

The table below outlines the tentative training schedule for Calgary Killarney Artistic Swim Club’s 2024-2025 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 number of training hours outlined below (pools permitting).

|   | <b>Pre Competitive</b>  | <b>U10</b>                              | <b>Novice</b>                              | <b>U12</b>   | <b>Youth/Junior Combined</b>                          |
|---|---|---|--|--|---|
| <b>Born in Years</b>  | 2015-2017 (2018 with PrgMgr permission)   | 2015-2017 (2014 with PrgMgr permission) | 2014 & Earlier                             | 2013 & 2014  | 2007-2012   |
| <b>Training Hours (Includes both pool and dryland hours) - SUNDAY TIMES TBC</b> |   |   |  |  |   |
| <b>Hours per week</b>   | 3h  | 6h                                      | 8h   | 10h  | 10h   |
| <b>Training Days</b>  | PINK:<br>Mon/Wed<br>4:30PM-6PM<br><br>or<br><br>SILVER:<br>Tues/Thurs<br>4:30PM-6PM | Tues/Thurs 4:30-6PM<br>Sunday 1PM-4PM   | Mon/Wed<br>6PM-8:30PM<br>Friday<br>5PM-8PM | PINK:<br>Tues 6PM-9PM<br>Thurs 5:30-PM<br>Sunday<br>10:30AM-2:30PM<br><br>or<br><br>SILVER & BLACK <sup>1</sup> :<br>Tues 5:30-8:30PM<br>Thurs 6PM-9PM<br>Sunday 9AM-1PM (S), 12PM-4PM (B) | Mon/Wed<br>6PM-9PM<br><br>Sunday<br>4 hours, 10AM-2PM |

<sup>1</sup> The U12 Black team will have a combination of U12 and Novice athletes.

|                                   |                |  |   |   |  |
|-----------------------------------|----------------|--|---|---|--|
| <b>Training Pool</b>              | Killarney Pool | Killarney Pool (Weekdays)<br>Seton or U of C (Sundays)   | MRU (Weekdays)<br>Seton or U of C (Sundays) | MRU (Weekdays)<br>Seton or U of C (Sundays) | U of C (Mon)<br>MRU (Wed)<br>Seton or U of C (Sundays) |
| <b>Duets and Solos (Optional)</b> | Not applicable | TBD in September after selections, one of these options: Mon/Wed/Thurs (U of C), Mon/Tues/Wed (MRU), Wed/Thurs/Fri (Seton) |   |   |  |

|                                       | Pre Competitive   | U10  | Novice | U12 | Youth |
|---------------------------------------|---|--|--------|-----|-------|
| <b>Competitions/Events Schedule</b>   |   |  |        |     |       |
| <b>City of Calgary Figures Meet</b>   | November 23, 2024 (TBC)<br>Location: MNP                            |  |        |     |       |
| <b>Synchro Sister Halloween Event</b> | Sunday, October 27th, 2024<br>Location: Seton Brookfield YMCA       |  |        |     |       |
| <b>Winter Watershow</b>               | Sunday, December 8th, 2024 (TBC)<br>Location: Seton Brookfield YMCA |  |        |     |       |
| <b>Northern Lights</b>                | January 24-26, 2025<br>Location: Seton Brookfield YMCA, Calgary     |  |        |     |       |
| <b>Rocky Mountain Qualifier</b>       | Not applicable  | February 21-23, 2025 <sup>2</sup><br>Location: Eastlink Centre, Grande Prairie |        |     |       |
| <b>Wildrose Classic</b>               | Not applicable  | April 25-27<br>Location: University of Lethbridge, Lethbridge                  |        |     |       |

