



**Start-Up Package**

**2010-2011 Season**

**WELCOME BACK BLUEPHINS!!!**

# Coaches Corner

Welcome back to another exciting year of Bluephins Swimming. Last season continued on the success of the Canada Games year with our rookie numbers increasing and our performances at competitions setting new standards of excellence. After one year on the Island I can safely say I am ecstatic about being the Head Coach of the Bluephins. I would like to thank everyone who helped make the Bluephins a success this past year.

Planning for the upcoming season is almost complete with only minor aspects still in development. A major change this season will be “in-person” registration for all returning and new swimmers. Fees for the coming year are still in development and will be available shortly.

Swimming in Canada is an exciting place to be right now and you are part of that excitement. The Canadian team is set to take the pool for the 2010 Pan Pacific Championships very soon and the team looks ready to shine.

I am looking forward to starting the coming season with a bang with the 2<sup>nd</sup> annual BBQ and “Super Happy Fun Swim”. I will continue to help motivate each and every swimmer on the Bluephins to “be the best they can be”. The coming year will see me working with the younger swimmers more often during the week to help them develop their skills and technique.

Effective communication is always a cornerstone of any organization. Please contact me with any questions or suggestions you have about the upcoming season and the Bluephins on a whole. Just call, email or see me in person at the pool. As a general rule I will be available after every evening practice for 15 minutes to answer questions in person. I have become addicted to my Blackberry so I am also very reachable by phone (316-1300) and email ([olympicdream2012@yahoo.ca](mailto:olympicdream2012@yahoo.ca)).

In this package you will find information pertaining to the start-up of the season. **Please take time to read through the package completely.**

Further information about the entire season will be presented at group the information sessions that will be held in September. If you have topics you would like covered at these meetings please send them my way.

Yours in Swimming,



**William Calhoun** – Head Coach Charlottetown Bluephins

# Registration

This season will see a return to “in-person” registration for the Charlottetown Bluephins. We are doing this for a variety of reasons;

1. To develop a formal start to the season and get everyone registered properly
2. To collect registration fees and make arrangements for the entire season
3. Collect sizing information for team uniform and other equipment
4. Provide an opportunity for parents/swimmers to ask questions

## **NEW SWIMMERS**

New swimmers are asked to attend our “Rookie Camps” in September. If a sibling of a returning swimmer is looking to join the team we ask they attend to get assessed. If you know someone who is interested in joining the team please have them contact Mr. Bill. Full information on “Rookie Camp” dates are available online.

## **REGISTRATION DAYS**

Thursday September 16 <sup>th</sup>	6:00-8:00pm	CARI Pool
Saturday September 18 <sup>th</sup>	9:00-12:00am	CARI Pool

\*\*If you cannot make either of these times please contact Mr. Bill to make arrangements.

## **CONTACT INFORMATION AND FORMS**

Returning families will be given the chance to update contact information and sign the required forms pertaining to each swimmers participation with the Bluephins.

## **PAYMENT OF FEES**

- Postdated cheques will be the only accepted form of payment going forward for the Bluephins. We understand that this may be less convenient but this necessary going forward for the team.
- All outstanding fees for the 2009-2010 season **MUST** be paid before swimmers can register for the 2010-2011 season.
- Membership fees will be made payable with post-dated cheques; eight (8), four (4) or one (1) payment. All cheques must be presented on day of registration.
- This season the cost of insurance from Swim Canada ( SNC) and Swim PEI will be broken out of the registration fee this season to better represent the fees being paid to the Bluephins.
- We will also be asking for a deposit for “meet fees” for your swimmer(s). This will be made in the form of four (4) post dated checks. Checks will only be cashed if swimmers accounts require funds to pay for meets.

## **PAYMENT POLICY**

The Charlottetown Bluephins Payment Policy is available on the clubs website.

## **FUNDRAISING COMMITMENT**

The club will be implementing a fundraising commitment for the 2010-2011 season. Families who choose not to fundraise will be given the opportunity to “payout” their commitment.

More information on the fundraising commitment will be made available soon.

## **TEAM UNIFORM & TEAM GEAR**

This season will see the implementation of a team uniform for the Bluephins. Each swimmer will receive this uniform as part of their membership on the team. Sizing for this uniform will take place at registration. Additional team gear and swim suits can also be ordered at registration.

Uniform will include; a team t-shirt, team shorts and a team swim cap

**\*\*Swimmers will be expected to wear this uniform at all swim meets.**

We will have three order periods during the season.

1. Fall registration
2. Pre Christmas
3. Pre March Break

Sue MacLennan will be our head team equipment manager and will be in charge of team equipment this season and I thank her for agreeing to volunteer in this important role.

## **OFFICIATING INFORMATION**

Information about officiating for swimming meets will be available during registration. It is our goal to have at least one member of each family be formally trained to officiate.

