



**2023 - 2024 SEASON  
PARENT RESOURCE GUIDE**



This year marks **84 consecutive years** that the Peterborough Swim Club has been providing competitive and recreational swimming opportunities in Peterborough and the surrounding region.

Thousands of individuals have participated over the years and benefited from developing the important life skill of swimming, and their strength, fitness and a love of the sport of swimming. The Peterborough Swim Club prides itself on its contributions to the community and the difference it makes in the lives of all its program participants and Club members.

Our motto is

**'Excellence by Choice'**

and that is our Club's guiding principle.

# CLUB FACTS



**84 Years**  
with swimmers aged 6+

**Over 60**  
Competitive Swimmers

**Over 70**  
Recreational Swimmers

**2 Club Hosted Meets**  
Attracting over 200 swimmers each

**12-14 Provincial Meets Each Year**  
Attracting over 10-14 clubs and 400-600 swimmers each

**Each Season, Our Swimmers Compete In:**  
Invitational, Regional, Provincial and National swim meets

Our swimmers are dedicated, with the youngest members training 3.5 hours/week, and our Senior competitive swimmers training up to 17 hours/week.

Our swimmers are taught and coached by highly trained, nationally certified professional coaches, each with years of experience working with swimmers of all ages.

As a Club, we are a key stakeholder in the City's endeavours to bring a new Aquatics Centre to Peterborough.

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# SWIM SCHOOL

## OVERVIEW



A program for young swimmers learning the strokes for competition. Swimmers will swim one or two times per week depending on individual performance level. No external swim meets.

### Typical Practice

- Focus on fundamentals of swimming: body line, streamline, arm movements and kicking.
- Athletes grouped by skill, not necessarily age.
- Participants should be 6 years old, able to swim 25m unassisted, and be comfortable in the water.

### Fee Structure

- Club fees are paid at the start of each 8 or 12-week session. Currently \$200 for 45 min/week (12 week session).
- Swim Ontario affiliation fee (non-competitive). Paid once in each swim season (September to June) \$60

### Typical Practice

- **Swim Fins**  
Recommended brands: Arena, Speedo or TYR
- **One Piece Swimsuit**  
For males, prefer Speedo, Arena jammers, or similar tight-fitting style
- **Swim Goggles**  
Ones that fit and adjustment straps that remain fixed

In Peterborough, equipment can be purchased at club sponsor Pro-Tech Pool and Spa. Club members receive a 10% discount on non-sale items.

# SWIM SCHOOL

## PARENTS' FREQUENTLY ASKED QUESTIONS



### Will my kid have fun?

Yes! Learning the FUNdamental skills of swimming is fun!

### Will my swimmer have to become a competitive swimmer?

No, we do not expect that every child wants to be a competitive swimmer. First and most important is to help your child to become a competent swimmer and to enjoy swimming.

### What is the most important aspect of learning how to swim?

Developing a great body position in the water and learning how to kick efficiently.

### What if my kid doesn't pay attention to the coach? Should I get involved?

Coaches got this! They will focus the swimmers and help your swimmer stay engaged.

### Where can I view the current swim schedule?

[Click here to view the current swim school swimming schedule on the club's website.](#)

# SWIM SCHOOL

## SWIMMERS' FREQUENTLY ASKED QUESTIONS



### What if I can't breathe properly?

We will teach the correct body line for each stroke and develop a positive kick for each stroke. Then we work on breathing technique and the head position required to breathe effectively.

### Is butterfly hard to learn?

Sort of: learning how to swim butterfly requires a well-done butterfly kick and learning how to get the timing of the butterfly kick with the arm pulls.

# AG (AGE GROUP) PROGRAM

## OVERVIEW



A program for developing athletes of the club. These athletes swim three, four or five sessions a week depending on their assigned level.

### Present hours of swimming and dryland

- **AG Devo**  
2.5 to 3 hours/week swim, 1 hour/week dryland (presently 2 pool times)
- **AG Train:**  
3.5 to 4.5 hours/week swim, 1 hour/week dryland (presently 3 pool times)
- **AG Race**  
5 to 6.5 hours/week swim, 1 to 2 hours/week dryland (presently 5 pool times)

### Present training locations – Swimming

- Peterborough YMCA
- Trent University Pool
- Lindsay Recreation Centre
- Toronto PanAm Sports Centre (TPASC)

### Present training locations - Dryland

- Mark Street United Church
- Peterborough YMCA



# AG (AGE GROUP) PROGRAM

## TRAINING: POOL TIME



### Typical practice

- We drill into swim every practice.
- We progress towards stroke proficiency and develop a sound knowledge of the best swim techniques needed to swim effectively and efficiently.
- We practice turns and pull outs (how we start each length of swimming).
- We practice kick and kick timing with arm movements.
- We complete race pace work in every practice.

