



2018-19 Registration Manual

Version 31 July 2018

www.saskatoonaqualenes.com

Table of Contents

Section A: General Information.....	3
<i>Synchronized Swimming</i>	3
<i>Saskatoon Aqualenes Synchronized Swimming Club</i>	4
<i>Coaching Staff</i>	5
Section B: Programs and Registration	6
<i>Program Schedules at a Glance</i>	7
<i>Aqua Giggles Program</i>	7
<i>Recreational Programs</i>	9
<i>8 and under (Provincial Stream) (Born in 2011, 2012)</i>	15
<i>10 and under (Provincial Stream) (Born 2009, 2010)</i>	16
<i>12 and under (Provincial Stream) (Born in 2007, 2008)</i>	17
<i>Limited Competitive (Provincial Stream)</i>	179
<i>13-15 (Born 2004-2006) and 16–18 (Born 2001-2003) (Provincial Stream)</i>	20
<i>11-12 (National Stream) (Born 2007, 2008)</i>	22
<i>13-15 (National Stream) (Born 2004-2006)</i>	23
<i>Junior (National Stream) (2001-2003)</i>	25
<i>Senior/Masters (Born 2000 or earlier)</i>	27

Section A: General Information

Synchronized Swimming

Sometimes described as “water ballet,” synchronized swimming combines the athletic endurance of a speed athlete, the flexibility of a gymnast and the grace of a dancer. It is one of the world’s most beautiful, disciplined and demanding sports. Synchro develops self-confidence, interpretive and performance skills, teamwork, strength, endurance, and aerobic fitness. Synchronized swimming began as a competitive sport in Montreal, Canada. In 1923, a group of athletes qualifying for their Royal Lifesaving Society Diploma had to execute figures to demonstrate their aquatic ability. After the examination, they decided to organize figure competitions among themselves as a fun challenge. The first Provincial Championship was held in Quebec on February 24, 1924. Rules for the Synchronized Swimming National Championships were accepted the next year in 1925 by the Canadian Amateur Swimming Association, the national governing body for swimming. Synchronized swimming is now popular around the world and made its Olympic debut in the 1984 Summer Olympics in Los Angeles. Canada has been a leader in the sport, winning 2 gold medals at the 1988 Olympics, gold and silver in 1992, and then silver in 1996 and bronze in 2000. Synchro is also an event at the World Aquatic Championships, and the Pan American, Pan Pacific, and Commonwealth Games. Canada won the gold medal at the 2015 Pan Am Games in Toronto, and more recently Canada has been working to get back to the top in world competitions.

Synchronized swimming has the potential to enhance our lives; it has a positive effect on our physical and mental well-being and it brings us together. Synchronized swimming develops champions for life. Long Term Athlete Development (LTAD) is the foundation of all Canadian Sport programs – from grassroots to national team. Through LTAD, athletes learn invaluable life skills as they progress through its seven stages. From a young age, children learn to respect and nurture individual differences, embrace challenges, and value benefits that result from being part of a team effort. LTAD supports life-long participation in Synchro (or other physical activities) and excellence at the High Performance Level. Both participation and excellence are built on the common foundation of fundamental movement and sports skills developed during the early stages – Active Start, FUNdamentals, and Learning to Train. Athletes may make the transition into life-long sport participation for fun and fitness at a later stage in Long Term Athlete Development.

In 2017, FINA (the world governing body for aquatic sports) voted to change the name of the sport to **Artistic Swimming**. Name changes for national and provincial governing bodies, as well as swimming clubs, will follow in the coming years.

Synchronized Swimming Canada

The national sport governing body is the Canadian Amateur Synchronized Swimming Association (CASSA), or Synchro Canada. There are three synchro divisions in Canada: Atlantic (clubs from Newfoundland, Prince Edward Island, New Brunswick and Nova Scotia), Eastern (clubs from Quebec and Ontario), and Western (clubs from Manitoba, Saskatchewan, Alberta, British Columbia, Yukon). All competitive athletes are registered with Synchro Canada at the beginning of each season. Synchro

Canada's website at <http://www.synchro.ca/e/index.php> includes the following resources of interest to athletes and parents: 1) CASSA Official Rules Book, 2) FINA Rules (International Aquatic Sport's governing body), and 3) Programming.

Synchronized Swimming Saskatchewan

Synchro Saskatchewan is the provincial association for synchronized swimming. Synchro Sask sponsors meets, training camps and training of coaches and officials. All Saskatchewan athletes must be registered yearly with Synchro Saskatchewan and CASSA in order to compete. The contact information for Synchro Saskatchewan is:

300 - 1734 Elphinstone Street
Regina, SK
S4T 1K1
Phone: (306) 780-9227
E-mail: synchro.sk@sasktel.net
Web Site: <http://www.synchrosask.com>
Executive Director: Kathleen Reynolds

Saskatoon Aqualenes Synchronized Swimming Club

The Saskatoon Aqualenes Synchronized Swimming Club (SAQ) was founded in 1973 by coach Karen (Clark) Dumas as the Aqualenes Synchronized Swimming Club. The Club was then sponsored by the Saskatoon Optimist Club and was known as the Optimist Aqualenes until 1983. Sponsorship from the Bridge City Cosmopolitan Club was accepted and in 1983 our name changed to the Bridge City Cosmo Aqualenes. Finally, in 1996 we became the Saskatoon Aqualenes Synchronized Swimming Club (SAQ). SAQ colors are red, silver, and black. These colors are displayed in the club uniforms worn by athletes and coaches at club events.