### **\*\*PLEASE NOTE\*\***

Returning swimmers who are fully registered including payment arrangements are the only swimmers who will be permitted to begin the season on September 21<sup>st</sup>. Please contact Head Coach William Calhoun if you foresee a problem with the new registration procedure for your family.

## IMPORTANT DATES

### SEPTEMBER

Monday	13 <sup>th</sup>	Club Open House for new swimmers	5:30-6:30pm
Wednesday	15 <sup>th</sup>	Rookie Camp	4:30-6:00pm
Thursday	16 <sup>th</sup>	Registration Day 1	6:00-8:00pm
Friday	17 <sup>th</sup>	Rookie Camp	4:30-6:00pm
Saturday	18 <sup>th</sup>	Registration Day 2	9:00-12:00am
Saturday	19 <sup>th</sup>	2 <sup>nd</sup> Annual BBQ @ Mr. Bill's	3:00- 7:00 pm
Sunday	20 <sup>th</sup>	Rain Day for BBQ***	
Monday	21 <sup>st</sup>	Super Happy Fun Swim (bring a friend!!)	4:30-5:30pm
Tuesday	22 <sup>nd</sup>	Official start of 2010-2011 swim season	
October	2 <sup>nd</sup>	Blue vs. Phins Gala 2010	7:30-10:00am

### GROUP PARENTS MEETINGS

Thursday	24 <sup>th</sup>	Junior & Senior Group Meeting	5:00-6:00pm
Friday	25 <sup>th</sup>	Age Group & Novice Group Meeting	5:00-6:00pm
Tuesday	28 <sup>th</sup>	Mini-Phins Group Meeting	5:00-6:00pm

### SUPER HAPPY FUN SWIM

Please bring your friends out for the "super happy fun swim". This is a great opportunity for your friends to see what you can do in the pool. It could also be a great way to get them interested in swimming!!!

### **\*\*PRACTICE SCHEDULES\*\***

Morning practices will only begin on October 2<sup>nd</sup> with the annual Blue vs. Phins gala.

Swimmers in Junior and Senior groups will start their season with dryland activities being planned for early September. A schedule will be out soon for the early season dryland.

### YEARLY PRACTICE SCHEDULES

In most cases the practice schedules for each group have remained the same for the coming year. Please look at the schedule carefully and ask questions if you are unsure when and how often your swimmer(s) swim. The practice schedules are available in a separate document.

### MEET SCHEDULE

1. The 2010-2011 meet schedule is also available in a separate document. There are a few new meets on the schedule and some that have been removed from last year. Every level of swimmer should have a good variety of meets available for them to attend this year. Please note that the schedule is subject to change.

# Group Assignments & Coaching Staff

Group placements have been available for a couple of weeks with a few changes already being made. I want every swimmer and parent to know that we can discuss alternate group assignments. I am a very flexible coach and hope to develop the best practice schedule for each swimmer taking into account their other interests outside the pool. We can also slightly adjust swimmers schedules depending on today's busy life. For example, a swimmer could be registered for AG2 but need to practice with AG1 for a couple practices. There are many different scenarios that can arise with each swimmer and family.

The Bluephins are committed to developing workable schedules for every swimmer. The most important thing to me is keeping swimmers interested in swimming for life!

## Name Changes

Plans are in the works for a few name changes for groups. The changes will hopefully provide a better representation about the group and its target swimmers. The name changes should be determined by registration day.

## Coaching Staff

We are actively looking for new coaches for our staff. Presently our greatest need is for Mini-Phins and Novice 3 groups. We are also looking for coaches willing to act as subs when group coaches are away.

Contact Mr. Bill if you can or know someone willing to coach.

Head Coach	William Calhoun
Mini-Phins	Lauren Lawless, Katie Hooper, Andrew Harding, Madeline Tweel
Novice 3	Kimberly Russell, Cindy McCarron, Suzanne Nicholson
Novice 2	Donna Profit
Novice 1	William Calhoun
Age Group 3	Edie Rogers
Age Group 2	Blythe Martin, Kimberly Russell
Age Group 1	Kimberly Russell
Junior	Kelly O'Connell, William Calhoun
Senior	William Calhoun

