



2020-2021 Registration Manual

Version July 2020

www.saskatoonaqualenes.com

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Section A: General Information

Artistic Swimming

Sometimes described as “water ballet,” artistic swimming, formerly called 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. Artistic swimming develops self-confidence, interpretive and performance skills, teamwork, strength, endurance, and aerobic fitness. Artistic 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. Artistic 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 two gold medals at the 1988 Olympics, gold, and silver in 1992, and then silver in 1996 and bronze in 2000. Artistic swimming is also an event at the World Aquatic Championships, and the Pan American Games. Canada won the gold medal at the 2019 Pan Am Games in Lima, Peru and more recently, Canada has been working to get back to the top in world competitions. In 2017, FINA (the world governing body for aquatic sports) voted to change the name of the sport from synchronized swimming to artistic swimming.

Artistic 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. Artistic 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 artistic swimming (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.

Canada Artistic Swimming

The national sport governing body is Canada Artistic Swimming. There are three artistic swimming 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 Canada Artistic Swimming at the beginning of each season. Canada Artistic Swimming’s website at <https://artisticswimming.ca/> 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.

Saskatchewan Artistic Swimming

Saskatchewan Artistic Swimming (SAS) is the provincial association for artistic swimming. SAS sponsors meets, training camps and training of coaches and officials. All Saskatchewan athletes must be registered yearly with SAS and CASSA to compete. The contact information for Saskatchewan Artistic Swimming is:

300 - 1734 Elphinstone Street
Regina, SK
S4T 1K1
Phone: (306) 780-9227
E-mail: <mailto:ED@saskartisticswimming.ca>
Web Site: <https://www.saskartisticswimming.ca>
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 artistic swimming 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 artistic 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 remarkably 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 Alana Hargreaves qualifying for the Junior National Team Pool and our second Aqualenes athlete to sign a contract to perform in Vegas Cirque de Soleil Water show "O". 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 figures, duet, and team events, and bronze in solo. At the 2019 Canada Games, Sydney Carroll placed fourth in solos and Sydney Carroll and Ainsley Bristol placed fourth in their duet.

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 artistic swimming programs.

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

Coaching Staff

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

Laurie Wachs is the head coach of the SAQ and has over thirty-eight 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 Canada Artistic Swimming’s Distinguished Member Award, recognizing a member of Canada Artistic Swimming who has made an exceptional contribution to the “art as well as the sport” of artistic swimming.

Testimonials

Alana Hargreaves

I was an athlete of the Saskatoon Aqualenes for the first thirteen years of my swimming career. Laurie Wachs, Head Coach has been my coach since starting in aqua giggles at age five, all the way up to Junior National Stream. Training with the club, I was able to land a spot on the Canadian Junior National Athlete pool in 2017. After which, I moved to Toronto to continue swimming, where my team and I won a national championship and had the opportunity to compete in Paris at the French Open. In 2019 I was hired by Cirque du Soleil as a synchronized swimmer to perform in the “O” show in Las Vegas. SAQ has not only taught me the technical skills to be successful as a swimmer, but countless life skills that are far more valuable than a first-place finish. I hope that my experience may inspire younger athletes of the club, or those who want to try synchro, that your goals are achievable with hard work and dedication. The Saskatoon Aqualenes will always be home to me as an athlete.

Section B: Programs and Registration

Online registration will begin Tuesday, July 7, for returning members. Registration for new members will open on Tuesday July 14. 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.

Please note the following important information due to the COVID-19 pandemic:

- For all programs, a \$100 deposit is required along with a completed registration to hold a spot in our programs this year. The deposit is non-refundable if a swimmer can be accommodated in the registered program and will be applied to their program fees owed to the club. If a program is cancelled, the \$100 deposit will be refunded.
- All program fees provided are fees from our 2019/2020 season to give families an idea of the approximate costs of each program last year. Due to COVID-19 Return to Sport Guidelines, **program fees will most likely be higher than 2019 rates.** We will endeavor to have fees communicated to families as soon as feasibly possible.
- Recreational classes may have reduced spots available due to quotas based upon Covid-19 return to Sport Guidelines and how many swimmers will be allowed in the pool.
- Aqua giggles may not run this season due to age of swimmers and their inability to comprehend social distancing. Parents should tentatively register and we will inform registrants in early September if program will run.
- All competitive programs may be modified based upon Covid-19 Return to Sport Guidelines, thus the fee structure may change. It is suggested you register and come Fall if the fees do not meet your expectations you will have the opportunity to drop out.

