

New Abbotsford Olympians Swim Club Parents/Swimmers

Welcome to AOSC. We hope you find our swim club to be exciting, enjoyable, fun and that it offers the skills that you and your children are looking for. This is a brief letter outlining some of the expectations of AOSC and information about swimming.

AOSC is a member club of Swim B.C. that in turn is a member of Swimming Natation Canada (SNC). There are over 50 clubs in B.C. consisting of 8000 members. You will notice most of our correspondence L/A OSC as this is the Langley/Abbotsford Olympians Swim club which we work closely with in most areas.

AOSC is entering into our 7th year as a competitive swim club and has groups for all levels and abilities of swimmers from learn to swim through to Provincial level swimmers. AOSC provides professionally paid coaches, one full time and two part time. We teach swimming skills and life skills to the swimmers that join AOSC. We run from mid September through to the end of July.

When coming to the pool please tell the front desk staff you are a member of AOSC as they have a list of swimmers. Proceed onto the deck and wait for further instructions from your coaches.. Swimmers should wait on deck for coaches and not go public swimming. We only rent the pool for our workout time.

Communication takes place in a couple of ways. Hanging files with the swimmers last name are put on deck for swimmers or parents to access. Bulletin boards are in the lobbies of both pool where handouts are posted. We also have a web site www.abbotsfordolympians.com with a password to get into restricted sites. Please email the Director of Swimming for the password. Most information in coming out via email so make sure we have your most current email addresses. Please check all options the files, bulletin boards and web site on a regular basis, at least once a week. Coaches can certainly be spoken to by phone or in person but please be considerate of their time when coaching the children as it is their first priority. Please speak with a coach after a workout should the coach time available. Email is often best to touch base on simple questions.

Equipment needed by swimmers; red bathing suit, club bathing cap, goggles, fins/flippers and team T-shirt for workouts and swim meets (sweat suit is highly recommended). If a child does not wear a bathing cap that is ok. We expect our swimmers to wear our team outfits in workouts and at swim meets to show AOSC off to the local community and beyond. The equipment offered is of good quality and at affordable cost. All can be purchased from the swim club. A price list and size kit with more substantial equipment purchases will be brought by the pool for swimmers and parents to try on and order. Swimmers in some groups may need additional equipment which the coach will let parents know about.

Swim meets usually occur every 4-6 weeks depending upon your skill level and commitment level. AOSC expects swimmers joining AOSC to participate in the meets they qualify for and have to have parents attend most meets and help out for a couple of hours at each meet. Intra Club meets are for all L/A OSC members. Intra Club meets are intended to bring all swimmers together and see the team as one. Intra Club meets usually occur in Oct, Dec & June on a Sat 7:00-11:30am at Walnut Grove Pool. Novice meets for new swimmers are usually 4 hours in length on a Saturday morning from 7:00-11:30 am at the Walnut Grove Pool. Regional swim meets for swimmers past the Novice swim meet stage are usually 4 hours on both a Saturday and Sunday within the lower mainland. Invitational swim meets for the more experienced swimmers occur throughout the Province and beyond and are usually Friday, Saturday and Sunday. Swim meets are the way swimmers, parents and coaches can evaluate swimmer progress and determine what skills need to be improved and worked upon. Swim meets are fun and teach swimmers (even beginners) how to set goals in workouts and achieve personal goals. Many life skills are learnt through swim meets. We do not just look for who is winning, we also look for who is improving!

Fraser Valley Aquatic Foundation is a non-profit group that swimmers and parents can belong to. The FVAF board works with the parents and raise money to offset swimming costs.. Please help out when approached or given info.

Parents please watch your child swim from the viewing areas and not on deck. The deck is for the swimmers and the coaches to work together in an environment free of others so trust and learning can occur between coach and swimmer.

Please feel free to ask questions and become involved in the swim club. Please stay informed and check the bulletin boards, your files and web site so you and your child are informed.

Thank you and enjoy

Brian Metcalfe, Director of Swimming/Head Coach L/AOSC, 604-825-1856 laosadmin@telus.net