**HOPE TO SEE YOU ALL VERY SOON!!!**

Mr. Bill 😊

# 2010-2011 CHARLOTTETOWN BLUEPHINS PRACTICE SCHEDULE

\*\*If you have questions about this schedule please contact Mr. Bill

<p style="text-align: center;"><b>NOVICE 3</b></p> <p>Monday 5:00-6:00pm Wednesday 5:00-6:00pm Friday 5:00-6:00pm Saturday 9:00-10:00am</p> <p>Pick 1x or 2x per week</p>	<p style="text-align: center;"><b>NOVICE 2</b></p> <p>Monday 5:00-6:00pm Friday 5:00-6:00pm Saturday 9:00-10:00</p>	<p style="text-align: center;"><b>NOVICE 1</b></p> <p>Tuesday 5:30-6:30pm Friday 4:00-5:00pm Saturday 8:30-10:00am</p>
<p style="text-align: center;"><b>AG3</b></p> <p>Monday 4:00-5:00pm Wednesday 4:00-5:00pm Friday 4:00-5:00pm Saturday 8:30-10:00am</p>	<p style="text-align: center;"><b>AG2</b></p> <p>Monday 4:00-5:00pm Wednesday** 6:00-7:00am Friday 4:00-5:00pm Saturday 8:30-10:00pm</p>	<p style="text-align: center;"><b>AG1</b></p> <p>Monday 4:00-5:00pm Wednesday 6:00-7:00am Wednesday 4:00-5:30pm Friday 4:00-5:30pm Saturday 8:30-10:00am</p>
<p style="text-align: center;"><b>JUNIOR</b></p> <p>Tuesday *Theme Practice Tuesday 4:30-6:30pm Wednesday *Theme Practice Thursday 4:30-6:30pm Friday 4:00-6:00pm Saturday 7:00-10:00am</p>	<p style="text-align: center;"><b>SENIOR</b></p> <p>Monday 4:00-6:00pm Tuesday *Theme Practice Tuesday 4:00-6:00pm Wednesday *Theme Practice Thursday 4:00-6:00pm Friday 5:30-7:00am Saturday 7:00-10:00am</p>	<p style="text-align: center;"><b>NATIONAL</b></p> <p>Monday 5:30-7:00am Monday 4:00-6:00pm Tuesday *Theme Practice Tuesday 4:00-6:00pm Wednesday *Theme Practice Wednesday 4:00-6:00pm Thursday 4:00-6:00pm Friday 5:30-7:00am Saturday 7:00-10:00am</p>

## **\*NEW\* for 2010-2011 swimming Season**

### **\*THEME\* Practices**

These will be specific practices geared towards "Sprinting" or "Distance" swimming. We will start the season with one specific practice for each group. Practice times to be determined.

### **GENDER SPECIFIC**

Each month we will split the club into genders and have an "all girls" and "all boys" practice. Details to follow about when and what we will do at these practices.

# 2010-2011 MEET SCHEDULE

**\*\*PLEASE NOTE THAT MEET DATES & LOCATIONS ARE SUBJECT TO CHANGE AT ANYTIME**

Month	Date	Where	Meet Name	NOVICE	AGE GROUP	JUNIOR	SENIOR
October	2nd	Charlottetown	Blue vs. Phins				
October	16th	Summerside	Development Meet				
October	30th	Charlottetown	Double Up Development				
November	19-21	Summerside	Fall Splash Invite		11&Over Swimmers Only		
November	26-28	Etobicoke	Canada Cup				Qualifiers
December	11th	Charlottetown	Elf Extravaganza	Swimmers not attending Bowdoin Open			
December	10th-12th	Brunswick, ME (USA)	Bowdoin Open Invite		Qualifiers		
December	27th-30th	St.John / Halifax	Long Course Training Camo		Selected Swimmers		
January	15th	Summerside	Development Meet				
January	21st-23rd	TBD	Tri-Meet & Camp		Selected Swimmers		
February	4th-5th	Moncton	NB Provincial Champs		Qualifiers		
February	11th-13th	Port Hawsbury	NS Junior Provincial Champs	Qualifiers			
February	12th	Charlottetown	Development Meet	Swimmers not attending NS Junior Provincials			
February	17th-20th	TBD	Eastern Canadian Champs				Qualifiers
March	4th-6th	St. John	East Coast Championships		Qualifiers		
March	15th-19th	March Break					
March	25th-27th	Bathurst	Invitational		Qualifiers		
March	31st-3rd	Victoria	Senior Nationals				Qualifiers
April	2nd	Fredricton	10&Under Festival	10&Under Only			
April	8th-10th	Halifax	Long Course Development		Qualifiers		
April	16th-17th	Charlottetown	Fast & Furious Invite				
May	6th-8th	Halifax	Long Course Development		Qualifiers		
May	13th-15th	Charlottetown	Provincial Championships				
May	18th-22nd	Halifax	Eastern Canadian Tri-Meet				Selected
May	27th-29th	St. John	Long Course Invite	Qualifiers			
May	27th-29th	Quebec City	Long Course Invite		Qualifiers		
July	1st-3rd	Montreal	Canada Cup				Qualifiers
July	7th-10th	Halifax	East Coast Championships		Qualifiers		
July	22nd-24th	TBD	Senior Nationals				Qualifiers
July	28th-31st	Montreal	Age Group Nationals				Qualifiers

## MINI-PHINS SWIMMING GALA EVENTS

December	3rd	Charlottetown	Friday Night Lights
Feburary	25th	Charlottetown	Friday Night Lights
April	29th	Charlottetown	Friday Night Lights