

Cascade Swim Club

Respect, Integrity, Commitment

Message from the Director of Swimming

Director of Swimming and Head Coach Dave Johnson on last season and plans for the upcoming year
Page 2

What's New?

Check out page #3 for the quick summary of any changes happening this year and message from the Club Manager.
Page 3

Message from the Board

Kim Connell welcomes everyone to the club as our President of the society.
Page 5

Online registration procedure...

The nuts and bolts of navigating the club website to make your online registration experience and easy one...
Page 9

Draft Calendar

The draft meet calendars are listed on the group pages (14-22). All dates TBC later in the fall.

Only 1057 Days to Go!



Cascade Swim Club

Calgary's Premiere Competitive Swim Team



WELCOME TO THE 2017-2018 SWIMMING SEASON WITH THE CASCADE SWIM CLUB

The 2017-18 swimming season is about to begin. This past year was an excellent one for the Cascade team with great swims in the three performance moments of December, March-April and July-August.

Cascade won the Western Nationals in April and the Men's Junior National Championships in late July - Great Team Accomplishments!

As the new Swimming Canada and Swim Alberta competition format rolled out the team responded with adaptability and poise and swam from strength to strength throughout the season. The first hosted meet of the year, the Rocky Mountain Cup had special meaning this year as 3 swimmers from the 2016 Canadian Rio Olympic Team attended the meet and put up some great performances. Cascade alumni, Yuri Kisil; Olympic bronze medalist, Kylie Masse - who went on to win the World Championships in a world record time this past summer, as well as Jason Block and Fiona Doyle (Ireland) who were there for our swimmers and others to see and rub shoulders with - what an experience. Additionally, from our own club, we saw the early emergence of Alex Pratt as he swam to his first senior meet win in the 1500 free.

Following this meet Cascade saw the first inkling of what was to come later in the season at the North York Aquatic Club Invitational in Toronto where the young age groupers - Jamie Lavoie, Alex Butler, Kaiya Robertson swam lights out, setting the stage for the rest of the team.

During the December performance period, the Swim Alberta tour team travelled to the Richmond Racers meet in Vancouver where the Cascade swimmers led Team Alberta with dominant performances from Alex Katelnikoff, Cole Pratt, Sebastian Somerset, Isak Nash, Adrian Gramatke, Stephen Hou, Isabelle Roth and Ella Varga. Next up in this performance window was the Ontario Junior International and the roll continued with great swims from Alex Pratt in the freestyle events, the boys relays (Pratt, Sho Neilson, Matt Ketchin, and Andrew Dungeate).

Rounding out the competitions before Christmas was the JP Fiset Invitational in Edmonton an event that served as the second pulse for our team and the swimmers continued to shine where Morgan Bird swam to two Canadian Para records in the 50 and 800 freestyle. Cascade swam strongly and this first block had the team looking for some very interesting things as the season format shifted from short course (25 metre) SCM swimming to long course (50metre) LCM swimming as part of the new program format right away in the New Year.

As the March-April performance moment arrived Cascade swam strongly at the Spring Championships (LCM) with Cole Pratt busting out a number of provincial records and a CANADIAN Age group RECORD in the 100 fly; and a number of other age groupers swimming to numerous provincial championship titles. Cascade challenged for the team Championship banner finishing a very close second in the team standings, a great result. The Trials qualifiers were using this meet as a building up for their swims in Victoria at the World Championship Trials for Junior and Senior Worlds while younger swimmers were challenging for a birth on the Alberta team to the Canada Games.

Also in March-April, At the Para Can AMs in Windsor Morgan Bird swam to a new Canadian record in the 200 free and Morgan Bird was selected to the World Para team in Mexico City in October. At the World Trials meet in Victoria Alexander Pratt was selected to the Canadian Team to the World Junior Championships in Indianapolis USA in August. Additionally many excellent performances were recorded by our swimmers with notable swims by Alex Katelnikoff winning his first senior national gold medal in the 800 free and Sebastian Somerset making his first A final in the 200 back, and Alexandra Butler 50 back, Justin Lisoway 50 back and 200 back, Sho Neilson 200 back, and Ava Free 1500 free, all finishing in the top 16. If all this wasn't enough the following week Cascade hosted the Western Canadian Championships in Calgary on our home turf (well we didn't actually host the meet the others guys did, but by the way we swam it sure seemed like we did!) and the swimmers did an outstanding job swimming to the overall team title by over 400 points while winning 37 medals overall; 13 gold, 15 silver and 9 bronze medals.

From the April performance moment 6 swimmers were selected to the Alberta Canada Games (Alex Butler, Liz Harper, Izzy Roth, Stephen Hou, Cole Pratt, Mathieu Cyr),

So onwards we went to the final push of the season the part that counts the most in terms of timing and importance.

Cascade attended the ASUA (Americas) open water swimming Championships in the Cayman Islands with 4 swimmers Alex Katelnikoff as part of Team Canada and three boys Mathieu Cyr, Hayden Woodrow, and Adam Connell swam under the Cascade banner. The swimmers had excellent results with Alex winning Gold in the 5K and the 2.5K relay and the boys winning their respective events.

As the summer championship season arrived the team was swimming with confidence and arrived in Edmonton for the 3 day Summer Championships. Many great swims were achieved with the standout swim being Cole Pratt's new Canadian AG record in the 100 fly in a time of 56.21. Cascade finished second overall, first in men and second in the women in the point score. another fine result. The final few competitions of the season were nearly upon us and the under 14 and a few seniors team travelled to the Far Westerns in Concord, California where the boys 13-14 relays (Cole Pratt, Matt Cyr, Kian Pratt and Hayden Woodrow) broke 2 Canadian Records and 5 provincial records as well as Cole breaking the Canadian record in the 200 IM and provincial records in the 100 back, 100 fly, 400 IM, and 200 free. Meanwhile the Junior Nationals were being held in Toronto at the Pan Am pool. Cascade won the men's team title (by 3 points on the last relay) and placed second in the overall title. Outstanding performances were achieved by our team yet the best was still to come. At the Canada Games Cascade swimmers shone brightly with fine performances from Alex Butler in backstroke- bronze, Matt Cyr in the relays and 1500 free, Isabell Roth in breaststroke, Steven Hou in sprint back and the relays, Liz Harper in the distance free and Cole Pratt in the IM, fly back and relays. Cole broke 4 National AG records: 200 fly, 100 back, 200 free and 200 IM winning 5 gold medals and 10 medal overall for the winningest performance by a male swimmer at the Canada Games all-time. The Senior Nationals was the final club meet of the season and Cascade continued to carry their banner high with 3rd place performances by Sebastian Somerset in the 50 back, and Alex Pratt in the 800 and 1500 free. Many other fine performances and personal bests were swum by the team at the meet.

The final two competitions this season are still to come as I write this note. Alex Pratt swimming in Indianapolis August 23-28th at the World Junior Championships and Morgan bird will compete in Mexico City in early October at the Para World Championships. Alex Pratt, at the World Juniors, became our first club member to ever hold a world's record as he won the gold medal as a part of the 4x100 Mixed Freestyle Relay - it was a crowning moment in the season for young Alex who will now get a bit of well-deserved break.

As we move forward in the Olympic cycle and the Tokyo Olympic Games in 2020 the energy is in the air for the next great performances on the provincial, national and world stage by Cascade swimmers. The program dimension of performing at their best in the championship season in the end game situation is a desired and sought after outcome and this Cascade characteristic was alive and well throughout these major events. CASCADE is developing into a strong contributor to the story of swimming on the city, provincial, national and world stage. We are playing in the big leagues of swimming and we can, and we have to, continue to lift our game at all levels in the club.

The Age Group section of the program is showing excellent progress. Finishing second at the summer provincials this year and moving up closer to the top compared to last year is very positive This was an exciting development and many new faces are appearing in the provincial and national rankings across the entire program. The strong Cascade system will bring development of the next generation of Cascade excellence to the forefront as we build toward Tokyo 2020 Wow, what an exciting time for Cascade and swimming.