Saskatchewan has produced many outstanding Synchro athletes. In 2006, the Aqualenes' Senior Team captured a national title and in 2008 captured silver in the Combo Event at Open Nationals. In 2007, Aqualenes' athlete Jessica Guenther won a bronze medal at the Canada Winter Games as a member of Team Saskatchewan. Jessica was a member of the National Team for five years and studied at Stanford University with a Synchronized Swimming Scholarship. Another former Aqualenes' athlete, Lesley Wright, performed in the famous Vegas Cirque de Soleil water show "O". Dedicated athletes, parents, coaches and sponsors have all contributed to our proud tradition of excellence. In recent years, SAQ athletes have been very successful at both the Provincial and National levels. In 2017, several national stream athletes were selected to take part in the national team trials, with one athlete qualifying for the Junior National Team Pool. In 2018, athletes again qualified for national team trials, and Bailey Hargreaves was selected to be part of the 13-15 age group National team. At the 2018 Saskatchewan Winter Games, Team Saskatoon won gold in the figures, duet, and team events, and bronze in solo.

SAQ is committed to providing a positive sport experience for each athlete in a safe, structured and co-operative environment. We foster the development of responsibility, commitment and good

sportsmanship in all our athletes. Our coaches emphasize the social, emotional, physical and educational development of each athlete. SAQ offers both recreational and competitive synchronized swimming programs.

Our Club is affiliated with Synchro Sask, Synchro Canada and the international sport organization FINA (Federation Internationale de Natation). These national ruling bodies set standards to support excellence in the sport of synchronized swimming. The club is also a member of the Saskatoon Zone #6 Sports Council in order to ensure greater communication between sports groups in Saskatoon and Saskatchewan.

Coaching Staff

The Aqualenes provides top level, fully certified NCCP synchronized swimming coaches to provide athletes with the safest, most rewarding synchronized swimming experience.

Laurie Wachs is the head coach of the SAQ and has over thirty years coaching experience. She has coached many athletes to medal performances at both provincial and national levels and placed numerous Saskatchewan athletes onto National Teams. In November of 2000, the Coaching Association of Canada selected Laurie Wachs as the recipient of the 3M Coaching Canada Award in the Development Sport – Female category. In November 2004, she was inducted into the Saskatoon Sports Hall of Fame as a “Sport Builder”. In 2009 Laurie was awarded Sask Sport’s Female Coach Dedication Award, and in 2010, Laurie received Synchro Canada’s Distinguished Member Award, recognizing a member of Synchro Canada who has made an exceptional contribution to the “art as well as the sport” of synchronized swimming.

Section B: Programs and Registration

Online registration will begin Wednesday August 8 for returning members. Registration for new members will open on Wednesday August 15. Please note – Payment for registration and any other payments going forward will be by credit card only unless the swimmer’s family does not have a credit card.

The Wardrobe Coordinator will be on hand at the first practices for those requiring wardrobe items including goggles, caps, and nose clips. Fitting for SAQ suits for competitive athletes will be on **September 12 and 13.**

Athletes can be registered in Aqua Giggles and Recreation programs by their parents. Athletes are selected to Competitive Teams by the Head Coach only. If an athlete wants to enter the Competitive program directly, please contact Laurie Wachs, the Head Coach, at 306-653-1072 or lwachs@sasktel.net to discuss your athlete’s suitability for the program.

Parent Meetings:

These meetings will give an overview of the year to come and answer questions that parents may have concerning Board and coaching decisions made during the year.

- **All Club Members (Recreational and Competitive Swimmers) Annual General Meeting (AGM) will be on Oct 13, 2018 from 9:15 -11:00 AM at Sask Polytech in a room TBA.**
- **Recreational Swimmers:** If you have a child in the Recreational Program, one parent per Recreational family **must attend the SAQ Parent Orientation on Saturday Sept 29 from 1:30 – 2:30 PM, 2018.** The Recreational Parent meeting will likely be held at the YWCA in a room TBA.
- **Competitive Swimmers:** If you have a child in the Competitive Program, one parent per Competitive family **must attend the SAQ Parent Orientation September 22, 2018 from 9:15-10:45 AM** (Sask Polytech, Room TBA) and **Annual General Meeting on Oct 13, 2018 from 9:15 -11:00 AM**, as well as team meetings (held at the beginning of the season and as organized by Team Parent).

Program Schedules at a Glance

PROGRAM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquagiggles					5-6:30PM at YWCA		
Recreation 8 to 10 years						2 to 3:30pm YWCA	
Recreation 11/12 years						3:30 to 5PM at YWCA	
Recreational 13 and older		7 – 9 PM at Shaw					
Adult Program		6:30 – 7:30 PM at Shaw					
8U Provincial Stream				Dryland 4:15-4:45PM; Pool 4:45-6:15PM) – Harry Bailey		Pool 9 to 10:30am; Dryland 10:30 to 11am - Harry Bailey	
10U Provincial Stream	Dryland 5:30 – 6:30PM; Pool 6:30 – 8:30PM at Shaw			Pool 4:15 – 6:15 PM; Dryland 6:15 – 7PM		Pool 9-11AM; Dryland 11-12PM at Harry Bailey	
12U Provincial Stream	Dryland 5:30 – 6:30PM; Pool 6:30 – 8:30PM at Shaw		Dryland 5:30 – 6:30PM; Pool 6:30-8:30PM at Shaw			Pool 9AM – 1PM at Harry Bailey	
Limited Competitive (For returning Recreational)			Dryland 5:30 – 6:30PM; Pool 6:30-8:30PM at Shaw			Pool 9AM – 11PM Dryland 11-12 PM at Harry Bailey	
13-15 & 16-18 Provincial Stream		Dryland 5:30-6:30PM; Pool 6:30 – 8:30PM at Shaw	Dryland 5:30 – 6:30PM; Pool 6:30-8:30PM at Shaw			Pool 9AM – 1PM at Harry Bailey	
All solos, duets, Masters and Adult Learn to							3PM – 5PM at Shaw
11-12 National Stream	Dryland 5:30 – 6:30PM; Pool 6:30-8:30PM at Shaw	6:30 to 8:30pm - 2 weeks prior to major competitions	Dryland 5:30 – 6; Pool 6 to 8:30pm- Shaw	Pool 4-7:15PM at Harry Bailey		Pool 9AM-1PM at Harry Bailey	
13-15 National Stream	Dryland 5:30 – 6:30PM; Pool 6:30-8:30PM – 9 PM; 8:30-9PM(1/2 team) at Shaw	Dryland 5:30-6:30PM; Pool 6:30-8:30PM - 9PM; 8:30-9PM(1/2 team) at Shaw	Dryland 5:30 – 6; Pool 6 to 8:30pm- Shaw	Pool 4-7:15PM at Harry Bailey		Pool 9AM-1PM at Harry Bailey	
Junior National Stream	Dryland 5:30 – 6:30PM; Pool 6:30-9PM at Shaw	Dryland 5:30-6:30PM; Pool 6:30 – 9PM at Shaw	Pool 6-9PM at Shaw	Pool 4-7:15PM at Harry Bailey		Pool 9AM-1PM at Harry Bailey	

