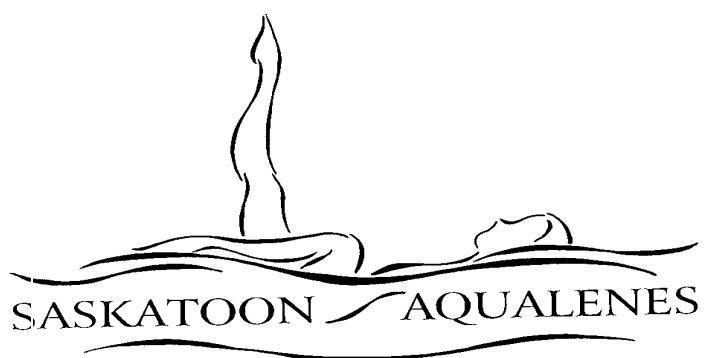


# Saskatoon Aqualenes

## Synchronized Swimming Club



*“Developing the whole athlete through  
team work, excellence, fitness and enjoyment”*

REGISTRATION 2010-2011

**Competitive Program**  
**Registration Package**

# REGISTRATION 2010-2011

Where: Shaw Centre, 122 Bowlt Crescent

When: Monday, August 30, 6:30 – 8 p.m.

OR

Tuesday, August 31, 6:30 – 8 p.m.

- Bring:
- 1) Sufficient cheques for full payment of fees by post-dated cheques payable to the **Saskatoon Aqualenes or SAQ**. Swimmers can only begin program after registration is complete and full payment received.
  - 2) Medical information & Saskatchewan Health Services card for your swimmer.

***Veteran parents will be present to answer any questions you may have. For more information, call club phone (651-2500) OR Cindy Yelland (249-6284 or [nc.yelland@shaw.ca](mailto:nc.yelland@shaw.ca)).***

NOTE: Current members may register by mail by sending complete registration package to:

Cindy Yelland, 131 Martin Crescent, Saskatoon, SK S7T 0A7 by August 31, 2010.

or by leaving their registration packages in the mailbox at the above address.

# CHECKLIST FOR REGISTRATION

- **Application Form**
- **Assumption of Risk Agreement**
- **Cheques - Payment in Full**
  - **Affiliation Fee**
  - **Club Fees**
  - **Fundraising Commitment**
  - **Steak Night Tickets**
  - **Volunteer Commitment Cheques**

# About the Saskatoon Aqualenes

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The Aqualenes provides top level, fully certified NCCP Level I, II and III synchronized swimming coaches to provide swimmers with the safest, most rewarding synchronized swimming experience.

Our Head Coach, Laurie Wachs has twenty five years coaching experience. Laurie has coached many swimmers to medal performances at a provincial and national level. In November 2004 Laurie Wachs was inducted into the Saskatoon Sports Hall of Fame as a “Sport Builder”. In November of 2000 the Coaching Association of Canada selected Laurie Wachs as the recipient of the 3M Coaching Canada Award in the Development Sport – Female Category.

For participants new to the sport of Synchronized Swimming we offer the opportunity to “Learn To Synchro” with the Synchro Canada STAR Program. Our recreation program was developed for children aged 5 and up. It consists of 12 skill levels starting with the basics and progressing through to complex figures.

## ***Synchronized Swimming***

***–challenging and fun!***

Sometimes described as “water ballet,” synchronized swimming combines the athletic endurance of a speed swimmer, the flexibility of a gymnast and the grace of a dancer. It is one of the world’s most beautiful, disciplined and demanding sports. Synchro develops:

- Self-confidence
- Interpretive & performance skills
- Friendships & teamwork
- Strength & endurance
- Aerobic & anaerobic fitness

Because of synchro’s training benefits, swimmers often go on to excel at other sports. Saskatchewan has produced many outstanding Synchro athletes. In 2007, Aqualenes Swimmer Jessica Guenther won Saskatchewan a bronze medal at the Canada Winter Games. Jessica has been a member of the Junior National Team for the past two years. A former Aqualenes swimmer, Lesley Wright, performed in the famous Vegas Cirque de Soleil Water Show “0”. In

2006 the Aqualenes Senior Team captured a National Title and in 2008 captured silver in the Combo Event at Open Nationals.