### Required equipment

- **AG Devo**  
Freestyle or swim snorkel (Arena, Speedo, or Finis brand),  
swim fins (Arena, Speedo, or TYR brand)
- **AG Train**  
Pull buoy, freestyle or swim snorkel (Arena, Speedo, or Finis brand),  
swim fins (Arena, Speedo or TYR brand)
- **AG Race**  
Pull buoy, freestyle or swim snorkel (Arena, Speedo, or Finis brand),  
swim fins (Arena, Speedo or TYR brand), fingertip paddles,  
hand paddles (just a little bigger than the swimmer's hand)

In Peterborough, equipment can be purchased at club sponsor Pro-Tech Pool and Spa. Club members receive a 10% discount on non-sale items.

# AG (AGE GROUP) PROGRAM

## TRAINING: DRYLAND



### Typical practice

- Low organization games for warm-ups: athlete skill development and play is fun.
- We incorporate range of motion activities and movements for body joints so they can move through an effective range of motion.
- Movements and exercises are chosen to complement swimmer development in the pool.

### Required equipment

- Running shoes
- 4-5 ft pole (dowel, broom or mop handle, exercise/rehab band, or tubing) (optional)
- Small non-bouncy ball (palm size) (optional)
- Yoga block or pull buoy (optional)

In Peterborough, equipment can be purchased at club sponsor Pro-Tech Pool and Spa. Club members receive a 10% discount on non-sale items.

# AG (AGE GROUP) PROGRAM

## TRAINING: PARENTS' FREQUENTLY ASKED QUESTIONS



### My swimmer does other sports and activities. What are the consequences of missing practice?

Kids in the swim school and the AG program are encouraged to be multi-sport/activity swimmers. It is positive for their development. We only ask that you keep your swimmer's coach informed.

### When do swimmers have to be at practice?

Swimmers should be on deck ready to swim or ready for dryland 5 to 10 min before practice.

### Can I watch practices?

If the facility allows parents to watch a practice, parents can watch but there is no communicating with swimmers during a practice. Practice is a time to swim, socialize with teammates, and for swimmers and coaches to work together.

### Where can I view the current training schedule?

[Click here to view the current training schedule on the club's website.](#)

### Tips for parents

- On the way to and from practice, let your swimmers determine what they want to discuss about swimming. We encourage positive swim talk between parent and swimmer.
- Please be ready to refuel and hydrate your swimmer as soon as possible!

# AG (AGE GROUP) PROGRAM

## TRAINING: SWIMMERS' FREQUENTLY ASKED QUESTIONS



### Will practice be hard?

No, it will be what you need. Sometimes practice is challenging - each practice is created for swimmers to be successful.

### What do I do if I am too tired to practice?

Taking a practice off occasionally is ok. You will return for the next practice rested.

### Tips for swimmers

- Sleep, hydrate, and eat well!
- There will be times that you will not want to come to practice ... but come anyway - you will be surprised how you feel after practice.
- Always ask your coach questions, and let your coach know of any worries or concerns you may have. Your coach will be there for you and to help you.

# AG (AGE GROUP) PROGRAM

## COMPETITIONS



### Typical competition day

- Meets are fun!
- Each competitive session is limited to 4 hours.
- Print off or save the meet package the day prior to the meet so you have current information about each session, including safety protocols, events in each session, session start and finish times, warm-up start and finish times.
- Print off or save the meet psych sheets or program so you and your swimmer will know the event number they race, the heat, and the lane your swimmer is in.
- Swimmers need to be on deck 10 to 15 min before the warm-up session starts.
- Swimmers will have 2 to 4 races per session and, when possible, 1 relay per session.
- Parents can volunteer on deck as timers, stroke and turns judges, and other roles.

### Recommended equipment

- Team cap (or two)
- Team suits with team name or performance racing suit (for Junior/Senior), or fave clothing to be warm on deck. Wear team swag
- Deck shoes or slides
- At least 1 pair of goggles (2 if possible)
- Water and simple healthy snacks
- Good luck charms and fave stuffies are welcome!

