



A Tradition of Excellence

**Markham Aquatic Club
Olympic Prospects
Registration Package
2021-2022**



Markham Aquatic Club 2021-2022 Olympic Prospects Registration

President's Welcome



MAC's tradition of excellence always shines through. To say that I am proud of this club would be an understatement and while last season was heart breaking, it was also inspiring. As President, seeing the disappointment of our eager young swimmers when training was shut down due to Covid-19 was tough. If you are a returning MAC family, thank you for your patience and for encouraging your child to maintain their fitness with the dry land programming. We know it hasn't been easy, but your dedication over these past months shows how much love and commitment you have for this sport and this swim club. I look forward to reconnecting with you this season. I also want to extend a very warm welcome to our new members. We are thrilled to welcome you to the MAC family. I encourage you to take the time to read this document and reach out with any questions so that you can get the most out of your membership.

I am truly optimistic about the season ahead. I wish we could jump right back in where we left off before the pandemic, but training and competitions for the 2021-2022 season will continue to look and feel different. We expect social distancing, lane restrictions and masking to remain in place for the time being. However, we are confident that the 2021-2022 season will allow for increased pool access, more training time in the water and most importantly, a consistent training schedule that families can plan around. That said, we must recognize that the impact of COVID-19 lingers on and we all know by now how quickly things can change.

Last season reinforced our reputation as one of the strongest swimming organizations in Canada. While it was sad that the majority of our swimmers couldn't train or compete, we were extremely proud that some of our Senior and High Performance athletes were able to train for Olympic Trials under strict protocols at the Toronto Pan Am Center. Seeing MAC caps and Teamwear on our Olympic hopefuls at Trials fills me with pride. Many of these incredible athletes took the time to inspire our young ones last season with "What's Up Wednesday's" with Coach Sean. This is what I love most about MAC; our older swimmers inspiring our youngest.

Last season also marked the first for our new Head Coach, Sean Baker. We got to know him well through his What's Up Wednesday and Fire Away Friday sessions. If you're new to the club, I encourage you to visit MAC's YouTube channel and watch these inspiring segments. Sean's experience and credentials are exceptional. As a parent, I find his commitment to developing future leaders inspiring and I can't wait to see what our entire coaching staff has in store for our young swimmers this season.

Next year marks our 50th anniversary. MAC has always proudly represented the community at local, regional, provincial, national and international levels. Now more than ever, we have an outstanding roster of athletes, fantastic coaches, a strong and collaborative relationship with the City of Markham with access to outstanding training facilities, the strongest officials base in Canada, we are surrounded by exceptional schools who recognize the importance of student-athletes and we have you... a highly engaged membership!

The world of competitive swimming can be overwhelming at first and we are here to help! You can also follow our club social media pages and download the OnDeck app, reach out to a parent rep, our club administrator, a Board member, or the coaches via email. Here's to a great season! GO MAC GO!!!

Patrizia Scozzese, MAC President



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Welcome Letter from the Head Coach



Welcome to the #MACArmy! I would like to welcome you to the 2021-2022 season with the Markham Aquatic Club. One year ago, I became MAC's new Head Coach. I am incredibly impressed at how this club has worked through the challenges of Covid19 and, despite so many of our swimmers being out of the water, we have kept them engaged, held together as a team and laid the foundation for MAC to move into contention as one of the best youth organizations in the country.

MAC coaches are proud to provide the best training and support for each individual to reach their maximum potential. Our "process-oriented" approach is the pathway to winning in and out of the pool. We are a Swimmer-Oriented, Coach-Driven, Parent-Supported program that has a rich history of success in the swimming community and has had representation at every level. You'll hear me speak often about the importance of old-fashioned values like hard work, self-discipline, respect for others and so much more. I also say that our program is for everyone in our club. We are not about "elitism". Every swimmer will receive the very best our club has to offer. These values, combined with fun, teamwork and our process-driven approach, is what underpins MAC's success.

I am very proud of the nine MAC swimmers who raced at the Canadian Olympic Swimming Trials this June. Olympic qualification, new personal bests, club records and medals were just the outward signs of the dedication and commitment it took to train over many years and during the pandemic. It shows the mental toughness and resilience our swimmers possess. Tessa Cieplucha will be representing Canada at the 2020 Summer Olympics (23 July to 8 August 2021 in Tokyo, Japan)! More than any time in recent history, MAC swimmers are breaking records and putting our club on the world-stage. Will you be there in the future? The future looks bright, and we can all celebrate being a key component of this club. Together we all make this teamwork; you should all be proud to belong to such a ground-breaking organization!

