



Steadward Bears Para Swim Handbook

2024 – 2025



STEADWARD
BEARS

UNIVERSITY OF ALBERTA





About The Steadward Centre

The Steadward Centre for Personal & Physical Achievement team has expertise in Adapted Physical Activity and Para sport development, annually serving more than 1,000 children and adults experiencing disabilities and training more than 250 students. As part of the Faculty of Kinesiology, Sport, and Recreation at the University of Alberta, the centre's research and education focus allows it to deliver innovative programs and share proven expertise with community fitness and sport leaders across Alberta.

Vision

To facilitate Adapted Physical Activity and Para sport opportunities for everyone.

Mission

Foster community and individual achievement and excellence in Adapted Physical Activity and Para sport by applying innovative research, widely sharing our expertise and delivering quality programs, with and for, individuals experiencing disability.

Core Values

Embodied ways of knowing

We believe that living with an impairment is best understood by those living with an impairment. They are the experts.

Connection

We believe we are only as strong as our relationships — within our team, with our partners and with our members.

Collaboration

We believe more can be accomplished in partnership than alone.

Leadership

We believe that sharing our insights and perspective can provoke new ways of thinking, spark discussion and inspire action.

Learning

We believe that asking questions and learning from others allows us to constantly improve and grow.

Accessible

Adapted Physical Activity and Para sport development should be available to all who choose to participate.





The Steadward Bears Para Swim Team

The Steadward Bears Para-Swim Team has steadily developed, offering individuals experiencing disability opportunities to develop sport specific skills through high quality instruction and coaching. The Steadward Bears program was created to address a gap in the sporting community, creating a safe and supportive environment that strives to meet the needs of all participants, regardless of their abilities or experiences in the pool.

Since 2013, the program has grown to 40 swimmers actively engaged in the water 1-4 times/week. Steadward Bears swimmers have ranged in age from 5-65+, with each swimmer receiving practice plans that meet their individual goals and needs. In September 2018, The Steadward Bears Para Swim Team became an independent swim club, as recognized by Swim Alberta and Swimming Canada.

Coach's Message

Welcome to the 2024-2025 swim season!

Whether you are joining us for the first time or have been with us since the beginning I am thrilled to have you back for what I think will be our best season yet.

I believe that swimming is a life-long sport that develops a skill set that is applicable both in and out of the pool. Skills such as listening, teamwork, and leadership are all traits that transcend sport and prove a benefit to athletes in both school and the workplace.

I hope to share my experience and passion for the sport of swimming with not just the swimmers and families, but also the coaches and volunteers.

Looking forward to a great season,
Coach Mat





2024–2025 Program Overview

The Steadward Bears Para Swimming Program engages athletes experiencing disability to develop competitive swimming skills across the para sport pathway, from grassroots to competitive. With the support of qualified coaches, knowledgeable volunteers and Adapted Physical Activity Consultants, we develop practices that focus on stroke-specific skills for athletes. The Steadward Bears support athletes who are new to the sport of swimming as well as those with aspirations to compete at provincial and national levels.

Development Group

The Development Para Swim group is for swimmers looking to develop stronger swimming skills, and build endurance and strength. Swimmers will learn the basics of swimming with individualized programs and knowledgeable coaches and volunteers. Volunteer to swimmer ratios vary from 1:1 to 1:3 to meet the needs of our swimmers and to provide the most effective learning environment.

- New swimmers looking to join this program will undergo an assessment prior to the first practice so that their needs can be addressed specifically and they can be placed accordingly.
- Returning swimmers to the program will be assigned based on past coach evaluation

As of 2016, under Swim Alberta's registration, members of the Development Group are permitted to compete in one swim meet per year.