Registration for our Competitive Programs for the 2020-2021 season will close Tuesday August 18.

Registration for our Recreational Programs for the 2020-2021 season will close Friday September 4.

All late registrations are subject to a \$50 late registration fee.

Please Note: Canada Artistic Swimming (and SAQ) follows the FINA definitions in determining which age category the swimmer falls under. The swimmer's age is calculated as of December 31, 2021 so when registering, use the date that your child will be on December 31, 2021 to determine which program to register them in.

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 held in the first two weeks of **September**. Exact dates and times will be communicated to those registered.

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 306-281-5071 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.

- Saturday Sept, 19 for Competitive Families and Saturday, Oct 3 for Recreational Families Time TBA: All Club Members (Recreational and Competitive Swimmers) Parent Orientation Meeting:** As you have a child swimming with the club, one parent per family **must attend the SAQ Parent Orientation Location: May use Zoom Meeting TBA.** For competitive swimmer's families, team meetings (held at the beginning of the season and as organized by Team Parent and Coach).
- Saturday October 17, from 9:15 to 11:00 AM: All Club Members (Recreational and Competitive Swimmers) Annual General Meeting (AGM) Location: May use Zoom Meeting TBA**

Program Schedules at a Glance

PROGRAM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua giggles					5:00-6:30PM at YWCA		
Recreation 8 to 10 years						2:00 to 3:30pm YWCA	
Recreation 11/12 years						3:30 to 5PM at YWCA	
Recreational 13 and older						3:30 to 5PM at YWCA	
Limited Competitive 8 and under				Pool 4:45 to 6:15 PM Dryland 6:15 to 6:45pm at Bailey			Dryland 12:30 – 1 PM; Pool 1 to 2:30 PM at Harry Bailey
Limited Competitive 14 and under		Dryland 5:30 to 6:30pm Pool 6:30 – 8:30 PM at Shaw					Dryland 11:30-12:30PM; Pool 12:30 to 2:30 PM at Harry Bailey
10U Provincial Pathway	Dryland 5:30 – 6:30PM. Pool 6:30 – 8:30PM at Shaw			Pool 4:15 – 6:15 PM. Dryland 6:15 – 7PM at Harry Bailey			Dryland 11:30-12:30PM; Pool 12:30 to 2:30 PM at Harry Bailey

12U Provincial Pathway	Dryland 5:15 – 6:15PM with Craven Pool 6:30 – 8:30PM at Shaw		Dryland 5:15 – 6:15PM with Craven. Pool 6:30-8:30PM at Shaw			Pool 9AM – 1PM; 1PM-1:30PM land drill at Harry Bailey	
15 and under & 18 and under Provincial Pathway		Dryland 5:30-6:30PM. Pool 6:30 – 8:30PM at Shaw	Dryland 5:15 – 6:15PM with Craven. Pool 6:30-8:30PM at Shaw			Pool 9AM – 1PM at Harry Bailey	
11-12 National Pathway	5:15 to 6pm Craven. Land drill 6:00 – 6:30PM. Pool 6:30-8:30PM at Shaw	6:30 to 8:30pm - 2 weeks prior to major competitions	Dryland 5:30 – 6:00PM; Pool 6:00 - 8:30pm- Shaw	Pool 4-7:15PM at Harry Bailey	Craven 6:30-7:30AM	Pool 8AM- 12PM at Harry Bailey	
15 and under National Pathway	Land drill 6:00 – 6:30PM; Pool 6:30-8:30PM at Shaw	Craven Training 5-6PM at Craven Pool 6:30- 8:30PM - 9PM; 8:30-9PM (1/2 team) at Shaw	Dryland 5:30-6:00PM; Pool 6:00 - 8:30pm; 8:30 - 9:00PM (1/2 team) Shaw	Pool 4-7:15PM at Harry Bailey	Craven 6:30-7:30AM	Pool 8AM- 12PM at Harry Bailey	
18 and under National Pathway	Land drill 6:00 – 6:30PM. Pool 6:30-9PM at Shaw	Craven Training 5-6 PM; Pool 6:30 –9PM at Shaw	Dryland 5:30 – 6:00PM; Pool 6:00 – 9PM at Shaw	Pool 4-7:15PM at Harry Bailey	Craven 6:30-7:30AM	Pool 8AM- 12PM at Harry Bailey	