Synchronized swimming has the potential to enhance our lives; it has a positive effect on our physical and mental well-being and it brings us together. The Aqualenes mission is to develop champions for life. We will fulfill this mandate by positioning Long Term Athlete Development as the foundation of all our programs – from grassroots to national team. Through LTAD, this development will be enhanced and participants will learn invaluable life skills as they progress through its seven stages. From a young age, children learn to respect and nurture individual differences, embrace challenges, and value the benefits that result from being part of a team effort.

Long Term Athlete Development supports life-long participation in Synchro (or other physical activities) and excellence at the High Performance Level. Both participation and excellence are built on the common foundation of fundamental movement and sports skills developed during the early stages – Active Start, FUNdamentals, and Learning to Train. Athletes may make the transition into life-long sport participation for fun and fitness at a later stage in Long Term Athlete Development.

For more information on the Saskatoon Aqualenes please see our website at <http://saskatoonaqualenes.saskatoon-sk.com> . **It is important that parents review the handbook which can be found on the website. There is a link to the handbook on the home page. The handbook outlines the rules and policies of the club with respect to travel and other issues.**

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# Competitive Program

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We offer several different levels in our competitive program. This program is suggested for those swimmers that have learned basic synchronized swimming skills and are ready for a new challenge. Synchro Canada is implementing an age level system this year. Swimmers in the 13-15 year old group have the option of competing in the Provincial or National Stream. Swimmers that previously competed in the National Stream have the option **this year only** of moving back to the Provincial Stream if they so choose. 8 and under is the first level an athlete competes in and the levels go up to 15 – 21 plus. The training hours differ between the age levels. The skills learned in this competitive program will be focused on further developing the skills from the Fundamentals program and learning as many synchro specific skills as possible, including flexibility, strength, and speed development.

If a swimmer wants to directly enter the competitive program this may be possible if the coaches determine the swimmer is ready for the competitive program and capable of learning the required skills. Please contact Laurie Wachs, the Head Coach, at 651-2500 if you want to discuss this possibility.

## **8 and under**

**If there is enough interest the Saskatoon Aqualenes will offer an 8 and under competitive program this year.**

1 time per week pool training – Thursday (4:30 – 6:30 pm)

1 time per week dry land training – Thursday (6:30 – 7:15 pm)

### **Competitions they are expected to attend:**

Marnie Eistetter Element Camp – November 13, 2010 – Saskatoon

Sandra Roberts National Age Group Provincials – March 12/13, 2011 – Saskatoon \*figures only

Sadie Caulder Knight Provincial Age Group Provincials – April 16/17, 2011 – Saskatoon

## **10 and under – Learning to Train: Building skills for Synchro and for Life (Provincial Stream)**

**Athletes at the Learning to Train stage discover what Synchro is all about and how fun it can be. Coaches establish a culture of challenge and fun as they address the windows of trainability for suppleness, stamina and skill. While the athlete becomes acquainted with Synchro-specific skills and techniques, they continue to develop fundamental movement and motor skills, build a strong fitness base, and fall in love with the sport. Talent identification occurs at the end of this stage and is based on a number of factors, including suppleness, skill and genetic predisposition to the sport.**

2 times per week pool training – Wednesday (6:30 – 8:30 pm) and Saturday (9-11 am) before Christmas and (9 – 12 pm) after Christmas

2 times per week dry land training – Wednesday (5:45 – 6:30 pm) and Saturday (11 – 11:45 am) before Christmas and (12 – 12:45 pm) after Christmas

### **Competitions they are expected to attend:**

Marnie Eistetter Element Meet/Camp – November 13/14, 2010 – Saskatoon

Sandra Roberts National Age Group Provincials – March 12/13, 2011 – Saskatoon

Sadie Caulder Knight Provincial Age Group Provincials – April 16/17, 2011 – Saskatoon

