

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).

	13-15 National	Jr. National/Senior
Born in Years	2008, 2009, 2010	2007, 2006, 2005
Training Hours - NO TRAINING ON SATURDAYS, NO TEAM TRAINING ON WEDNESDAYS		
Team Hours	16	18.5 (Full and Modified ¹ Program Available) *Include Free, Tech and Highlight Program
Team Training Times (Tentative)	Monday (MRU) - 5:15PM-8:15PM Tuesday (U of C) - 6:00PM-9:00PM Thursday (U of C) - 6:00PM-9:00PM Friday (Seton) - 5:00PM-8:00PM Sunday (Seton or U of C) - 10:45AM-2:45PM	Monday (MRU) - 5:00PM-8:30PM Tuesday (U of C) - 5:30PM-9:00PM Thursday (U of C) - 5:30PM-9:00PM Friday (Seton) - 3:00PM-6:00PM Sunday (Seton or U of C) - 9AM-2PM
Duet/Solo Hours (Optional)	Duets - 3 hours per week Solos - 2 hours per week	Duets (Tech and Free) - 4-5 hours per week Solos (Tech and Free) - 3 hours per week
Duet/Solo Training Times	Duets/Solos schedule to be determined in September, options: Weekday daytime training time for athletes with school flexibility Wednesdays at Seton (5PM-9PM) Fridays/Sundays before or after team practice All Duets Tuesdays 9PM-9:30PM, All Solos Thursdays 9PM-9:30PM	

¹ Modified Junior Program to be discussed on an individual basis. Fees owing would be the same as 13-15 NS Fees. The Junior program would be reduced by 2-3 training hours per week or one practice. Permission to participate in this program required from the Program Manager.

Competition/Events Schedule - National meets and Training camp TBC	
Dryland Skills Virtual Meet	November 21-25 , 2022 Location: Virtual
City of Calgary Figures Meet	Saturday, November 26, 2022 Location: MNP (formerly Repsol)
Winter Watershow	Afternoon of December 11, 2022 Location: Seton Brookfield Y
Northern Lights	January 26-29, 2023 Location: Edmonton (Kinsmen)
Rocky Mountain Qualifier	February 23-26, 2023 Location: Seton Brookfield Y
National Qualifier	March 21-25, 2023 Location: Markham Pan Am Centre
Training Camp	April 13-16, 2023 (TBC) Location: Phoenix, Arizona or alternative location outside of Alberta, TBC
Spring Watershow	April 2, 2023 Location: Seton Brookfield Y
Canadian Championships	May 7 -13 , 2023 Location: Calgary, MNP Community and Sports Centre

Important Training Dates

- First Day of Training - September 6, 2022
- National Day for Truth and Reconciliation - Friday, September 30 - No Training
- Thanksgiving Weekend - Sunday, October 9 - No Training
- Winter Break - No Training December 23, 2022 through January 5, 2023, training to resume January 6, 2023

- Family Day Long Weekend - National Stream will train due to upcoming competition , hours may differ and we will try to give some time off
- Athletes will have time off following both Qualifiers and Nationals
- Easter Weekend - April 7-9, 2021 - No Training
- Last Day of Training - TBD once dates for Canadian Championships are released

Program Information

- Team selections will be in September/October. Team selection will be based on a testing protocol communicated at the start of the season. Judges and coaches will be used to evaluate the athletes. It will include, but not be limited to: artistic swimming skills, swimming, flexibility, strength, endurance, coachability, leadership, work ethic etc. Team cohesiveness also plays an important role at this level. Registration for the National Stream program does not guarantee team placement, athletes need to demonstrate the skill and attitude required for this program. Athletes unable to meet the required standard will be offered a position on the 13-15/16-20 provincial stream team.
- Attendance is mandatory at all practices. As of January 2023 (main competitive season), no absences will be allowed unless there is injury, illness or bereavement.
- Duet and solo practices are additional to team practices. This is an optional program. The duet/solo selection process will be communicated in September.
- 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.
- There is a potential to have alternates in our national stream programs. Athletes and parents should be aware that alternate selection can take place up to 1 hour before the start of an event, and the coach has the right to change the alternate based on the selection criteria at their discretion. Alternate selection will be communicated at the first team meeting of the year and reiterated throughout the season. Team coaches have the final say in alternate selection. Alternates are essential to a strong National Stream program.

