

The table below outlines the tentative training schedule for Calgary Killarney Artistic Swim Club's 2022-2023 season. This schedule is based on the information we have today, and the pools we hope to secure over the coming months. Until pool contracts are finalized, these schedules are subject to change, however we will still target the training hours outlined below (pools permitting).

| | Pre Competitive | U10 Provincial | Novice | 11-12 | 13-15/16-20 |
|--|--|--|---|--|---|
| Born in Years | 2013, 2014 (2012 or 2015 with PrgMgr permission) | 2013 & 2014 | 2012 & Earlier | 2011 & 2012 | 13-15: 2008-2010 16-20: 2007 or earlier |
| Training Hours (Includes both pool and dryland hours) | | | | | |
| Total Hours per week | 3h | 6h | 8h | 10h | 10h |
| Training Days | SILVER: Mon / Wed 4:30PM - 6PM or PINK: Tue/Fri 4:30PM - 6PM | Tues/Thurs 4:30pm-6pm & Sunday 11AM-2PM | PINK ¹ : Tues/Thurs 6PM-8:30PM & Sunday 8:45AM-11:45AM Or SILVER: Mon/Wed 6PM-8:30PM & Friday 5PM-8PM | Tues: 5:30PM-8:30PM Thurs: 6PM-9PM Sunday: 9:15AM-1:15PM | 13-15 - Tues/Thurs 16-20 - Mon/Wed All weeknights - 6pm-9pm Sundays 11:45AM-3:45PM |
| Training Pool | Killarney Pool | Killarney Pool (Weekdays) Seton or U of C (Sundays) | U of C ² (Mondays) MRU (all other weeknights) Seton or U of C (Sundays) | MRU (Weekdays) Seton or U of C (Sundays) | U of C (Mon/Tues/Thurs) MRU (Wed) Seton or U of C (Sundays) |

¹ The Novice Pink team will have a combinations of 11-12 and Novice athletes. As long as the team averages to Novice (has more Novice swimmers than 11-12 swimmers), the team will continue to train 8 hours per week.

² This team may move to MRU on Mondays in January, TBD

| | | |
|-----------------------------------|----------------|--|
| Duets and Solos (Optional) | Not applicable | TBD in September after selections, one of these options: Mon/Tues/Thurs (U of C), Mon/Wed/Fri (MRU), Wed/Fri (Seton) |
|-----------------------------------|----------------|--|

| | Pre Competitive | U10 Provincial | Novice | 11-12 | 13-15 |
|-------------------------------------|---|---|----------------|----------------|-------|
| Competitions/Events Schedule | | | | | |
| Dryland Skills Virtual Event | | November 21 - 25, 2022 Virtual | | | |
| City of Calgary Figures Meet | November 26, 2022 Location - MNP (formerly Repsol) | | | | |
| Winter Watershow | Afternoon of December 11, 2022 Location - Seton Brookfield Y | | | | |
| Northern Lights | Not applicable | January 26-29, 2023 Location: Edmonton (Kinsmen) | | | |
| Rocky Mountain Qualifier | February 23-26, 2023 Location: Calgary (Seton Brookfield Y) | | | | |
| Spring Watershow | April 2, 2023 Location: Seton Brookfield Y | | | | |
| Wildrose Classic | Not applicable | April 20-23 Location: Edmonton (Kinsmen) | | | |
| Red Deer Rec Event | April 29, 2023 Location: Red Deer | Not applicable | | | |
| Out of Province | Not applicable | Not applicable | Not applicable | Early May 2022 | TBD |

| | | | | | |
|--------------------|--|--|--|---|--------------------------------|
| Competition | | | | Competition TBD, potentially CPI which is being held in Saskatoon this year | Option for teams to attend CPI |
|--------------------|--|--|--|---|--------------------------------|

***Out of Province Travel:** Currently, travel fees listed below DO NOT include any out of province travel costs.

Important Training Dates

- First Day of Training - September 6 or 7, 2022
- National Day for Truth and Reconciliation - Friday, September 30 - No Training
- Thanksgiving Weekend - Sunday and Monday, October 9 & 10 - No Training
- Remembrance Day - Friday, November 11 - No Training
- Winter Break - No Training December 23, 2022 through January 5, 2023, training to resume January 6, 2023
- Family Day Long Weekend - Provincial Stream will train due to upcoming competition , hours may differ and we will try to give some time off
- Easter Weekend - April 7-9, 2021 - No Training
- Last Day of Training - May 5th, 2021

Program Information

- Team selections will be in September. Athletes will be evaluated for both water and land skills. Teams will be split according to testing results, coachability and work ethic during the team selection process
- Duet and solo practices are additional to team practices. A separate solo and duet try out will be held in September. This is an optional program. Swimmers can also choose to participate in extra figures practices at an additional cost. Duet/Solo practices will run on a weeknight when swimmers do not have team practice
- Programs will include pool and dryland sessions. Dryland sessions may include (but not limited to) flexibility training, strength, ballet, gymnastics, team landrill, sports psychology etc.