***** SAQ reserves the right to cancel any classes offered with insufficient enrollment numbers.**

***** All athletes will require a swim cap, goggles, nose clips, swimsuit, towel, yoga mat, yoga block, and water bottle at all practices.**

Aqua Giggles Program (born in 2012, 2013, 2014)

The Aqua Giggles program is for the five to seven year old. At the FUNdamentals stage, children learn the basics of Synchro and have fun in the process. They learn that water is an ideal place for creative play – a world where they can float, fly, flip, twist and dream. We will provide a safe and stimulating environment where your child is introduced to all fundamental movement skills and begin to build overall motor skills. Once per week, children will spend ½ hour on land working on stamina, speed and suppleness (flexibility) followed by one hour of skill based programming in the water.

General Objectives

- Aim to have fun at every aspect of learning and swimming
- Introduce creative play in the water (with and without music)
- Focus on the development of basic movement skills and motor skills (the ABCs of Agility, Balance, Coordination, and Speed) prior to introducing synchro specific skills
- Provide the opportunity for your child to participate in skill-based fun water shows

Practice

Program runs September 21, 2018 – December 14, 2018 and January 4, 2019 - April 26, 2019. Available on a first come, first serve basis:

Fridays: 5:00-6:30PM at YWCA

Competition

- Aqualenes Rec Watershow April 13 at Harry Bailey, noon to 1PM

Club Social Activities:

- Halloween Party: Sunday October 21, 2018
- Yearend Banquet: Thursday June 13, 2019

Fees:

Affiliation Fee	\$55	Due at time of registration
Regular Fees:	\$700	Annually: \$700 Due at time of registration, or Bi-Annually: \$350 at time of registration and again on Jan 1

Note: If not continuing for January through April, then notice of withdrawal from program must be given by Dec 1, 2018. If notice not received, it is assumed that the athlete will be continuing in January and will be charged accordingly!

Recreation Program (8 to 12 years, born 2007 to 2011)

For athletes new to the sport of Synchronized Swimming, we offer the opportunity to learn with Synchro Canada's STAR Program. STAR consists of 12 skill levels starting with the basics and progressing through to complex figures. SAQ groups athletes according to their age and swimming ability into "Recreational" teams. They will learn a relaxed progression of synchro skills without the high intensity of competition. As the year progresses, athletes will also learn to perform a team routine. Since synchro programs involve mainly deep-water swimming, parents should ensure their athlete has a Red Cross Swim Kids Level 4 badge or the equivalent. Athletes must be comfortable swimming in the deep end of the pool. If the program does not meet the participant's swimming ability, the Head Coach will contact the parents to make a suitable plan.

Athletes have one lesson per week, lasting 1 ½ hours. They attend one competition and the SAQ Water Show. The recreational programming starts mid - September and runs until the end of April.

Practices

Program starts September 22nd, 2018 – April 27, 2019.

Classes are split by age of swimmer:

- **Saturday's 2:00 PM – 3:30PM at YWCA**, for swimmers born in 2009, 2010, 2011
- **Saturday's 3:30 - 5PM at YWCA**, for swimmers born in 2007 and 2008

Competitions

- Aqualenes Fun Meet March 16 at YWCA
- Aqualenes Rec Watershow April 13 at Harry Bailey, noon to 1PM

Club Social Activities:

- Halloween Party: Sunday October 21, 2018
- Yearend Banquet: Thursday June 13, 2019

Fees:

Affiliation Fee	\$55	Due at time of registration
Regular Fees:	\$750	Annually: \$750 due at registration, or Bi-Annually: \$375 due at registration and Jan 1

Note: If not continuing for January through April, then notice of withdrawal from program must be given by Dec 1, 2018. If notice not received, it is assumed that the athlete will be continuing in January and will be charged accordingly!

Recreational (13 and older, born 2006 or earlier)

This program is intended for retired competitive swimmers, Rec swimmers with experience, or new to synchronized swimming with a strong swimming background. We want our athletes to lead all-around active and healthy lives. The Active for Life Stage (long term athlete development) focuses on enabling athletes to make a smooth transition from their competitive careers to life-long physical activity and participation in sport. Whether athletes choose to continue synchro as Rec or Masters swimmers or as a coach or judge, the skills they learn in Synchro will help them succeed in whatever they choose. This once a week training program focuses on maintenance of basic stamina, strength, speed, flexibility and synchro skills.

Practices

Program starts September 25th, 2018 – April 27, 2019. Tuesdays 7:00-9:00 PM at Shaw Centre

Competitions

- Aqualenes Fun Meet March 16 at YWCA
- Possibly one competition
- Aqualenes Rec Watershow April 13 at Harry Bailey, noon to 1PM

Club Social Activities:

- Halloween Party: Sunday October 21, 2018
- Yearend Banquet: Thursday June 13, 2019

Fees:

Affiliation Fee	\$55	Due at time of registration
Regular Fees:	\$750	Annually: \$750 due at registration, or Bi-Annually: \$375 due at registration and Jan 1

Adult Program (19 and older)

This recreational program is intended for adult swimmers of all ages and abilities, though being in deep water is essential. This program is designed for fun, fellowship, and exercise. This group is non-competitive.

