



Swim Team

Welcome to Glenmore Pool's Swim Team! We hope your child's participation in the swim team will be an enjoyable and personally satisfying experience. While the coaches encourage a healthy dose of competitiveness in their training, the primary philosophy at Glenmore is **PARTICIPATION COUNTS**. That means that no matter what level your child swims at, it will be their willingness and effort that will be most valued. As well, each child's abilities will be monitored in a '**personal best**' program designed to help each child meet their own goals.

- **Cost:** there is no cost to join the swim team, however you are encouraged to purchase a Glenmore T-Shirt @ a cost of \$10.00
- **Equipment required:** There is no specific equipment required for the swim team, although for your child's comfort, swim goggles are recommended.
- **Team Practice Schedule:**
6 and under teams - Monday, Tuesday, Thursday and Friday from 12:30 to 1:00
Junior teams - ages 8 to 10 inclusive - Monday to Friday from 12:30 to 1:15
Senior teams - ages 11 and over - Monday to Friday from 1:15 to 2:00
- **Competitions:** Glenmore's swim teams compete at 5 swim meets held on Wednesday evenings (with the exception of the 6 and under teams who will have their own 'full fun' meets). 2 or possibly 3 swim meets are held at Glenmore and the remaining meets are held at other pools. A list of all the swimmers competing on Wednesday meets will be posted outside the lifeguard office each Monday morning. Every effort will be made by the coaches to get as many of our swim team members as possible into the 5 swim meets. At the beginning of August, there is a time trial and a final meet held on Saturday mornings. Glenmore's 10 and under swimmers can participate in 3 heats of each individual event and 2 heats of each relay for the time trials. For 11 and up, there are only 2 heats for each individual event and 1 relay at time trials.
- A maximum of 2 swimmers for each event from each pool may participate in the finals, if they qualify in the top 12. For example, last year a swimmer qualified for the finals (i.e. she was in the top 12), but since she was the 3rd fastest time from our 9 and 10 girls that qualified for the finals, she was not permitted to swim. This rule is in place to give powerhouse pools in one age group, as we were last year, only 2 spots so that other pools may have the opportunity to enter their swimmers.



Glenmore Pool and Country Club Inc.

If your child will not be available to swim at a swim meet, time trials, or finals you must notify their coach as soon as possible so that another swimmer can be selected. Glenmore receives points for every swimmer participating in a swim meet, so we need to fill all the swim lanes we can!

Requirements of parents: With the exception of the coaches, the swim meets are run completely by volunteers. **Therefore each family of a swim team member is required to officiate at one meet per summer (either as a timer, ribbon giver or more advanced positions if qualified)** A sign-up roster will be posted at the lifeguard office. Also, when a swim meet is held at Glenmore we hold bake sales to help with our fundraising. Your contributions of baked goods are needed at one or more 'home' meets.

Most importantly, explain this information to your child. Along with the coaches' efforts it will be with your support and encouragement that your child will get the most out of Glenmore's swim team!

***Please note that we now have a Code of Conduct posted here at Glenmore,
Please take the time to read it, thank you.***

Please tear off and return this to your coach

I have read the swim team documentation with my child

Name:

Signature:
