



2023-24 MARKHAM AQUATIC CLUB REGISTRATION PACKAGE

This document contains the information you need for a successful season. Read it thoroughly and keep it for reference.

President's Welcome



Whether you're new to MAC or a returning family, welcome to another exciting swim season!

This year we're celebrating swim parents and the critical role they play in our sport. As we continue to recognize MAC's 50th anniversary in

2023, we are reminded that MAC was built on parent volunteering. It has always been parents that officiate at meets and serve in administrative roles to make our sport possible. Along with our outstanding reputation in Markham, I'm very proud that MAC has the best swimmers and coaches and the best volunteer swim parents who make it all possible. Parents are the engine that drives MAC's success.

As parents, we volunteer because we love our kids, and our kids love swimming. The rewards are limitless. If you're a returning volunteer or just starting out, I look forward to working with you this season. Together, we continue to build MAC's tradition of excellence!

Patrizia Scozzese

Head Coach's Welcome



Last season, Swimming Canada named MAC a high-performance club, one of only six clubs to earn this status. This recognition of our team success affirms that our process works. Success is an ongoing process that evolves, but never changes.

It's about developing the physical, technical-tactical, mental, and emotional aspects of competitive swimming, while keeping it fun. I'm proud of the high standards we have for producing success on the podium and great citizens as a by-product.

As an Olympic year, 2024 marks the end of this 4-year quadrennial. While the world awaits the Games in Paris, our team will be diligently working towards the Canadian Olympic Trials May 13-19.

I always tell parents to "trust the process" as I encourage you to focus on athlete support and leave the rest to us. It's going to be a terrific season!

Sean Baker

Fees & Your Financial Commitments

Every MAC family pays fees to the club. The amount you pay is based on your swimmer(s) group and will be provided in your welcome email. Fees payable to the club include:

MAC Program Fees: This amount covers most coaching, pool rental, dryland and club operating expenses pertaining to your group. Billed on the 1st of the month over six installments Oct 1st -Mar 1st.

Volunteer Commitment Fee: This amount is charged on the 1st of the month over six installments. *This fee can be earned back if you volunteer (see Volunteering & Your Officiating Commitment next page).*

Competition Fees and Coach Expense Recovery: These fees are only charged to your account **as incurred** to cover costs associated with attending a competition such as: meet/event entry fees, host club fees, travel, food, accommodation, coach, and chaperone costs etc.

Fundraising Commitment: All members are required to participate in MAC's annual fundraising campaign(s), as organized by the Fundraising committee. Fundraising offsets club operating expenses not covered by program fees. OP group families are required to raise a minimum of \$200 per swimmer. Competitive Group families are required to raise a minimum of \$400 per swimmer.

Swim Ontario Fee: This one-time mandatory fee is based on your swimmer's age and billed on October 1st.

This fee registers your swimmer with [Swim Ontario](#), the provincial governing body of competitive swimming in Ontario.

Age 8 & Under	\$123.90
Age 9-10	\$143.90
Age 11-14	\$163.90
Age 15 +	\$183.90

By providing a credit card number you authorize the club to charge the card for fees incurred.

A refund will be issued at the end of the swim year for any credit balances greater than \$25.

Reducing Your Fees: You can reduce your fees by:

1. **Volunteering** – (see Volunteering & Your Officiating Commitment)
2. **Sponsorship** – You can invite businesses to become official MAC sponsors. A sponsorship package and standard cover letter is available for you to send to your contacts. 50% of the sponsorship amount, up to a maximum of your annual program fees, will be credited to your account.
3. **Fundraising** – MAC's Fundraising committee organizes fundraising campaigns, such as a Raffle or Swim Challenges. You can raise donations beyond the required minimum for these campaigns and a percentage will be credited to your account.

WAYS TO REDUCE YOUR FEES:

- Volunteer/officiate
- Bring in sponsors
- Raise funds for MAC

Any fees outstanding from last season 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 dues are in arrears.

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

Volunteering & Your Officiating Commitment

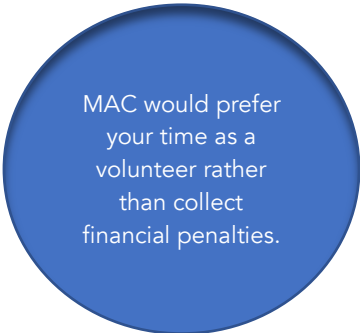
Volunteering is part of your MAC membership. **Every MAC family is expected to have at least one member volunteering.** MAC must have a large contingent of qualified volunteers to officiate at its hosted swim meets. To ensure there are enough volunteers and to share the workload equitably, MAC has a [volunteering requirement](#) system in place.