## **12 and under – Train to Train: Loving Challenges, building Pride (Provincial Stream)**

**At the Training to Train stage, athletes learn that hard work can be rewarding and fun. They enjoy the sense of pride and satisfaction that comes when meeting a challenge head on. During this stage, trained coaches address the window of accelerated adaption to aerobic, speed, and strength training in order to maximize the athlete’s development. During competitions, athletes compete to achieve their best, but the major focus of training is on building an aerobic base and consolidating Synchro-specific skills as opposed to competing.**

3 times per week pool training – Monday (6:30 – 8:30 pm), Wednesday (6:30 to 8:30 pm) and Saturday (9-11 am) before Christmas and (9-12 pm) after Christmas

3 times per week dry land/cross training – Monday (5:45 – 6:30 pm), Wednesday (5:45 – 6:30 pm), and Saturday (11 – 11:45 am) before Christmas and (12 – 12:45 pm) after Christmas

**Competitions they are expected to attend:**

Marnie Eistetter Element Meet/Camp – November 13/14, 2010 – Saskatoon

Diane Lemon Invitational – January 29/30, 2011 – Regina

Sandra Roberts National Age Group Provincials – March 12/13, 2011 – Saskatoon

Sadie Caulder Knight Provincial Age Group Provincials – April 16/17, 2011 – Saskatoon

MASY Championships – May 13 – 15, 2011 – Winnipeg, Manitoba

**13-15 – Training to Train: Loving Challenges: Building Pride (Provincial Stream)**

**At the Training to Train stage, athletes learn that hard work can be rewarding and fun. They enjoy the sense of pride and satisfaction that comes when meeting a challenge head on. During this stage, trained coaches address the window of accelerated adaption to aerobic, speed, and strength training in order to maximize the athlete’s development. During competitions, athletes compete to achieve their best, but the major focus of training is on building an aerobic base and consolidating Synchro-specific skills as opposed to competing.**

3 times per week pool training – Monday (6:30 – 8:30 pm), Wednesday (6:30 – 8:30 pm), and Saturday (9-1 pm)

2 times per week dry land/cross training – Monday (5:45 – 6:30 pm), Wednesday (5:45 – 6:30 pm)

**\*In addition to the 8 hours of pool time these swimmers are expected to do an extra routine or a weekly private lesson. These can be scheduled at any club pool time.**

**Competitions they are expected to attend:**

Marnie Eistetter Element Meet/Camp – November 13/14, 2010 – Saskatoon

Diane Lemon Invitational – January 29/30, 2011 – Regina

Sandra Roberts National Age Group Provincials – March 12/13, 2011 – Saskatoon

Sadie Caulder Knight Provincial Age Group Provincials – April 16/17, 2011 – Saskatoon

MASY Championships – May 13 – 15, 2011 – Winnipeg, Manitoba

## **13-15 – Training to Train: Loving Challenges: Building Pride (National Stream)**

**At the Training to Train stage, athletes learn that hard work can be rewarding and fun. They enjoy the sense of pride and satisfaction that comes when meeting a challenge head on. During this stage, trained coaches address the window of accelerated adaption to aerobic, speed, and strength training in order to maximize the athlete's development. During competitions, athletes compete to achieve their best, but the major focus of training is on building an aerobic base and consolidating Synchro-specific skills as opposed to competing.**

4 times per week pool training – Monday (6:30 – 8:30 pm), Wednesday (6:30 – 8:30 pm), Friday (5:15 – 7:15 am) and Saturday (9-1 pm)

2 times per week dry land/cross training – Monday (5:45 – 6:30 pm), Wednesday (5:45 – 6:30 pm)

**\*In addition to the 10 hours of pool time these swimmers are expected to do an extra routine, a weekly private lesson or an extra figures practice. Thursday from 4:30 – 6:30 pm will be scheduled as the extra figure/routine day. If a swimmer chooses to do a weekly private lesson they do not have to attend this practice. Private lessons can be scheduled at any club pool time.**