### Expected costs

- Meet fees are usually added to the monthly fee cost. Meet fees include entry fees, along with shared coach(es) expenses (accommodation, travel, meals).
- [Click here for more information on yearly costs.](#)

# AG (AGE GROUP) PROGRAM

## COMPETITIONS: PARENTS' FREQUENTLY ASKED QUESTIONS



### Where will my child wait between races?

As a team, we will stay together on the pool deck to cheer for each other and be supportive teammates.

### Can my swimmer stay with me?

We stay together as a team! Please refrain from contacting your swimmer during the competitive session. Sometimes, if required, swimmers can leave the deck with the permission of the coach to visit their parent(s) or to go to the washroom. Swimmers must check back in with their coach when they get back on deck.

### How will my swimmer know when to go up to swim?

New swimmers are paired with an older swimmer to ensure new swimmers have a guide and mentor. Also, the coaches really want your swimmer to have a positive day, so they keep a close eye on all swimmers, even when they are not swimming.

### What is the role of the coach(es) on race day?

The coaches ensure swimmers have a positive warm-up and check in with the swimmers before and after a race as part of the swimmers learning and growth. They work with the swimmers to make sure they get to their races on time. Coaches also ensure swimmers are being positive teammates.

### At meets, how can I find out how my swimmer did?

Results can be viewed shortly after each event through the Meet Mobile app (requires downloading onto your phone) or will be shared by the swim club a few days after the event.

# AG (AGE GROUP) PROGRAM

## COMPETITIONS: PARENTS' FREQUENTLY ASKED QUESTIONS



### Where can I find out time standards for swim meets?

Check with your coach. Swim Ontario Website will have all provincial meet standards. Some meets will have time standards, so review the meet package that will be shared with you via the club's email prior to each meet.

### Where can I view the current competition schedule?

[Click here to view the current competition schedule on the club's website.](#)

### Tips for parents

- Parents are there to support their swimmers. Regardless of success or challenges, be there for your swimmers, so they know you are there for them as kids first and swimmers second. That goes for how the coaches see your swimmers too. There will be smiles, tears of joy and sadness, frowns, and excitement. Supportive parents and supportive coaches make an amazing team for our swimmers!
- Cheer for all swimmers. Be positive, encouraging, and supportive to all the Trent Swim Club family.
- Let your swimmer guide and set the expectations for talking about their swimming.
- Your swimmer can take personal responsibility for their events and schedules, with support from the coaches.
- Competitions are an equally important part of your swimmer's development, just as in-pool and dryland training. We hope that swimmers can attend 80% or more of dryland training, in pool practices, and meets.
- Your kids are not always going to love swimming. Being disqualified and/or missing a race happens. Don't sweat it and be as encouraging as you can.
- Reach out to your swimmer's coach if you have any questions.

# AG (AGE GROUP) PROGRAM

## COMPETITIONS: SWIMMERS' FREQUENTLY ASKED QUESTIONS



### I am nervous to go to a swim meet. Is that normal?

It's okay to be nervous about swim meets. Everyone gets nervous about swim meets - even our very best swimmers!

### How do I become a better swimmer?

That is the easy part about swimming. You will need to treat each practice, each length you swim, every turn you do, every start you practice as an opportunity to become a better swimmer.

### Tips for swimmers

- Always be sure you have the following items in your swim bag before leaving home for the pool and before leaving the pool for home: goggles, bathing suit, cap, water bottle, towel, snack (or garbage or containers after you finish your snack). Check to see if you have all the required equipment for race day – [Click here to view the required equipment for race day.](#)
- Never leave a wet bathing suit in your bag.
- Remember to say thank you to your parents or whoever drives you to and from practice, and also thank your coaches and meet organizers.
- Eat healthy food, get a good night's sleep, and hydrate.



# AG (AGE GROUP) PROGRAM

## FEES: SWIM CLUB FEES AND MEET FEES



- Swim club fees are paid monthly in the AG and Jr/Sr group. Monthly charges will be adjusted at the start of each swim session.
- These fees reflect the number of times a swimmer trains per week over the possible ten-month swim session (September to June). Over the session, if your swimmer progresses from one group to another, your monthly fees will be adjusted to reflect the change.
- The \$175 Swim Ontario/Swim Canada Competitive affiliation fee is paid once in each swim season (September to June)
- Swim meet fees: Swim meet fees, are used to pay meet costs and cover the cost of your swimmer's entries. Entry fees are usually about \$40-\$60/per day of swim meets. A standard coaching expense of \$15/day/swimmer is also applied to each swimmer attending a meet. Normally a standard meet fee is set at the start of the season and then fees are balanced depending on the events attended by each swimmer.

