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# Kawartha Trent Synchro Club

2021-2022

Information Package

[www.kawarthatrentsynchro.com](http://www.kawarthatrentsynchro.com)

## About Kawartha Trent Synchro Club



Artistic swimming is a sport that combines aspects of swimming, dance and gymnastics into routines of elaborate movements in the water accompanied by music. Artistic swimming develops a high level of physical fitness while teaching athletes confidence, grace and poise. Swimmers develop team and club spirit as they gain experience throughout the season. As artistic swimmers, athletes learn respect, cooperation, commitment and, above all, good sportsmanship. The Kawartha Trent Synchro Club (KTSC) was founded in the late 1960s. The name reflects that artistic swimming was formerly called synchronized swimming. KTSC is based in the Allan Marshall pool at Trent University. KTSC is governed by a Board of Directors composed of volunteers and all programs are delivered by well-trained and dedicated coaches.

## COVID-19 Statement



The situation and information around COVID-19 continues to change and evolve. As we enter the 2021-2022 season, KTSC is committed to the health and safety of all participants. As such, the resumption of sport continues to be a complex process this fall. Coordination with both Ontario Artistic Swimming and Trent University has been ongoing, and is necessary to ensure the health and safety of our members is the top priority. KTSC will be strict in following regulations and guidelines put in place to allow for the Return to Sport of our athletes in the most safe way possible.

KTSC will continue to monitor and work with our partners to make adjustments when/as necessary. That said, we are eager to provide as fulsome an experience for our swimmers, despite changes to how we have worked and trained together in the past. In addition to Artistic Swimming skills, KTSC will be focusing on skills that make a good athlete; physical well-being, mental health, personal growth and sense of community.

In an effort to safely ease athletes back into training, and in order to comply with our local health unit and Trent University guidelines and restrictions, KTSC will gradually return to training – first with Competitive and Regional League swimmers in September and Recreation swimmers in October. For the month of September, there continues to be a limited number of swimmers/coaches allowed in the pool and on pool deck mandated by Trent University. These restrictions will be reassessed in October by Trent, after which we may adjust training where required.

### KTSC Covid 19 Vaccine Policy

Sept 18 2021 - SARS CoV-2 Vaccination Policy (subject to update per evolving government, Public Health, Trent University and OAS guidance and policies)

#### Swimmers

KTSC is adopting the Public Health recommended policies for close contact sports and will be requiring all eligible swimmers to be fully vaccinated (all children that will be 12 years of age or older by Dec 31 2021). Guidelines for medical exemptions to this policy are clearly articulated by Public Health and are fully described:

<https://www.peterboroughpublichealth.ca/wp-content/uploads/2021/09/210917-Instructions-to-Sports-Groups-for-Coaches-Refs-and-Volunteers-for-Vaccine.pdf> At this time, there is no clear direction from either the host facility (Trent University), Public Health, nor OAS on how Human Rights-based exemptions should be evaluated. As clear criteria for Human Rights exemptions do not currently exist, at this time, such exemptions will not be considered by KTSC.

For those not yet eligible for SARS CoV-2 vaccination (younger than 12 years of age by Dec 31 2021), at this time, it is KTSC's understanding that these individuals can participate in sport at the host facility, but guidelines for continued social distancing will be adhered to.

#### Families

It is a requirement that all vaccination-eligible individuals on Trent Campus are vaccinated. This includes visitors to campus, and those parents/guardians picking up swimmers. Further, it is the expectation of KTSC that all family members eligible for the vaccine are fully vaccinated.

**For Ontario Artistic Swimming Vaccine Policy** – Please visit: <https://ontarioartisticswimming.ca/ontario-artistic-swimming-policies/>

# Recreational Program \$375 Per Session



This program designed for swimmers 8-15 years of age wishing to develop their basic artistic swimming skills. Swimmers will be introduced to new ways to move in and out of the water, developing physical and aquatic literacy, and developing teamwork skills following the AquaGo! Program.

Swimmers will be grouped into teams reflecting their ages, strengths, and skills.

With an AquaGo! Trained coach, they will develop a team routine using the skills they have learned and developed. Our club tradition and goal is to perform at the annual KTSC Splash Bash Swim Show (dependant on Covid restrictions Spring 2022).

KTSC will offer 2 – 12 week sessions.

## **Session 1:**

Registration: October 9, 2021

Tentative Start Date: October 17, 2021

Tentative End Date: January 23, 2022

Training time: 1 hour

Tentative Pool Times: Sunday 9:30-10:30 am OR Sunday 5-6 pm

Spaces are limited to 12 per time slot, unless Trent increases max capacity.