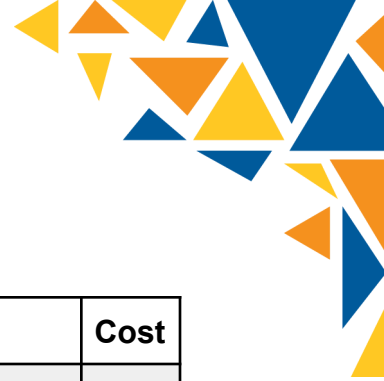
Competitive Group

The Competitive Para Swim group is for swimmers looking to develop stronger swimming skills, and build endurance and strength, as well as those who are looking for a training environment that may include participating in swimming competitions. Training together up to four times a week, swimmers will be able to challenge their abilities and work towards individual goals, whether they are to compete regionally, provincially, nationally, or to swim for fitness and health. Practices for the Competitive Group are at the following times*:

- Tuesday, 7:00-8:30 PM (West Pool)
- Thursday, 7:00-8:30 PM (West Pool)
- Friday, 3:30-5:00 PM (East Pool)
- Saturday, 8:30-10:00 AM (East Pool)

** May change based on pool availability for the Spring Session*





Program Registration

Course Name	Course ID	Dates	Cost
Para Swimming Competitive (Fall)	20612	Sept. 17 – Dec. 14, 2024	\$705
Para Swimming Competitive (Winter)	20613	Jan. 7 – Mar. 22, 2024	\$600
Para Swimming Competitive (Spring)	20614	Apr. 1 – Jun. 28, 2024	\$720
Para Swimming Development (Mon 4-5pm)	20615	Sept. 16 – Dec. 2, 2024	\$135
Para Swimming Development (Tue 7-8pm)	20616	Sept. 17 – Dec. 3, 2024	\$165
Para Swimming Development (Thur 7-8pm)	20617	Sept. 18 – Dec. 4, 2024	\$165
Para Swimming Development (Thur 8-9pm)	20618	Sept. 18 – Dec. 4, 2024	\$165

To register for para swimming at The Steadward Centre, there are a few options:

1. **Online Registration:** <https://www.activityreg.ualberta.ca>
 - Go to the above website, then “Browse our Programs”, then scroll to the bottom of the page to find The Steadward Centre
 - Once you have created an account, you can use it to directly register and pay for group classes
 - Credit card payment only
2. **Email:** activityreg@ualberta.ca
 - Request specific programs to register for
 - You will be registered with a balance on your account that can be paid with your online account or by phone
3. **Phone:** 780-492-2231
 - Call the above phone number
 - A staff member will assist you with processing your registration and collecting payment
 - Credit card payment only
4. **In Person:** Facility Services (VVC 1-241)
 - Payment options include cash, cheque, debit card or credit card
 - Please make all cheques payable to “University of Alberta”





Withdrawal Policy

- You may withdraw from a program at any time
- If you withdraw prior to the start date of the program a full credit or refund can be issued
- After the third class or session, a refund may be issued for the value of the remaining classes or sessions less a \$15 administration fee. If you choose to have a credit on your account instead, there will be no administration fee
- Credit may be used towards future programs or courses

Team Apparel

Steadward Bears t-shirts and swim caps* will be given out to all registered swimmers.

** If you received a TSC swim Cap in January 2024, you will not be given another cap at this time.*

Communication

Communication between the coach, parents, swimmers, instructors, and other Steadward Centre staff is absolutely critical if the program is going to function well. Email and phone calls are usually the best ways to communicate with any TSC staff, but we are happy to meet if appropriate.

At the beginning of the season (each September), there will be a pre season gathering for all swimmers, families, volunteers, and coaches to meet. At this gathering, Steadward Bears t-shirts and swim caps will be given out to swimmers. At this gathering, changes to fees, program schedules, team gear, and important updates will be shared. For swimmers that will be competing, this is also the ideal time to submit Swim Alberta Registration Fees to The Steadward Centre.

On Deck Coaching Time

Please consider when appropriate times are to communicate with coaches. During practice, the coaches attention should be on the athletes in the pool. If more time is required for a conversation to be had with a coach immediately ahead of or after a practice, please contact coaches via email to set up a time to meet.



Going the Distance

Each year, The Steadward Bears Para Swim Team hosts a fundraising event called 'Going the Distance'. Funds raised from this event help to maintain operations of the para swim program, as well as for team equipment, apparel, and swim program parties.

