



Welcome to the YKPBSC 2005-2006 Season



Welcome back to another great year of swimming with the YKPBSC! As new or returning members and parents, I am sure there are still questions you have, but might have been too shy to ask.

The club is organized into several squads, which enables us to instruct in appropriate swim techniques at the proper stage in a swimmer's development. The squads are arranged as follows:

Dolphins – age 5 years and up, practice twice a week for a total of 1 ½ hours.

Dynamos – age varies, practice twice a week for a total of 1 ½ hours.

Belugas – age varies, practice twice a week for a total of 1 ½ hours.

Maco Sharks (Sharks I) – age varies, practice three times a week for a total of 3 hours.

Tiger Sharks (Sharks II) – age varies, practice three times a week for a total of 3 hours.

Hammerhead Sharks (Sharks III) – age varies, practice three times a week for a total of 3 hours.

Cubs – age varies, practice four times a week for a total of 4 ½ hours.

Bronze – age varies, practice four times a week for a total of 5 ¾ hours.

Silver – age varies, practice four times a week for a total of 8 ¼ hours.

Gold – age varies, practice six times a week for a total of 12 ¼ hours.

How Parents Can Help

Every year, we have parents asking us, how can we help the club? What can we do to ensure our son or daughter a good swim season? If you are able to volunteer your time, this is one way you can help the club out immensely!

Website: www.ykpbsc.nt.ca

Go here to check out the club, schedules, events, times and other items of interest!

How can **you** help? The club is always looking for parents who have a bit of time to volunteer. Opportunities exist to help out in coaching, in meet organization and meet events, and in fundraising. All three of these areas directly benefit the swimmers in the club. The money raised by the club goes directly to pool rental, events, training of coaches, registration of coaches, and the running of meets. After looking below, don't be afraid to let Coach Ian or one of the board members know if you can help out! Coach Ian can be reached via email at <mailto:ian.legaree@www.namullim.com>

Coaching – coaches are needed to help train our swimmers. Our coaches are trained in the national program, and progress through levels 1, 2 and 3. Two weekends ago, two coaches took their level I swim coach training, and this past weekend, five other coaches did their Level II coach training. **If you are interested in helping out with coaching, please contact Coach Ian.**

Meet Organization and Events – through the year, the club runs certain swim meets and other events. Timers, lane judges, and other helpers are always needed. It is a chance to participate in your son or daughter's activity on a casual basis, and see how they do! Training is provided and it is a fun time.

Fundraising – the club does a few fundraisers every year. As stated, the money directly benefits the swimmers in the club.

Bingos are almost done. There is one last one on Monday, October 3. If you can help, please <mailto:sandraaitken@theedge.ca> It is easy, but we can use another person or two!

Pie Sales is the biggest fundraiser, and if you have ever tasted one of these pies you will know why! When it comes time for sales, please help out! Pat Witty has volunteered to be our coordinator this year, but she is seeking another helper or two. Please let Coach Ian know if you are interested in doing this.

Cotton Candy – Volunteer for a shift at our cotton candy shack for one of the events around town! This brings in additional revenue to help our swimmers.