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

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

***** All competitive athletes will require a swim cap, goggles, nose clips, swimsuit, towel, yoga mat, 2 yoga blocks, red tubing and green ankle tubing band (can purchase from Craven Sports), skipping rope, pull buoy, hand paddles, and water bottle at all practices.**

Recreational Programs

Registration for our Recreational Programs Closes on Friday September 4, 2021. Spaces are limited and classes may fill up earlier due to high demand and restrictions due to social-distancing COVID-19 restrictions. Register early to avoid disappointment.

Aqua Giggles Program (born in 2014, 2015)

The Aqua Giggles program is for the five to seven-year-old. At the FUNdamentals stage, children learn the basics of artistic swimming 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. ***This program is intended for children who are comfortable in shallow water without a life jacket and not afraid to put their face 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 artistic swimming specific skills
- Provide the opportunity for your child to participate in skill-based fun water shows

Practice

Program runs Oct 2, 2020 – December 18, 2020 and January 8, 2021 - April 30, 2021. Spots available on a first come, first serve basis.

- Fridays: 5:00-6:30PM at YWCA
Prior to Xmas: 5:00-5:30 Land in Studio and 5:30-6:30 pool
After Xmas: 5:00-6:30pm Pool

Competition

- Aqualenes Rec Water show Saturday April 24 at Harry Bailey, noon to 1PM

Club Social Activities:

- Halloween Party: Tentatively Sunday October 18, 2020
- Yearend Banquet: June 6, 2021

Fees:

Affiliation Fee	\$55	Due at time of registration
Regular Fees:	\$810	Annually: \$810 Due at time of registration, or Bi-Annually: \$405 at time of registration and again on Jan 1

Additional costs not included in Regular Fees listed above: club social activities, team-organized events, and team swimsuits for water show will be additional costs for swimmer's families with cost determined during the year.

Note: If not continuing for January through April, then notice of withdrawal from program must be given by **Dec 1, 2020**. 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 2009 to 2013)

For athletes new to the sport of artistic swimming, we offer the opportunity to learn with Canada Artistic Swimming's Aqua Go Program, which consists of skill 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 artistic swimming skills without the high intensity of competition. As the year progresses, athletes will also learn to perform a team routine. Since artistic swimming programs involve mainly deep-water swimming 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 fun-based competition and the SAQ Water Show. The recreational programming starts October and runs until the end of April.

Practices

Program starts Oct 3, 2020 – December 19, 2020 and January 9, 2021 -May 1, 2021.

Classes are split by age of swimmer:

- **Saturday's 2:00 PM – 3:30PM at YWCA**, for swimmers born in 2011, 2012, 2013
- **Saturday's 3:30 - 5PM at YWCA**, for swimmers born in 2009 and 2010

Competitions

- Aqualenes Fun Meet March 20 at YWCA
- Aqualenes Rec Water show April 24 at Harry Bailey, noon to 1PM

Club Social Activities:

- Halloween Party: Tentative Sunday October 18, 2020
- Yearend Banquet: June 6, 2021

Affiliation Fee	\$55	Due at time of registration
Regular Fees:	\$870	Annually: \$870 due at registration, or Bi-Annually: \$435 due at registration and Jan 1

Additional costs not included in Regular Fees listed above: club social activities, team-organized events, and team swimsuits for water show will be additional costs for swimmer's families with cost determined during the year.

