

RICHMOND KIGOOS SWIM CLUB

Family Handbook Summer 2023



Compiled by Kigoos Board of Directors and Head Coach

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KIGOOS WELCOME

Welcome to Kigoos! The Richmond Kigoos Swim Club was established in 1959. We are a competitive summer swim club in the Fraser South Region of the BC Summer Swimming Association (BCSSA). We are a non-profit organization run by a board of parent volunteers. The summer swim season runs from May 1 to mid-August each year. Our home pool is Steveston Outdoor Pool.

This handbook details how swim meets are run, what to expect and how you can volunteer. The Kigoos' website (www.kigoos.com) also offers more information (e.g. coach's corner, swim meet and social calendar and contacts for executives). Like most sports clubs, swim meets, and social events are **only** possible through your support and volunteer hours. Thank you for your time in making this swim season FUN for all our kids. Your child(ren) will have an amazing summer, become more confident swimmers, and make lots of new friends. Have a great season and welcome to the Kigoos family!

DISCLAIMER

Please note that this is a living document and due to changing circumstances and unforeseen events, information and/or dates may change. We appreciate your understanding!

SEASONAL SPONSORS

We'd like to thank our amazing seasonal sponsors! These local sponsors have provided financial support to the Richmond Kigoos Swim Club for the Summer 2023 season.

KIGOOS COACHING STAFF – SUMMER 2023

Head Coach: Megan Shinger

Assistant Head Coach: Lucas Yuill

Coach: Liv Johnston

Coach: Alex Yuill

Coach: Emi Nishi

JD Coordinator and JD Coach: Ashleigh Wood

JD Coach: Jia Sooch

JD Coach: Brodie Nistor

JD Coach: Anson Cheung

KIGOOS BOARD OF DIRECTORS – SUMMER 2023

Co-President:	Lesley Rey	president@kigoos.com
Co-President:	Nicole Spata	president@kigoos.com
Co-Treasurer:	Kate Wighton	treasurer@kigoos.com
Co-Treasurer:	Craig Nistor	treasurer@kigoos.com
Secretary:	Braunwyn Thompson	secretary@kigoos.com
Registrar:	Miko Miller	registrar@kigoos.com
Fundraising	Monica Hyatt	fundraising@kigoos.com
Communications:	Colin Crasto	communications@kigoos.com
Volunteer Coordinator:	Rosalind Poon	volunteers@kigoos.com
Concessions:	Robin Appel	concessions@kigoos.com
Meet Manager:	Paul Ursich	meetmanager@kigoos.com
Coaching Liaison:	Neil Thompson	coaching@kigoos.com

Committees and Additional Volunteer Opportunities include Meets Committee, Social Committee, Fundraising Committee, Awards, Food for Officials, BCSSA Swim Officials Training, Club Photographer.

Please reach out to volunteers@kigoos.com you are interested in contributing to any of the above areas.

SEASON GOALS

1. To provide a fun, safe, inclusive, and healthy environment for swimmers, coaches, parents, volunteers, board members and our community.
2. Engage as a club in competitive summer swimming while reflecting and upholding the values, ideals, and objectives of the Richmond Kigoos Swim Club.
3. Operate the season in a financially responsible and fiscally sustainable way to ensure the longevity of the club.

KIGOOS CODE OF CONDUCT

The Richmond Kigoos Swim Club is committed to the highest ideals of sport.

Richmond Kigoos Swimmers, and their families, will:

Sportsmanship

- Practice Good Sportsmanship
- Act in ways that bring respect to our swimmers, our coaches, and our club
- Use appropriate language including not swearing and insulting others
- Act responsibly including not fighting with other athletes, coaches, volunteers, or staff
- Not consume alcohol at any member events that have athletes present
- Be respectful of decisions of coaches

Training and Competition

- Swimmers will train regularly
- Learn and follow the rules of swimming
- Swimmers will always try to be their best during training and competition

Responsibility for my Actions

- Listen to the coaches and officials and ask questions when we do not understand
- Will be responsible for our actions at the pool and away from the pool that have an effect on other swimmers and / or the club

Concerns related to conduct are rare, but if concerns arise, we have a clear process of steps to follow:

- 1) Raise the concern with the group coach
- 2) Raise the concern with the head coach
- 3) Raise the concern with the club president

Any serious issues are dealt with by the club discipline committee (head coach, club president, club vice-president).

This code is intended to provide guidance to our swimmers and our families but is not intended or should not be construed as an express or implicit contract. The Richmond Kigoos Swim Club reserves the right to suspend the participation of any athlete, including but not limited to a violation of this code.

BCSSA AGE LOCATOR

Swimmers compete in a division based off their age. The table below will help you determine which division your child will be swimming in this season. Please note that group placement is NOT based off divisions (although it is one consideration) and groups may have a mix of divisions within each.



BCSSA 2023 Age Locator				
Speed Swimming				
Speed Swimming		Birth Month	Birth Year	1Age
Cat "O"	Div "S"			
O8 (Div VII & Over)	O8 (20 & Over)	Jan - Dec	2001 & earlier	20 years and older
		Jan - Dec	2002	
		Jan - Apr	2003	
	Div. VII	May - Dec	2003	17 - 19 years
		Jan - Dec	2004	
		Jan - Dec	2005	
		Jan - Apr	2006	
O2 (Div IV - VI)	Div. VI	May - Dec	2006	15 & 16 years
		Jan - Dec	2007	
		Jan - Apr	2008	
	Div. V	May - Dec	2008	13.5 - 15 years
		Jan - Oct	2009	
	Div. IV	Nov - Dec	2009	12 - 13.5 years
		Jan - Dec	2010	
		Jan - Apr	2011	
O1 (Div III & Under)	Div. III	May - Dec	2011	10.5 - 12 years
		Jan - Oct	2012	
	Div II	Nov - Dec	2012	9-10.5 years
		Jan - Dec	2013	
		Jan - Apr	2014	
	Div I	May - Dec	2014	8 years and under
		Jan - Dec	2015	
		Jan - Present	2016 & later	

April 30th is the determining date for ages. Some clubs have an additional 'division' known as Turtles or 6& unders. These swimmers must qualify as a Div 1 swimmer to qualify for Regional & Provincial Championships.