The Cascade program prides itself on building great people who are also great citizens and representatives of their family, the swim community, their community, Calgary, Alberta, Canada and of course the Cascade Swim Club. With the Cascade model embracing Canada's sport for life philosophy and Long Term Athlete Development principles the well-structured continuum of the program, the excellent coaching of the swimming program offered by Cascade, and the great spirit of the swimmers, their parents and the leadership group has positioned Cascade as one of the leading Canadian programs and the industry standard for swimming.

Your Cascade swimmers will learn excellent values, life skills and disciplines and as well will be in one the world's leading swimming performance programs. Led by our excellent and experienced coaching staff: Wendy Johnson, Ildi Deliu, Marc Tremblay Jason Pratt, Kristina Crook, Sandy Ferris, Jackie Pratt, and Kimmie Kraft, the Cascade program has a strong base of swimmers competing from the grass roots level through to the provincial representative teams, all the way up to the Youth, Junior and Senior Canadian National Teams.

Swimmers will experience the wonderful lessons to be learned from being challenged and trained under the tutelage of our staff and will share in the excitement of our cutting edge approach.

Looking forward to seeing you on the deck and for a successful continuation of the CASCADE way.

Swimming Faster, Swimming better,

Coach Dave

David M. Johnson

Director of Swimming and Head Coach

MESSAGE FROM THE CLUB MANAGER

Welcome to the 2017-2018 Swimming Season

What a great year for our program last year! We had success all across the range of competitive programs that we offer with a number of strong team showings: Western Canadian Champions, Junior National Boys Champions as well 2nd overall in the Alberta Summer Championships - all of which were fantastic efforts on the part of the entire team.

Great teams are made up of great individuals and the individual success our athletes experienced was just as exciting. At the top of that has to be the gold medal and World's record set by Alexander Pratt at the FINA World Junior Championships that finished up just last week - a truly amazing accomplishment to do something faster than anyone on the entire planet has ever done before. From there we had more big success at the recent Canada Games in Winnipeg, the senior national championships in Montreal, the juniors in Toronto all the way down to the Alberta Summer Championships and Summer Provincials. So many of our swimmers accomplished their "first ever" this year and whether those "first ever" were World's records like Alex's or first time championship qualifier, first time provincial qualifier, or someone who swam their first ever 50m of butterfly or even 25m of butterfly - we share everyone's excitement when our they achieve their own personal "first ever" success whatever it may be.

Cascade also had a lot success last season with our expanded novice program which continues to grow every year and add new young swimmers into the Cascade family. Our "Swim School" programs which are our "Learn-To-Competitive-Swim" program gives these swimmers, first and foremost, the needed lifeskill of being able to swim then, second, all the skills that they need to be a successful competitive swimmer. As the numbers continue to grow we are continuing to try and find space for all our swimmers. This is always a challenge as our sport and our club grows and our facilities struggle to keep pace. We have some great partners at the Talisman Centre and Acadia pool, as well as Mount Royal, who we continue to work with and foster great working relationships with and back this year - Canyon Meadows - one of our traditional pools and part of the ancestral plane (along with Acadia) where our club was born.

What other changes do we have?

A few quick bullet points for everyone on what has been changed, added or upgraded for the 2017-2018 season:

- As mentioned previously we have renamed the 10&U and Age Group Programs slightly differently going back to some more historic iterations the club has used before - we will be integrating the news names over the next couple of months so that no one is confused and misses practice!
- Age Group Challenge is finally back. After a year long hiatus we were able to add the AGC back into our hosted meets schedule and it will happen the weekend of November 24-26 here at the Repsol Sports Centre.
- JOW will now be a competitive program group with 3-4 swim meets in the course of the season allowing us to get our swimmers into the competitive part of the sport a little younger.
- You will notice that on the fee sheet there is a 1-2% fee hike in the membership fee portion of your fees and that the cost of everyone's Swimming Canada / Swim Alberta swimmer registration fee has gone up by a couple of dollars. New with bingos this year is a flat assessment of 3 per swimmer regardless of group.

I hope you have all enjoyed what seems to have been the best summer on record for the last 10 years and that we are raring to go in September. All competitive programs will start getting in the water on Tuesday the 12th of September (meaning your training week will begin on either Tuesday the 12th or Wednesday the 13th) with our LTCS groups (SS & JOW) beginning the week of the 18th.

Respect, Integrity, Commitment

Jasen Pratt
Club Manager
Cascade Swim Club

From Top to Bottom - Coaches:
Wendy Johnson (Performance);
Ildi Deliu (Performance); Marc
Tremblay (Performance & TAG);
Kristina Crook (Senior Select);
Jacquie Pratt (JAG); Sandy Ferris
(TAG); Kimmie Kraft; Will van
Middendorp (Performance)



Upcoming Key Dates to Remember!

August 2017

30 Aug Rookie Camp Canyon Meadows Pool 4:00PM-6:00PM

31 Aug Rookie Camp Canyon Meadows Pool 4:00PM-6:00PM

You must call to register for rookie camp if you have not been a part of the Cascade Swim Club this past season (regular sessions / camps). All swimmers must be assessed by the club prior to registration.

September 2017

01 Sep **Registration for returning members opens**

12 Sep All **Competitive** (OW, JAG Blue, JAG Gold, TAG Blue, TAG Gold, SrS, Performance) programs begin this week

Start day determined by group (ie some programs only begin their week on Wednesday)

18 Sep All **LTCS** Sessional Programs and **SrXT** begin

01 Oct **Summit Awards 2017** - Heritage Park

02 Oct **Welcome Back Meetings** begin for all groups

OW/ JAG Gold - Wednesday 04 Oct*

JAG Blue - Thursday 05 Oct*

TAG Blue/Gold - Friday 06 Oct*

**Subject to change*



MESSAGE FROM THE CLUB PRESIDENT

Dear Cascade Members

On behalf of the Board of Directors I would like to welcome all swimmers, families and Cascade coaches and staff to the 2017-2018 Swim Season.

This past year marked another successful season both in and out of the pool for our club. Most notably the celebration of Cascade's 50th Anniversary! As we embarked on the year, preparations began to acknowledge and celebrate this significant accomplishment. Kicking off at the CSI meet in June and following through with our (largest ever!) Auction Night fundraiser, the extended Cascade family of current members and alumni shared stories and experiences that highlighted how Cascade has been a significant part of our lives. A history filled with not only successes in the pool, but in the positive development of so many young adults. Our club will continue this tradition of ensuring our children are becoming well rounded, respectful, responsible, confident and committed young adults- as Cascade addresses this holistically like no other.

In the pool, our season faced challenges in responding to the many changes put forward on both the provincial and national levels. Meet calendars changed to accommodate the new qualification rules and the necessary performances required at peak meets. Our swimmers met the challenges head on putting up significant performances at all levels throughout the year. All of our swimmers showed continuous improvement in the pool with many 'firsts' including first races, best times, achieving their first Provincial, Championship, Western, National and World Trials qualifying times and being named to a Provincial and National Teams. This year Winnipeg hosted the Canada Games and Cascade was well represented with 6 swimmers being named to the team.

Most notably at the highest levels, Cascade placed first in the combined team standings at the 2017 Speedo Western Championships, was the top Men's Team at Junior Nationals and produced strong performances at Canadian World Trials including Alexander Pratt being named to Canada's World Junior team and Morgan Bird to the Para Team. In addition Morgan Bird and Cole Pratt set numerous individual Canadian Age group records and our 13-14 Age Group Boys set a Canadian Record in the 4x50 Medley relay at the Cascade hosted CSI meet in June. Branching out into the open water racing as well, Cascade was represented in the Cayman Islands including Alexander Katelnikoff swimming for team Canada and winning the 2.5km and 5km swim events.