Volunteer Commitment Fee: This fee is charged to your account on the 1st of the month over six installments. **You can earn it back if you:**

1. Attend Officials Training Clinics, and
2. Volunteer for MAC swim meet sessions throughout the season

Attend Training Clinics: Don't worry if you have never officiated before! MAC provides **free** training clinics, (zoom or in-person) in the Fall, Winter, and Spring. We will email you sign-up information. Your time to attend clinics is credited to your account. This chart shows required clinics you must attend based on your highest swimmer's group. If you are a returning family who previously attended training, you must upgrade skills and move up the officials ladder this season.

Your Highest Swimmer's Group	Your Required Official Level & Training Clinics to Attend
OP	Certified Level 1 official. Attend Timers & Safety Marshall clinic and Judge of Stroke & Turn clinic
TAG	Certified Level 1 official. Attend Timers & Safety Marshall clinic and Judge of Stroke & Turn clinic.
Bronze JAG	Certified Level 1 official or above. Attend Timers & Safety Marshall, and Strokes & Turns Judges, and 1 more clinic (Chief Timer, Clerk of Course, Chief Finish Judge, etc.).
Junior Bantam	Certified Level 2 official or above. Attend Timers & Safety Marshall, Strokes & Turns Judges, and 1 more clinic (Chief Timer, Clerk of Course, Chief Finish Judge, etc.).
Senior	Certified Level 2 or 3 official and above.



Required Swim Meet Sessions: Once trained, you need to officiate for a set number of sessions at MAC swim meets. If you only have swimmer(s) in OP, you are required to officiate at 4 sessions this season. If you have swimmer(s) in a competitive group, your requirement is 12 sessions. "Sessions" are usually 4-5 hours during a 2-4-day meet. There are ample

opportunities to fulfill your requirement. MAC is hosting up to 8 meets from October to June. You can work multiple sessions at MAC meets. We will email you sign-up information. You can indicate how many sessions you wish to work.

Financial Penalties: If you do not attend training and/or volunteer for your TOTAL required sessions by the end of the season you will not receive back any remaining pre-paid volunteer commitment fees and you will also be charged a penalty to the credit card on file.

Highest group level of swimmer in your family	# of Clinics you attend	# of Sessions you must volunteer	Penalty if Training & Sessions Not Completed
OP	1	4	\$200
Competitive Groups	1	12	\$1,500

MAC Time Trial Volunteering: Members who have swimmer(s) participating in MAC time trials are still expected to officiate. Time trials do not necessarily qualify for volunteer points because swimmers are not charged to compete.

Student Volunteer Hours: MAC swimmers attending secondary school may earn community service hours by attending training clinics and officiating. Student volunteering does not count toward the family's officiating commitment.

Extra Volunteering credits: In addition to fulfilling your officiating commitment, you can earn **extra** volunteer credit by being a group parent rep, serve on the Board or committees, help with events, chaperone during travel events etc.

More information on volunteering and your officiating requirement can be found on the MAC website under [Volunteering Requirement](#)

[Learn more about Swim Ontario Officials Training](#)

Swimsuits, Equipment & Teamwear

All MAC swimmers are required to obtain the correct swimsuits, equipment and teamwear. This policy is set each year by the Head Coach. To avoid lost items, **please clearly label your child's swimwear, teamwear and equipment.** MAC cannot be responsible for lost or misplaced items.

Arena is MAC's sponsor. Please support our sponsor by purchasing Arena brand.

Swimsuits: Swimmers need 1 training suit and 1 competition suit as per chart below. Training suits must be solid BLACK and it is preferred that competition suits be solid BLACK. Swimmers competing at national competitions are required to have their technical racing suit(s) approved by the Head Coach.

GIRLS	Training	Black 1-piece
	Competition	1-piece, Black preferred
BOYS	Training	Black brief or boxer style (no jammer)
	Competition	Jammer-style, Black preferred

Equipment: All MAC swimmers must have: 2 goggles, 1 kickboard, 1 pull buoy and 1 pair of fins. Lightweight fins are best for young swimmers. Additional equipment may be required. Your group coach will provide you with a complete list of required equipment for your child's group. You can also find required equipment on the MAC website.

Member Discount: MAC members receive discounts on swimwear and equipment from our retail partner [Ontario Swim Hub](#) (OSH). Enter MAC's passcode MACTEAM when ordering online. **The passcode and discount are for MAC members only.**

ONTARIO SWIM HUB DISCOUNT:

30% discount on MAC Teamwear Day (Fall 2023)

20% discount all season at Ontario Swim Hub retail store, online or at OSH swim meet pop-ups

Ontario Swim Hub
(located inside T&T Grocery Plaza)
8339 Kennedy Rd #2137 Markham, ON L3R 5T5.

