

The table below outlines the tentative training schedule for Calgary Killarney Artistic Swim Club's 2021-2022 season. .

	Pre Competitive	U10 Provincial	Novice	11-12	13-15
<b>Born in Years</b>	2012, 2013 or 2014	2012 or 2013	2011 or earlier	2010 or 2011	<b>13-15:</b> 2007 - 2009 <b>16-20:</b> 2006 and earlier
<b>Training Hours (Includes both pool and dryland hours)</b>					
<b>Total Hours per week</b>	3h	6.5h	9h	10h	10h
<b>Teams Offered</b>	2 Teams	1 Team	1 Team	1 Team	2 Teams
<b>Training Days</b>	Weeknights (MW or Tues/F)	2 weeknights (not Fridays) and Sundays	TBD 2 weeknights (not Fridays) and Sundays OR MWF	2 weeknights (not Fridays) and Sundays	2 weeknights (not Fridays) and Sundays
<b>We are not planning on booking any pool time for any programs on Saturdays for the 2021-2022 Season</b>					
<b>Training Pool</b>	Program likely to be offered at Killarney	MRU or Killarney (weeknights) and Seton (Sundays)	MRU (weeknights) and Seton (Fridays/Sundays)	MRU (weeknights) and Seton (Sundays)	Weeknights TBD (U of C, MRU or Seton) and Seton (Sundays)
<b>Duets and Solos (Optional)</b>	Not applicable	1 hour per week for solos and 1.5 hours for duets (training option will likely be opposite weeknights to team training (MRU, Seton U of C) or Fridays at (Seton))			

	Pre Competitive	U10 Provincial	Novice	11-12	13-15
<b>Competitions/Events Schedule</b>					
<b>November Dryland Competition</b>	Virtual (Must be born in 2013 or earlier)				
<b>CWC Figures Meet</b>	November 7, 2021 Location - Calgary Winter Club				
<b>City of Calgary Figures Meet</b>	Not applicable	November 13 or 20, 2021 Location - Repsol			
<b>Winter Watershow</b>	December 4, 2021 (4PM-7PM) Location - Seton Brookfield YMCA				
<b>Provincial Stream Transitions</b>	Not applicable	January 27-30, 2022 Location - Repsol			
<b>Wildrose Qualifier</b>	Not applicable	February 24-27, 2022 Location - Edmonton (Kinsmen)			
<b>Mini Meet</b>	In club performance opportunity in March 2022 TBD	Not applicable			
<b>Wildrose Classic</b>	Not applicable	April 22-24, 2022 Location - University of Lethbridge			
<b>Red Deer Rec Event</b>	TBC April, 2022 Location: Red Deer	Not applicable			

<b>Spring Competition</b>	TBC - April 30 & May 1, 2022 (CWC)	CWC Meet is April 30 & May 1, 2022/out of province meets TBC but usually early May Location: CWC or out of province
<b>Spring Watershow</b>	Saturday, May 14th 2022 (4PM-7PM) Location - Seton Brookfield YMCA	

**\*Out of Province Travel:** Typically U10, 11-12, Novice and 13-15 Provincial Stream teams travel out of province to B.C., Saskatchewan or Manitoba in early May each season. We will tentatively plan to do this next season but we will need to see what the regulations are with travel in Spring of 2022 and where we are at with the pandemic. If restrictions allow and we are able to plan travel we will adjust travel fees/competition fees accordingly. Currently, travel fees listed below DO NOT include any out of province travel costs.

