitive Meets
4. Regionals & Provincials
5. GOAL – fun & personal best times!



WATER POLO TOURNAMENTS

- Format: Beach 4 on 4
- Teams
 - 10U, 12U, 14U, 16U, 18U
 - Ocat1 and Ocat2
- Scrimmages and tournaments
 - 'Equal Play' principle
- Regionals and Provincials
 - 'Play to Win' principle



ARTISTIC SWIMMING COMPETITIONS

- Recreation vs Competitive (Star Fishies program and Competition policy on [Artistic swimming](#) webpage)
- Groups – beginners, intermediates, seniors
- Competitions
 - Sunfish Water Show
 - Regionals
 - Provincials



RECOGNITIONS

- Candy bags for 8 and under from clubs
- Medals/ribbons from clubs & BCSSA
- Year-end achievements AND best efforts from Sunfish



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