- As Artistic Swimming is a team based sport we expect swimmers to be at all practices except in cases of injury, illness or bereavement.

The table below outlines the tentative Fees, Expenses and other commitments for the Calgary Killarney Artistic Swim Club's 2022-2023 season. Tentative Fees are based on projections from our 2021-2022 season. Fees will be finalized by the Board of Directors by September 2022. Projected Expenses are based on the historical amount for expenses. Members are billed for the Expenses as a straight pass-through. In addition to the Fees and Expenses, there are other related commitments related to Calgary Killarney Programming. These relate to volunteering and fundraising as outlined in the **Volunteering & Fundraising Policy** found at www.yycKillarney.com. **Note:** Fees and expenses do not include those costs related to extra routines or extra figures.

| | Pre Competitive | U10 Provincial | Novice | 11-12 | 13-15/16-20 |
|---|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--|
| Tentative Fees | | | | | |
| Registration Fees | \$100 - CKASC \$99.20 - AAS | \$100 - CKASC \$99.20 - AAS | \$100 - CKASC \$99.20 - AAS | \$100 - CKASC \$99.20 - AAS | \$100 - CKASC \$99.20 - AAS |
| Team Fees | \$1,465 | \$2,985 | \$3330 | \$3,675 | \$3,890 |
| Optional Solo/Duet Fees (includes coaching & competition entry fees) | Not Applicable | Duet: \$1,350 | Solo: \$1,700 Duet: \$1,350 | Solo: \$1,700 Duet: \$1,350 | 13-15 & 16-20 ³ Solo: \$1,700 Duet: \$1,350 |
| Travel Expenses (for travel to Edmonton x 2)⁴ | Not applicable | ~\$650 | ~\$650 | ~\$650 | ~\$650 |

³ Fees TBD for 16-20 athletes wanting to swim both technical and free programs

⁴ Does not include any costs related to out of province travel

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|---|---|--|----------|----------|----------|
| Competition Entry Fees⁵ | \$180.00 | \$500.00 | \$500.00 | \$500.00 | \$500.00 |
| Total Program Cost⁶ | \$1,747 | \$4,234 | \$4,579 | \$4,924 | \$5,138 |
| Uniforms | | | | | |
| Club suit | Not Required | ~\$90 | ~\$90 | ~\$90 | ~\$90 |
| Uniform ⁷ (plus black leggings/pants of your choosing) | Shirt: ~\$55 Black Suit and White Cap: ~\$70 Club Cap: ~\$9 | Shirt/Jacket: ~\$180 Black Suit and White Cap: ~\$70 Club Cap: ~\$9 | | | |
| Optional Team Wear | Club Swim Bag: ~\$95 Club Parka: ~\$150 | | | | |
| Routine suit | ~ \$85 | ~ \$150 | ~ \$150 | ~ \$150 | ~ \$150 |
| Other Equipment | None Required | Will be specified by the team coach but may include: 42 x yoga blocks, theraband, large bottles, tubing, weight belts (older athletes only) | | | |

| | Pre Competitive | U10 Provincial | Novice | 11-12 | 13-15/16-20 |
|---------------------|------------------------|--|---------------|--------------|--------------------|
| Volunteering | | | | | |
| Volunteer | 25 hours - \$250 | 50 hours per family - \$500 Volunteer deposit cheque | | | |

⁵ Pre competitive swimmers only attend competitions in Calgary, previously they have attended the Red Deer Event (one day) but it is unclear if this will be an option for the 2022-2023 season

⁶ Billed in 8 installments, with registration and then monthly October 1 through April 1

⁷ Swimmers require a full piece bathing suit, goggles, cap and a noseclip to wear at each practice

| | | | | | |
|--|--------------------------|--|-------|-------|-------|
| Commitment⁸ | Volunteer deposit cheque | | | | |
| Killarney Hosted Meets⁹ | 1 shift | The equivalent of 1 shift per meet day as determined by the meet committee | | | |
| Casino¹⁰ | N/A | 1 shift - \$500 Casino deposit cheque | | | |
| Fundraising | | | | | |
| Fundraising Commitment¹¹ | \$150 | \$350 | \$350 | \$350 | \$350 |

⁸ Volunteer deposit cheque is required with registration. Once the Volunteer Commitment has been met, the cheque is destroyed.

⁹ The length of the single shift will be determined by the Meet organizing committee based on the number of hours that will need to be filled.

¹⁰ At this time we anticipate our next Casino to be in 2023. Casino deposit cheque is required at the start of the season with registration. Once the commitment has been met, or we have confirmed there is no Casino for the season, the cheque is destroyed.

¹¹ A cheque covering the Fundraising Commitment is required at the start of the season. when the commitment is met, the cheque is destroyed.