Note: If not continuing for January through April, then notice of withdrawal from program must be given by Dec 1, 2020. 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 2008 or earlier)

This program is intended for retired competitive swimmers, Rec swimmers with experience, or new to artistic 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 artistic swimming as Rec or master's swimmers or as a coach or judge, the skills they learn in artistic swimming will help them succeed in whatever they choose. This once a week training program focuses on maintenance of basic stamina, strength, speed, flexibility, and artistic swimming skills.

Practices

Program starts Oct 3, 2020 – December 19, 2020 and January 9, 2021 – May1, 2021.

Saturdays 3:30-5:00 PM at YWCA

Competitions

- Aqualenes Fun Meet March 20 at YWCA
- May pre-swim at one local competition at the end of January
- Aqualenes Rec Water show April 24 at Harry Bailey, noon to 1PM

Club Social Activities:

- Halloween Party: Tentative Sunday October 18, 2020
- Yearend Banquet: June 6, 2021

Fees:

Affiliation Fee	\$55	Due at time of registration
Regular Fees:	\$870	Annually: \$870 due at registration, or Bi-Annually: \$435 due at registration and Jan 1

Additional costs not included in Regular Fees listed above: club social activities, team-organized events, and team swimsuits for water show will be additional costs for swimmer's families with cost determined during the year.

Competitive Program

The competitive program is for competent artistic 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 pathways 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 pathway athletes may opt in to Saskatchewan Artistic Swimming's High-Performance trials if invited by Saskatchewan Artistic Swimming (Trials are typically scheduled for end of May). All national stream athletes are expected to attend Saskatchewan Artistic Swimming's High Performance trials; the cost is included in their training fees. Saskatchewan Artistic Swimming communicates High Performance trials criteria on their website at www.saskartisticswimming.ca and the Aqualenes High Performance Program club Rep is Kim Hargreaves dkhargreaves@shaw.ca.

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

Registration for our Competitive Programs Closes on Tuesday August 18, 2021.

June Training

Aqualenes competitive programming is extended into June to allow for holidays for all Provincial Pathway 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, Saskatchewan Artistic Swimming HP Trials. The intent is to have fun training new areas/skills they have not tackled during the mainstream year. June training for National Pathway athletes will focus on Saskatchewan Artistic Swimming HP Trials and Provincial Team Training Expectations.

Provincial Pathway includes teams in age groups 10 years and under, 12 years and under, 15 and under, 18 and under, 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 for Provincial Pathway: 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 12:00PM – 1:00PM on Saturday's or 12:30 to 2:30 on Sunday's at Harry Bailey or any other Aqualenes pool time your swimmer does not practice with their team. Competitions to attend are the same as team for age level.

Provincial pathway athletes' schedule starts *September 8, 2020 – June 10, 2021*. The following schedule is when there are no practices:

- Thanksgiving weekend: Saturday October 10 thru Monday October 12, inclusive.
- Remembrance Day: Wed November 11 only.
- Christmas break: Sunday, December 20, 2020 thru Sunday Jan 3, 2021, inclusive.
- February break: Friday February 12 thru Friday February 19, 2021, inclusive.
- Easter break: Friday April 2nd thru Friday, April 9, inclusive.
- May long weekend: Saturday May 22 thru Monday May 24, inclusive.

Please try not to take family holidays during other times, as artistic swimming 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. For safety reasons if your athlete is away the week before any competition, they may not be able to compete in the team routine but will still be allowed compete figures.

Competitions for Provincial Pathway Athletes may include:

- Aqualenes Fun Meet (Saturday, March 20 during regular practice time)
- Marnie Eistetter Element Meet/Camp – Tentative Nov 28-29, 2020
- Sandy Roberts National Age Group Provincials – Tentative Jan 30-31, 2021 (2nd Feb 6-7, 2021) in Saskatoon
- Out of province competition (TBD)
- Diane Lemon Invitational – Feb 27-28, 2021 in Regina
- Sadie Caulder Knight Age Group Provincials – April 16,17,18, 2021 in Regina
- Canadian Prairie Championship – April 29-May2, 2021 in Regina
- Aqualenes Rec Water show April 24 at Harry Bailey, noon to 1PM
- Aqualenes Water show – May 26th, 2021 Shaw Center

Club Social Activities:

- Halloween Party: Tentatively Sunday October 18, 2020
- Yearend Banquet: June 6, 2021