For those of you who are new to our club, please talk to as many of the coaches as you can to get a good idea of what MAC stands for and what this organization does for children/young adults outside the parameters of competitive swimming. You will find that the life lessons and the life skills will transfer into the swimmer's daily lives and spill over into success at school. Studies have shown conclusively that students involved in structured sport achieve higher grades.

Here are my top 3 tips for parents as we head into the season:

1. Visit the club web site and read the club's emails carefully. It contains all the pertinent information that will help you maneuver through the year.
2. Be supportive and positive. MAC's program is one of the best in the country, but we are not perfect. We welcome all members to contribute to the organization in a volunteer capacity. Without parental help, the club does not exist.
3. Let the coaches' coach. Trust that your coach has your child's best interests at heart. MAC hires quality people to work with your most prized possession, your children.

This is going to be an outstanding year!

Sean Baker, Head Coach



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Welcome Letter from the Head Development Coach



As the Head Development Coach, I would like to welcome you to the 2021-2022 season of Markham Aquatic Clubs Olympic Prospects. Whether you are a returning swimmer or joining the club for the first time we are excited to have your child on a path that we believe will enhance their ability both in and out of the water. We are proud to provide a program that will build a strong core foundation in the fundamentals of competitive swimming empowering each swimmer to strive to reach their full potential while instilling a love of swimming so that children and families enter the sport with an opportunity for lifelong enrichment.

On behalf of the entire Olympic Prospects Coaching Staff, we look forward to a wonderful season.

Cathy Salvo
Head Development Coach
Olympic Prospects



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Building Confidence, Comfort and Skill Development

Welcome to the Markham Aquatic Club Olympic Prospects Program (OP). Olympic Prospects swimmers represent the future of our sport and our swim club. Our OP program establishes a strong foundation and love of swimming so that children and families together experience the joy and enrichment of the sport of swimming. Our program also develops an overall understanding and preparation for the sport of competitive swimming.

MAC Olympic Prospects is a fun, technique-based program that covers all four competitive strokes: Butterfly, Backstroke, Breaststroke & Freestyle. There are four groups in our Olympic Prospects program. OP1, OP2, OP3 and OP Development. These groups swim either 1,2 or 3 times a week depending on the group.

Every new swimmer is assessed prior to being accepted into the Olympic Prospects Program. The assessment is used to determine if the swimmer is ready for the program and which OP division best matches the swimmer's skill set.

Fees and Your Financial Commitments

Your swim fees payable to the club are comprised of the following components:

MAC Program Fees - These fees cover coaching, pool rentals, dryland and club operating expenses pertaining to your group. Your MAC Program Fees are billed on the 1st of the month over six installments (Nov 1st to April 1st).

Volunteer Fees - These fees are charged on the 1st of the month over six installments months (Nov 1st to April 1st). This amount can be earned back as you attend officiating clinics and volunteer at MAC swim meets or other club positions.

Competition Fees - These fees are charged to your account **as incurred** to cover the costs associated with attending a competition (i.e. meet/event entry fees) as well as host club fees, travel, food, and accommodations as applicable. These fees also cover coach and chaperone costs (as applicable).

Swim Challenge - This year the club will be holding two (2) **Swim Challenges**. Swimmers will swim 1K or 5K based on their group. Families are required to raise a minimum of \$100 for each 1K swim and \$200 for each 5K swim.

Swim Ontario Fee - This **one-time** mandatory fee (billed on October 1st) goes directly to the governing body of swimming in Ontario to register your child for competition and for insurance. This fee is based on your swimmer's age:

8 & U	\$121.40
9-10	\$141.40
11-14	\$161.40
15 & Over	\$181.40

Any fees outstanding from the prior year must be paid in full before registration for the current season is permitted. Swimmers will not be permitted to register for the current swim season if their dues are in arrears.



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Registration forms for the current swim season must be accompanied by a credit card authorization (which is entered during online registration).

All accounts must have a valid credit card on file. By providing a credit card number you authorize the club to charge the card for fees incurred.

A refund cheque will be issued at the end of the swim year for any credit balances greater than \$10.

Reducing Your Fees - There are several ways to reduce your fees. Please email info@markhamaquaticclub.com if you wish to find out more about these options.

1. **Sponsorship** – Members can invite businesses to support the club as official MAC sponsors. There are various sponsorship levels for businesses ranging from acknowledgements on the website to naming and advertisement rights for meets. Fifty percent (50%) of the sponsorship money brought in will be credited to your account.
2. **Fundraising** – The club may approve fundraising opportunities throughout the year. Members are required to participate in fundraising opportunities. A percentage of profits will be credited to your account.
3. **Advertising** – There will be advertising opportunities at the MAC swim meets where members can get local businesses to place ads in the meet programs. A percentage of profits will be credited to your account.

