

Rocky Island Masters Swim Club
2009/2010 Season
September 28, 2009



The **Rocky Island Masters Swim Club**, otherwise known as **ROCK SWIM**, is pleased to be planning its fourth year.

Currently the Rocky Island Masters Swim Club's organizing committee includes: George Colbert, Fraser Davidson, Judy Davidson, Paul Dawe, Ariel Ward, Don Osmond, Jason Pretty, Christiane Martin, Rob Gamberg, Catherine Seviour and Michael Colbert.

Special note: Registration night for returning members at The Field House on Thursday, October 1st, from 7-9 pm. ANY returning member MUST attend to register OR deliver completed form and fee to the registration night via another member.

Do you want to improve your swim technique and fitness in a fun social atmosphere?
Do you want to train with a group of like minded people?
Are you interested in Triathlons?

Club Mission

The Rocky Island Masters Swim Club (ROCKSWIM) is a member club of Masters Swim Canada. Masters Swimming is an adult program designed to encourage fitness through swimming. It offers structured training sessions and provides opportunities to increase physical fitness, improve stroke techniques, receive regular coaching, and participate in social activities.

All members will be registered with **Masters Swimming Canada** and **Swim Newfoundland and Labrador**. This brings member benefits including:

- Insurance for indoor AND open water swimming
- Million Meter Challenge
- Competitive swim ranking (for those who are into this)
- Allows participation in Masters meets (also for those who are into this)

2009/10 Program

Over the 2009/2010 season, the **Rocky Island Masters Swim (ROCKSWIM) Club** will organize/provide:

- Regular coached workouts
- Fun Swim Challenges – club swim meets
- Open Water Swimming (in the summer and as weather and interest exists)
- Support from other club members
- Opportunity to compete as part of the club
- Social events
- Discount at “Take the Plunge”
- Underwater video analysis

This is a relatively new Club organized by volunteers. The dues collected cover Swimming Newfoundland fees, Swim Canada, insurance, coaching, etc. We have had strong growth and success since the club began in 2006 and we hope to continue building over time. ROCKSWIM has secured, for the 2009/2010 season, two sets of pool workout times with the Works.

Time Slot 1:

Monday 8:00 pm → 9:15 pm MUN Pool 5 lanes
Thursday 6:15 pm → 7:15 pm AQR Pool 8 lanes

Time Slot 2

Thursday 7:15 pm → 8:30 pm AQR Pool 8 lanes
Sunday 5:30 pm → 6:45 pm AQR Pool 8 lanes

This year, all club members will attend workouts in one of the two slots. Each group will be assigned a Time Slot (either 1 or 2 above) and a Coach (Ariel or Paul).

The length and intensity of the workouts for the 2 groups will be as follows:

Group 1 Workouts:

Workout Length per hour: 1000-3000 m
Pace time¹ for 100m: from 2 min to 2 min 45 seconds

Group 2 Workouts:

Workout Length per hour: 2500-4000 m
Pace time¹ for 100m: from 1 minute 15 seconds to 2 min 10 seconds

Minimum requirement for entry into ROCKSWIM club

Persons seeking entry to the ROCKSWIM club must have a functional freestyle stroke and be able to complete a 500 m swim taking short breaks as and where needed in under 20 minutes (20 lengths of 25 m).

¹ Pace time: Pace time refers to the total of rest and swim time taken to complete on regular intervals a fixed length of swim. For instance the coach asks for a swimmer to swim 3 times 100m on a 2 min pace time. This means the swimmer swims the 100 m length and has a quick rest at the pool before starting on the 2nd 100m length 2 minutes after the first.

Beginning of season Open Club swims:

To determine swim group composition, our first 4 workouts will be open club swims for all registered members on the following dates/times at the Aquarena:

- **Oct 8: 7:15 pm to 8:30 pm**
- **Oct 11: 5:30 pm to 6:45 pm**
- **Oct 15: 7:15 pm to 8:30 pm**
- **Oct 17: 5:30 pm to 6:45 pm**

To help organize the season, it would be helpful if all members attended at least two of these workouts. This provides a chance to say hi and get a sense of what the workouts are like. The first few workouts will be general and relaxed. During this two week period members and coaches will have the opportunity to discuss which group is the best fit for them. Placement of swimmers into groups, however, will be determined by the coaches.

During the season, coaches will continue to evaluate the progress of swimmers to ensure that each group has the most beneficial make up of swimmers based on ability and progress.