High Performance Program Dates:

- HP Camps: Oct 23-25, 2020 in Regina. Tentative Jan 9-10, 2021 (2nd Jan 16-17) Saskatoon
- HP Trials: May 29, 2021, Saskatoon

National Pathway programs start September 8, 2020 - June 24, 2021. This program includes athletes age 12 and under, 15 and under, 18 and under and Senior FINA categories. Athletes in this program are high performance athletes in artistic 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:

- Thanksgiving weekend: Saturday October 10 thru Monday October 12, inclusive.
- Remembrance Day: Wed November 11 only.
- Christmas break: Sunday, December 20, 2020 thru Sunday Jan 3, 2021, inclusive.
- February break: Friday February 12 thru Tuesday February 16, 2021, inclusive.
- Easter break: Friday April 2nd thru Tuesday, April 6, 2021, inclusive.
- May long weekend: Saturday May 22 thru Monday May 24, 2021, inclusive.

Please try not to take family holidays during other times, as artistic swimming is a team sport and presence of all team members is needed to practice routines prior to competitions. For safety reasons if your athlete is away the week before any competition, they may not be able to compete in the team routine but will still be allowed compete figures.

Competitions for National Pathway Athletes include:

- Marnie Eistetter Element Meet/Camp – Tentative Nov 28-29, 2020
- Sandy Roberts National Age Group Provincials – Tentative Jan 30-31, 2021 (2nd Feb 6-7, 2021)
- Out of province competition – (TBD)
- Diane Lemon Invitational – Feb 26-28, 2021 in Regina
- Canadian Nationals Qualifier – Tentative March 22-28, 2021 in Saskatoon
- Aqualenes Rec Water show April 24 at Harry Bailey, noon to 1PM
- Aqualenes Water show (May 26, 2020, Shaw Centre)
- Canadian Artistic Swimming Championships – Tentative May 3-9, 2021??

**Holidays set for both Provincial Pathway and National Pathway 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: Oct 23-25, 2020 in Regina. Tentative Jan 9-10, 2021 (2nd Jan 16-17) Saskatoon
- HP Trials: May 29, 2021, Saskatoon

Limited Competitive 8 and under (Born in 2013,2014) and 14 and under Born in 2007, 2008, 2009, 2010 (Provincial Pathway)

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 8, 2020 - June 10, 2021.

Please note: There are no practices on long weekend Saturday or Sunday's

Classes are split by age of swimmer.

For swimmers born in 2013, 2014:

- Thursday: pool 4:45 to 6:15pm; dryland 6:15 to 6:45pm at Harry Bailey
- Sunday: dryland 12:30 to 1PM; Pool 1 to 2:30pm at Harry Bailey

For swimmers born in 2007, 2008, 2009, 2010:

- Tuesday: dryland 5:30 to 6:30pm; Pool 6:30 to 8:30pm at Shaw
- Sunday: dryland 11:30 to 12:30AM; Pool 12:30 – 2:30PM at Harry Bailey

Competitions these athletes are expected to attend:

8 and under

- Aqualenes Fun Meet Saturday March 20 at YWCA
- Aqualenes Rec Water show – Saturday April 24 at Harry Bailey, noon to 1PM
- Aqualenes Water show – Wednesday May 26th, 2021 Shaw Center
- May pre-swim at Sandy Roberts National Age Group Provincials

14 and under

- Aqualenes Fun Meet Saturday March 20 at YWCA
- Aqualenes Rec Water show – Saturday April 24 at Harry Bailey, noon to 1PM
- Aqualenes Water show – Wednesday May 26th, 2021 Shaw Center
- Sadie Caulder Knight Age Group Provincials

Fees:

Affiliation Fee	\$110	Fee due at time of registration
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Regular Fees:	\$2,320	Annually: \$2,320 due at time of registration, or Bi-Annually: \$1,160 due at time of registration and Jan 1, or Monthly: \$232 due at time of registration and then monthly October 1 through June 1
Mixed duet fee:	\$1,260	Annually: \$1,260 due at time of registration, or Bi-annually: \$630 due at time of registration and Jan 1, or Monthly: \$126 due at time of registration and monthly October 1 through June 1.
Raffle Commitment:		\$300 payment will be charged to swimmer's 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:		\$300 payment/provincial meet will be charged March 31 if minimum 2 shifts/provincial meet not worked at each provincial 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)