### **Competitions they are expected to attend:**

Marnie Eistetter Element Meet/Camp – November 13/14, 2010 – Saskatoon

Diane Lemon Invitational – January 29/30, 2011 – Regina

Sandra Roberts National Age Group Provincials – March 12/13, 2011 – Saskatoon

Western Divisionals – March 24 to 27, 2011 – Regina

Canadian Espoir Championships – June 1 – 5, 2011 – TBA

## **15 – 18 – Training to Compete: We know greatness will result from our passion (National Stream)**

**At the Training to Compete stage, athletes learn that their passion for Synchro shines through in competition. Their demanding sport specific physical, tactical, and technical training programs are preparing them for the challenges of performance. They set individual and team goals and enjoy the satisfaction of reaching them. The athletes are now proficient at performing basic Synchro specific skills and can perform their skills under a variety of competitive conditions during training. At this stage, talent identification and an athlete's ambitions will largely determine whether she pursues national or international stream of training and competition.**

7 times per week for Canada Games Track athletes pool training – Tuesday/Friday (5:15 – 7:15 am), Monday – Wednesday (6:30 – 8:30 pm), Thursday (4:30 – 6:30 pm) and Saturday (9-1 pm)

2 times per week dry land training – Monday (5:45 – 6:30 pm), and Wednesday (5:45 – 6:30 pm)

**One private lesson per week is recommended.**

**Competitions they are expected to attend:**

Marnie Eistetter Element Meet/Camp – November 13/14, 2010 – Saskatoon

Diane Lemon Invitational – January 29/30, 2011 – Regina

Sandra Roberts National Age Group Provincials – March 12/13, 2011 – Saskatoon

Western Divisionals – March 24 to 27, 2011 – Regina

Canadian Open Championships – April 27 to May 1, 2011 – Calgary

**For information on the fees payable for each age group please see the chart at the end of this document.**

# General Information

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## Equipment Needed

At the first practice the swimmer will need to have the following equipment: bathing suit, goggles, nose clips, and bathing cap. Nose clips and bathing caps will be available for purchase at registration.

## Cancellation Policy

Refund of fees on a prorated basis MAY be granted provided notice has been issued to the club two weeks prior to withdrawal. Affiliation fees are not refundable. If a swimmer withdraws from the program after January 15th, a refund WILL NOT be issued unless a physician's certificate is supplied. All monies generated towards the athlete's fundraising account are not subject to refund at any time.

## Travel Policy

Travel to meets/competitions and skill development camps are done as a club. Parents may travel with the club, space permitting. Travel will be by bus, whenever possible. SAQ makes every effort to travel as economically as possible. All members of a team are expected to stay together as one unit while attending meets, competitions or camps. A parent chaperone is responsible for all team members for the duration of the trip except where the team coach assumes responsibility. If an overnight stay at a hotel is necessary, the SAQ travel coordinator will arrange accommodation and the coach will assign rooms to swimmers.

## Fundraising

The Saskatoon Aqualenes have a fundraising requirement amount for all competitive athletes. This amount can either be paid for in full or you have the option of participating in several fundraising opportunities throughout the year to assist in raising funds to meet this requirement. Any money you raise will be put directly into your swimmer's "fundraising account". When fundraising cheques are due (November and April), the required amount will be subtracted from your account and your cheque will NOT be processed. If only a portion of the amount required is available, you will be notified as to how much is left owing and that amount will be collected at that time. If you fundraise more than the minimum requirement you can use the extra funds to pay for such things as competitions, bathing suits or even monthly fees.

Some of the fundraising opportunities the club has offered in the past include both working opportunities as well as selling products. Working opportunities include such things as working at car raffle tables for CNIB and Sask. Association for Community Living, delivering phone books, bottle drives, spring barbecue, running coat checks and working bingos. We have sold products such as Christmas items from a catalogue through Lamontagne, Mom's Pantry, frozen cookie dough, chocolates, meats, Safeway coupon books and hockey draft tickets.