Volunteer and Your Officiating Commitment

MAC relies on hundreds of volunteers. **It is expected that all MAC families will have at least one member volunteering each season.**

Like other clubs, MAC has a Volunteer Points System in place. A volunteer deposit is part of your fee schedule. Volunteer Points are earned throughout the season and this deposit is credited back to your account at the equivalent dollar amount at the end of the swim season.

Volunteering at Swim Meets - It is expected that MAC families will volunteer to officiate at MAC swim meets.

MAC hosts some of the highest calibre invitational and championship meets in Ontario, which is why it is essential that we have a large contingent of qualified volunteer officials. Volunteer Officiating at swim meets includes the “on deck” positions such as Timers, Strokes and Turn Judges, Starter and Referee and “off deck” positions such as program sales, cafeteria helpers, and runners. Don’t worry if you have never “officiated” before. MAC provides free officials training (see below). If you haven’t yet attended an officials training clinic, please complete your training this season. Your time to attend the training counts toward your volunteer points.

As the result of Covid-19, we do not have clarity on when or how many swimming competitions will take place in 2021/22. We expect to host in-house competitions/time trials throughout the season so that MAC athletes can obtain official times and monitor progress. While we are optimistic that we will host and attend competitions, we have taken a conservative approach to the volunteer [official's commitment](#) for this season. **Families in OP Program must attend at least 1 clinic and volunteer for a minimum of 2 meet sessions during the 2021/22 season.**

Officials Training Clinics - Due to Covid-19 restrictions, officials training clinics will take place online for the time being. **Clinic sign-up information will be emailed to you and posted on the MAC website.** Officials training clinics usually take place in September, December and/or April. For further information regarding officiating please contact MAC's Officials Chair at officials@markhamaquaticclub.com.



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Group	Official levels and clinics	Meet Sessions
OP	Certified Level 1 official. Attend Timers and Safety Marshall clinic and Judge of Stroke and Turn clinic	2

MAC-hosted swim meets are an important source of revenue for the club, but some competitions do not generate revenue (i.e. time trials). Parents who have an athlete(s) participating in non-revenue generating time trials are still expected to volunteer as an official. Since entry fees are not charged for time trial participation, volunteering at these events does not qualify for volunteer credits. The club operating budget will cover administration costs for these competition(s) including rentals, electronics, etc.

Other Ways to Volunteer

In addition to officiating, you can volunteer at social events, become a group parent rep, be elected to the Board, help with fundraising, chaperone during travel events and much more. Volunteering is a great way to meet others, set a great example for your children and help lower your costs. More information on volunteering opportunities and the credits can be found on our website (under [Parent Resources / Volunteering](#)).

Swimsuits, Equipment and MAC Teamwear

All OP Swimmers are required to obtain the correct swimwear, equipment and MAC Teamwear. This policy is set each year by the Head Coach. Please clearly label all of your child's equipment and clothing with your swimmer's name. The facilities that MAC uses are public facilities and the club cannot be held responsible for items that are lost or misplaced.

Swimsuits must be solid black. Swimmers need at least one training suit. You can purchase swimsuits online or in a store such as Ontario Swim Hub or at any supply store of your choice. For your benefit, MAC has arranged a member discount for swimwear and equipment through our retail partnership with Ontario Swim Hub, located inside T&T Grocery Plaza at 8339 Kennedy Rd #2137 Markham, ON L3R 5T5.

Swimsuits: Girls continue to wear 1-piece solid black swimsuits for training and competition.

(NEW!) Beginning this season, boys must wear briefs-or boxer-style training swimsuits (no jammers). Jammer-style suits are optional for boys during competitions.

(NEW!) This Fall, you will have the option to purchase girls and boys MAC branded training suits from Ontario Swim Hub. These Arena suits are black, screened with white MAC logo and range from \$40 - \$70. We will email you instructions on how to order the new MAC training suits.

Equipment & Teamwear: Each group has a list of mandatory equipment and teamwear. Please refer to [equipment page](#) for a detailed list of required items. Wearing the MAC logo is a source of pride in and out of the pool so members are encouraged to purchase teamwear items that are marked optional.

Equipment may be purchased at the supply store of choice or through our retail partner, Ontario Swim Hub.



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Teamwear and swim caps can be purchased through the MAC office. The office maintains select inventory of core teamwear throughout the year. In addition, an online swim store is made available 2-3 per year where the full teamwear line is available as well as fanwear purchases (i.e. baseball hats, toques, etc...)