<sup>2</sup> The flight cost for this competition is not included in our travel fees and will be invoiced separately

|  |  |  |                |                            |     |
|--|--|--|----------------|----------------------------|-----|
| <b>Red Deer Rec Event</b>              | May 3, 2025<br>Location: Red Deer                              | Not applicable   |                |                            |     |
| <b>Spring Watershow</b>                | May 1, 2025 <sup>3</sup><br>Location: University of Calgary    | Sunday, May 4th, 2025 (TBC)<br>Location: Seton Brookfield YMCA |                |                            |     |
| <b>Synchro Sister Event (optional)</b> | Sunday, May 4th, 2025 (TBC)<br>Location: Seton Brookfield YMCA |  |                |                            |     |
| <b>Out of Province Competition</b>     | Not applicable   | Not applicable   | Not applicable | TBD for Pink & Silver only | TBD |

**Important Notes/Dates:**

- Expect one training day off following most 3 day competitions. Vacations are best planned before or over the winter break or directly following the February competition. Please let your coach know well ahead of time if you plan to miss practice.
- Pre Season (Summer Camp) training at MRU is a mandatory part of the program for all athletes level U12 and up. U10 and Novice athletes are welcome to register but it is optional.
- First Day of Training - September 3 or 4 for Novice and older, September 5 or 9 for Precompetitive and U10
- Thanksgiving Weekend - Sunday and Monday, October 13-14, 2024 - No Training
- Winter Break - No Training December 20, 2024 through January 2, 2025. Training to resume January 3, 2025 for Novice Silver, January 5 for U10/Novice Black/U12/Youth and January 6 for Pre Competitive.
- Family Day Long Weekend/Easter Weekend - Provincial Stream will train due the competition the following weekend. Hours may differ and we will give time off depending on pool availability.
- Last Day of Training - May 4, 2025
- Provincial Team 2025 - The SYNC competition is planned to be in Calgary July 14-20, 2025

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<sup>3</sup> Pre Competitive teams will participate in the NS send off show on May 1, rather than the spring watershow. They are welcome to attend the synchro sister event on May 4th

### **Program Information**

- Team selections will be in September. Athletes will be evaluated for both water and land skills. Teams will be selected according to testing results, coachability and work ethic during the team selection process. U12/Novice Tues/Thurs athletes will be split into two groups from September 3rd through 19th during team selections. This will be communicated to families by mid August for planning purposes.
- 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 that athletes can try out for. Not all athletes that request a duet/solo will receive one. Athletes 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. Solos are not an option at the U10 level.
- Programs will include pool and dryland sessions. Dryland sessions may include (but not limited to) flexibility training, strength, ballet, gymnastics, team landrill, sport psychology, etc.
- As Artistic Swimming is a team sport, we expect athletes 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 2024-2025 season. Projected Expenses are based on historical amounts. In addition to the Fees and Expenses, there are other commitments related to volunteering and fundraising, as outlined in the **Volunteering & Fundraising Policy** found at [www.yycKillarney.com](http://www.yycKillarney.com).

|  | Pre Competitive  | U10  | Novice   | U12  | Youth  |
|--|--|--|--|--|--|
| <b>Tentative Fees</b>  |  |  |  |  |  |
| <b>Registration Fees<sup>4</sup></b>                                 | \$250 Team Deposit   | \$500 Team Deposit   |  |  |  |
| <b>Team Fees<sup>5</sup></b>   | \$1565   | \$3085   | \$3430   | \$3775   | \$3775   |
| <b>Travel Expenses<sup>6</sup><br/>(does not include Lethbridge)</b> | Not applicable   | \$450  | \$450  | \$450  | \$450  |
| <b>Included Clothing</b>   | \$220.00<br>(Club cap, t-shirt, black suit, competition suit, white cap) | \$190.00<br>(T-shirt, 2 club caps and team competition suit with gems) | \$210.00<br>(T-shirt, 2 club caps and team competition suit with gems) | \$250.00<br>(T-shirt, 2 club caps and team competition suit with gems) | \$250.00<br>(T-shirt, 2 club caps and team competition suit with gems) |
| <b>Competition Fees<sup>7</sup></b>                                  | \$180  | \$450  | \$450  | \$450  | \$450  |
| <b>Pre Season Training</b>   | Optional summer camp, separate registration                              |  |  | \$315.00   | \$315.00   |

<sup>4</sup> \$100 of the Team Deposit is non-refundable. Refunds for withdrawals are as per the [Fees & Financial Commitment Policy](#). AAS Registration is a separate fee paid directly to AAS, and not included in the total below. You will be provided a link to complete AAS registration in August 2024.