Coached Group swims:

Regular ROCKSWIM pool times are as follows:

Oct 21st - Dec 17th

- **Group 1: Time Slot 1**
- **Group 2: Time Slot 2**

Christmas Schedule: to be determined while Aquarena pool is closed for 4 week annual maintenance.

Jan 18th - May 23rd

- **Group 1: Time Slot 1**
- **Group 2: Time Slot 2**

Our Coaches

Paul Dawe has more than 20 years experience in aquatics as a swimming teacher and instructor trainer. This includes 15 years of coaching age group swimming and varsity teams, 3 years on the Canadian Swim Coach and Teachers Association, 5 years on Swim Newfoundland and Labrador, and Paul served as Newfoundland Labrador Swim Coach Association coach's rep. In 2005 Paul was head coach for the Canada Games swim team. His well rounded experience includes being a National Coaching Certification Program Course conductor, president of the Newfoundland and Labrador Life Saving Swim Society and a Member of the National Board of the Life Saving Society.

Ariel Ward has been a competitive swim coach for 7 years. She has worked with swimmers of all ages and abilities, from developmental to provincial and national levels. Ariel worked with the Vancouver Pacific Swim Club for 4 years, and coached the UBC masters swim program for 2 years. In Newfoundland, she is an assistant coach for the St. John's Legends Swim Club. Also, she has helped to promote and develop the sport of swimming

throughout the province by coaching in stroke camps across Newfoundland. Ariel is a National Coaching Certification Program Level 2 certified coach, and has degrees in Exercise Science and Education.

Expectations of Rocky Island Masters Swim Club members

- 1) ROCKSWIM members pay an annual membership fee to the Rocky Island Swim Masters Club.
- 2) ROCKSWIM members are responsible for paying for their own entry to the pool. See Fee Structure below.
- 3) Members are expected to attend at least 30% of the swim workouts to maintain “returning” membership status for the following year at the discretion of the Club Committee. Attendance helps us plan pool and coach allocation.
- 4) Members are expected to adhere to Master Swim Canada Rules of Conduct <http://www.mastersswimmingcanada.ca/disciplp.htm>.

Club Fee Structure

- **ROCKSWIM Registration:** \$60 membership (includes \$30 to Swim NL)
- **Pool User Fees:** The Aquarena/The Works will charge members for each swim event as they would the public. Just go to the front desk and check in like you would for a regular swim, and mention your with ROCKSWIM . The following preferred options are available:
 - Monthly Adult Lane swim pass \$50/month or \$123 for 3 months
 - Fitness membership at the Aquarena allows free access to ROCKSWIM swims where applicable (Still must pay annual membership to ROCKSWIM)
 Other options include
 - pay as you go (\$4 per swim)
 - A book of 12 swim passes for \$40
 See <http://www.theworksonline.ca/> for more details
- **Swim Meet Fees:** Members will be charged \$5 (or as otherwise determined by the Club Committee) for participation in Club swim meets.

The annual fee must be paid and membership form completed to confirm your membership! You can pay by cheque or cash (correct amount, please)

Checks should be made out to: **ROCKY ISLAND SWIM CLUB**. Receipts for annual membership dues will be issued.

Registration Dates For 2009/10

The ROCKSWIM Committee is holding a **Registration night for “returning” members at The Field House on Thursday, October 1st, from 7-9 pm. ANY “returning” member MUST attend to register OR deliver completed form and fee to the registration night via another member.**

Registration for “new” members will occur on Tuesday, October 6th also at the Fieldhouse from 7:00 – 9:00 pm.

Rocky Island Masters Swim Club Policies

Refunds

Membership Refund requests can be made to the Rocky Island Masters Swim (ROCKSWIM) Club. Refunds, of the club portion of funds, will only be provided if after 30 days, the member requests a refund and has NOT participated in a club activity.

No refunds will be provided for that portion of the fees already paid to Swimming Newfoundland and Labrador and /or Masters Swimming Canada.

Requests for refunds should be submitted in writing, or email, to the club registrar.

Use of Membership list

The Rocky Island Masters Swim (ROCKSWIM) Club membership address list will be used only to communicate with members regarding topics related to swimming, triathlon, and athletic pursuits which reflect the interests of the group. The main purpose of the membership list is to communicate with members about club events and opportunities. The ROCKSWIM Club will not promote fundraising ventures that are unrelated to the interests of the club. Effort will be made to limit email communication to members when possible.

Questions? Email us at rockswim@gmail.com