Swimmer Schedules

Training Schedule - All MAC swimmers are expected to adhere to the training schedules provided by their coach. Should the training schedule change for any reason, your group coach will advise you by email. You can also find your group training schedule on the MAC club website under "Calendars". It is the swimmer's and parent's responsibility to keep track of training amendments and adjust to any changes in the schedule.

Competition Schedule - All swimmers are expected to compete at swim meets and are required to attend all MAC home meets. Due to Covid-19 and Safe Sport planning, Swimming Canada and Swim Ontario have not released finalized competition guidelines for the 2021/22 season. When the competition schedule becomes available, your group coach will email you. It is your responsibility to ensure you know which meets your swimmer(s) will be attending. This information can be found on the [MAC website under Events](#) – Edit Commitment, or you can ask your child's coach.

Club Policies

Expected Standard of Behavior: Markham Aquatic Club is highly regarded in the sport of swimming, our community and the world-stage. Our club upholds a reputation for inclusivity, sporting excellence, fair play and team pride. **Wearing the MAC logo affords a status of belonging to one of the top swimming clubs in Canada.** To this end, all MAC Swimmers, coaches, managers, officials, volunteers and all family members bear responsibility to uphold the club's standards and policies and are expected to conduct themselves in the spirit of good sportsmanship in and out of the pool, representing our club values for themselves, their families, our club and the community.

(NEW!) Respect in Sport (RIS) Parent Training Module: On or before September 7, 2021 at least one MAC parent/guardian per family must complete the [Swimming Canada Respect in Sport for Parents training module](#). The training takes approximately 1 hour and costs \$12. You must complete the training module and obtain your certification before your swimmer(s) can participate in MAC program training for the 2021-22 season.

Q: Why is the RIS Parent Training required before my swimmer(s) can participate in training?

A: *The Respect in Sport for Parents program reinforces the role of parents/guardians in their child's activities, encourages positive sport behaviors and provides insight into the various roles other individuals play, such as coaches and officials. This training is now required by most Canadian youth sports organizations.*

Q: How much does it cost and how do I pay?

A: *The program costs \$12 and is payable by you. The program uses PayPal for credit card payments. You can also set up a PayPal account and pay directly from your bank account or purchase a pre-paid credit card to use with PayPal.*

Q: I have multiple swimmers in MAC. Do I have to take the RIS training for each child?

A: *You only have to take one RIS parent training module. One certification covers all your swimmers.*

Q: I took RIS with another sport. Do I have to take it again?



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A: *If you've received Respect in Sport for Parents certification through another sport league, that certification is transferable. Simply click the "Already Certified" link on the Swimming Canada Respect in Sport home page to enter your existing certification number.*

Q: I have taken the Speak Out course. Do I also need to take Respect in Sport?

A: *Yes. Speak Out does not cover Respect in Sport for Parents.*

Q: Do I have to take the RIS training every swim season I register my child in MAC?

A: *Every five years you will be required to renew the certification. You can use the same RIS certification number when you register at MAC in future seasons. However, if there is an issue, a parent/guardian could be asked to re-take the program.*

Q: How do I sign up for and take the Respect in Sport online course?

A: Sign up at <https://swimming-canada-parent.respectgroupinc.com/>

Code of Conduct Policy: – ALL MAC swimmers and parents are required to read, understand, and comply with the [MAC Code of Conduct](#) and [Swim Ontario's Code of Conduct](#). These codes are in place to protect swimmers, their family and the club and are in effect at all times while the swimmer is training, traveling or competing with MAC. The agreement of the swimmer and the parent/guardian on the Member Commitment form indicates the member family and swimmer's agreement to abide by the Codes of Conduct and an acknowledgment of the consequences of failing to abide by these Codes.

MAC Discipline Policy: MAC has a progressive discipline policy that allows a swimmer ample opportunity to correct inappropriate behavior. Infractions of the Swim Ontario Code of Conduct could result in, but not limited to, the following disciplinary actions:

- Parent/Swimmer/Coach meeting
- Suspension from practice and/or competition, which in some cases may result in the athlete's family having to assume the cost of an athlete's early return home
- Termination of membership

Swimmer Group Change Policy: Moving to a new training group during the season is at the discretion of the coaching staff and is based on a variety of factors including the swimmer's age, training, ability and attendance. Move-ups will only be completed upon agreement from the member to pay the fee difference(s) for the new group.

