

# Orca Registration 2009-2010



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## ***CLUB HISTORY***

The ORCA Synchro Club started 12 years ago at the YMCA where we offered a range of recreational and competitive programs. We also offer programs for Adults/Masters & Athletes with a disability. There is great camaraderie and unity within our club between the swimmers, coaches and parents. We also offer subsidized programming to support families who otherwise would not be able to participate

## ***CLUB PHILOSOPHY & FOCUS***

The ORCA Club philosophy is “Where Fun and Friendship Lead to Swimming Success!!” We are dedicated to make Synchronized Swimming available to anyone with an interest. We are excited to offer programs to people of all ages and abilities.

To promote healthy lifestyles, team camaraderie and professional programming. We are a member driven club that operates with a volunteer board of director’s.

## ***COACHES QUALIFICATIONS***

All of our coaches are certified through the National Coaching Certification Program in both Synchronized swimming and Special Olympic streams. Our head coach is a Nationally certified Level 3 Synchronized Swimming coach.

## ***CANADIAN SPORT FOR LIFE***

This is a program that Sport Canada has developed that has been incorporated into all the sports. Each sport has taken the different developmental stages and has broken it down to show what should be taught and trained at each age level. Orca has adopted this program in every level.

## ***ORCA INFORMATION CONTACTS***

*Crystal Meakin*      Head Coach      651 – 1581

*Adeline Reihl*      President      477 – 2926

### ***ORCA Contact Addresses etc.***

#25 – 22 Street East  
Saskatoon, Saskatchewan  
S7K 0C7  
Fax: 382 - 0875

*E-mail:* [orcasyrch@yahoo.ca](mailto:orcasyrch@yahoo.ca)  
*Website:* [www.geocities.com/orcasyrch/](http://www.geocities.com/orcasyrch/)

## Training Activities

1. **Star Awards:** The club will covers 2 star awards each swimmer/swimmer.
2. 1 Watershow DVD/family is included in the program fees.
3. **Camp Requirements:** Swimmers in full-year programs are **required to attend 1 club camp**. Post-dated cheques are required at registration. In the event of a medical problem the club will credit the family after receiving a doctors' note.

Please note that the following camps are required unless otherwise indicated.

Ø *Recreational Programs*

Club Camps February

Ø *Pre-Competitive/Competitive Swimmers*

Club Camps November/February

Synchro Sask camp November

## Parent Responsibilities

1. Swimmer families are encouraged to attend all meetings.
2. Parents are asked to talk to the coach and/or head coach about concerns **out of practice times**. A contact list will be sent out at the beginning of the year.
3. Swimmers should be at the pool 10-15 minutes early.
4. All parents are asked to volunteer their time. Areas that require volunteers are:
  - Club functions
  - Officiating (star testing, refereeing)
  - Helping out with various club activities.

Maintain up-to-date on all fees. Please contact Adeline Reihl if you need to make alternate payment arrangements please contact.

## General Program Expectations

1. Please contact your swimmers' coach at least **45 minutes prior** to practice.
3. Most Recreational programs have barbecue &/or fundraising requirements.

Money received from fundraising and barbecue activities are used to offset costs of pool rental, purchase and upkeep of training equipment and professional development for coaches, club administration etc.

*All programs (Seasonal and long-term) are required to participate in the Swim-a-thon.*

## Program Cost

### Other Information

- Ø **Barbecue Fines:** Any missed barbecue or a cancelled barbecue with less than 5 days notice will be assessed a \$30.00 fine. ***After 2 missed barbecue`s or short cancellation notice that person will not be allowed to work any additional barbecue`s.***

### Fee Structure:

- Ø Swimmer Families are responsible to pay for all competition fees.
- Ø Families may buyout barbecue, fundraising and Swim-a-thon requirements *monthly*.
- Ø Monthly fees are paid to the **ORCA Synchro Club** through post-dated cheques
- Ø There is a 10% reduction in **program fees only** for families with two + swimmers.

## Fee Schedule

### *Fees Due at Registration*

- Monthly Fees
  - Affiliation Fees
  - Fundraising (December 31, April 30) / Barbecue Fees (June 30)
  - Club Camp(s)
  - **Social Fee** (this is a new fee)
- Ø *Fundraising*                      Buyout Monthly or through product sales
  - Ø *Wardrobe Costs:*                Due when order is made.
  - Ø *Competitions Fees:*            Due 4 weeks before comp.
  - Ø *Synchro Sask. Camps:*        October or November (due date varies)

The club must receive notice prior to the dates outlined if your child will be withdrawing from the program. All program fees & fundraising/barbecue requirements are due if the notice is received after the dates indicated below.