We continue to watch our national teams performing on the international stage with Kylie Masse setting a world record at the World Championships in

Budapest. Kylie attended Cascades' Rocky Mountain Cup in late October and signed autographs for our 10&Under program strengthening our connection and inspiration from Canada's high performance swimming. Swim Alberta has announced an interest in supporting high performance in Alberta. We have begun initial talks to see how this might benefit our club, as Cascade is known for its 'Next-Gen' program, and could be a key contributor to structuring this initiative. We hope to learn more at the upcoming Swim Alberta Conference and AGM in October.

Our Board of Directors has reviewed a number of the key Policies and has made a number of changes to align their intent and ensure that they are relevant in the current landscape with which the Club operates. This process will continue, to insure we stay current and are addressing the specific needs of the club. We have also begun looking at our long term strategic plans and look to formalize some of these initiatives in the coming season.

The Squad Parent role will be moving into its third season and encourage all families, especially those new to Cascade, to utilize your groups Squad Parent to liaise with the office, coaches and the Board. It is a simple and direct way to ask questions and move suggestions forward to help the continual improvement of the club. Our children can also look forward to continuing the group events to strengthen the bonds between our swimmers.

I would be remiss to not mention our volunteers that have allowed us to continue to host well organized and efficient meets. This year with CSI, we not only launched our 50th Anniversary celebration (special kudos to the committee on the great swag, Cascade gear and Auction night success!), we also hosted kids from both Germany and Houston. Thank you to all that participated and made these and all of our other meets a huge success this season.

Once again, I would like to thank all of our membership for their support over the last season on all fronts. I believe great opportunities lie ahead for our club as we take on another swim season! I personally would like to thank my fellow Board members and Cascade families as I am appreciative of their continued support to help insure another successful year for our club.

Sincerely

Kim Connell

Cascade Swim Club President



MEMBERSHIP HAS ITS PRIVILEGES & RESPONSIBILITIES

Being a member of the Cascade Swim Club is a special privilege and with it comes responsibility.

Cascade has a national reputation as a dynamic team full of spirit and positive energy to build on and protect. In order for us to reach our full potential, we need all swimmers, parents and coaches to unite towards our common goals.

When our TEAM is successful, every individual within the team gains confidence and improves at a faster rate. All great Cascadians:

- Have a responsibility to represent Cascade in a positive, respectful manner.

- Have fun working hard.
- Respect the individual differences of our membership.
- Take pride in all forms of Cascade success.
- Are committed to doing their part to make Cascade the best club in Canada to belong to.
- Value their MEMBERSHIP and takes part in more than just their minimum requirement.
- Treat our sponsors, lifeguards and service providers with gratitude and respect.

REGISTRATION PROCESS

Registration online is scheduled to begin for returning members the 1st of September and for new members Friday, the 8th of September .

The office will be able to help those without internet/ computer access—please call 403-263-SWIM (7946) for further instructions.

All waivers and registration forms will be completed electronically.

Cheques can be brought in or mailed to the Cascade office and we also accept VISA and MASTERCARD (ALL VISA AND MASTERCARD TRANSACTIONS ARE SUBJECT TO A 3%

ADMINISTRATION FEE AND PROCESSED THROUGH THE CLUB OFFICE)

If you have any questions about the registration package or process, please give the office a call and we'll do our best to help you.

All returning competitive members are asked to register prior to Friday, September 8th. Swimmers are not allowed in the water until they have registered with the Club.

2017-2018 Group Philosophies

"IT DOESN'T MATTER WHAT GROUP YOU ARE IN - IT ONLY MATTERS WHAT YOUR GROUP DOES" - DIRECTOR OF SWIMMING, DAVID M. JOHNSON

Performance Programs

(LTAD - Training to Train, Training to Compete, Competing to Win)

This group is broadly described as having a focus on the competitions held on the National scene with major competitions that include the National Senior Championships, the Age Group National Championships and Western Canadian Championships. Head Coach Dave Johnson will coach and oversee these swimmers and their respective coaches Wendy Johnson, Ildi Deliu and Will Van Middendorp.

After the season begins, swimmers will be placed into smaller cohesive sub-groups with a specific coach who will oversee their season and training program; however all Talisman centre swimmers and coaches may work together at various points in the season. This fluid programming will demand that our swimmers develop the skill of being "coachable".

Programs will be implemented that are commensurate with training requirements, competency levels, event requirements and the swimmers individual needs and goals.

Swimmers may also be asked to adjust their training schedule at times when the Head Coach calls for specialized workouts.

Age Group Programs - Senior Select, (JAG Gold & Blue) Age Group 1, 2

(LTAD - Learning to Train, Training to Train)

These three groups are generally focused on qualifying for and competing at the regional and Provincial "A" levels while at the same time working to attain national standards such as Westerns and Junior National qualifying times. These groups have a base number of workouts with access to additional training with the Talisman groups as individually required. Swimmers in these groups will still spend a great deal of training time working on developing their strokes and skills; at the same time increasing fitness and endurance. Dryland conditioning will also be a key element of these groups.

(TAG Blue & Gold) Junior Age Group, Age Group 3, 10 & Under Program

(LTAD - Fundamentals, Learning to Train)

This group of 10 & Under swimmers are generally focused on developing excellent technical skills, improving aerobic fitness and developing body awareness and coordination. These swimmers will have a program designed to enhance their chance of a successful and lengthy swimming career. Competitions will be on the Regional and Provincial levels; however emphasis from the coaches will be on skill acquisition and solid fitness as much as meet performance.

Olympic Way

(LTAD - Fundamentals, Learning to Train)

This is the first level of competitive swimming inside the program and a great place for our young 10 & Under swimmers to learn how to swim all four strokes, and all the basics of competitive swimming. Swimmers will learn their skills in a fun team environment with very little emphasis placed on time.

Junior Olympic Way and Swim School "1" & "2" (LTAD - Active Start, Fundamentals)

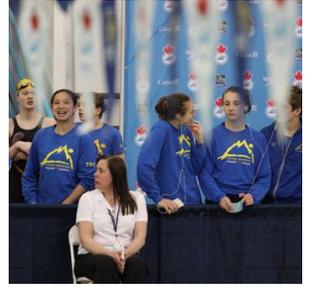
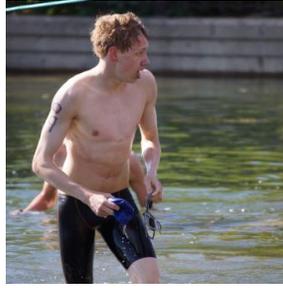
Swimmers will be placed in small groups with others approximately their own age and ability and be prepared for moving into other levels of the club when they are ready. Junior Olympic Way runs in three separate sessions that start in September, January and March. The Swim School "2" program will be for swimmers that are either a bit too young or not quite physically ready for the JOW program. The Swim School "2" program targets 4-5-6 year-old swimmers and runs in three separate sessions that start in September, January and March. This group swims twice a week for 30 minutes. The Swim School "1" runs sessionally just like Junior Olympic Way and Swim School "2". This program is designed for our youngest 3 - 5 year-old swimmers who love the water! This program is a twice-a-week 30 minute introduction to swimming that runs both at Canyon Meadows and Acadia Pools and runs in three separate sessions that start in September, January and April.

