

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).

	Pre Competitive	U10	Novice	U12	Youth/Junior
Born in Years	2014-2016 (2017 with PrgMgr permission)	2014-2016	2013 & Earlier	2012 & 2013	Youth: 2009-2011 Junior: 2008 or earlier
Training Hours (Includes both pool and dryland hours)					
Hours per week	3h	6h	8h	10h	10h
Training Days	SILVER: Mon/Wed 4:30PM-6PM or PINK: Tues/Thurs 4:30PM-6PM	Tues/Thurs 4:30PM-6PM Sunday 11AM-2PM	BLACK ¹ : Tues/Thurs 6PM-8:30PM Sunday 11:45AM-2:45PM or SILVER: Mon/Wed 6PM-8:30PM Friday 5PM-8PM	PINK: Tues 6-9PM Thurs 5:30-8:30PM Sunday 8:45AM-12:45PM or SILVER: Tues 5:30-8:30PM Thurs 6-9PM Sunday 8:30AM-12:30PM	Youth: Tues/Thurs Junior: Mon/Wed All weeknights 6pm-9pm Sunday 12:30PM-4:30PM

¹ The Novice Black team may have a combination of U12 and Novice athletes. As long as the team age averages to Novice (has more Novice swimmers than U12 swimmers), the team will continue to train 8 hours per week.

Training Pool	Killarney Pool	Killarney Pool (Weekdays) Seton or U of C (Sundays)	MRU (Weekdays) Seton or U of C (Sundays)	MRU (Weekdays) Seton or U of C (Sundays)	MRU (Mon) U of C (Tues/Wed/Thurs) Seton or U of C (Sundays)
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)			

*Note: MRU is closing Dec 2-Jan 2 for pool maintenance - all practices will be relocated to Seton or U of C during that time period

	Pre Competitive	U10	Novice	U12	Youth/Junior
Competitions/Events Schedule - Dates/locations below are estimates only based on historical data					
Dryland Skills Virtual Event	~November 2023				
City of Calgary Figures Meet	Saturday, November 18, 2023 Location: MNP (formerly Repsol)				
Alberta Winter Game Trials	Not applicable			November 25, 2023 Location: TBD (U12 Pink and Youth Teams Only)	
Winter Watershow	Afternoon of December 10, 2023 Location: Seton Brookfield Y				
Northern Lights	Not applicable	January 26-28, 2024 Location: Calgary			
Alberta Winter Games	Not applicable			February 16-19, 2024 Grande Prairie, AB (Teams that qualify)	

Rocky Mountain Qualifier	February 23-25, 2024 Location: Edmonton (Kinsmen)			
Spring Watershow	TBD Location: Seton Brookfield Y			
Wildrose Classic	Not applicable	April 26-28, 2024 Location: Calgary		
Red Deer Rec Event	Late April 2024 Location: Red Deer	Not applicable		
Out of Province Competition	Not applicable	Not applicable	Not applicable	Canadian Prairie Championships Early May 2024 Location: Regina

***Out of Province Travel:** Travel fees listed below include a forecast for traveling to Regina for CPC and may need to be adjusted depending on competition location/timing.

Important Dates:

- Athletes can expect one training day off following most 3 day competitions. Family vacations are best planned before the return to swimming in January (September-January 3) or directly following the February competition.
- First Day of Training - September 5 or 6, 2023
- Thanksgiving Weekend - Sunday and Monday, October 8 & 9, 2023 - No Training
- Winter Break - No Training December 22, 2023 through January 4, 2024. Training to resume January 5, 2024
- 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 - March 29 & 31, 2024 - No Training
- Last Day of Training - To be determined by team once the competition schedule is set, but will likely be in the first week of May 2024.

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.
- 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. 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 2023-2024 season. Tentative Fees are based on projections from our 2022-2023 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. **Note:** Fees and expenses do not include those costs related to extra routines or extra figures.

	Pre Competitive	U10	Novice	U12	Youth/Junior
Tentative Fees					
Registration Fees²	\$250 Team Deposit [~\$99.20 - AAS]	\$500 Team Deposit [~\$99.20 - AAS]	\$600 Team Deposit [~\$99.20 - AAS]		\$770 Team Deposit [~\$99.20 - AAS]
Team Fees	\$1565	\$3085	\$3430	\$3775	\$3990

² \$100 of the Team Deposit is non-refundable if the athlete withdraws before September 30, 2023. Refunds after September 30, 2023 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 2023.

Travel Expenses (Edmonton and out of province, if applicable)	Not applicable	\$350	\$350	\$1650	\$1650
Competition Entry Fees	\$180	\$500	\$500	\$500	\$500
Total Program Cost³	\$1745	\$3935	\$4280	\$5925	\$6140
Optional Solo/Duet (includes coaching & competition entry fees)⁴	Not Applicable	Duet: \$1570	Solo: \$1910 to \$3510 Duet: \$1570 to \$2940		
Uniforms					
Club Suit	Not Required	~\$90	~\$90	~\$90	~\$90
Uniform⁵ (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 Items	Club Backpack: ~\$95 and Club Parka: ~\$150				
Routine Suit	~ \$85	~ \$150	~ \$150	~ \$150	~ \$150
Other Equipment	None Required	Will be specified by the team coach but may include: Yoga blocks, theraband, large bottles, tubing, weight belts (older athletes only)			

³ Billed in 8 instalments monthly October 5 through May 5.

⁴ Price varies based on the number of hours training per week.

⁵ Athletes require a full piece swimsuit, goggles, cap and a noseclip to wear at each practice. The club cap and club jacket will be the same as the 2022-2023 season. Club suit and t-shirt may be updated for the 2023-2024 season.

	Pre Competitive	U10	Novice	U12	Youth/Junior
Volunteering					
Volunteer Commitment	1) Join a Volunteer Committee at registration. 2) Volunteer the hours listed below. Financial penalties apply if these requirements are not met. Please review Volunteer and Fundraising Policy.				
	At least 10 hours	At least 30 hours			
Killarney Hosted Meets⁶	1 shift	The equivalent of 1 shift per meet day as determined by the meet committee			
Casino⁷	N/A	1 shift: \$1000 invoice if Casino shift requirement is not fulfilled			
Fundraising					
Fundraising Commitment⁸	\$150	\$350			
	Buyout at Registration: \$500 paid over eight team instalments Financial penalties apply if these requirements are not met. Please review Volunteer and Fundraising Policy.				

⁶ 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.

⁷ 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.

⁸ Any outstanding fundraising will be collected from Team Deposit, or invoiced if the team deposit is insufficient to cover the shortfall.