<b>Sept-Dec:</b>	<i>October 31</i>	(fall & full year programs)
<b>January-May</b>	<i>March 15</i>	(winter sessions only)
<b>September-May</b>	<i>January 15</i>	(full year programs only)

***Notice is due by the 15th of the month to stop payment for the end of that month.***

## Wardrobe

Participants are required to wear the following to participate in synchronized swimming;

### All Swimmers

- Ø Nose clips, swim caps **are mandatory**
- Ø Swim suits (*1-piece only*), Ø Goggles (*optional*)

### Watershow Suits (Recreational Swimmers)

- Ø Watershow Suits are decided by the team parents
- Ø Swimsuit decorations and head pieces are designed by the team parents in consultation with the coach.

### Competitive swimmers

The following are required:

- Ø White swim cap (latex), black swim suit (1-piece), nose clips, goggles
- Ø Club T-Shirt, Routine suits

## Fundraising Opportunities

Additional costs will be incurred by those members participating in competitions such as registration fees, travel and accommodations.

***Profit are shared b/n the club & swimmer families. (75% Families, 25% Club)***

### ***Potential Fundraising activities are:***

- |                              |                          |
|------------------------------|--------------------------|
| Ø Perogies and cabbage rolls | Ø Chocolate Blitz Sale   |
| Ø Cookie Dough Sales         | Ø Sausage and Ham Sales  |
| Ø Magazines, Gift cards      | Ø <i>Gift Card sales</i> |

***All members are required to participate in our club fundraiser:***

***November:*** Swim-a-thon                      ***February:*** Chocolate Sales

***These fundraisers help keep our fees down.***

## **Important Dates**

### **Fall Meetings/Events**

- Ø Aug 28/ Sept 2      Registration Day: 7:00 – 9:00 pm
- Ø September 20      Fall Parents Meeting
- Ø October TBA      Annual General Meeting

### **Program Dates**

Start Dates : September 12, January 5

End Dates: December 19, May 15

### **ORCA Events and Activities**

- Ø November 21      Swim-a-thon (Club Fundraiser)
- Ø TBA      Winter Celebration Party
- Ø Jan 30 – Feb 27      Chocolate Blitz Fundraising Activity
- Ø May 16      Year-end Watershow, Club Picture Day

### **Camps and Competitions** – some dates are still tentative

- Ø November 21/22      Figure Meet, Camp and Synchro Sask Banquet, Estevan
- Ø Feb 27, 28      Tier 6/7 Provincials (Saskatoon)
- Ø April 17, 18      Provincials (Regina)

## Recreational Programs

### *Synchro Kids*

This program will introduce swimmers to synchro & improve their swimming skills.

<b>Length</b> 45 minutes	<b>Session</b> Sept – Dec Jan – May	<b># Times/Week</b> 1 x/week	<b>Club Events</b> Watershow & Camp Optional	<b>Age Range</b> 4 – 7 years	<b>Min Level</b> Comfortable in the water Salamander
<b>Monthly Fee</b> \$21.00	<b>Affiliation</b> \$20.00/session	<b>Fundraising</b> No requirement	<b>Swim-a-thon</b> No requirement	<b>Program Day</b> Friday 7:15 – 8:00 pm	

### *Synchro Lessons & (Special Olympics short-term)*

This program will develop Synchro Skills, improve fitness level, & work on Synchro stars. We use the Aquasquirts program developed by Synchro Canada to develop the swimmers skills through creative and investigative methods.

<b>Length</b> 45 min – 1 hour	<b>Session</b> Sept – Dec Jan – May	<b># Times/Week</b> 1 x/week	<b>Club Events</b> Watershow & Camp Optional	<b>Age Range</b> 5 – 10 years	<b>Min Level</b> Swim Kids 2 or 3
<b>Monthly Fee</b> \$31.00	<b>Affiliation</b> \$20.00/session	<b>Fundraising</b> \$30.00/session	<b>Swim-a-thon</b> \$25.00	<b>Program Day</b> Friday 7:00 – 8:30 pm	

### *Full Year Recreational (youth and teen programs)*

This program will continue to develop Synchro Skills, improve fitness level, & work on Synchro stars. Introduce team routine skills. No previous synchro experience required.