Additional Programming - Senior "XT", Triathletes & Masters (LTAD - Active for Life)

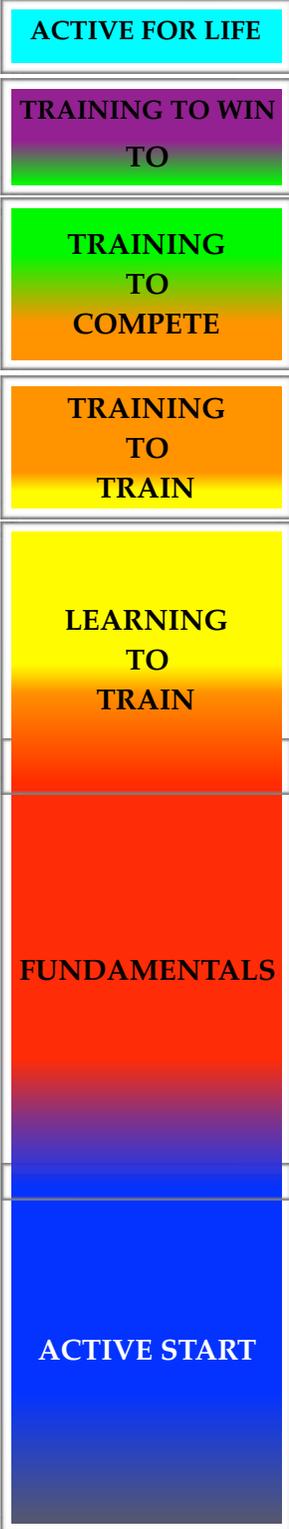
The Senior XT program is new this year and will be for all former competitive swimmers or multi-sport swimmers looking for a place to train and stay fit. This group will also be able to accommodate swimmers new to the sport but starting late. This program will run out of Mount Royal University. Triathletes and Masters will work alongside the Senior Select program at Mount Royal.

Canadian Swimming LTAD (Long Term Athlete Development)

The Cascade swim club is the only club in Canada currently offering the full-spectrum of LTAD programs right from "Active Start" for 3-5 year olds all the way through "Active for Life" swimming for adults and seniors. The complete LTAD document is available on the swimming Canada website: LTAD



2017-2018 GROUP PROGRESSIONS & CASCADE LONG TERM ATHLETE DEVELOPMENT MODEL



<p>ACTIVE FOR LIFE</p>	<p>SENIOR XT, TRIATHLETES, MASTERS</p>
<p>TRAINING TO WIN TO</p>	<p>PERFORMANCE 14 YEAR OLD SWIMMERS, 6-10 TRAINING PRACTICES 90-120 MINUTES EACH (REP Pool)</p>
<p>TRAINING TO COMPETE</p>	<p>PERFORMANCE 13-16 YEAR OLD SWIMMERS, 6-8 TRAINING PRACTICES 90 MINUTES EACH (REP Pool)</p>
<p>TRAINING TO TRAIN</p>	<p>SENIOR SELECT 15+ YEAR OLD SWIMMERS, 6-8 TRAINING PRACTICES 90 MINUTES EACH (MRU, REP Pool)</p>
<p>LEARNING TO TRAIN</p>	<p>TAG GOLD 11-14 YEAR OLD SWIMMERS, 4-6 TRAINING PRACTICES 90 MINUTES EACH (REP, MRU Pools)</p>
<p>FUNDAMENTALS</p>	<p>TAG BLUE 11-13 YEAR OLD SWIMMERS, 4-6 TRAINING PRACTICES 90 MINUTES EACH (REP, MRU Pools)</p>
<p>ACTIVE START</p>	<p>JAG BLUE 11-14 YEAR OLD SWIMMERS, 4 TRAINING PRACTICES 60 - 90 MINUTES EACH (REP)</p>
	<p>JAG GOLD 8-10 YEAR OLD SWIMMERS, 4 TRAINING PRACTICES 60 - 90 MINUTES EACH (CM,AC,REP Pool)</p>
	<p>OLYMPIC WAY (6-9) 3 TRAINING PRACTICES 60-90 MINUTES EACH (AC, CMPools)</p>
	<p>JUNIOR OLYMPIC WAY 5-7 YEAR OLD SWIMMERS, 2 TRAINING PRACTICES 45 MINUTES EACH (AC, CM Pool)</p>
	<p>SWIM SCHOOL "1", "2" & "3" 4-7 YEAR-OLD SWIMMERS, 2 TRAINING PRACTICES 30 MINUTES EACH (AC. CM Pool)</p>

ONLINE REGISTRATION PROCEDURES

If you have any questions please contact us at the office at (403) 263-7946 OR office@cascadeswimming.com

How to Register Online

If you are registering as a member of our Junior Olympic Way, Swim School 3, 2 or Swim School 1 programs please click on the Register “**Junior Olympic Way, Swim School,**” button the front of the web page. If you are registering for our regular competitive programs please click on “**Competitive Programs**” on the right hand side of the webpage and begin at Step 2 below. All new swimmers to the program must be assessed by a Cascade coach prior to registering for any of our fall programs. This assessment is done as a part of the Fall Rookie Camp (August 30th AND 31st Canyon Meadows Pool).

Please read the following before proceeding to register online.

Step 1 – Click on the blue button “Register” (either “**Junior Olympic Way, Swim School**” or “**Competitive**”)

Step 2 – Enter your email address after choosing the appropriate option (Are you new or returning?)

Step 3 – Billing Account Information

1. Please follow the steps to either confirm (if you are a returning member) or enter your billing information for this account. Fields that are marked with a red asterix (*) are required and must be filled in.
2. Under Insurance Carrier – this field is most often going to be “Alberta Health Care”. Our system is built to allow other insurance providers. The contact number for AB Health Care is 780-427-1432.

Step 4 – Athlete (Member) Information

1. To enter the athlete information click on next. If you are re-registering one of the listed athletes please choose which athlete you would like to register by switching the default, “NO” beside their name to, “YES”. If you need to register a new athlete please click on “Next” and then choose “Add New Member” and fill in the appropriate fields.

PLEASE NOTE – IF YOUR ATHLETE HAS ANY ALLERGIES OR MEDICAL CONDITIONS THEY MUST BE NOTED IN YOUR SWIMMERS INFORMATION ON THE BIOGRAPHY PAGE WHICH YOU CAN ACCESS AFTER YOU HAVE SET UP ALL YOUR ACCOUNT INFORMATION.

2. Select the group for your swimmer by choosing to “Register this member to this group” and hitting the “select” button. A pop-up window will appear and you can choose the appropriate group for your swimmer to register to. Sessional swimmers were all given report cards indicating to which group they should register for the fall. Competitive swimmers have been listed in this document. If your swimmer is missing please contact the club office.
3. Click on “Next” and choose your payment option.

Notes on Registration:

A) Athlete Information - Enter FIRST name first, then LAST name in the second box. Click appropriate gender, date of birth (click yellow calendar icon, select year from drop-down, scroll left or right to find month and click the day. Name, gender and date of birth cannot be changed once entered during this registration process, so please ensure accuracy. Click Next.

B) Group Selection - Select athletes’ group from the drop-down menu - if unsure, select unknown and next button. Your registrar will place you appropriately in the system at a later date.

C) NOTE: If you make an error - continue and inform the club office through [email: office@cascadeswimming.com](mailto:office@cascadeswimming.com).

D) NOTE: You may go back to any previously entered page during the registration process, by using the back buttons on the bottom right or clicking along the top white menu bar.

Do not click the back button on your internet BROWSER.

E) Medical - This information is for the athletes’ safety. The health care number is a mandatory field, so please enter all number and/or letter combinations found on your health care card. If you have just moved to a new Province - enter your previous Province number, and update card with your registrar when received. In the same field as you enter your Health Care Card # please add any allergies your swimmer may have in (brackets). The system asks for you’re your insurance provider and their phone number – these fields must be filled in before you can continue.

F) Address - Enter athletes’ main address. The second line is for Apartments or Suite numbers. Postal codes may be typed in capitals or lower case and with or without a space. It will all be formatted automatically

G) Contacts - These are phone number fields. They will all be formatted the same in the data base regardless of how you enter them (spaces, hyphens, dashes). Multiple numbers may be added and defined, click the add button upon entering each number. They will show up on a list just below the add button. Then click NEXT.

Next - You will now have the option of either registering another athlete in your family, add your parent/guardian information, or exit without saving any information. Athletes 18 & older will be prompted to add an emergency contact or to just save their information and exit. When the option is chosen, click next. You will then either enter another athlete using these same steps, or proceed with the registration as shown in the rest of this manual.

NOTE: At least one parent or guardian must be registered.