9-10 (Provincial Pathway) (Born 2011, 2012)

Learning to Train: Building skills for Artistic Swimming and for Life

Athletes at the Learning to Train stage discover what artistic swimming 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 artistic swimming-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 several factors, including suppleness, skill, and genetic predisposition to the sport. Athletes are selected to Competitive Teams by the Head Coach only. All provincial pathway athletes may opt in to Saskatchewan Artistic Swimming High Performance trials which are also based on Saskatchewan Artistic Swimming numbers (typically scheduled end of May, at an additional cost - To be decided).

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

Program starts September 8, 2020 - June 10, 2021.

- 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
- Sunday - Dryland 11:30-12:30PM; Pool 12:30 to 2:30PM; at Harry Bailey
- Team building once per month after practice on Saturday (Dates TBD by coach) – One parent responsible to bring snack for team

Competitions these athletes are expected to attend:

- Marnie Eistetter Element Meet/Camp
- Sandra Roberts National Age Group Provincials
- Sadie Caulder Knight Age Group Provincials
- Aqualenes Rec and Competitive Water show
- Canadian Prairie Championship

Fees:

Affiliation Fee	\$110	Fee due at time of registration
Regular Fees:	\$2,990	Annually - \$2,990 due at time of registration or Bi-Annually - \$1,495 twice - due at time of registration and Jan 1, or Monthly - \$299 due at time of registration and then monthly October 1 through June 1
Raffle Commitment:	\$300 payment will be charged to swimmer's 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:	\$300 payment/provincial meet will be charged March 31 if minimum 2 shifts/provincial meet not worked at each provincial 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 Pathway) (Born in 2009, 2010)

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 adaption to aerobic, speed, and strength training 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 artistic swimming- specific skills as opposed to competing. Athletes are selected to Competitive Teams by the Head Coach only. All Provincial Pathway athletes may opt into Saskatchewan Artistic Swimming High Performance trials (typically scheduled end of May, 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 3 X per week dry land training/land drill

Program starts September 8, 2020 - June 10, 2021.

- Monday – Craven Dryland 5:15 – 6:15PM; Pool 6:30 – 8:30PM at Shaw
- Wednesday – Craven Dryland 5:15 – 6:15PM; Pool 6:30-8:30PM at Shaw
- Saturday – Pool 9AM – 1PM; land drill 1 – 1:30 PM at Harry Bailey
- Team building after practice on Saturdays once per month (dates TBD by coach) - One parent responsible to bring snack for team

Competitions these athletes are expected to attend:

- Marnie Eistetter Element Meet/Camp
- Sandra Roberts National Age Group Provincials
- Diane Lemon Invitational or an out of province competition
- Sadie Caulder Knight Age Group Provincials
- Canadian Prairie Championship
- Aqualenes Rec and Competitive Water Show

Fees:

Affiliation Fee	\$110	Fee due at time of registration
Regular Fees:	\$3,350	Annually: \$3,350 due at time of registration, or Bi-Annually: \$1,675 due at time of registration and Jan 1, or Monthly: \$335 due at time of registration and then monthly October 1 through June 1
Raffle Commitment:	\$300 payment will be charged to swimmer's 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: \$300 payment/provincial meet will be charged March 31 if minimum 2 shifts/provincial meet not worked at each provincial 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)

15 and under (Born 2006-2008) and Junior (Born 2003-2005) (Provincial Pathway)

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 adaption to aerobic, speed, and strength training 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 artistic swimming-specific skills as opposed to competing. Athletes are selected to Competitive Teams by the Head Coach only. All Provincial Pathway athletes may opt into Saskatchewan Artistic Swimming High Performance trials (typically scheduled end of May, 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 8, 2020 - June 10, 2021.