**\* Swimmers MUST be comfortable swimming on there own with no assistance for 1 hrs (Swimmer 3 or equivalent). Shallow end is available to stand and rest.**

Registration for the Recreation Program is open **Saturday October 9, 2021 at 7 AM**

### Session #1 Registration Links

Sunday 9:30 AM to 10:30 AM - <https://go.teamsnap.com/forms/290194>

Sunday 5:00 PM to 6:00 PM - <https://go.teamsnap.com/forms/287040>

Waitlist - <https://go.teamsnap.com/forms/290245>

## **Session 2:**

Registration: January 29, 2021

Tentative Start Date: February 6, 2022

Tentative End Date: May 15, 2022

Training time: 1 hr

Tentative Pool Times: Sunday 9:30-10:30 am OR Sunday 5-6 pm

Spaces are limited to 12 per time slot, unless Trent increases max capacity

Registration information to follow in January.

## About Competitive Programs



KTSC offers competitive programs for swimmers looking for a high level of commitment and competition. Our Regional League (Novice) and Competitive programs offer opportunities for athletes to compete against athletes from other clubs at meets throughout the season. Competitions this season will include land and pool elements and may be virtual or in person (to be determined by Ontario Artistic Swimming, as appropriate based on the state of COVID-19 in the province).

Training for all competitive swimmers may combine land, in the pool, and virtual training. Swimmers will train physical strength and conditioning, mobility and flexibility, swimming proficiency and specific artistic swimming skill. Aspects of mental training, such as goal setting, personal well-being and sport psychology will also be addressed. KTSC coaches will focus on swimmer physical well-being, mental health, personal growth and community support.

**All competitive swimmers are expected to attend all practices, and all meets at which the club is competing.** Participation in some meets may be required to qualify for, and participate in, subsequent meets.

At the provincial level, athletes compete in specified “age groups” where the age of the athletes is calculated using the age of the swimmers at the end of the calendar year—i.e. the average age of the swimmers as at December 31, 2022.

## Regional League (formerly Novice Program) - \$1,625



A program for swimmers at least 9 years of age (as at Dec. 31, 2022) wishing to develop their artistic swimming skills and to test their skills by competing at meets. Swimmers will participate in up to two meets during the season (exact format to be determined by OAS based on the state of COVID-19 in our province).

### Tentative meets include:

Regional League Winter Meet    February 5 & 6, 2022                      Regionally/Live in person

Regional League Spring Meet    April 30 - May 1, 2022                      Regionally/Live in person

### Registration: September 19, 2021

Tentative Start Date:    September 22, 2021

Tentative End Date:    May 1, 2022 (unless swim show)

Training time:            3.5 hrs pool time/ .5 hour virtual

Pool Times:                Monday 6-7:30 pm      Friday 5:30-7:30 pm      \* land training to be done on deck

**OR**                            Wednesday 6-8 pm      Sunday 6 – 7:30 pm      \* virtual times to be determined

*All training time estimates only and subject to change. Final schedules will be determined after registration closes*

Novice will have 2 training sessions each week, and will include a combination of in-pool and land training.

If registrants prefer to manage payments over multiple months, the following payment schedule is recommended.

Novice Program Fees: \$1,625					
<b>At Registration</b>	<b>\$225</b>	December 1	\$175	March 1	\$ 175
October 1	\$ 175	January 1	\$ 175	April 1	\$ 175
November 1	\$ 175	February 1	\$ 175	May 1	\$ 175

\*Fees for the Regional League include a nose plug and meet registration fees (where applicable).

Registration for the Regional League Program is open **Sunday September 19, 2021.**  
**Registration closes September 21<sup>st</sup> (8 PM).**

Registration Link <https://go.teamsnap.com/forms/287039>

## Competitive Teams - \$2,890



Depending on the number and ages of swimmers registered with the club, KTSC supports training groups in each of five age groups that compete at invitational, regional, and provincial meets. Practices and training sessions are designed to suit the abilities of the athletes competing on each team. Athletes participating with KTSC's competitive training groups agree to abide by KTSC's *Competitive Program Policy* (included below in this package). NOTE: Swimmers must be 9 years or older by December 31, 2022 to swim at the competitive level.

### Tentative meets include:

OAS Skills Assessment	October 23 & 24	Video submission
Lisa Alexander Figure Competition and Routine Feedback (OWG Qualifier)	January 20-23	Regionally/ Live in person
Leslie Taylor Ontario Cup	February 17-20	Provincial/Live & Video
Ontario Winter Games	February 24-27	Provincial/Live in person
OAS Skills Assessment	March	Video Submission
Hilton Invitational	April 22-24	Provincial/Live in person
Ontario Open Championships	May 26-29	Provincial/Live in person

***\*All competition formats to be determined by Ontario Artistic Swimming, as appropriate for the current state of COVID-19 in the province and subject to change.***