2017-2018 COACHING STAFF

Head Coach Dave Johnson: Coach Dave is back for his thirteenth season with the reigns of the Cascade technical program for 2016-2017. Clearly his impact on Cascade over that time has been incredibly positive as Cascade has become the fastest improving team in Canada and the number one Age Group Program in the country and this past season - the number one boy's age group team at the national championship. No swim coach in Canada has more international experience (Dave has coached at every Olympic Games from 1976 to 2004). Dave will directly oversee our entire Talisman Performance program and continue to mentor the entire staff.

Wendy Johnson, Performance Groups, Assistant Head Coach: Another thirteenth year Cascadian, Wendy has over 20 years of coaching experience and a stellar international swimming resume. A former world record holder and two time Olympian, Wendy adds tremendous leadership and experience to our swimmers and our coaches. In addition to coaching groups within the Talisman Performance Programs, Wendy will also be working with and supervising the 10&Under and Age Group coaches and programs.

Ildi Deliu, Performance Groups: Ildi is back with our Talisman groups with 25 years of coaching experience. Ildi was a great addition to our staff twelve years ago and brings phenomenal technical knowledge to our swimmers and coaches. Ildi will be coaching swimmers in the Talisman Performance groups and will also be providing mentorship to our Olympic Way Program Coaches.

Marc Tremblay, TAG and JAG programs, Performance:

Marc is bringing his extensive 25+ years of coaching experience back to his fifth year at the Cascade swim club

this season. Marc has coached some of Canada's top-age group programs over the last two decades and produced several swimmers who have gone on to compete for Canada internationally - including at the Olympic games.

Kristina Crook, Senior Select Coach: Coach Crook is back again with the Age Group Programs. Kristina has more than 20 years of coaching experience with a variety of programs including Summer Club, Masters, Triathlon programs as well as Para-Swimming working with both Swim Alberta and Swim Canada. Kristina has a Kinesiology diploma from Mount Royal College majoring in Athletic therapy.

Sandy Ferris, TAG Program Assistant Coach: Sandy Ferris is back again this year assisting with the Age Group program. This will be Sandy's twenty third year of bringing her swimming and life wisdom to young Cascade swimmers...and parents! She will not only work with our great Age Group Program swimmers but also help in a mentoring capacity with the younger programs inside of Cascade.

Jacque Pratt, Head Coach JAG Program & Cascade LTCS programs: Coach Jacque has been working with the Cascade Swim Club in a variety of positions dating all the way back to 1995 and this year takes on the role of the head coach of the 10&U program as well as continuing on as the program supervisor for our LTCS programs.

2017-2018 HOLIDAY DATES

The Cascade Swim Club usually does not run programs on statutory holidays nor is the club office generally open for regular business on these days.

The Olympic Way, Junior Olympic Way, Swim School programs will not be running on the following days nor will the club office be open unless specifically mentioned:

Canadian / Albertan Holidays (Programs not running or possibly at adjusted times)	
Labour Day	04 Sep 17 (Mon)
Thanksgiving	09 Oct 17 (Mon)
Halloween	31 Oct 17 (Tue)
Remembrance Day	11 Nov 17 (Sat)
Christmas Day	25 Dec 17 (Mon)
Boxing Day	26 Dec 17 (Tue)
New Year's	01 Jan 18 (Mon)
Family Day	19 Feb 18 (Mon)
Good Friday	30 Mar 18 (Fri)
Easter Monday	02 Apr 18 (Mon)
Victoria Day	21 May 18 (Mon)
Canada Day	02 Jul 18 (Mon)
Heritage Day	06 Aug 18 (Mon)

2017-2018 CASCADE OFFICE HOURS

The Cascade Office will be open on a regular basis (except on holidays) throughout the year.

Hours for the office may vary to deal with periods of either high or low volume.

Please see the Cascade website for current hours of operation.

CASCADE OFFICE ADDRESS:

2225 Macleod Trail South
Calgary, AB T2G 5B6
Phone: 403-263-SWIM (7946)
Fax: 403-263-3695

Email:
office@cascadeswimming.com



Swim School 1 (SS1)

Active Start for the beginner!



Training Hours & Location



About Swim School 1



Fees & Financial Commitments



Acadia Monday & Wednesday

4:00PM - 4:30PM

4:30PM - 5:00PM

5:00PM - 5:30PM

Acadia Tuesday & Thursday Group

4:00PM - 4:30PM

4:30PM - 5:00PM

Canyon Meadows Tuesday & Thursday Group

4:00PM - 4:30PM

4:30PM - 5:00PM

5:00PM - 5:30PM

Acadia Friday Only Group

4:00PM - 4:45PM

4:45PM - 5:30PM

The Swim School program targets 4-5-6 year-old swimmers and runs in three separate sessions that start in September, January and April.

Swimmers will be placed in small groups with other swimmers approximately their own age and ability and be prepared to move into other levels of the club when they are ready.

Swim School runs in three separate sessions that start in September, January and March.

The Swim School program is a "Learn-To-Competitive Swim" program for swimmers that are either a bit too young or not quite physically ready for the Junior Olympic Way program.

This group swims twice a week for 30 minutes at Acadia and runs in three separate sessions that start in September, January and March.

*New this year we are running a once a week program on Friday's for those swimmers who are unable to swim twice per week.**

Membership

Session 1: \$360 or \$280 (once/wk)*

18 September thru until 01 December

Session 2: \$360 or \$280 (once/wk)*

15 January thru until 30 March

Session 3: \$360 or \$280 (once/wk)*

09 April thru until 22 June

All swimmers in our LTCS (Learn-To-Competitive-Swim) program are registered members of Swim Alberta and Swimming Canada. There is a \$15/fee per session charge (included in the fee listed) for this registration which is subsidized by the Cascade Swim Club.

*Our recommendation is that swimmers all participate in the twice per week program unless they have no other option than to commit to once per week.

Required Equipment

Bathing Suit (Team Suit Recommended)
Cascade Swim Cap

Goggles
Swimming Fins

Swim School 2 (SS2)

Active Start for the beginner!



Training Hours & Location



About Swim School 2



Fees & Financial Commitments



Acadia Monday & Wednesday Groups

4:00PM - 4:30PM

4:30PM - 5:00PM

5:00PM - 5:30PM

Acadia Tuesday & Thursday Group

4:00PM - 4:30PM

4:30PM - 5:00PM

Canyon Meadows Tuesday & Thursday Group

4:00PM - 4:30PM

4:30PM - 5:00PM

5:00PM - 5:30PM

Acadia Friday Only Group

4:00PM - 4:45PM

4:45PM - 5:30PM

The Swim School program targets 4-5-6 year-old swimmers (although the ages are just rough guidelines) and runs in three separate sessions that start in September, January and April.

Swimmers will be placed in small groups with other swimmers approximately their own age and ability and be prepared to move into other levels of the club when they are ready.

Swim School runs in three separate sessions that start in September, January and March.

The Swim School program is a "Learn-To-Competitive Swim" program for swimmers that are either a bit too young or not quite physically ready for the Junior Olympic Way program.

This group swims twice a week for 30 minutes at Acadia and runs in three separate sessions that start in September, January and March.

*New this year we are running a once a week program on Friday's for those swimmers who are unable to swim twice per week.**

Membership

Session 1: \$360 or \$280 (once/wk)*

18 September thru until 01 December

Session 2: \$360 or \$280 (once/wk)*

15 January thru until 30 March

Session 3: \$360 or \$280 (once/wk)*

09 April thru until 22 June

All swimmers in our LTCS (Learn-To-Competitive-Swim) program are registered members of Swim Alberta and Swimming Canada. There is a \$15/fee per session charge (included in the fee listed) for this registration which is subsidized by the Cascade Swim Club.

*Our recommendation is that swimmers all participate in the twice per week program unless they have no other option than to commit to once per week.