Practices

Tuesdays 6:30 – 7:30 PM at Shaw Centre

Program options:

- Fall program: October 2 through December 4

-or-

- Winter program: February 5 through April 16 (note: class is cancelled on Tuesday February 19)

Club Social Activities:

- Halloween Party: Sunday October 21, 2018
- Yearend Banquet: Thursday June 13, 2019

Fees:

Affiliation Fee	\$55	Due at time of registration
Regular Fees:	\$125	Due at time of registration

Competitive Program

The competitive program is for competent synchronized swimmers who want a challenging competitive environment. Athletes will train to perform at local to national levels of competition. The competitive swimming program starts the first week of September and continues until the end of June. Athletes are grouped by age and separated into two streams with varying commitment to team training. Athletes are selected to competitive teams by the Head Coach only. Duet and solo routines may be approved by the Head Coach, in addition to team routine, and at an additional cost to the athlete. All provincial stream athletes may opt in to Synchro Saskatchewan High Performance trials if invited by Synchro Saskatchewan (Trials are typically scheduled for mid-June). All national stream athletes are expected to attend Synchro Saskatchewan High Performance trials; the cost is included in their training fees. Synchro Saskatchewan communicates High Performance trials criteria on their website at www.synchrosask.com.

Club policies

- All volunteers and coaches of the club are required to have a criminal record check completed at the start of the swim season. Application forms must be picked up at the parent meeting or AGM.
- Policies are available on club website, www.saskatoonaqualenes.com

June Training

Aqualenes competitive programming is extended into June to allow for holidays for all Provincial Stream Athletes during the Christmas, February Break, and all long weekends.

June training will be modified to weekday practices only (no weekends). June training will give our provincial stream athletes an opportunity to work on stroke development, learning NS athletes' team routine, creative development, acro/yoga, and, for select swimmers, Synchro Sask HP Trials. The intent is to have fun training new areas/skills they have not have tackled during the mainstream year. June training for NS athletes will focus on Synchro Sask HP Trials and Provincial Team Training Expectations.

Provincial Stream includes teams in age groups 8 years and under, 10 years and under, 11 and 12 years, 13 to 15 years, and 16 to 18 years and limited competitive. This program not only improves general fitness, strength and swimming skills, but also provides athletes with knowledge about nutrition and develops goal setting and team work skills throughout the season. Teams practice between 4 and 10 hours per week depending on age and number of routines competed.

Solos/Duets (9/10 and older Provincial Stream) Extra routines must be approved by the head coach prior to registering. Selection is based on athletes who require an extra challenge or to those who may benefit from extra routine skill development. All swimmers asking for an extra routine must be part of a team in the current season and have had close to 100% attendance at team practices in the previous season. Practices will be held between 3:00PM – 5:00PM on Sundays at Shaw. Competitions to attend are the same as team for age level.

Provincial stream athletes' schedule starts *September 4, 2018 – June 12, 2019*. The following schedule is when there are no practices:

- Labour Day weekend: Friday, August 31 to Monday, September 3 inclusive;
- Thanksgiving weekend: Friday October 5 thru Monday October 8, inclusive;
- Remembrance Day: Sunday November 11 only;
- Christmas break: Thursday December 20, 2018 thru Wednesday Jan 2, 2019, inclusive;
- February break: Friday February 15 thru Friday February 22, 2019, inclusive;
- Easter break: Friday April 19 thru Friday, April 23, inclusive. As CPC is on May 2-5, athletes attending this competition must be at April 24-28 practices; and
- May long weekend: Friday May 17 thru Monday May 20, inclusive.

Please **try** not to take family holidays during other times, as Synchro is a team sport and presence of all team members is needed to practice routines prior to competitions. Please note, for Provincial Stream, if planning on being away on holidays, athletes are responsible for informing their coach of their absence as well as the costs for practices missed – no refunds will be issued.

Competitions for Provincial Stream Athletes may include:

- Aqualenes Fun Meet (Saturday, March 16 during regular practice time)
- Marnie Eistetter Element Meet/Camp – Fall (November 24-25, 2018; Humboldt)
- Sandy Roberts National Age Group Provincials – Winter (February 2-3, 2019; Saskatoon)
- Diane Lemon Invitational – Spring (March 9-10, 2019; Regina)
- Sadie Caulder Knight Age Group Provincials – Spring (April 6-8, 2019; Saskatoon)
- Aqualenes Watershow (TBA, Shaw Centre)
- Canadian Prairie Championship – Late Spring (May 2-5, 2019; Regina)

Club Social Activities:

- Halloween Party: Sunday October 21, 2018
- Yearend Banquet: Thursday June 13, 2019

High Performance Program Dates:

- HP Camps: October 27-28, 2018, Regina; and January 11 - 13, 2019, Saskatoon
- HP Trials: May 25, 2019, Regina

National Stream programs start September 4, 2018 - June 27, 2019. This program includes athletes age 11 to 12 years, 13 to 15 years, Junior and Senior FINA categories. Athletes in this program are high performance athletes in synchronized swimming. These athletes are dedicated to train 14 - 20 hours per week. Training includes: skill development, land drill, weight training and various other forms of cross training. These athletes compete provincial, nationally and occasionally internationally. To accommodate family holidays, SAQ sets athlete holiday schedules:

- Labour Day weekend: Friday, August 31 to Monday, September 3 inclusive;
- Thanksgiving weekend: Friday October 5 thru Monday October 8, inclusive;
- Remembrance Day: Sunday November 11 only;
- Christmas break: Thursday December 20, 2018 thru Wednesday Jan 2, 2018, inclusive;
- February break: Friday February 15 thru Tuesday February 19, 2018, inclusive;
- Easter break: Friday April 19 thru Sunday, April 21, inclusive; and

- May long weekend: Friday May 17 thru Monday May 20, inclusive.

Please **try** not to take family holidays during other times, as Synchro is a team sport and presence of all team members is needed to practice routines prior to competitions.