*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 – Craven Dryland 5:15 – 6:15PM; Pool 6:30 – 8:30PM at Shaw
- Saturday – Pool 9AM -1PM at Harry Bailey
- Team building after practice on Saturdays once per month (dates TBD by coach) - One parent responsible to bring snack for team

Competitions they are expected to attend:

- Marnie Eistetter Element Meet/Camp
- Sandra Roberts National Age Group Provincials
- Diane Lemon Invitational or out of province competition
- Sadie Caulder Knight Age Group Provincials
- Canadian Prairie Championship
- Aqualenes Rec and Competitive Water Show

Fees:

Affiliation Fee	\$110	Fee due at time of registration
Regular Fees:	\$3,370	Terms of Payment: Annually: \$3,370 Due at time of registration, or Bi-Annually: \$1,685 due at time of registration and Jan 1, or Monthly: \$337 due at time of registration and then monthly October 1 through June 1

Raffle Commitment:	\$300 payment will be charged to swimmer's 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:	\$300/provincial meet will be charged March 31 if minimum 2 shifts/provincial meet not worked at each provincial 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 Pathway) (Born 2009-2010)

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 8, 2020 - June 24, 2021. Athletes may have additional practices as well that are not included in the Team Fees.

11-12 NS Program:

- Monday – Craven Training 5:15 to 6pm; Land drill 6:00 – 6:30PM; Pool 6:30 – 8:30PM at Shaw
- Wednesday – Land 5:30 to 6pm Pool 6 – 8:30PM at Shaw
- Thursday – 4 – 7:15PM at Harry Bailey
- Friday - Craven training 6:30 – 7:30AM
- Saturday - 8AM -- Noon at Harry Bailey

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

HP Consultant visits for 2020/2021 (dates TBD): Occur every second month, during regular Sat pool time plus added extra practice on Sunday

Competitions/events these athletes are expected to attend:

- Marnie Eistetter Element Meet/Camp
- Sandy Roberts National Age Group Provincials
- Out of province competition (TBD)
- Diane Lemon Invitational
- Canadian Nationals Qualifier
- Canadian Artistic Swimming Championships
- Aqualenes Rec and Competitive Water Show

Fees:

Affiliation Fee	\$145	Due at time of registration
Regular Fees:	\$4,900	Annually: \$4,300 due at time of registration, or Bi-Annually: \$2,150 due at time of registration and Jan 1, or Monthly: \$430 due at time of registration and then monthly October 1 through June 1
Raffle Commitment:	\$300 payment will be charged to swimmer's 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:	\$300/provincial meet will be charged March 31 if minimum 2 shifts/provincial meet not worked at each provincial meet hosted by SAQ	
Meet Travel and Wardrobe Fees:	See travel and wardrobe policies. Approximately \$100 – \$500 per meet (invoiced & charged before each meet)	

*****Please Note:**

- 1. Additional charges may be incurred during the swim season that are not accounted for at the beginning of the year.**
- 2. 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, 2021.**

15 and under (National Pathway) (Born 2006-2008)

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 adaption to aerobic, speed, and strength training 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 artistic swimming-specific skills as opposed to competing. Athletes are selected to Competitive Teams by the Head Coach only. All National Pathway athletes are expected to attend Saskatchewan Artistic Swimming 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 8, 2020 - June 24, 2021. Athletes may have additional practices as well that are not included in the Team Fees.

First Year in 13-15 NS Program:

- Monday – Land drill 6:00 – 6:30PM; Pool 6:30 – 8:30PM at Shaw
- Tuesday – Craven Training 5 – 6:00PM; Pool 6:30 – 8:30PM at Shaw
- Wednesday – Dryland 5:30 to 6:00PM Pool 6:00 –8:30PM at Shaw
- Thursday – 4 – 7:15PM at Harry Bailey
- Friday – Craven training 6:30 – 7:30AM
- Saturday - 8AM – Noon at Harry Bailey

Second and Third Year in 13-15 NS Program:

- Monday - Land drill 6:00 – 6:30PM; Pool 6:30 -- 8:30 PM at Shaw
- Tuesday – Craven Training 5 – 6:00PM; Pool 6:30 - 8:30 PM; 8:30 - 9PM (1/2 team) at Shaw
- Wednesday – Dryland 5:30 – 6:00PM; and 6:00–8:30PM; 8:30 – 9 PM (1/2 team) at Shaw
- Thursday – 4 – 7:15PM at Harry Bailey
- Friday – Craven training 6:30 – 7:30AM
- Saturday - 8AM – Noon at Harry Bailey