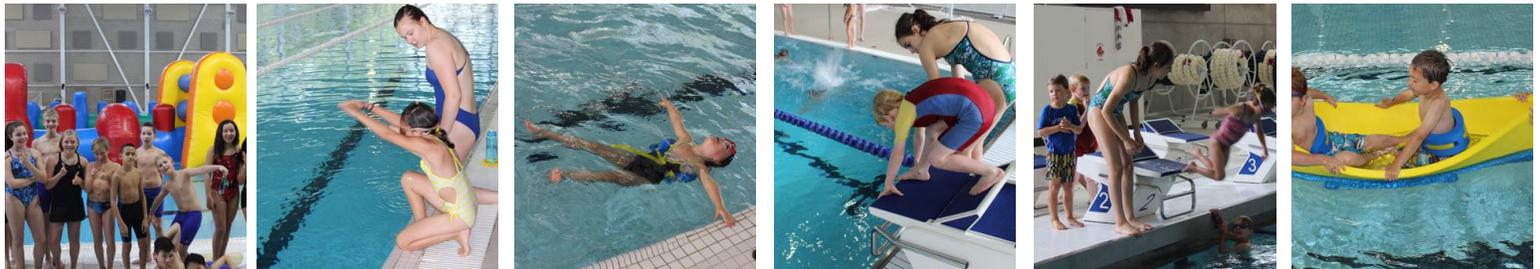
Required Equipment

Bathing Suit (Team Suit Recommended)
Cascade Swim Cap

Goggles
Swimming Fins

Swim School 3 (SS3)

Active Start for the beginner!



Training Hours & Location



About Swim School 3



Fees & Financial Commitments



Acadia Monday & Wednesday Groups

4:00PM - 4:30PM

4:30PM - 5:00PM

5:00PM - 5:30PM

Acadia Tuesday & Thursday Group

4:00PM - 4:30PM

4:30PM - 5:00PM

Canyon Meadows Tuesday & Thursday Group

4:00PM - 4:30PM

4:30PM - 5:00PM

5:00PM - 5:30PM

Acadia Friday Only Group

4:00PM - 4:45PM

4:45PM - 5:30PM

The Swim School program targets 4-5-6-7 year-old swimmers (although the ages are just rough guidelines) and runs in three separate sessions that start in September, January and April.

Swimmers will be placed in small groups with other swimmers approximately their own age and ability and be prepared to move into other levels of the club when they are ready.

Swim School runs in three separate sessions that start in September, January and March.

The Swim School program is a "Learn-To-Competitive Swim" program or swimmers that are either a bit too young or not quite physically ready for the Junior Olympic Way program. Swim School 3 is a bridging group between Swim School and Junior Olympic Way.

This group swims twice a week for 30 minutes at Acadia and runs in three separate sessions that start in September, January and March.

Membership

Session 1: \$360 or \$280 (once/wk)*

18 September thru until 01 December

Session 2: \$360 or \$280 (once/wk)*

15 January thru until 30 March

Session 3: \$360 or \$280 (once/wk)*

09 April thru until 22 June

All swimmers in our LTCS (Learn-To-Competitive-Swim) program are registered members of Swim Alberta and Swimming Canada. There is a \$15/fee per session charge (included in the fee listed) for this registration which is subsidized by the Cascade Swim Club.

Required Equipment

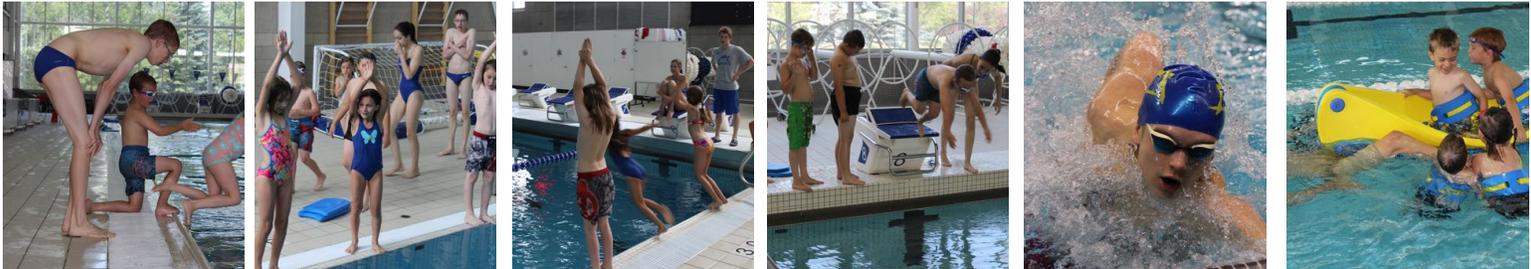
Bathing Suit (Team Suit Recommended)
Cascade Swim Cap
Goggles

Swimming Fins



Junior Olympic Way (JOW)

Active Start for the beginner as well as learning the Fundamentals!



Training Hours & Location



About Junior Olympic Way



Fees & Financial Commitments



<p>Acadia Monday & Wednesday Group 4:00PM - 4:45PM 4:45PM - 5:30PM</p> <p>Canyon Meadows Tuesday & Thursday Group 4:00PM - 4:45PM 4:45PM - 5:30PM</p>

The Junior Olympic Way program targets 5-6-7 year-old swimmers (although the ages are just rough guidelines) and runs in three separate sessions that start in September, January and April..

Swimmers will be placed in small groups with other swimmers approximately their own age and ability and be prepared to move into other levels of the club when they are ready.

This program is a novice and into to competitive swimming.

This group swims twice a week for 45 minutes at Acadia Pool and runs in three separate sessions that start in September, January and April.

Swimmers will compete in one meet per session. The pre-Christmas meet will be Cascade's Age Group Challenge (November 25-26)

<p>Membership Session 1: \$420 18 September thru until 01 December</p> <p>Session 2: \$420 15 January thru until 30 March</p> <p>Session 3: \$420 09 April thru until 22 June</p> <p>Swimming Canada one-time (per swim season) Fee \$165</p>

*Our recommendation is that swimmers all participate in the twice per week program unless they have no other option than to commit to once per week.

Required Equipment

Bathing Suit (Team Suit Recommended) Cascade Swim Cap Goggles	Swimming Fins
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Olympic Way (OW)

Competitive Training in the fundamentals stage of the Athlete Development Model



Olympic Way Draft Calendar - Final Calendar TBC in September				
JRC Halloween Howler	21 Oct 17	CASC	Repsol Centre	
JRC Wacky T-Shirt	11 Nov 17	TBD	TBD	
Age Group Challenge	25-26 Nov 17	CASC	Repsol Centre	
JRC Team Photo with Santa	09 Dec 17	TBD	TBD	
JOW Mini Meet	27 Jan 18	TBD	TBD	
JRC Crazy Hat	03 Feb 18	TBD	TBD	
JRC Wild Hair	10 Mar 18	TBD	TBD	
Dino Cup	06-07 Apr 18	UCSC	University of Calgary	
JRC Spring Fling	06 May 18	TBD	Two-day local meet	
CSI: Mini Pro 2017	30 May 18	CASC	Repsol Centre (Cascade hosted)	
JOW Min1 Meet	19 Jun 18	CASC	TBD	

Acadia Monday & Wednesday

5:00PM - 5:20PM Dryland

5:30PM - 6:30PM Swimming

Canyon Meadows Friday

4:00PM - 5:30PM Swimming

Membership	\$1,200
Swim Alberta & Swimming Canada Registration	\$185
CMF~	\$60
Fundraising Levy	\$310
Auction Night	\$200
Officiating Deposit	\$150*
Swimmer Account Deposit	\$100
Bingo Requirement Per Swimmer^	3
Mandatory Service Points Allocation (Draft)^	
	Sept - Dec TBD
	Jan - Jun TBD
	Jul - Aug TBD
~Championship Meet Fund	
*Returned once Officiating Commitment met	
^Final number of bingo's and Service Points are determined by final enrolment numbers.	