The table below outlines the tentative Fees and Expenses for the Calgary Killarney Artistic Swim Club's 2022-2023 season. Tentative Fees are based on the 2021-2022 Fees; Fees will be finalized by the Board of Directors. 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 commitments to Calgary Killarney Programming. These relate to volunteering and fundraising as outlined in the **Volunteering & Fundraising Policy** found at www.yycKillarney.com.

	13-15 National	Jr. National
Tentative Fees		
Registration Fees	\$250 - CKASC \$99.20 - AAS	\$250 - CKASC \$99.20 - AAS
Team Training Fees	\$6,720	\$7,255
Optional: Solo / Duet Fees²	Solo - \$2600 (TBC) Duet - \$2200 (TBC)	Solo - \$3900 (TBC) Duet - \$3700 (TBC)
Competition Entry Fees & Spacing Practices	\$740	\$820
Total Program Cost³	\$7,710	\$8,325
Projected Expenses		
Club suit and Cap⁴	~\$100	~\$100

² Inclusive of competition entry fees and competition coaching

³ Billed in 8 installments, with registration and then monthly October 1 through April 1

⁴ Club suit will be the same design as in 2021-2022, Club cap will be a new design

Uniform⁵ (plus black leggings/pants of your choosing)	Shirt & Jacket: ~\$180 Tank Top: ~\$30 Bag: ~\$95 Black Suit and White Cap: ~\$85	Shirt & Jacket: ~\$180 Tank Top: ~\$30 Bag: ~\$95 Black Suit and White Cap: ~85
Optional Team Wear	Parka: ~\$150	Parka: ~\$150
Routine suit (per routine swum)	~\$150-\$200	~\$150-\$200
BCI Baseline Testing⁶	\$200	\$200
Personal underwater sound system	Optional, very useful for extra routines	My Swimears Elite ⁷ ~\$175
Other Equipment	Blue Theraband, 2 x yoga blocks, weight belts or ankle weights (coach will specify what is needed), 2 large bottles	Blue Theraband, 2 x yoga blocks, weight belts or ankle weights (coach will specify what is needed)

	13-15 National	Jr. National
Travel Expenses		
Travel Expenses⁸	~\$4250 (major competitions outside of Alberta) ~\$3500 (one major competition in Alberta)	

⁵ Club Jacket and Club Shirt will be the same design as in 2021-2022

⁶ Baseline testing must be redone every season. Parents arrange the testing with BCI directly, instructions send out by end of June 2022 and pay BCI directly for the cost.

⁷ Swimmers will require the same brand so they can easily connect to the coach headset. A group order will be placed in late summer for swimmers who do not have them already

⁸ Travel fee inclusive of travel to all competitions and an out of town training camp.

Volunteering		
Volunteer Commitment⁹	50 hours per family - \$500 Volunteer deposit cheque	
Killarney Hosted Meets¹⁰	The equivalent of 1 shift per meet day as determined by the meet committee	
Casino¹¹	1 shift - \$500 Casino deposit cheque	
Fundraising		
Fundraising Commitment¹²	\$400	\$400

⁹ Volunteer deposit cheque is required at the start of the season with registration. Once the commitment has been met, the cheque is destroyed.

¹⁰ 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.

¹¹ At this time we anticipate our 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 will be destroyed.

¹² A cheque covering the Fundraising Commitment is required at the start of the season. when the commitment is met, the cheque is destroyed.