Competitions for National Stream Athletes include:

- Marnie Eistetter Element Meet/Camp – Fall (November 24-25, 2018; Humboldt)
- Sandy Roberts National Age Group Provincials – Winter (February 2-3, 2019, Saskatoon)
- Canada Winter Games (February 16-21, 2019, Red Deer, AB)
- Diane Lemon Invitational – Spring (March 9-10, 2019; Regina)
- Canadian Nationals Qualifier – Spring (March 25-31, 2019, East TBA)
- Sadie Caulder Knight Provincial Age Group Provincials – Spring (April 6-8, 2019, Saskatoon)
- Canadian Artistic Swimming Championships – Spring (May 4-5, 2019, West TBA)

**Holidays set for both Provincial Stream and National Stream athletes are not included in the Regular Fees for each team. If it is decided extra practices are necessary, the cost of those practices (both pool time and coaching costs) will be charged to the athletes.

High Performance Program Dates:

- HP Camps: October 27-28, 2018, Regina; and January 11 - 13, 2019, Saskatoon
- HP Trials: May 25, 2019, Regina

8 and under (Provincial Stream) (Born in 2011, 2012)

FUNDamentals: Build the solid platform on which you will stand to reach your dreams

At the FUNdamental stage, children learn the basics of Synchro and have fun in the process. They learn that the water is an ideal place for creative play – a world where they can float, fly, flip, twist and dream. Trained instructors provide a safe and stimulating learning environment where children are introduced to all fundamental movement skills and begin to build overall motor skills. Athletes are selected to Competitive Teams by the Head Coach only. All provincial stream athletes may opt in to Synchro Saskatchewan High Performance trials (typically scheduled mid-June, at an additional cost - To be decided).

Practices 2 X per week pool training and 2 X per week dry land training

Program starts September 4, 2018 - June 12, 2019

- Thursday: 4:15-4:45PM Dryland; 4:45-6:15PM Pool) at Harry Bailey
- Saturday 9-10:30 AM Pool; 10:30 - 11 AM Dryland at Harry Bailey

Competitions these athletes are expected to attend:

- Aqualenes Fun Meet March 16 at YWCA
- Aqualenes Water Show
- Sadie Caulder Knight Age Group Provincials

Fees:

Affiliation Fee	\$110	Fee due at time of registration
Regular Fees:	\$1,280	Annually - \$1,280 due at time of registration or Bi-Annually - \$640 due at time of registration and Jan 1, or Monthly - \$128 due at time of registration and then monthly October 1 through June 1
Raffle Commitment:	\$300	payment will be charged to swimmers accounts March 31 – this will cover the raffle tickets that will be handed out in early fall with the raffle draw taking place in spring
Volunteer Commitment:	\$200	payment/meet will be charged May 31 if minimum hours of shifts/meet not worked at each meet hosted by SAQ
Meet Travel and Wardrobe Fees:		For a first year competitive swimmer the mandatory wardrobe will include a SAQ jacket, SAQ club suit and black figure suit. See travel and wardrobe policies. Approximately \$100 – \$500 per meet (invoiced & charged before each meet)

9-10 (Provincial Stream) (Born 2009, 2010)

Learning to Train: Building skills for Synchro and for Life

Athletes at the Learning to Train stage discover what Synchro is all about and how fun it can be. Coaches establish a culture of challenge and fun as they address the windows of trainability for suppleness, stamina and skill. While the athlete becomes acquainted with Synchro-specific skills and techniques, they continue to develop fundamental movement and motor skills, build a strong fitness base, and fall in love with the sport. Talent identification occurs at the end of this stage and is based on a number of factors, including suppleness, skill and genetic predisposition to the sport. Athletes are selected to Competitive Teams by the Head Coach only. All provincial stream athletes may opt in to Synchro Saskatchewan High Performance trials which are also based on Synchro Sask numbers (typically scheduled mid-June, at an additional cost - To be decided).

Practices - 3 X per week pool training, 3X per week dry land training

Program starts September 4, 2018 - June 12, 2019.

- Monday - Dryland 5:30 – 6:30PM; Pool 6:30 – 8:30PM at Shaw
- Thursday Pool 4:15 – 6:15 PM; Dryland 6:15 – 7PM at Harry Bailey
- Saturday - Pool 9-11AM; Dryland 11-12PM at Harry Bailey

Competitions these athletes are expected to attend:

- Marnie Eistetter Element Meet/Camp
- Diane Lemon Invitational
- Sadie Caulder Knight Age Group Provincials
- Canadian Prairie Championships
- Aqualenes Water Show

Fees:

Affiliation Fee	\$110	Fee due at time of registration
Regular Fees:	\$2,600	Annually - \$2,600 due at time of registration or Bi-Annually - \$1,300 twice - due at time of registration and Jan 1, or Monthly - \$260 due at time of registration and then monthly October 1 through June 1
Raffle Commitment:	\$300 payment will be charged to swimmers accounts March 31 – this will cover the raffle tickets that will be handed out in early fall with the raffle draw taking place in spring.	
Volunteer Commitment:	\$200 payment/meet will be charged May 31 if minimum hours of shifts/meet not worked at each meet hosted by SAQ	
Meet Travel and Wardrobe Fees:	For a first year competitive swimmer the mandatory wardrobe will include a SAQ jacket, SAQ club suit and black figure suit. See travel and wardrobe policies. Approximately \$100 – \$500 per meet (invoiced & charged before each meet)	

11-12 (Provincial Stream) (Born in 2007, 2008)

Train to Train: Loving Challenges, building Pride

At the Training to Train stage, athletes learn that hard work can be rewarding and fun. They enjoy the sense of pride and satisfaction that comes when meeting a challenge head on. During this stage, trained coaches address the window of accelerated adaptation to aerobic, speed, and strength training in order to maximize the athlete's development. During competitions, athletes compete to achieve their best, but the major focus of training is on building an aerobic base and consolidating Synchro-specific skills as opposed to competing. Athletes are selected to Competitive Teams by the Head Coach only. All provincial stream athletes may opt in to Synchro Saskatchewan High Performance trials (typically scheduled mid-June, at an additional cost - To be decided). Mentorship service is an expectation of these athletes: each athlete provides two mentorship practices – one will be scheduled before Christmas and one after Christmas.

Practice - 3 X per week pool training and 2 X per week dry land training

Program starts September 4, 2018 - June 12, 2019.