Required Equipment

Arena Team Tracksuit
Team Parka
Team Shirt
Arena Poly Team Suit
Team Cap

Goggles
Fins (Colour Keyed)
Jr. Snorkel
Jr. Kickboard
Jr. Pull Buoy

Basketball (Jr.)
Skipping Rope
Skipping Rope
Water Bottle
Running Shoes



Junior Age Group (JAG) Blue

(Formerly Age Group 3 and Junior Age Group)

Competitive Training in the fundamentals stage of the Athlete Development Model



Training Hours & Location



Competition Schedule



Fees & Financial Commitments



<p>Repsol Group Tuesday, Thursday 6:00PM - 7:00PM Swimming 5:00PM - 5:45PM Dryland Friday 6:00PM - 7:00PM Swimming Sunday 9:00AM - 10:30AM Swimming</p>	<p>Age Group 3 Draft Calendar - Final Calendar TBC in September</p> <table border="0"> <tr><td>Subway Classic</td><td>21 Oct 17</td></tr> <tr><td>Cascade Speed Meet</td><td>27 Oct 17[^]</td></tr> <tr><td>NCSA Fall Invitational</td><td>04 Nov 17</td></tr> <tr><td>CWC Winter Cup</td><td>25 Nov 17</td></tr> <tr><td>Pugsley's Plunge - TBD</td><td>26 Jan 18</td></tr> <tr><td>Black & Blue Invitational</td><td>12 Jan 18</td></tr> <tr><td>AB Age Group Trials</td><td>23 Feb 18</td></tr> <tr><td>AB Age Group Provincials</td><td>16 Mar 18</td></tr> <tr><td>CSI: Mini Pro</td><td>30 May 18</td></tr> <tr><td>AB Age Group Trials</td><td>15 Jun 18</td></tr> </table> <p><i>JRC - Junior Circuit Meet</i> [^]Qualifiers <i>Final Meet Schedule TBD in the fall</i></p>	Subway Classic	21 Oct 17	Cascade Speed Meet	27 Oct 17 [^]	NCSA Fall Invitational	04 Nov 17	CWC Winter Cup	25 Nov 17	Pugsley's Plunge - TBD	26 Jan 18	Black & Blue Invitational	12 Jan 18	AB Age Group Trials	23 Feb 18	AB Age Group Provincials	16 Mar 18	CSI: Mini Pro	30 May 18	AB Age Group Trials	15 Jun 18	<p>Membership \$1,955 Swim Alberta & Swimming Canada Registration \$185 CMF~ \$60 Fundraising Levy \$510 Auction Night \$200 Officiating Deposit \$150* Swimmer Account Deposit \$100~ Bingo Requirement Per Swimmer[^] 3 Mandatory Service Points Allocation[^] Sept - Dec TBD Jan - Jun TBD Jul - Aug TBD</p> <p><i>~Championship Meet Fund</i> [^]Final number of bingo's and Service Points are determined by final enrolment numbers. *Officiating deposit returned once commitment</p>
Subway Classic	21 Oct 17																					
Cascade Speed Meet	27 Oct 17 [^]																					
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AB Age Group Trials	23 Feb 18																					
AB Age Group Provincials	16 Mar 18																					
CSI: Mini Pro	30 May 18																					
AB Age Group Trials	15 Jun 18																					

Required Equipment

Arena Team Track Suit Team Parka Team Shirt	Arena Poly Team Suit Team Cap Goggles Fins	Mini-Paddles Snorkel Jr. Pull Buoy Kick Board	Basketball (Jr.) Skipping Rope
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Junior Age Group (JAG) Gold

(Formerly 10 Under)

Competitive Training in the fundamentals stage of the Athlete Development Model



Training Hours & Location



Competition Schedule



Fees & Financial Commitments



Monday & Wednesday (Canyon Meadows)

4:00PM - 5:30PM Swimming
5:45PM - 6:15PM Dryland

Friday (Acadia)

5:30PM - 6:30PM Swimming

Saturday (Repsol)

11:15AM - 11:45AM Dryland
12:00PM - 1:00PM Swimming

10&U Draft Calendar - Final Calendar TBC in September

Subway Classic	21 Oct 17
Cascade Speed Meet	27 Oct 17 [^]
NCSA Fall Invitational	04 Nov 17
CWC Winter Cup	25 Nov 17
JRC Photo with Santa	09 Dec 17
Pugsley's Plunge - TBD	26 Jan 18
Black & Blue Invitational	12 Jan 18
AB Age Group Trials	23 Feb 18
JRC Wild Hair	10 Mar 18
AB Age Group Provincials	16 Mar 18
Dino Cup	06-07 Apr 18
JRC Spring Fling	06 May 18
CSI: Mini Pro	30 May 18
AB Age Group Trials	15 Jun 18

JRC - Junior Circuit Meet

[^]Qualifiers

Final Meet Schedule TBD in the fall

Membership

\$1,955

Swim Alberta & Swimming Canada Registration

\$185

CMF~

\$60

Fundraising Levy

\$510

Auction Night

\$200

Officiating Deposit

\$150*

Swimmer Account Deposit

\$100~

Bingo Requirement Per Swimmer[^]

3

Mandatory Service Points Allocation[^]

Sept - Dec TBD

Jan - Jun TBD

Jul - Aug TBD

~Championship Meet Fund

[^]Final number of bingo's and Service Points are determined by final enrolment numbers.

*Officiating deposit returned once commitment

Required Equipment

Arena Team Track Suit
Team Parka
Team Shirt
Arena Poly Team Suit

Team Cap
Goggles
Fins
Mini-Paddles

Snorkel
Jr. Pull Buoy
Jr. Kick Board
Basketball (Jr.)

Skipping Rope



Top Age Group (TAG) Blue

(Formerly Age Group 2)

Competitive Training in the fundamentals & learning to train stage of the Athlete Development Model

Training Hours & Location



Tuesday & Thursday Repsol Centre

5:15PM-5:45PM Dryland
6:00PM-7:30PM Swimming

Friday Repsol Centre

4:30PM - 6:00PM

Saturday

6:15AM - 7:45AM*

*At Mount Royal University (MRU)

Required Equipment

Arena Team Track Suit
Team Parka
Team Shirt
Arena Poly Team Suit

Competition Schedule



AG2 Draft Calendar - Final Calendar TBC in September

Draft Calendar to be published in September.

Final Meet Schedule TBD in the fall

Fees & Financial Commitments



Membership

\$1,955

Swim Alberta & Swimming Canada

Registration

\$185

CMF~

\$80

Fundraising Levy

\$510

Auction Night

\$200

Officiating Deposit

\$150*

Swimmer Account Deposit

\$100~

Bingo Requirement Per Swimmer^

3

Mandatory Service Points Allocation^

Sept - Dec TBD

Jan - Jun TBD

Jul - Aug TBD

~Championship Meet Fund

^Final number of bingo's and Service Points are determined by final enrolment numbers.

*Officiating deposit returned once commitment

Team Cap
Goggles
Fins
Mini-Paddles
Snorkel

Jr. Pull Buoy
Kick Board
Basketball (Jr.)
Skipping Rope



Top Age Group (TAG) Gold

(Formerly Age Group 1)

Competitive Training in the fundamentals & learning to train stage of the Athlete Development Model

Training Hours & Location



Monday Repsol Centre

6:00AM - 7:30AM Repsol Centre

Tuesday & Thursday Repsol Centre

5:15PM-5:45PM Dryland

6:00PM-7:30PM Swimming

Friday Repsol Centre

4:30PM - 6:00PM Repsol Centre

Saturday

6:15AM - 7:45AM Mount Royal

*There will be some movement with the AG1 program on Friday as the year progresses having workouts at 430PM at the Talisman

AG1 Draft Calendar - Final Calendar TBC in September

Draft Calendar to be published in September.