### Registration: September 13, 2021

Tentative Start Date: September 15, 2021

Tentative End Date: May 29, 2022

#### Reduced building hours

Pool:	6 hrs total
Land:	2 hrs
Sunday	8-10:30 am
Monday	7-7:45 am
Wednesday	6-8 pm
Friday	7-7:45 am
Land:	2 hrs
	Tuesday, 6:45-7:45 (weights)
	Sunday, 11 am – 12 pm

#### Regular building hours

Pool:	7.25-8.5 hrs
Land:	1.5-2 hrs
Sunday	7-9:30 OR 7-10:30 am
Monday	6-7:30 am
Wednesday	6-8 pm
Friday	6-7:30 am
Land:	2 hrs
	Tuesday, 6:45-7:45 (weights)
	Sunday 10-11 am OR 11 am-12 pm

*All training time estimates only, and subject to change.*

If registrants prefer to manage payments over multiple months, the following payment schedule is recommended.

<b>Competitive Program Fees: \$2,890</b>					
<b>At Registration</b>	<b>\$250</b>	December 1	\$330	March 1	\$330
October 1	\$330	January 1	\$330	April 1	\$330
November 1	\$330	February 1	\$330	May 1	\$330

\*\*Fees for the Competitive Programs include a nose plug, meet registration fees (where applicable), and a spacing cap.

Registration for the Competitive Program is due **Monday September 13, 2021.**  
Please register at TeamSnap  
**<https://go.teamsnap.com/forms/286008>**

## Weekly Training Schedules

*Please Note: Due to limited space and training times, the hours and practices per week are estimates only, and may be adjusted based on number of swimmers, changes to our schedule, and other evolving components for planning, such as occupancy in the pool and pool availability. It has been indicated to us that, as the year progresses, Trent will be reassessing their operations and policies. Building hours may change, which may eventually affect our times.*

Weekly training schedules for competitive teams will be announced at the conclusion of registration. Training schedules will be influenced by number of swimmers that register. The intention is to offer as safe an environment as possible for swimmers and coaches and reduce contact between multiple swimmers.

The practices for competitive teams will aim to begin the week of September 12, pending approvals by OAS and Trent.

A schedule will be provided to each training group once registration is complete.

If a fourth wave of COVID-19 causes additional in-person training restrictions, KTSC will continue to offer training for our athletes through virtual training platforms. Further details will be provided if this becomes necessary.

## Masters Programs

Programming may be available, based on space and coach availability. If interested in a Masters Program, please contact Head Coach for more information.

## Programs for Athletes with Unique Abilities

Programming may be available for athletes with unique abilities including athletes with disabilities. Programs vary depending on the requirements, abilities, and expectations of the swimmers. The cost of the program is based on each swimmer's desired amount of training and whether the swimmer needs or expects specialized one-on-one attention or group training. Individuals interested in these programs should contact the Head Coach for more information.

## Additional Routines

Additional routines will not be offered at this time. This will be reassessed as we move through the season.

## Extra Figures Practice

Extra figures will not be offered at this time. This will be reassessed as we move through the season.

## KTSC Uniform and Suits

Due to uncertainty at this time as to the need and availability of club track suits and routine bathing suits, these costs have been removed from the fees. As more information is given, we will explore options and make them available to you.





### COVID-19 Update

*Delta Bingo & Gaming Peterborough* is one of our most important sources of financial support. For this support, parents of competitive swimmers (excludes novice) are responsible for working scheduled shifts at *Delta Bingo & Gaming* throughout the calendar year.

Currently, Delta Bingo in person volunteering is planned to resume November 1, 2021. Upon reopening, regular Delta Bingo Shifts will resume and those *bona fide* members from each family will be added to the KTSC Bingo schedule.

Following the rules set out by the Ontario Lottery and Gaming Corporation (more commonly known as the OLG), parents are expected to work every shift for which they are scheduled unless other arrangements are made. Only parents on KTSC's *bona fide* list are allowed to work bingo shifts. According to the OLG's regulations, KTSC is penalized for any shift missed and for any violation of the standards set out for us (such as arriving late for shifts, failing to follow the prescribed dress-code, etc.). Penalties are rare and easily avoided. In the event an individual member's actions result in penalties to KTSC, the member is responsible for compensating KTSC for the penalties incurred.

To help meet the dress code in effect for working bingo shifts, each new competitive family will be provided one red, collared shirt with the KTSC logo.