<b>Length</b> 2 hours	<b>Session</b> Sept – May	<b># Times/Week</b> 1 x/week	<b>Club Events</b> Watershow & Camp Required	<b>Age Range</b> 7 – 14 years	<b>Min Level</b> Swim Kids 4 or 5
<b>Monthly Fee</b> \$46.00	<b>Affiliation</b> \$40.00	<b>Fundraising</b> \$135.00 3 barbecues	<b>Swim-a-thon</b> \$50.00	<b>Program Day</b> Friday 7:00 – 9:00 pm	

**Buyout Fees** (for fundraising monthly payments only)

<b>Fundraising</b> \$15.00	<b>Barbecue's</b> \$16.67 (\$150.00 payout)	<b>Both</b> \$31.67
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**Club Camp** (one payment)

\$15.00 (post dated Feb 1)



# Pre-Competitive

Program days will be selected based on the availability between families and coaches involved.

Introduce advanced figure & routine techniques. Improve fitness, flexibility, teamwork skills, goal setting, nutrition & mental training. Work on Synchro stars.

<b>Length</b> 2 hours	<b>Session</b> Sept – May	<b># Times/Week</b> 2 x/week	<b>Club Events</b> Watershow & Camp Required	<b>Age Range</b> 8 – 14 years	<b>Min Level</b> 1 year of Synchro or Permission From Head Coach
<b>Monthly Fee</b> \$96.00	<b>Affiliation</b> \$40.00 - \$80.00	<b>Fundraising</b> \$210.00 5 barbecues	<b>Swim-a-thon</b> \$70.00	<b>Program Day</b> Wed 5:30-7:30 pm Monday 4:00-6:00 pm	

**Buyout Fees** (for fundraising monthly payments only)

<b>Fundraising</b> \$23.33	<b>Barbecue's</b> \$27.77	<b>Both</b> \$50.11 (\$250.00 payout)
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**Club Camp**

\$15.00 (post dated Feb 1)

Club Camp Fee: \$15.00 (Post-dated February 1)  
\$30.00 – Synchro Sask Camp (November 1)

# Special Olympics (Full Year)

<b>Length</b> 1-5-2 hours	<b>Session</b> Sept – May	<b># Times/Week</b> 1 x/week	<b>Club Events</b> Watershow & Camp Required	<b>Age Range</b> 7 – 14 years	<b>Min Level</b> Swim Kids 4 or 5
<b>Monthly Fee</b> \$38.89	<b>Affiliation</b> \$40.00 - \$80.00	<b>Fundraising</b> \$135.00 3 barbecues	<b>Swim-a-thon</b> \$50.00	<b>Program Day</b> Wednesday 5:45 – 7:00 pm	

**Buyout Fees** (for fundraising monthly payments only)

<b>Fundraising</b> \$15.00	<b>Barbecue's</b> \$16.67	<b>Both</b> \$31.67 (\$150.00 payout)
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**Club Camp**

\$15.00 (post dated Feb 1)

# Adult Recreational

## ***Basic Program Information***

Refer to Synchro lessons and full year recreational programs regarding length and fee structure.

## ***Program Fees***

Adult Lessons refer to Synchro Lessons Fees

Program Days Dates and times are subject to change  
 Wednesday 7:00-8:00 pm (Adult Lessons)  
 Thursday 5:00-6:00 pm

# Competitive

Program days will be selected based on the availability between families and coaches involved.

Introduce advanced figure & routine techniques. Improve fitness, flexibility, teamwork skills, goal setting, nutrition & mental training. Work on Synchro stars.

<b>Length</b>	<b>Session</b>	<b># Times/Week</b>	<b>Events</b>	<b>Age Range</b>	<b>Min Level</b>
2-2.5 hours	Sept – May	2/3x/week	Watershow & Camp 2-3 Competitions	8 – 14 years	Star 3 or Permission From Head Coach
<b>Monthly Fee</b>	<b>Affiliation</b>	<b>Fundraising</b>	<b>Swim-a-thon</b>	<b>Program Day</b>	
\$126.00 / \$152.00	\$80.00 / \$120.00	\$210.00 / \$250.00 5 -7 barbecues (\$250.00/\$350.00)	\$80.00 / 100.00	Friday 6:30 – 9:00 pm Wed 5:30-8:00 pm Monday 4:00-6:00 pm	

## ***Buyout Fees*** (for fundraising monthly payments only)

<b>Fundraising</b>	<b>Barbecue's</b>	<b>Both</b>
\$23.33 / \$27.78	\$27.78 / \$38.89 (\$250 / \$350 payout)	\$51.11 / \$66.67

**Club Camp Fee:** \$30.00 (Post-dated February 1)  
 \$30.00 – Synchro Sask Camp (November 1)