Although the above fundraising opportunities are all optional, the Saskatoon Aqualenes do require everyone to take part in one mandatory annual fundraiser. It is a steak night that is held early in the fall, and all families are required to purchase 4 tickets to this event at time of registration. The cost of the steak night tickets is \$80.00 and the steak night will be held November 7, 2010 at Smiley's from 5 – 9 pm.

If you have any further questions about how the Saskatoon Aqualenes fundraising program works please feel free to call our fundraising coordinator, Dianne Janzen, [dfjanzen@hotmail.com](mailto:dfjanzen@hotmail.com) , Ph# 384-5622.

## **Volunteers**

The Saskatoon Aqualenes have a history of great volunteers. Parents operate the club with the help of our excellent coaches. We rely on the time our volunteers give in order to ensure the smooth operation of our club. More help is always needed. Please consider giving your time and agreeing to fill a board position. Without parent volunteers there would be no club.

This year the Saskatoon Aqualenes are hosting three competitions. Each family is expected to volunteer a minimum of two shifts at each competition.

## **Parent Meetings**

A meeting will be scheduled at the start of the season with each team.

## **Wardrobe**

The wardrobe coordinator will be holding a wardrobe night later in the fall. The club is able to purchase swim caps, nose clips and competitive bathing suits at a price that is usually cheaper than retail. Team jackets and team swimsuits are required for competitive swimmers. Jackets will be sized and ordered at the wardrobe night. These jackets will be worn at all meets/competitions and camps. In addition, each team will have a competition team swimsuit. Each swimmer will be expected to purchase this swimsuit.

## Competitions

The competition schedule for the 2010/2011 season is as follows:

### Provincial Stream

#### 2010

Marnie Eistetter Element Meet/Camp – November 13/14, 2010 – Saskatoon

#### 2011

Diane Lemon Invitational – January 29/30, 2011 - Regina

Sandra Roberts National Age Group Provincials – March 12/13, 2011 – Saskatoon

Sadie Caulder Knight Provincial Age Group Provincials – April 16/17, 2011 – Saskatoon

MASY, May 13 to 15, 2011 – Winnipeg, Manitoba

### National Stream

#### 2010

Marnie Eistetter Element Meet/Camp – November 13/14, 2010 – Saskatoon

#### 2011

Diane Lemon Invitational – January 29/30, 2011 - Regina

Sandra Roberts National Age Group Provincials – March 12/13, 2011 – Saskatoon

Westerns - March 24 to 27, 2011 – Regina

Canadian Open Championships – April 27 to May 1, 2011 – Calgary

Canadian Espoir Championships – June 1 to 5, 2011 – TBA

## Swimming Start Dates

The competitive swimming program starts Tuesday, September 7, 2010.

## Pool Times

Pool times for Aqualenes 2010/2011 Programming:

<b>Mondays</b> 6:30-7:30 pm 7:30-8:30 pm	8 Lanes 8 Lanes	Shaw Shaw
<b>Tuesdays</b> 5:15-7:15 am 6:30-8:30 pm	8 Lanes 7 Lanes	HBC Shaw
<b>Wednesdays</b> 6:30-7:30 pm 7:30-8:30 pm	8 Lanes 8 Lanes	Shaw Shaw
<b>Thursdays</b> 4:30-6:30 pm	8 Lanes	HBC
<b>Fridays</b> 5:15-7:15 am 5 to 6:30pm	8 Lanes Whole Pool	HBC YWCA
<b>Saturdays</b> 9:00 – 1:00 pm 3:15 – 5 pm	8 Lanes Whole Pool	HBC YWCA

## Solos and/or Duets

Extra routines must be approved by the team and head coach. It will be within their discretion to determine whether any swimmer is eligible to perform a solo and/or duet.

**If an extra routine is approved the fees will be \$78.00 a month, or \$351.00 twice, or \$702.00 once.**

## Privates

Private Lessons are not mandatory and are available for those swimmers who wish to work one-on-one with a Coach to enhance their swimming skills. Swimmers must arrange a Private Lesson Coach themselves. They must pay an agreed upon fee to the coach for the coach's time. In addition, you will be required to pay SAQ \$7.50 to pay for pool and lifeguard costs. This amount will be paid to the coach at each private by either cheque addressed to SAQ or cash. The coach will be paid separately.