All Div 8 swimmers shall be classified as O8.

In case of any discrepancy between this document and BCSSA rules, the BCSSA rulebook shall prevail.

GROUP PLACEMENTS

Swimmers have been placed into groups based on their most recent swim assessments (either new swimmer assessment or ongoing assessment by coaching staff through winter maintenance training and/or last summer season). The first week of practices, May 1 to 7, 2023, will give coaches time to re-evaluate swimmers and determine if any group placement changes need to be made.

The swimmers' summer group placements are determined by the coaches. Multiple factors are taken into consideration including age, swimming ability, maturity, social connections, and group make-up.

Parents/caregivers are asked to give their swimmer 2 weeks in their group prior to raising any concerns. Swimmers will only be moved if the coaches determine that a different group is more appropriate. Requests for changes based off scheduling difficulties will NOT be considered.

Any questions or concerns about group placement can be sent to headcoach@kigoos.com.

COACH/SWIMMER MAXIMUM RATIOS

Senior groups: 1 to 18

Intermediate groups: 1 to 14

Junior groups: 1 to 12

Development: 1 to 10

PRACTICE SCHEDULES

Groups will swim anywhere from 5 to 8 times a week depending on age and ability. Practices also vary in length. The scheduled times will include any dryland activities. Swimmers are encouraged to come as often as possible but are not required to attend every practice. Swimmers will not be permitted to attend a different group's practices if they cannot attend their own.

Schedules will be sent out in a notifier each month and posted on www.kigoos.com.

Schedule 1 will cover from May 1 - May 31, 2023.

Schedule 2 will cover from June 1 - June 30, 2023.

Schedule 3 will cover from July 1 - August 3, 2023.

Fraser South Regional Swim Meet: August 4-6, 2023

Post Regionals Schedule: TBD

WHAT TO BRING TO PRACTICE

Regardless of age, all swimmers should come prepared to practice. Please remember to bring:

- Bathing suit (appropriate swim training suit)
- Goggles
- Swim Cap (optional)
- Towel and/or parka
- Water bottle
- Running shoes (mandatory for dryland training activities)
- Please wear appropriate clothing for dryland (i.e., t-shirt/shorts/runners)

KIGOOS APPAREL

Each swimmer will be provided with a Kigoos 2023 t-shirt and a Kigoos swim cap.

For swimwear, we recommend [Team Aquatic](#) and Kigoos families can use the Shark Card ([click here](#)) for a team discount on purchases.

For Kigoos logo wear, families have the option to purchase items year-round from our [online store here](#).

PARENT PARTICIPATION VOLUNTEER HOUR REQUIREMENTS

Swim clubs cannot operate without parent participation – both financially and practically. Your time and energy are a necessary part of your child's summer swim experience. It is also a great way to meet so many of the parents who make our own club such a desired place to swim!

Families with swimmers in Junior Development or Technical Development Groups are required to provide 10 hours volunteering.

Families with swimmers in Junior, Intermediate, or Senior Groups are required to provide 25 hours of volunteering.

Please note that these hours are per family and not per swimmer.

There will be lots of opportunities to volunteer at various Kigoos events throughout the summer season. Volunteer opportunities will be sent out via email and signup will be done using Sign Up Genius. Please keep track of your volunteer hours using this form. For any questions related to volunteer hours or participation, please contact the Volunteer Coordinator at volunteers@kigoos.com.

NOTE: In addition to volunteer hours at our own Kigoos swim meets and events, families with swimmers attending away swim meets are expected to volunteer for at least one timing shift at the meet. At every swim meet our club attends, we are required to provide volunteer officials and timers. Thank you for helping support our swimmers at their competitive meets!

SUMMER 2023 CLUB ACTIVITIES

We offer many fun and exciting special events throughout the summer season. Watch the email notifiers for more information as we get closer to the dates below. All these events are brought to you by both our coaching staff and parent volunteers so there will be opportunities to help!

May 28 - Mock Swim Meet and Club Breakfast. This is a fun event where we get to “practice” a swim meet. Swimmers will get to practice all aspects of a swim meet including marshalling, starts, timing, officials and more! This is a great event for new families to see how a swim meet functions and learn what to expect in preparation for our Ice Breaker Swim Meet. The Mock Meet is a morning event that wraps up with a delicious club breakfast. Pre-ordering and pre-payment is necessary, more information to come.

Kigoos Triathlon

Kigoos Grouse Grind

Red & White Intra-club Fun Meet

Club Pasta Night

Year-end BBQ @ Southarm Pool

Awards Night

SWIM MEETS - 2023

Below is a schedule of competitive swim meets for the Summer 2023 Season.

Richmond Kigoos Ice Breaker – June 3 & 4

Boundary Bay Bluebacks (B4) – June 10 & 11

Super 7 – June 17 & 18

July 8 & 9 – Hootenanny

WRASA – July 15 & 16

North Delta Sunfish – July 22 & 23

July 29 & 30 – Surrey Sea Lions

Regionals – August 4, 5 & 6

Provincials in Nanaimo – August 18, 19 & 20

Junior Development Meets

WRASA – June 14

North Delta Sunfish – June 21

Richmond Kigoos – July 12

Crescent Beach – July 19

AWARDS

Go to www.kigoos.com for a list of awards and criteria.