MAC Teamwear: All MAC swimmers are REQUIRED to have:

- 1 MAC t-shirt
- 1 white training cap
- 1 blue competition cap

It is recommended that swimmers also have MAC team jackets, hooded sweatshirts & joggers.



Senior and Junior swimmers must wear team jackets for podium presentations. OP, TAG, Bronze, Bantam and JAG swimmers are required to wear a MAC t-shirt for award presentations, however, team jackets are encouraged. When traveling for competitions and training camps, ALL swimmers must wear MAC outerwear.

Cost for all MAC teamwear, including the mandatory t-shirt and caps, is applied to your credit card on file.

Where to Buy Teamwear: The MAC office, located at 3575 14th Ave, Unit #14, maintains inventory of the required MAC caps and t-shirts only. You can drop in to pick up the t-shirt and caps during MAC office hours; Wednesday 11am-2pm or alternate Saturdays 9am-11:30am.

All other MAC Teamwear can be tried on and ordered at our annual Teamwear day in the Fall held outside the MAC office. You will receive an email notifying



you when Teamwear Day will be. Teamwear orders usually take several weeks to be shipped to the MAC office. You will be notified when your order is ready for pick up.

Club Policies & Standards

Please carefully read this section.

Markham Aquatic Club is highly regarded in Canadian swimming. Our club upholds a reputation for inclusivity, sporting excellence, fair play, and team pride. All swimmers, coaches, staff, officials, volunteers, and members bear responsibility to uphold club standards and are expected to conduct themselves in the spirit of good sportsmanship in and out of the pool.

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 effect at all times while the swimmer is training, competing or traveling with MAC. *By completing on-line registration with Markham Aquatic Club, the parent/guardian and swimmer(s) agree to abide by all club policies, terms of payment, and Codes of Conduct and acknowledge the consequences of failing to abide by these policies, terms and codes.*

Mandatory Respect in Sport (RIS) Parent Training:

On or before October 30 2023, at least one MAC parent or guardian per family must complete the [Swimming Canada Respect in Sport training](#) (RIS) and obtain certification before your swimmer(s) can participate in MAC swim training for the 2023-24 season. If you took RIS last season or have taken it for another sport within the past FIVE years, you do not have to repeat it this season. RIS takes about 1 hour and costs \$12, at your own expense.



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 are 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: Changes to group placement during the season may occur for a small number of swimmers. Decisions and timing for swimmer group moves are at the discretion of the coaching staff. Group placements are based on swimmer's age, attendance, training ability, experience, and other factors in the best interest of the swimmer. Changes to group placement during the season will only be completed upon agreement from the member to pay fee difference(s) for the new group.

Weather Policy: Weather-related practice cancellations may occasionally occur. There are no refunds for weather cancellations because practice expenses are fixed costs to the club (i.e., pool contracts, coaching costs). Cancellations are based on regional weather advisories and/or facility closures, with the safety of our membership and coaches of the utmost importance. You will be notified by email should a weather-related cancellation occur.

Facility Use: MAC trains in City of Markham facilities. All MAC members must abide by City facility rules. Change rooms are available on a first come, first-served basis and are not to be held, blocked, or reserved.

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 (see Withdrawal Policy below). 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 longer than four weeks, the member may suspend their account and pay half the stated swim dues during the suspension. The member must continue paying all other fees. Should the athlete be cleared to return to training or competition prior to four weeks the member is 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 your 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.
6. Any balance owing to you will be refunded to your credit card on file.
7. After your account is cleared, your credit card information will be deleted from the system.

Communications Policy: MAC uses email to contact members. In some circumstances we may contact you by phone. Coaches or parent reps may also use WhatsApp for group communication. You have the option to participate in the group WhatsApp. The MAC Code of Conduct applies at all times for WhatsApp, chat groups, and social media platforms. By registering with the club, you are providing the club consent to communicate with you and to email you information.

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 MAC training and events. These photos or videos may be used for promotional purposes including, but not limited to the MAC website, MAC's social media platforms, club advertising, brochures, and traditional media.

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, 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, we leverage third-party service providers to perform various contracted services, during which these service providers may have access to or maintain information on behalf of MAC (eg. our website and swimmer database). We look to ensure that 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 very seriously and we take reasonable precautions to protect this information from unauthorized access and inappropriate use.