<sup>5</sup> Facility space and coaching

<sup>6</sup> Includes bus transportation and 4 nights of shared hotel accommodation. With AAS announcing an additional out of town competition CKASC will be bill approx \$350 for that event.

<sup>7</sup> Includes entry fees, spacing fees and athlete fees. Any banquets offered will be invoiced separately

| <b>Total Program Cost<sup>8</sup></b>  | \$1965  | \$4175  | \$4540                       | \$5240                       | \$5240 |
|--|---|---|------------------------------|------------------------------|--------|
| <b>Optional Solo/Duet (includes coaching, competition suit with gems &amp; competition entry fees)<sup>9</sup></b> | Not Applicable                                  | Duet: \$1710  | Solo: \$2070<br>Duet: \$1730 | Solo: \$2110<br>Duet: \$1770 |        |
| <b>Uniforms</b>  |   |   |                              |                              |        |
| <b>Club Suit (same as 2023/24 design, can be reused)</b>   | Not Required                                    | ~\$75   | ~\$75                        | ~\$75                        | ~\$75  |
| <b>Uniform<sup>10</sup></b><br>(plus black leggings/pants)   | No other items required                         | Jacket: ~\$125<br>Black Suit and White Cap: ~\$95<br>Club Backpack: ~\$120  |                              |                              |        |
| <b>Optional Team Items</b>   | Club Parka, shorts, tanktop, hoodie, towel etc. |   |                              |                              |        |
| <b>Other Equipment</b>   | None Required                                   | Will be specified by the team coach but may include:<br>Yoga blocks, theraband, large bottles, tubing, weight belts (older athletes only) |                              |                              |        |

<sup>8</sup> Billed in 10 instalments monthly September 5 through June 5.

<sup>9</sup> Includes 1 hour per week for solos and 1.5 hours per week for duet. There is an additional cost for athletes who wish to add figures to their duet/solo training.

<sup>10</sup> Athletes require a full piece swimsuit, goggles, cap and a noseclip to wear at each practice. The club cap, club suit and club jacket will be the same as the 2023-2024 season. The club t-shirt will be updated for the 2024-2025 season.

|  | Pre Competitive   | U10  | Novice | U12 | Youth/Junior |
|--|---|--|--------|-----|--------------|
| <b>Volunteering</b>                        |   |  |        |     |              |
| <b>Volunteer Commitment</b>                | Volunteer the hours listed below.<br>Financial penalties apply if these requirements are not met.<br><a href="#">Please review Volunteer and Fundraising Policy.</a>                            |  |        |     |              |
|  | At least 10 hours   | At least 30 hours  |        |     |              |
| <b>Killarney Hosted Meets</b>              | 1 shift   | The equivalent of 1 shift per meet day as determined by the meet committee |        |     |              |
| <b>Casino<sup>11</sup></b>                 | N/A   | 1 shift: \$1000 invoice if Casino shift requirement is not fulfilled       |        |     |              |
| <b>Fundraising</b>                         |   |  |        |     |              |
| <b>Fundraising Commitment<sup>12</sup></b> | \$150   | \$350  |        |     |              |
|  | Buyout at Registration: \$500 paid over ten team instalments<br>Financial penalties apply if these requirements are not met.<br><a href="#">Please review Volunteer and Fundraising Policy.</a> |  |        |     |              |

<sup>11</sup> At this time we anticipate our casino to be in Oct-Dec 2025. Once the commitment has been met, or we have confirmed there is no Casino for the current season, no invoice will be issued.

<sup>12</sup> Any outstanding fundraising will be collected from Team Deposit, or invoiced if the team deposit is insufficient to cover the shortfall.