### Important Training Dates

- Summer Camp - 1 week Mandatory for all competitive athletes in the 11-12 age group and older (highly encouraged for all athletes)
- First Day of Training
  - August 31, 2021 (13-15 and 16-20....we will likely start these age groups August 31, Sept 1 and 2, then take the Friday through Monday off for Labour Day and continue)
  - September 7th, 2021 (11-12, Novice, U10 and Pre 10)
- Thanksgiving Weekend - No training
- Winter Break - Either Sunday, December 19th through Saturday, January 1st OR Monday, December 20th through Sunday, January 2nd.....depending on pool availability on the Sunday before and after the break
- Family Day Long Weekend - Provincial Stream will train either the Sunday or the Monday but not both
- March 18-22 - No training (long weekend off in lieu of Easter weekend - No swimming Friday through Tuesday)
- Easter Weekend - Provincial stream will train, No training for Pre 10 Easter Friday or Easter Monday
- Last Day of Training - Thursday, May 19th, 2022
- May 24th, 2022 - Optional spring training and National Team training begins

### **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.
- 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.
- There is a potential to have alternates in the 11-12 and 13-15 provincial stream programs. Coaches will have the final say in alternate selection. Alternate selection criteria will be communicated at the first team meeting of the year and reiterated throughout the season.

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](http://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
<b>Tentative Fees</b>					
<b>Registration Fees</b>	\$100 - CKASC \$94 - AAS (to be billed in August)	\$100 - CKASC \$94 - AAS (to be billed in August)	\$100 - CKASC \$94 - AAS (to be billed in August)	\$100 - CKASC \$94 - AAS (to be billed in August)	\$100 - CKASC \$94 - AAS (to be billed in August)
<b>Team Fees TBC</b>	\$1,359	\$2,763	\$3213	\$3,400	\$3600
<b>Optional Solo/Duet Fees</b>	N/a	Solo: \$1,350 Duet: \$1,100	Solo: \$1,350 Duet: \$1,100		
<b>Uniforms</b>					
<b>Club suit</b>	Not Required	~\$75	~\$75	~\$75	~\$85
<b>Uniform</b> (plus black leggings/pants of your choosing)	Shirt: ~\$35 Black Suit and White Cap: ~\$60 Club Cap: ~\$9	Shirt/Jacket: ~\$180 Black Suit and White Cap: ~\$60 Club Cap: ~\$9			
<b>Optional Team Wear</b>	Club Swim Bag: ~\$95 Club Parka: ~\$150				
<b>Routine suit</b>	\$65	\$130 - \$200	\$130 - \$200	\$130 - \$200	\$130 - \$200

	Pre Comp	U10 Provincial	Novice	11-12	13-15
<b>Travel Expenses</b>					
<b>Meet Registration</b>	~\$150	~\$500	~\$500	~\$500	~\$500
<b>Meet Coaching<sup>1</sup></b>	~\$150	~\$350	~\$350	~\$350	~\$350
<b>Travel Expenses</b>	N/A	~\$650	~\$650	~\$650	~\$650
<b>Training Camp</b>	N/A	N/A	N/A	TBD	N/A
<b>Volunteering</b>					
<b>Volunteer Commitment<sup>2</sup></b>	25 hours	50 hours per family - \$500 Volunteer deposit cheque			
<b>Meet<sup>3</sup></b>	1 shift	The equivalent of 1 shift per "meet day" per family			
<b>Casino<sup>4</sup></b>	N/A	1 shift - \$500 Casino deposit cheque			
<b>Fundraising</b>					
<b>Fundraising Commitment<sup>5</sup></b>	\$150	\$350	\$350	\$350	\$350

<sup>1</sup> Meet coaching fees are a projected estimate based on historical estimates. They will be the actual coaching costs for the meet divided by the number of provincial/pre-competitive level swimmers attending the meet.

<sup>2</sup> Volunteer deposit cheque is required with registration. Once the Volunteer Commitment has been met, the cheque is destroyed.

<sup>3</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>4</sup> We will have a Casino during the 2021-2022 season as our previously scheduled casino was Q2 of 2021. We are not sure of the date but expect it to be sometime in 2022. 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.

<sup>5</sup> A cheque covering the Fundraising Commitment is required at the start of the season. when the commitment is met, the cheque is destroyed.