- Monday - Dryland 5:30 – 6:30PM; Pool 6:30 – 8:30PM at Shaw
- Wednesday - Dryland 5:30 – 6:30PM; Pool 6:30-8:30PM at Shaw
- Saturday - Pool 9AM – 1PM at Harry Bailey

Competitions these athletes are expected to attend:

- Marnie Eistetter Element Meet/Camp
- Sandy Roberts National Age Group Provincials
- Diane Lemon Invitational
- Sadie Caulder Knight Age Group Provincials
- Aqualenes Water Show
- Canadian Prairie Championship

Fees:

Affiliation Fee	\$110	Fee due at time of registration
Regular Fees:	\$2,880	Annually: \$2,880 due at time of registration, or Bi-Annually: \$1,440 due at time of registration and Jan 1, or Monthly: \$288 due at time of registration and then monthly October 1 through June 1
Raffle Commitment:	\$300 payment will be charged to swimmers accounts March 31 – this will cover the raffle tickets that will be handed out in early fall with the raffle draw taking place in spring.	
Volunteer Commitment:	\$200 payment/meet will be charged May 31 if minimum hours of shifts/meet not worked at each meet hosted by SAQ	
Meet Travel and Wardrobe Fees:	For a first year competitive swimmer the mandatory wardrobe will include a SAQ jacket, SAQ club suit and black figure suit.	

See travel and wardrobe policies. Approximately \$100 – \$500 per meet (invoiced & charged before each meet)

Limited Competitive (Provincial Stream) and Mixed Duet (Born in 2009 & under)

To register in this category the athlete must be 10 years of age or older (Born in 2009 and under). This group is intended for swimmers who have been in the Recreational Program for more than one season (or if evaluated by head coach) and want to advance their skills, for competitive swimmers who do not want to commit quite so many hours, or a swimmer new to competitive swimming. Athletes are selected to Competitive Teams by the Head Coach only.

Practices - 2 X per week pool training and 2X per week dryland

Program starts September 4, 2018 - June 12, 2019. There are no practices on long weekend Saturdays; a team practice will be scheduled for the Thursday after the long weekend.

- Wednesday – Dryland 5:30-6:30 and Pool 6:30-8:30 at Shaw
- Saturday – Pool 9:00 AM – 11:00 AM and Dryland 11:00 AM-12:00 PM at Harry Bailey

Mixed Duets routine additional practice:

- Sunday – 3:00 to 5:00 PM at Shaw

***An extra routine or a weekly private lesson is highly recommended for this age group.

Competitions these athletes are expected to attend:

- Aqualenes Fun Meet March 16 at YWCA
- Aqualenes Water Show
- Sadie Caulder Knight Age Group Provincials

Fees:

Affiliation Fee	\$110	Fee due at time of registration
Regular Fees:	\$1,930	Annually: \$1,820 due at time of registration, or Bi-Annually: \$965 due at time of registration and Jan 1, or Monthly: \$193 due at time of registration and then monthly October 1 through June 1
Mixed duet fee:	Monthly: \$50	Due at time of registration and then monthly dated October 1 through June 1.
Raffle Commitment:	\$300	payment will be charged to swimmers accounts March 31 – this will cover the raffle tickets that will be handed out in early fall with the raffle draw taking place in spring.
Volunteer Commitment:	\$200	payment/meet will be charged May 31 if minimum hours of shifts/meet not worked at each meet hosted by SAQ
Meet Fees:		For a first year competitive swimmer the mandatory wardrobe will include a SAQ jacket, SAQ club suit and black figure suit. See travel policy. Approximately \$100 – \$500 per meet (invoiced & charged before each meet)

13-15 (Born 2004-2006) and 16–18 (Born 2001-2003) (Provincial Stream)

Training to Train: Loving Challenges: Building Pride

At the Training to Train stage, athletes learn that hard work can be rewarding and fun. They enjoy the sense of pride and satisfaction that comes when meeting a challenge head on. During this stage, trained coaches address the window of accelerated adaptation to aerobic, speed, and strength training in order to maximize the athlete's development. During competitions, athletes compete to achieve their best, but the major focus of training is on building an aerobic base and consolidating Synchro-specific skills as opposed to competing. Athletes are selected to Competitive Teams by the Head Coach only. All provincial stream athletes may opt in to Synchro Saskatchewan High Performance trials (typically scheduled mid-June, at an additional cost - To be decided). Mentorship service is an expectation of these athletes: each athlete provides two mentorship practices – one will be scheduled before Christmas and one after Christmas.

Practices - 3 times per week pool training, 2 times per week dry land/cross training

Program starts September 4, 2018 - June 12, 2019.

*An extra routine or a weekly private lesson is highly recommended for this age group.

- Tuesday - Dryland 5:30 – 6:30PM; Pool 6:30 – 8:30PM at Shaw
- Wednesday - Dryland 5:30 – 6:30PM; Pool 6:30 – 8:30PM at Shaw
- Saturday – Pool 9AM -1PM at Harry Bailey

Competitions they are expected to attend:

- Marnie Eistetter Element Meet/Camp
- Sandy Roberts National Age Group Provincials
- Diane Lemon Invitational
- Sadie Caulder Knight Age Group Provincials
- Aqualenes Water Show
- Canadian Prairie Championship
- *May attend another appropriate meaningful competition (i.e. ON, AB)

Fees:

Affiliation Fee	\$110	Fee due at time of registration
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***Note: Craven land sessions will be charged separately and are not included in the fees below.

Regular Fees:	\$2,980	Terms of Payment: Annually: \$2,980 Due at time of registration, or Bi-Annually: \$1,490 due at time of registration and Jan 1, or Monthly: \$298 due at time of registration and then monthly October 1 through June 1
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Raffle Commitment: \$300 payment will be charged to swimmers accounts March 31 – this will cover the raffle tickets that will be handed out in early fall with the raffle draw taking place in spring.