Final Meet schedule TBD in the fall

Membership

\$2,900

Swim Alberta & Swimming Canada Registration

\$185

CMF~

\$80

Fundraising Levy

\$510

Auction Night

\$200

Officiating Deposit

\$150*

Swimmer Account Deposit

\$100

Bingo Requirement Per Swimmer^

3

Mandatory Service Points Allocation^

Sept - Dec TBD

Jan - Jun TBD

Jul - Aug TBD

*Returned once Officiating Commitment met
^Final number of bingo's and Service Points are determined by final enrolment

Required Equipment

Arena Team Track Suit
Team Parka
Team Shirt

Arena Poly Team Suit
Team Cap
Goggles
Fins

Mini-Paddles
Snorkel
Jr. Pull Buoy
Kick Board

Basketball (Jr.)
Skipping Rope



Senior XT (SrXT)

Competitive training in the Active for Life & Learning to Train stage of the LTAD

Training Hours & Location

Tuesday, Thursday

6:00AM - 7:30AM Mount Royal

Saturday

7:45 - 9:00AM Mount Royal

About Senior XT

Senior XT (Cross Training) is a competitive training program that does not compete with the regular. The swimmers in this program come to it as either having been a competitive swimmer but no longer competing or are an older swimmer looking to start competitive swimming - they then begin in this program.

This program is also specially designed to accommodate the elite or developing elite multi-sport athlete (triathletes, water-polo, synchro) who are looking to augment their current training with technical work in our sport.

Fees & Financial Commitments

Membership

Senior XT \$2,150

**Swim Alberta & Swimming
Canada Registration**
\$185
CMF~
\$20

Required Equipment

Team Shirt
Arena Poly Team Suit
Team Cap

Goggles
Fins
Mini-Paddles

Snorkel
Jr. Pull Buoy
Kick Board





Senior Select (SrS)

Competitive training in the Learning to Train stage of the LTAD

Training Hours & Location



Monday to Friday
6:00AM - 7:30AM Mount Royal

Tuesday & Thursday
4:15PM - 5:15PM Talisman Centre*

Saturday
7:45AM - 9:00AM Mount Royal

*Dryland Training

Senior Select Draft Calendar - Final Calendar TBC in September

Draft Schedule to be determined in September

Final Meet Schedule TBD in the Fall

Membership
\$2,950

Swim Alberta & Swimming Canada Registration
\$185

CMF~
\$80

Fundraising Levy
\$510

Auction Night
\$200

Officiating Deposit
\$150*

Swimmer Account Deposit
\$100

Bingo Requirement Per Swimmer^
3

Mandatory Service Points Allocation^
Sept - Dec TBD
Jan - Jun TBD
Jul - Aug TBD

*~Championship Meet Fund
*Returned once Officiating Commitment met
^Final number of bingo's and Service Points are determined by final enrolment numbers*

Required Equipment

Arena Team Track Suit	Team Cap	Snorkel
Team Parka	Goggles	Jr. Pull Buoy
Team Shirt	Fins	Kick Board
Arena Poly Team Suit	Mini-Paddles	Basketball (Jr.)



Performance (Perf)

Competitive Training from the learning to train all the way through to the training to compete stage of the Athlete Development Model

Training Hours & Location

Monday & Wednesday
 6:00AM - 8:00AM Talisman Centre
 4:00PM - 5:30PM Talisman Centre
 5:30PM - 7:00PM Talisman Centre
Tuesday & Thursday
 6:00AM - 7:30AM Talisman Centre
 4:00PM - 5:00PM Talisman Centre
 5:00PM - 6:00PM Talisman Centre
 6:00PM - 7:00PM Talisman Centre
Friday
 6:00AM - 8:00AM Talisman Centre
 1:30PM - 3:00PM Talisman Centre
 3:00PM - 4:30PM Talisman Centre
 4:30PM - 6:00PM Talisman Centre
Saturday
 6:30AM - 8:30AM Talisman Centre
These are water sessions only - dry land timed TBD
 *All training schedules to be determined by the coaching staff as per previous season's with no foreseeable changes.

Competition Schedule

Performance Draft Calendar - Final Calendar TBC in September

UCSC Fall Start Up	Oct 17
Rocky Mountain Cup	Oct 17
CASC Speed Meet	Oct 17
Japan - TBC	Nov 17
December Peak Meet - TBD	Dec 17
AB Open 1	Jan 18
Swim AB AG Championships	Mar 18
Pamina Schwimmfest - TBC	Mar 18
World Trials	Apr 18
Western Championships	Apr 18
EKI - TBC	May 18
Mel Zajac	May 18
CSI: 2018	Jun 18
Swim AB Provincals	Jul 18
UCSC Western National Finale	Jul 18
Western Mountain Cup	Jul 18
Age Group Nationals	Jul 18
Summer Nationals	Aug 18

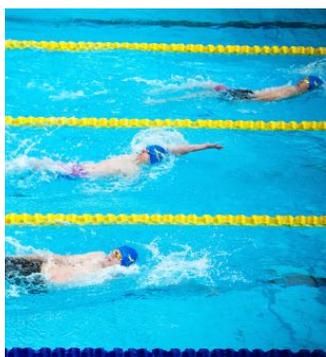
Fees & Financial Commitments

Membership
 \$3,250 (14&U)
 \$3,680 (15&O)
 \$360/month (Varsity / Independent)
Swim Alberta & Swimming Canada Registration
 \$185
CMF~
 \$120
Fundraising Levy
 \$510
Auction Night
 \$200
Officiating Deposit
 \$150*
Swimmer Account Deposit
 \$100
Bingo Requirement Per Swimmer^
 3
Mandatory Service Points Allocation^
 Sept - Dec TBD
 Jan - Jun TBD
 Jul - Aug TBD

~Championship Meet Fund
 *Returned once Officiating Commitment met
 ^Final number of bingo's and Service Points are determined by final enrolment numbers

Required Equipment

Arena Team Tracksuit Team Parka Team Shirt	Arena Poly Team Suit Team Cap Goggles	Fins Paddles Snorkel	Pull Buoy Kick Board Skipping Rope
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Club Equipment Requirements
Groups

Swimming Equipment

Dryland Equipment

		Team Suit	Team Cap	Team Shirt	Team TrackSuit	Team Parka	Goggles	Swimming Fins	Snorkel	Kick Board	Pull Buoy	Paddles	Water Bottle	Basketball	Skipping Rope	Running Shoes
Sessional & SrXT	Swim School 1 (SS1)	*	✓				✓	✓								
	Swim School 2 (SS2)	*	✓				✓	✓								
	Swim School 3 (SS3)	*	✓				✓	✓								
	Junior Olympic Way (JOW)	*	✓				✓	✓								
Competitive Programs	Senior XT (SrXT)	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓			
	Summer Club (SC)	✓	✓	✓			✓	✓	✓	✓	✓		✓			
	Olympic Way (OW)	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓
	JAG Gold (10&U)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	JAG Blue (AG3/JrAG)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓
	TAG Blue (AG2)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	TAG Gold (AG1)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Senior Select (SrS)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Performance (PERF)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	

Team Caps, a pair of goggles & Swimming Fins are required by every member of the club.

✓ Indicates required equipment

* Durable polyester team suits are recommended at all levels although not available in all sizes for our youngest swimmers

Competition Caps are solid blue with the yellow mountain

Training Caps are available in varied colours from the Cascade Office

Training suits are Arena Polyester Blue and can be used for competitions for: JAG Blue, JAG Gold, TAG Blue, TAG Gold Senior Select and in-season meets for Performance

Competition suit requirements for National Championships (Western, Age Group and National) will vary

Swimmers at provincial level and below are not required to have a racing suit other than their poly training suit

Additional equipment requirements may be directed from time to time for the senior groups by the coaching / technical staff (ie stroke-specific paddles or specific dryland gear)

Cascade does have additional kitting available that will be ordered twice a year (ie tracksuits, parkas, jackets) with limited stock held in the office

Team Suits, caps, shirts can all be purchased through the Cascade office as well as a limited number of goggles and other equipment

Fins, snorkels, paddles, pull-buoys, and kickboards are all available through Team Aquatic Supplies either at the store or online



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