

The table below outlines the tentative training schedule for Calgary Killarney Artistic Swim Club's 2023-2024 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).

	<b>Youth National</b>	<b>Junior/Senior National</b>
<b>Born in Years</b>	2009, 2010, 2011	2008, 2007, 2006, 2005
<b>Training Hours - NO TRAINING ON SATURDAYS, NO TEAM TRAINING ON WEDNESDAYS</b>		
<b>Team Hours</b>	16	18.5 (Full and Modified <sup>1</sup> Program Available) *Includes Free, Tech & Acrobatic Program
<b>Team Training Times (Tentative)</b>	Monday (U of C) - 6PM-9:00PM Tuesday (U of C) - 6PM-9:00PM Thursday (U of C) - 6PM-9:00PM Friday (Seton) - 5:30PM-8:30PM Sunday (Seton or U of C) - 9:30AM-1:30PM (Silver) or 10:15AM-2:15PM (Pink)	Monday (MRU) - 5:30PM-9:00PM 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
<b>Duet/Solo Hours (Optional)<sup>2</sup></b>	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

<sup>1</sup> Modified Junior/Senior 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. Other modified options may be available on a case by case basis. Permission to participate in this program required from the Program Manager and a Junior Team Coach.

<sup>2</sup> For Junior solo/duet routines - number of hours per week will be discussed by the coaches and parents. The number of hours recommended will depend on whether both tech and free are swum and the goals of the athletes.

<b>Competition/Events Schedule - Dates/locations below are estimates only based on historical data</b>	
<b>City of Calgary Figures Meet</b>	Saturday, November 18, 2023 Location: MNP (formerly Repsol)
<b>Winter Watershow</b>	Afternoon of December 10, 2023 Location: Seton Brookfield Y
<b>Northern Lights</b>	January 26-28, 2024 Location: Calgary
<b>Rocky Mountain Qualifier</b>	February 23-25, 2024 Location: Edmonton (Kinsmen)
<b>National Qualifier</b>	March 10-17, 2024 Location: Winnipeg, MB
<b>Training Camp</b>	April 10-15, 2024 Location: Houston, Texas
<b>Spring Watershow</b>	TBD Location: Seton Brookfield Y
<b>Canadian Championships</b>	May 5-12, 2024 Location: Montreal, QC

### **Important Training Dates**

- First Day of Training - September 5, 2023
- Thanksgiving Weekend - NS Athletes will have one Sunday off in October which will be Thanksgiving Sunday if possible. Specific weekend TBC once pool contracts are finalized.
- Winter Break - No Training December 22, 2023 through January 4, 2024. Training to resume January 5, 2024.

- 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/March Break After Qualifiers - Time off TBD once we find out the dates for National Qualifier and receive our pool contracts.
- 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, ability to perform the higher level skills identified in the new difficulty system, flexibility, strength, endurance, speed, 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 Youth/Junior provincial stream team.
- Attendance is mandatory at all practices. As of January 2024 (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 are 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 2023-2024 season. Tentative Fees are based on projections from our 2022-2023 season; Fees will be finalized by the Board of Directors. 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).

	Youth National	Junior National/Senior
<b>Tentative Fees</b>		
<b>Registration Fees</b>	\$1000 Team Deposit (\$250 non-refundable if athlete withdraws by September 30. Refunds after September 30, 2023 are as per the <a href="#">Fees &amp; Financial Commitment Policy</a> .) [~\$99.20 - AAS (additional fee paid separately to AAS in August 2023)]	
<b>Team Training Fees</b>	\$6970	\$7505
<b>Competition Entry Fees &amp; Spacing Practices</b>	\$740	\$820
<b>Total Program Cost</b> <sup>3</sup>	\$7710	\$8325
<b>Optional: Solo / Duet Fees</b> <sup>4</sup>	Solo - \$3090 to \$7210 (TBC) Duet - \$3110 to \$4580 (TBC)	

<sup>3</sup> Billed in 8 instalments monthly October 5 through May 5.

<sup>4</sup> Inclusive of competition entry fees and competition coaching. Price varies based on the number of hours training per week.

<b>Projected Expenses</b>		
<b>Club Suit and Cap</b>	~\$100	~\$100
<b>Uniform<sup>5</sup></b> (plus black leggings/pants of your choosing)	Shirt & Jacket: ~\$180 Tank Top: ~\$30 Backpack: ~\$95 Black Suit and White Cap: ~\$85	Shirt & Jacket: ~\$180 Tank Top: ~\$30 Backpack: ~\$95 Black Suit and White Cap: ~85
<b>Optional Team Wear</b>	Parka: ~\$150	Parka: ~\$150
<b>Routine suit (per routine)</b>	~\$150-\$225	~\$150-\$225
<b>Personal underwater sound system</b>	Optional, useful for extra routines	My Swimears Elite <sup>6</sup> ~\$175
<b>Other Equipment</b>	Blue Theraband, 2 x yoga blocks, weight belts or ankle weights (coach will specify what is needed), 2 large bottles, indoor running shoes, tubing	Blue Theraband, 2 x yoga blocks, weight belts or ankle weights (coach will specify what is needed), indoor running shoes, tubing

	<b>Youth National</b>	<b>Junior National/Senior</b>
<b>Travel Expenses</b>		
<b>Travel Expenses<sup>7</sup></b>		\$5800

<sup>5</sup> Club Jacket and Club Cap will continue for this season. Club t-shirts will be updated

<sup>6</sup> Athletes will require the same brand so they can easily connect to the coach headset. A group order will be placed in late summer for those who do not have them already.

<sup>7</sup> Travel fee is inclusive of travel to all competitions, and an out of town training camp. Refunds/additional payments will be required if travel costs come in over/under what has been budgeted. As of June 6, 2023 we do not have firm locations for Qualifiers or Nationals which could impact our budget.

<b>Volunteering</b>	
<b>Volunteer Commitment</b>	<p>1) Join a Volunteer Committee at registration. 2) Volunteer at least 30 hours. Financial penalties apply if these requirements are not met. <a href="#">Please review Volunteer and Fundraising Policy.</a></p>
<b>Killarney Hosted Meets<sup>8</sup></b>	The equivalent of 1 shift per meet day as determined by the meet committee
<b>Casino<sup>9</sup></b>	1 shift: \$1000 invoice if Casino shift requirement is not fulfilled
<b>Fundraising</b>	
<b>Fundraising Commitment<sup>10</sup></b>	<p>\$400 Buyout at Registration: \$500 paid over eight team instalments. Financial penalties apply if these requirements are not met. <a href="#">Please review Volunteer and Fundraising Policy.</a></p>

<sup>8</sup> 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.

<sup>9</sup> At this time we anticipate our casino to be in the 2023/2024 season. Once the commitment has been met, or we have confirmed there is no Casino for the season, no invoice will be issued.

<sup>10</sup> Any outstanding fundraising will be collected from Team Deposit, or invoiced if the team deposit is insufficient to cover the shortfall.