Volunteer Commitment: \$200/meet will be charged May 31 if minimum hours of shifts/meet not worked at each meet hosted by SAQ

Meet Travel and Wardrobe Fees: See travel and wardrobe policies. Approximately \$100 – \$500 per meet (invoiced & charged before each meet)

11-12 (National Stream) (Born 2007-2008)

Athletes are selected to this program by the head coach.

Practices - 4 X per week pool training and 3 X per week dry land/cross training

Program starts September 4, 2018 - June 27, 2019. Athletes may have additional practices as well that are not included in the Team Fees.

11-12 NS Program:

- Monday - Dryland 5:30 – 6:30PM; Pool 6:30 – 8:30PM at Shaw
- Wednesday - Dryland 5:30 – 6:30PM; Pool 6:30 -- 8:30PM at Shaw
- Thursday – 4 – 7:15PM at Harry Bailey
- Saturday - 9AM -- 1PM at Harry Bailey

*** Tues pm practices (6:30 to 8:30pm) 2 weeks prior to major competitions

Tentative schedule for these HP Consultant visits in 2018/2019:

- Sept 25, 26 – extra am practices – pool and coach costs billed to all NS parents
- Oct 14 – club coach costs billed to NS Parents (no cost for Games Athletes)
- Nov 4 – club coach costs billed to NS Parents (no cost for Games Athletes)
- Dec – TBA – same as above
- Jan 18 (Friday pm) – same as above
- Feb 12/13 in am – same as above
- Note: Elise will work with Games Athletes during these visits but will give feedback and direction to other NS athletes and their coaches!

Competitions these athletes are expected to attend:

- Marnie Eistetter Element Meet/Camp
- Sandy Roberts National Age Group Provincials
- Canadian Nationals Qualifier
- Diane Lemon Invitational
- Aqualenes Water Show

Fees:

Affiliation Fee	\$145	Due at time of registration
Regular Fees:	\$3,870	Annually: \$3,870 due at time of registration, or Bi-Annually: \$1,935 due at time of registration and Jan 1, or Monthly: \$387 due at time of registration and then monthly October 1 through June 1
Raffle Commitment:	\$300 payment will be charged to swimmers accounts March 31 – this will cover the raffle tickets that will be handed out in early fall with the raffle draw taking place in spring.	

Volunteer Commitment: \$200/meet will be charged May 31 if minimum hours of shifts/meet not worked at each meet hosted by SAQ

Meet Travel and Wardrobe Fees: See travel and wardrobe policies. Approximately \$100 – \$500 per meet (invoiced & charged before each meet)

******Note: Athletes on Team Sask, Team Sask Development, or Canada Games Team will have additional training sessions with additional costs incurred during the swim season to cover coaching that is not included in the above listed team fees. Additional training may include dates after June 27, 2019.***

13-15 (National Stream) (Born 2004-2006)

Training to Train: Loving Challenges: Building Pride

At the Training to Train stage, athletes learn that hard work can be rewarding and fun. They enjoy the sense of pride and satisfaction that comes when meeting a challenge head on. During this stage, trained coaches address the window of accelerated adaptation to aerobic, speed, and strength training in order to maximize the athlete's development. During competitions, athletes compete to achieve their best, but the major focus is on building an aerobic base and consolidating Synchro-specific skills as opposed to competing. Athletes are selected to Competitive Teams by the Head Coach only. All national stream athletes are expected to attend Synchro Saskatchewan High Performance trials; the cost is included in their training fees. Mentorship service is an expectation of these athletes: each athlete provides two mentorship practices – one will be scheduled before Christmas and one after Christmas.

Practices - 5 X per week pool training and 3 X per week dry land/cross training

Program starts September 4, 2018 - June 27, 2019. Athletes may have additional practices as well that are not included in the Team Fees.

First Year in 13-15 NS Program:

- Monday - Dryland 5:30 – 6:30PM; Pool 6:30 – 8:30PM at Shaw
- Tuesday – Dryland 5:30 -- 6:30PM; Pool 6:30 – 8:30PM at Shaw
- Wednesday - Dryland 5:30 – 6:30PM; Pool 6:30 -- 8:30PM at Shaw
- Thursday – 4 – 7:15PM at Harry Bailey
- Saturday - 9AM -- 1PM at Harry Bailey

Second Year in 13-15 NS Program:

- Monday - Dryland 5:30 – 6:30PM; Pool 6:30 -- 8:30 PM; 8:30 -- 9PM(1/2 team) at Shaw
- Tuesday – Dryland 5:30 -- 6:30PM; Pool 6:30 -- 8:30 PM; 8:30 -- 9PM(1/2 team) at Shaw
- Wednesday - Dryland 5:30 – 6PM; Pool 6pm -- 8:30PM at Shaw
- Thursday – 4 – 7:15PM at Harry Bailey
- Saturday - 9AM -- 1PM at Harry Bailey

Tentative schedule for these HP Consultant visits in 2018/2019:

- Sept 25, 26 – extra am practices – pool and coach costs billed to all NS parents
- Oct 14 – club coach costs billed to NS Parents (no cost for Games Athletes)
- Nov 4 – club coach costs billed to NS Parents (no cost for Games Athletes)
- Dec – TBA – same as above
- Jan 18 (Friday pm) – same as above
- Feb 12/13 in am – same as above
- Note: Elise will work with Games Athletes during these visits but will give feedback and direction to other NS athletes and their coaches!