## Attendance

Attendance at practice is very important. When swimmers are absent it is difficult for the remainder of the team to practice their routine properly. We have adjusted our swim times

this year in an effort to better accommodate our swimmers and families. If your swimmer is sick or going to be absent from a practice please let your coach know they will be absent.

## Holiday Schedule

In an effort to allow our families to plan family holidays the following dates have been scheduled off from swimming. It is the hope of the Saskatoon Aqualenes that our families will take advantage of this schedule by planning holidays around these dates.

All age groups will have the following breaks from the swimming schedule:

October 9 – 11, 2010 – Thanksgiving Weekend

December 23, 2010 – January 2, 2011 – Christmas Break – Wednesday, December 22, 2010 will be the last day of swimming before Christmas and practice will resume Monday, January 3, 2011.

February 22 – 25, 2011 – No swimming – February Break – It would be nice if swimmers could be back for practice on Saturday, February 26, 2011 if at all possible, but this is not mandatory.

Provincial Stream: April 25–29, 2011 – No Swimming – Easter Break

National Stream: April 22-24, 2011 – No Swimming – Easter Weekend. There will be swimming during the Easter Break for this group starting April 25, 2011.

\*15-18 year olds have Nationals starting April 27, 2011 so Easter Weekend will have to be discussed with this group.

# Fees and Cheques Required

Team	Affiliation Fee	Fees	Required Fundraising Amount	Steak Night Tickets	Volunteer Commitment *see note below
<b>8 and under</b>	\$100.00 dated September 1	\$548.66 once dated September 1, or \$274.33 twice dated September 1 and January 1, or \$60.96 monthly dated September 1 through to May 1	\$290.00 once dated November 15 or \$145.00 twice dated November 15 and April 15	\$80.00 dated October 1	three cheques of \$50.00 each dated November 1, March 1, and April 1
<b>10 and under</b>	\$100.00 dated September 1	\$1180.00 once dated September 1, or \$590.00 twice dated September 1 and January 1 or \$131.11 monthly dated September 1 through to May 1	\$490.00 once dated November 15 or \$245.00 twice dated November 15 and April 15	\$80.00 dated October 1	three cheques of \$50.00 each dated November 1, March 1, and April 1
<b>12 and under</b>	\$100.00 dated September 1	\$1590.00 once dated September 1, or \$795.00 twice	\$590.00 once dated November 15, or \$295.00 twice	\$80.00 dated October 1	three cheques of \$50.00 each dated November 1, March 1, and April 1

		dated September 1 and January 1, or  \$176.66 monthly dated September 1 through to May 1	dated November 15 and April 15		
<b>13 – 15 Provincial Stream</b>	\$100.00	\$1840.00 once dated September 1, or  \$920.00 twice dated September 1 and January 1, or  \$204.44 monthly dated September 1 through to May 1	\$690.00 once dated November 15, or  \$345.00 twice dated November 15 and April 15	\$80.00 dated October 1	three cheques of \$50.00 each dated November 1, March 1, and April 1
<b>13 – 15 National Stream</b>	\$125.00 dated September 1	\$2130.00 once dated September 1, or  \$1065.00 twice dated September 1 and January 1, or  \$236.66 monthly dated September 1 through to May 1	\$790.00 once dated November 15, or  \$395.00 twice dated November 15 and April 15	\$80.00 dated October 1	three cheques of \$50.00 each dated November 1, March 1, and April 1
<b>15 – 21 Plus</b>	\$125.00 dated September 1	\$2625.00 once dated September 1, or  \$1312.50 twice dated September	\$1040.00 once dated November 15, or  \$520.00 twice dated November	\$80.00 dated October 1	three cheques of \$50.00 each dated November 1, March 1, and April 1

		1 and January 1, or \$291.66 monthly dated September 1 through to May 1	15 and April 15		
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**Note:** The volunteer commitment cheque will not be cashed if each family volunteers for two shifts at each competition which SAQ hosts.