Travel Policy: The Head Coach may designate any swim meet or training camp held away from any Markham Aquatic Club scheduled pools as a Team Meet or Team Training Camp. Swimmers are expected to participate in these travel meets or training camps and will be required to travel and room with the team. The club will arrange for travel and accommodation for the swimmers, but families pay the cost of travel and accommodations in addition to regular swim fees. Exceptions are to be at the approval of the Head Coach and the coach in charge of the trip. In order for our swimmers to learn to travel independently, manage their sleep and dietary requirements and handle the stresses associated with meets, they travel and stay together as a team. Parents are discouraged from staying in the same hotel as the team. Access to the swimmers in the hotel will be minimized by the event managers to allow roommates undisturbed rest periods.

Once a swimmer commits to a travel meet or training camp, they are required to make the necessary payments and complete any necessary travel forms as determined by the club in the amounts and at the times advised by the coaches. Failure to make the payments or complete required forms will disallow the swimmer from traveling. All swimmers who have committed to a travel meet or training camp are liable for any non-refundable costs if they fail to attend. All swimmers/parents will be fully responsible for the payment of any costs required to send a swimmer home from a travel meet or training camp, should the swimmer violate the Code of Conduct required of all Markham Aquatic Club swimmers.



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Privacy Policy/Personal Information Protection and Electronic Documents Act (PIPEDA) Policy: Markham Aquatic Club collects and maintains personal information from swimmers registering with the club, as well as club volunteers and coaches. This information is required to conduct the operations of the club including communicating with swimmers and their families or guardians, managing swimmer's accounts, training and entering swimmers in meets, hosting swim meets and managing club planning and organizing. As a competitive swim club based in Ontario, MAC does provide swimmer information as required with City of Markham, Swim Ontario, Swimming Canada, swim meet organizers, and other swim-related entities. Also, our organization leverages third-party service providers to perform various contracted services for MAC, during which these service providers may have access to or maintain information on behalf of MAC (for example our website and swimmer database). We look to ensure that these service providers and swim related entities have privacy policies in force that are comparable to MAC's and that access is limited to the information that is required for these other entities to perform the requested services for MAC or for the other swim related entities to carry out their roles.

You should be aware that swimmer names, ages and swim event results are published electronically and in other media in the ordinary course of competitive swimming. On occasion, MAC may choose to share either within MAC or with outside entities aggregate information about the club and its swimmers if this aggregate information does not include any details that would allow for the identification of specific individuals. We do not otherwise disclose personal information. As an organization we take the privacy of our members, volunteers, and coaches seriously and we take reasonable precautions to protect this information from unauthorized access and inappropriate use.

Photo Policy: By registering with Markham Aquatic Club, you are granting permission to the club or its agents to photograph or video any member of your family participating in a MAC event. These photos or videos may be used for promotional purposes including, but not limited to, website, advertising, brochures, social and traditional media.

Medical/Injury Policy: Any swimmer with an injury that prevents him or her from attending practice must submit a Doctor's note to the MAC Administrator at info@markhamaquaticclub.com. Members then have 3 options:

1. Do nothing. The member will continue to pay all dues per the schedule (usually for less than four weeks absence).
2. Withdraw. The member may choose to withdraw from the club per the cancellation policy stated in the registration package. The member may reapply to the club at any time in the future, but their spot will not be reserved.
3. Suspend. For an injury with an expected duration of longer than four weeks, the member may suspend their account and pay half the stated swim dues during the suspension. The member would be required to continue paying all other fees (e.g. volunteer deposits, gym, Swim Ontario, etc.). This option will only be considered with a physician's note. Should the athlete be cleared to return to training or competition prior to four weeks the member would be responsible for all fees during the injury period (i.e. all payment reductions would be reversed).

Withdrawal Policy: If you decide to withdraw from the club, you must email your intent to withdraw to the Club Administrator at info@markhamaquaticclub.com. After the email notification is received by the Club Administrator, the following procedures and policies are in place:

1. The swimmer will cease attending practice immediately upon submitting their written notification.
2. Swim Ontario fee and dryland fees (if applicable) are not refundable.
3. Meet fees for committed meets will be charged to the account, unless the coach is able to withdraw the swimmer before the meet deadline.
4. **Your account will be charged the next installment payment per your fee schedule.**
5. Any balance owing to the club will be charged to the credit card on file.



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6. Any balance owing to the member will be refunded by cheque.
7. After the members account is cleared their credit card information will be deleted from the system.

Communications Policy: MAC regularly sends communications to members via email. In some circumstances we may contact you by phone. Coaches may use texting apps to communicate with members. By registering with the club, you are providing the club consent to communicate with you and to send you information.

Questions

Account, billing and payments: MAC Administrator at info@markhamaquaticclub.com

General registration: MAC Administrator at info@markhamaquaticclub.com

All other Groups/Programs/Group Placements should be directed to the Head Development Coach Cathy Salvo at coachcathy@markhamaquaticclub.com