Competitions these athletes are expected to attend:

- Marnie Eistetter Element Meet/Camp
- Sandy Roberts National Age Group Provincials
- Canadian Nationals Qualifier
- Diane Lemon Invitational
- Aqualenes Water Show

**May attend Canadian Artistic Swimming Championships for Senior Team/Combo

Fees:

1st Year in 13-15 NS Program:

Affiliation Fee	\$145	Due at time of registration
Regular Fees:	\$5,050	Annually: \$5,050 due at time of registration, or Bi-Annually: \$2,525 due at time of registration and Jan 1, or Monthly: \$505 due at time of registration and then monthly October 1 through June 1

2nd Year + in 13-15 NS Program:

Affiliation Fee	\$145	Due at time of registration
Regular Fees:	\$5,200	Annually: \$5,200 due at time of registration, or Bi-Annually: \$2,600 due at time of registration and Jan 1, or Monthly: \$520 due at time of registration and then monthly October 1 through June 1
Raffle Commitment:	\$300 payment will be charged to swimmers accounts March 31 – this will cover the raffle tickets that will be handed out in early fall with the raffle draw taking place in spring.	
Volunteer Commitment:	\$200/meet will be charged May 31 if minimum hours of shifts/meet not worked at each meet hosted by SAQ	
Meet Travel and Wardrobe Fees:	See travel and wardrobe policies. Approximately \$100 – \$500 per meet (invoiced & charged before each meet)	

*****Note: Athletes on Team Sask, Team Sask Development, or Canada Games Team will have additional training sessions with additional costs incurred during the swim season to cover coaching that is not included in the above listed team fees. Additional training may include dates after June 27, 2019.**

Junior (National Stream) (2001-2004)

Training to Compete/Canada Games Bound: We know greatness will result from our passion

At the Training to Compete stage, athletes learn that their passion for Synchro shines through in competition. Their demanding sport specific physical, tactical, and technical training programs are preparing them for the challenges of performance. They set individual and team goals and enjoy the satisfaction of reaching them. At this stage, talent identification and an athlete's ambitions will largely determine whether she pursues national or international stream of training and competition. Athletes are selected to Competitive Teams by the Head Coach only. All national stream athletes are expected to attend Synchro Saskatchewan High Performance trials; the cost is included in their training fees. Mentorship service is an expectation of these athletes: each athlete provides two mentorship practices – one will be scheduled before Christmas and one after Christmas.

Practices - 5 times per week pool training and 2 times per week dry land training

Program starts September 4, 2018 - June 27, 2019. Athletes may have additional practices as well that are not included in the Team Fees.

** Note, athletes may opt out after attending Canadian Artistic Swimming Championships but must inform of desire to do so at time of registration.*

** Note, for Canada Games athletes only: may opt out after attending Canada Games but must inform of desire to do so at time of registration.*

- Monday - Dryland 5:30 – 6:30PM; Pool 6:30 – 9PM at Shaw
- Tuesday - Dryland 5:30 – 6:30PM; Pool 6:30 to 9PM at Shaw
- Wednesday – Pool 6-9PM at Shaw
- Thursday - Pool 4 – 7:15PM at Harry Bailey
- Saturday - Pool 9AM -1PM at Harry Bailey

Competitions these athletes are expected to attend:

- Marnie Eistetter Element Meet/Camp
- Sandy Roberts National Age Group Provincials
- Canadian Nationals Qualifier
- Diane Lemon Invitational
- Aqualenes Water Show
- Canadian Artistic Swimming Championships

Tentative schedule for these HP Consultant visits in 2018/2019:

- Sept 25, 26 – extra am practices – pool and coach costs billed to all NS parents
- Oct 14 – club coach costs billed to NS Parents (no cost for Games Athletes)
- Nov 4 – club coach costs billed to NS Parents (no cost for Games Athletes)
- Dec – TBA – same as above

- Jan 18 (Friday pm) – same as above
- Feb 12/13 in am – same as above
- Note: Elise will work with Games Athletes during these visits but will give feedback and direction to other NS athletes and their coaches!

Fees:

Affiliation Fee	\$145	Due at time of registration
Regular Team Fees:	\$5,350	Annually: \$5,350 due at time of registration, or Bi-Annually: \$2,675 due at time of registration and Jan 1, or Monthly: \$535 due at time of registration and then monthly dated October 1 through June 1

Team Sask Figures Fees: **Monthly:** TBD at beginning of season, based on hours and number of athletes. Rate will be charged in September and then monthly.

Solos Fees: **Monthly:** TBD at beginning of season, based on hours and number of athletes. Rate will be charged in September and then monthly.

Duets Fees: **Monthly:** TBD at beginning of season, based on hours and number of athletes. Rate will be charged in September and then monthly.

Raffle Commitment: \$300 payment will be charged to swimmers accounts March 31 – this will cover the raffle tickets that will be handed out in early fall with the raffle draw taking place in spring.

Volunteer Commitment: \$200/meet will be charged May 31 if minimum hours of shifts/meet not worked at each meet hosted by SAQ

Meet Travel and Wardrobe Fees: See travel and wardrobe policies. Approximately \$100 – \$500 per meet (invoiced & charged before each meet)

*****Note: Athletes on Team Sask, Team Sask Development, or Canada Games Team will have additional training sessions with additional costs incurred during the swim season to cover coaching that is not included in the above listed team fees . Additional training may include dates after June 27, 2019.**

Senior/Masters (Born 2000 or earlier)

In Synchro, what we learn in the pool we take with us for life

Our athletes lead all-around active and healthy lives. The Active for Life Stage focuses on enabling athletes to make a smooth transition from the competitive careers to lifelong physical activity and participation in sport. Whether athletes choose to continue in Synchro as volunteers, coaches, officials, university level competitors, Masters or Senior level athletes, change to a different sport, transition to a career at Cirque du Soleil or another professional field, or participate in new recreational activities, the skills they learn in Synchro will help them succeed in whatever path they choose. A schedule that fits their life situation will be determined upon registration as these athletes hold down jobs or are enrolled in post-secondary schooling/courses. Athletes are selected to Competitive Teams by the Head Coach only.

Senior Program athletes may train 3 times per week pool training (8 hours). *Master's Program* athletes may train 2 to 3 times per week (4-6 hours). Athletes will consult with our Head Coach to design a schedule, and then fees will be determined prior to full registration based on the program.

Competitions that athletes are encouraged to attend:

- Sandy Roberts National Age Group Provincials
- National Qualifier Event
- Nationals, Masters Nationals or Canadian Artistic Swimming Championships
- Canadian Prairie Championship

Fees:

- Affiliation Fee \$85 Due at time of registration
- Regular Fees: Fees will be based on the number of hours the athletes are in the water and will be determined prior to registration.