Group	Swim Club Fee	Current Monthly Amount
AG Devo	Program fee (12 weeks, 3 monthly payments)	\$150
AG Train	Program fee (12 weeks, 3 monthly payments)	\$250
AG Race	Program fee (12 weeks, 3 monthly payments)	\$335
Juniour Performance	Program fee (12 weeks, 3 monthly payments)	\$490
Senior Elite	Program fee (12 weeks, 3 monthly payments)	\$505

\*note 4% transaction fee if paying by credit card

# AG (AGE GROUP) PROGRAM

## FEES: VOLUNTEER POINTS COMMITMENT



- The volunteer commitment is critical to the sustainability of the club.
- To host races in the province, the club requires volunteers that have been specifically trained through the online or in-person officials' courses. Volunteering at a swim meet is a great way to obtain volunteer points.

Number And Level Of Swimmers	Volunteer Points Required	Service Hour Buy-Out
1 or more AG-Devo swimmers	4 points	Minimum wage / hour x 3*
1 AG-Train swimmer	8 points	Minimum wage / hour x 3*
1 or more AG Devo and 1 or more AG-Train swimmers	11 points	Minimum wage / hour x 3*
1 AG-Race/Jr/Sr swimmer	12 points	Minimum wage / hour x 3*
1 AG-Dev/Train and 1 AG-Race/Jr/Sr swimmer	13 points	Minimum wage / hour x 3*
Any combo of 2 or more AG Devo/Train and 1 AG-Race/Jr/Sr	14 points	Minimum wage / hour x 3*
Any combo of 1 or more AG Devo/Train and 2 or more AG-Race/Jr/Sr swimmers	15 points	Minimum wage / hour x 3*
2 or more AG-Race/Jr/Sr swimmers	15 points	Minimum wage / hour x 3*

\*Points x 3 x Minimum wage. Family will pay the current minimum wage x3 for each missing point. For example, if a family did 4 points out of 8, they can buy-out 4 points hours by paying 4x3 x minimum wage/hr.

[Click here to refer to the specific volunteer document showing how points can be earned.](#)

# AG (AGE GROUP) PROGRAM

## ESTIMATED COSTS



### Estimated costs in a usual year

- + 2-4 suits
- + 2 to 3 pairs of goggles
- + Training equipment for pool
- + Training equipment for dryland
- + Training and equipment bag
- + Travel (including hotel) costs for swim meets
- + Swim Canada and Swim Ontario Fees
- + Monthly club fees

**Total: A great experience!**

Group	Estimated Yearly Costs
AG Devo	\$2200 to \$2500
AG Train	\$3400 to \$3800
AG Race	\$5200 to \$6000
Juniour Performance	\$6400 to \$7500
Senior Elite	\$7000 to \$8500

# SWIM SCHOOL AND AG (AGE GROUP) PROGRAM

## WHO TO CONTACT



### I still have questions: who do I email?

#### Competitive Program:

Head Coach: Dan Stratton - [headcoach@ptboswimclub.com](mailto:headcoach@ptboswimclub.com)

Age Group Coach: Owen Cecile - [agegroupcoach@ptboswimclub.com](mailto:agegroupcoach@ptboswimclub.com)

#### Swim School (6 and up):

Swim School Coach-Lead: Amanda Devlin - [swimschool@ptboswimclub.com](mailto:swimschool@ptboswimclub.com)

#### General Inquiries:

Membership: Jaime Akiyama - [membership@ptboswimclub.com](mailto:membership@ptboswimclub.com)

President: Chris Furgal - [president@ptboswimclub.com](mailto:president@ptboswimclub.com)

#### Fees, Billing & Payment Inquiries:

Treasurer: Jane Ingram - [treasurer@ptboswimclub.com](mailto:treasurer@ptboswimclub.com)

#### Registration Inquiries:

Membership: Jaime Akiyama - [membership@ptboswimclub.com](mailto:membership@ptboswimclub.com)



THANK YOU FOR ALL YOUR SUPPORT