HP Consultant visits for 2020/2021 (dates TBD): Occur every second month, during regular Sat pool time plus added extra practice on Sunday

Competitions/events these athletes are expected to attend:

- Marnie Eistetter Element Meet/Camp
- Sandy Roberts National Age Group Provincials
- Out of province competition Calgary (TBD)
- Diane Lemon Invitational

- Canadian Nationals Qualifier
- Canadian Artistic Swimming Championships
- Aqualenes Rec and Competitive Water Show

Fees:

1st Year in 13-15 NS Program:

Affiliation Fee	\$145	Due at time of registration
Regular Fees:	\$5,810	Annually: \$5,810 due at time of registration, or Bi-Annually: \$2,905 due at time of registration and Jan 1, or Monthly: \$581 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:	\$5,960	Annually: \$5,960 due at time of registration, or Bi-Annually: \$2,980 due at time of registration and Jan 1, or Monthly: \$596 due at time of registration and then monthly October 1 through June 1
Raffle Commitment:	\$300 payment will be charged to swimmer's 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:	\$300/provincial meet will be charged March 31 if minimum 2 shifts/provincial meet not worked at each provincial meet hosted by SAQ	
Meet Travel and Wardrobe Fees:	See travel and wardrobe policies. Approximately \$100 – \$500 per meet (invoiced & charged before each meet)	

*****Please Note:**

- 1. Additional charges may be incurred during the swim season that are not accounted for at the beginning of the year.**
- 2. 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, 2021.**

Junior (2003-2005) and Senior (2002 and older) (National Pathway)

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 artistic swimming 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 Pathway athletes are expected to attend Saskatchewan Artistic Swimming 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 – 5-6 times per week pool training and 3 times per week dry land training

Program starts September 8, 2020 - June 24, 2021. 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.*

- Monday – Land drill 6:00 – 6:30 PM; Pool 6:30 – 9PM at Shaw
- Tuesday – Craven Training 5 to 6 PM; Pool 6:30 to 9PM at Shaw
- Wednesday – Dryland 5:30 – 6:00PM; and Pool 6:00-9PM at Shaw
- Thursday - Pool 4 – 7:15PM at Harry Bailey
- Friday – Craven training 6:30 – 7:30AM
- Saturday - Pool 8AM -12PM at Harry Bailey

Competitions these athletes are expected to attend:

- Marnie Eistetter Element Meet/Camp
- Sandy Roberts National Age Group Provincials
- Out of province competition Calgary (TBD)
- Diane Lemon Invitational
- Canadian Nationals Qualifier
- Canadian Artistic Swimming Championships
- Aqualenes Rec and Competitive Water Show

HP Consultant visits for 2020/2021 (dates TBD): Occur every second month, during regular Sat pool time plus added extra practice on Sunday

Fees:

Affiliation Fee	\$145	Due at time of registration
Regular Team Fees:	\$6,110	Annually: \$6,110 due at time of registration, or Bi-Annually: \$3,055 due at time of registration and Jan 1, or Monthly: \$611 due at time of registration and then monthly dated October 1 through June 1
Solo/Duet Fees:		Monthly: TBD at beginning of season, based on hours and number of athletes/coaches. Rate will be charged in September and then monthly.
Raffle Commitment:		\$300 payment will be charged to swimmer's 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:		\$300/provincial meet will be charged March 31 if minimum 2 shifts/provincial meet not worked at each provincial meet hosted by SAQ
Meet Travel and Wardrobe Fees:		See travel and wardrobe policies. Approximately \$100 – \$500 per meet (invoiced & charged before each meet)

*****Please Note:**

- 1. Additional charges may be incurred during the swim season that are not accounted for at the beginning of the year.**
- 2. 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, 2021.**

Senior/Masters (Born 2002 or earlier)

In artistic swimming, 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 artistic swimming 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 artistic swimming 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
- Aqualenes Competitive Water Show

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.