Individuals / teams sign up to swim in the event, and they collect donations. Individuals / teams can decide if they want to commit to swimming a specific distance. Donations for Going the Distance will primarily be made through an online crowdfunding platform, but pledge sheets to collect cash / cheque donations are also available. Each year event details will be circulated prior to the event.

Dryland Training

Dryland training improves an athlete's level of physical conditioning, which will lead to improved sport performance and reduce the risk of injury. By increasing strength, an athlete will be able to hold a stable body position in the water, and resist fatigue throughout their swim set. Increasing strength of muscle groups surrounding joints, such as the shoulder, will provide stability to that joint making it more resistant to forces which may cause injury to that joint.

Athlete in Training

Recommended dryland training sessions are through the Athlete in Training (AIT) program at The Steadward Centre. AIT has sessions on Tuesdays and Thursdays from 4:30-6:00 PM. More information about Athlete in Training can be found here:

www.ualberta.ca/steadward-centre/programs-and-registration/athlete-development.html

Athlete Code of Conduct

The Steadward Bears

The Steadward Centre is committed to the highest ideals of sport and expects all athletes to honour sport and The Steadward Centre (TSC). All TSC athletes agree to the following code.

Respect for Others

- I will act with respect toward all those I come into contact with. This means I will refrain from comments or behaviours which are abusive, offensive, racist, sexist or otherwise belittling or demeaning to others.
- I will respect others as persons and treat them with dignity.
- I will act in ways that bring respect to me, my coaches, my team and TSC.
- I will not make inappropriate or unwanted physical, verbal or sexual advances on others.
- I will not fight with other athletes, coaches, volunteers or staff.
- I will not harass or tolerate harassment by others.
- I will respect the privacy of others.
- I will not endanger the safety of others through my actions.

Respect for Self

- I will act with fairness and integrity in the pursuit of excellent sport.
- I will strive for personal excellence in sport.
- I will practice drug-free sport and accept doping control.
- I will avoid the abuse of alcohol and illegal drugs.
- I will take responsibility for my actions and the effect they may have on others.

Respect for Sport

- I will learn and follow the rules of my sport.
- I will listen to my coaches and the officials and ask questions when I do not understand.
- I will try my best during training and competitions.

Respect for The Steadward Centre

- I accept The Steadward Centre's rules, policies and procedures governing events and competitions in which I participate.
- I accept that I am an ambassador of The Steadward Centre. My actions are a reflection of The Steadward Centre to the larger community.
- I refrain from any action which might diminish the reputation of The Steadward Centre.

Respect for Property

- I respect the property and livelihood of others, which means refraining from vandalism, theft, and other forms of mischief.



I understand that any behaviours that don't follow the Code of Conduct, may result in consequences, such as suspension from practice or competition.

Name

Signature

Date





Glossary

Abuse: To treat in a harmful, injurious, or offensive way

Dignity: Basic worth or status that belongs to everyone equally, and which grounds fundamental moral or political duties or rights

Harassment: Unwelcome comments or behaviours that offend or humiliate the victim. Harassment is a form of discrimination.

Integrity: The quality of being honest and having strong moral principles

Racism: A systemic form of oppression based on the social construct of race.

Sexism: The belief that masculinity and maleness are superior to femininity and femaleness.

References

Canadian Centre for Diversity and Inclusion. (2023, May). *Glossary of IDEA terms: A reference tool for inclusion, diversity, equity, and accessibility terminology*.
<https://ccdi.ca/media/4005/20230509-glossary-of-idea-terms-en.pdf>

Acknowledgements

This athlete code of conduct was informed by:

- Special Olympics' Code of Conduct - Athlete.
<https://resources.specialolympics.org/sports-essentials/athlete-code-of-conduct>
- Canadian Centre for Ethics in Sport - A Guide to Developing Codes of Conduct
<https://cces.ca/sites/default/files/content/docs/pdf/cces-developingcodes-e.pdf>