STAY INFORMED

1. Use the OnDeck App
2. Follow MAC social media
3. Read your club emails
4. Visit the MAC website

www.markhamaquaticclub.com

Season Start & End: The duration of the training season may be different for each group and for swimmers within a group. The season usually begins in September or October and ends when the swimmer's competition season is complete. Fee instalments and training end dates do not necessarily coincide.

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. 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.

Social Events & Awards: MAC organizes social events and takes part in City of Markham activities. Swimmers are expected to participate in the MAC Awards Banquet, Group social activities and MAC Family Fun



Day. The 2023 Awards banquet will be held in the Fall. Swimmers attend free of charge. If you RSVP to attend a

MAC social event but cannot attend, you must notify the [club administrator](#) within given cancellation timeframes, or your account will be charged.








MAC Logo: The MAC logo is club property and is not to be used by individual members without prior written permission. Members may seek approval to use the logo by [email to the club administrator](#), including a description of why and how the logo will be used.



Wearing the MAC logo affords the status of belonging to one of the top swim clubs in Canada. Members are encouraged to display club pride and may wear the MAC Teamwear on or off the pool deck.



Coaching Staff

	<p>SEAN BAKER MAC Head Coach, Senior Group coachsean@markhamaquaticclub.com</p>		<p>GLEN STEACY Age Group Coach, Junior Group coachglen@markhamaquaticclub.com</p>
	<p>TAKEO INOKI Age Group Coach, Bronze & Masters coachtakeo@markhamaquaticclub.com</p>		<p>To Be Announced Age Group Coach, Bantam & JAG Group</p>
	<p>CARTER YEUDALL Age Group Coach, TAG Group coachcarter@markhamaquaticclub.com</p>		<p>MARTIN GURRIN Olympic Prospects Director coachmartin@markhamaquaticclub.com</p>

Swimmer Practice Schedules

Practice Schedule: All MAC swimmers are expected to adhere to their group training schedule. Should the schedule change, your group coach will email you. You can find your group training schedule on the MAC website under [2023-24 Practice Schedule & Locations](#). It is your responsibility to keep track of training amendments and adjust to any changes in the schedule.

Competition Schedule - Coaches (not parents) register swimmers for swim meets. All swimmers are expected to compete at swim meets and are required to attend all MAC home meets. When the competition schedule becomes available, it is posted on Team Unify/On Deck App under "Events". It is your responsibility to ensure you know which meets your swimmer(s) will be attending.

Coaches (not parents) register swimmers for swim meets

IMPORTANT: If your swimmer cannot attend a swim meet, it is your responsibility to log in to Team Unify and decline/remove your swimmer from the meet. If you do not take this step, you may be charged for competition fees. Please contact your coach if you have any questions about swim meets.

Please email your coach if you have any questions about your child's swimming group, training schedule, required equipment, competition schedule and swim meets.



Fees & Financial Commitments for Varsity Swimmers

Swimmers attending and training at post-secondary institutions in Canada or the United States pay different fee structures to the club.

Swimmers Attending/ Training Varsity at a Canadian University

Swim Ontario Fee - One-time mandatory fee of \$53.53 billed on October 1st and paid directly to the governing body for swimming in Ontario. Based on swimmer's age /category and assumes the swimmer is registered and training as a varsity swimmer with a Canadian University.

Varsity Commitment Fee - \$350 non-refundable fee billed on October 1st. This fee is credited back to member accounts to offset spring/summer 2023 SNC meet expenses.

Competition Fees and Coach Expense Recovery: These fees cover the costs associated with attending a competition including host club fees, travel, food, and accommodations. These fees also cover coach and chaperone costs. These fees are charged to your account as incurred.

Swimmers Attending/ Training Varsity at a University in the United States

Swim Fees - Swimmers registered and swimming varsity for a United States University will be registered with Swimming Canada per regular member fees \$183.90.

Varsity Commitment Fee: \$350 non-refundable fee billed on October 1st. This fee is credited back to member accounts to offset spring/summer 2023 SNC meet expenses.

Competition Fees and Coach Expense Recovery: These fees cover the costs associated with attending a competition including host club fees, travel, food, and accommodations. These fees also cover coach and chaperone costs. These fees are charged to your account as incurred.

Any fees outstanding from the prior year must be paid in full before registration for the current season is permitted.

Varsity swimmers will not be permitted to register for the current swim season if their dues are in arrears. 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 will be issued at the end of the swim year for any credit balances greater than \$25.

DID YOU KNOW?

You can email your coach if you have questions about your child's:

- ⇒ Swimming group
- ⇒ Training schedule
- ⇒ Required equipment
- ⇒ Swim Meets or competition schedule