The specific number of shifts for which each swimmer's parents are responsible during the year is based on the number of hours the swimmer is in the pool each week. For families with athletes in younger age groups, the time commitment is not overly burdensome. Below are the current expectations & role description:

1. Only one Volunteer per shift. A shift will be 2 hours and performed only at the front door
2. Volunteers must have proof of vaccination & Assist with COVID-19 protocols
3. Everyone must be familiar with (read) AODA (Accessibility for Ontarians with Disabilities Act)
4. Dress Code remains in effect. Logoed shirt, black pants etc.
5. Volunteers are not permitted to bring in ANY food or water.
6. Volunteers are not asked/permitted to police any situation within the Gaming Hall. Any questions/conflicts will be referred to Delta Staff.
7. You will greet/welcome guests as they arrive, thank guests for coming and indicate which charity you are representing
8. Assist staff with managing logistics, customer counts etc.
9. Provide customers with session programs/times and info on promotions
10. Food Delivery (snacks at front only, not hot food)
11. All Volunteer paraphernalia will be relocated to the front of the house (name tags etc.)

In accordance with KTSC's commitment to supporting a diverse and inclusive membership, the needs of individuals with disabilities will be accommodated. Specific accommodations related to the assignment of bingo shifts and other fundraising responsibilities will be considered by the Board of Directors on a case-by-case basis.



Artistic swimming is a TEAM SPORT. **The commitment of each and every swimmer is necessary for the team to compete at its highest level.** For these reasons:

1. Swimmers are expected to attend, and participation in, all practices, meetings, and competitions.  
If a swimmer is unable to attend, or participate in, a practice, prior notice should be given to the team coach and the COVID Coordinator. Please contact them even before morning practices. Contact numbers will be provided for this purpose.
2. If applicable, swimmers are expected to watch all KTSC routines at meets as directed by the Head Coach.
3. In the spirit of sportsmanship, all athletes are to respect the officials, volunteers, judges, coaches, and other swimmers at all times while participating in competitions. Any questions that may arise pertaining to scoring or results should be directed to the Head Coach in a private conversation.
4. Swimmers are expected to respect the schedules provided by their team coach in regards to specific expectations—i.e. for the times to meet as a team, warm-ups, and curfews—during meets.
5. Swimmers are expected to wear their KTSC uniforms when participating in competition or other events throughout the swim season, as directed by their coaches.
6. If travel is deemed safe and appropriate at the time, all athletes must stay in the designated hotel for the duration of the Leslie Taylor Ontario Cup and Ontario Championships.
7. Athletes (and their families) must provide the team coach with information allowing the coaches to contact swimmers at any time communication is required.
8. Athletes (and their families) should plan for vacations and activities that do not unnecessarily risk their health or their ability to train and compete with their team.

By registering for the competitive program, swimmers agree to the entire Competitive Program Policy in order to participate in the program and to represent KTSC at meets.

By registering their children for the competitive program, parents and guardians of swimmers agree to support their children in following the Competitive Program Policy. Parents and guardians also agree to participate in fundraising activities and to sponsor bingos as a means of supporting our competitive athletes.

Swimmers who miss too many practices or fail to comply with other aspects of the Competitive Program Policy may be designated alternates at meets or removed from the competitive program. This policy will be enforced with the goal of promoting the success of each competitive team.

## Managing Fees



KTSC allows members to manage the payment of fees in a variety of ways. These include opportunities for raising funds, a family discount, rewards for attracting new swimmers to KTSC's programs, and plans to spread the payment of fees across the duration of the swim season.

## Fundraising



Each year, KTSC works to manage registration costs by engaging in fundraising activities. Throughout the year, swimmers in all of our programs will be provided opportunities to raise funds to offset the costs of our programming, as regulations allow.

**Each swimmer will be credited for all fundraising profits<sup>+</sup> the swimmer raises.** The credit each swimmer earns can be used to cover the cost of registration fees, refunded at the end of the swim season, or carried over to 2021-22. Effectively, this means that a swimmer's fees are refundable at the end of the season.

<sup>+</sup>Fundraising profits are the funds collected by KTSC after expenses are covered for each fundraiser. The profit for each fundraiser organized will be announced in advance of its implementation.

## Family Discount



Registration fees for the second, and subsequent, swimmers from the same family will be discounted 10%. This discount is applied automatically and applies to the lowest fees.

## Spreading out the payment of fees



KTSC members are welcome to pay all of their fees at the time of registration. To make payment more manageable, members are also welcome to spread out the payment of their fees via schedules provided.

KTSC is committed to the goal of making the sport of artistic swimming accessible to all people who are interested in participating. Where financial considerations present barriers to participation, we invite individuals to contact KTSC's Treasurer ([treasurer@kawarthatrentsycho.com](mailto:treasurer@kawarthatrentsycho.com)) to discuss alternative payment options.

## Refund Policy



Swimmers will be eligible for a full refund less an administration fee of \$150 if they leave a program within the first two weeks of the season. Swimmers that leave the program after this time for reasons of illness or relocation will be eligible for a refund for the amount of fees pro-rated to reflect the costs incurred to register the swimmer and the amount of time the swimmer has been enrolled in the program. Swimmers who leave the program for other reasons may petition KTSC's Board of Directors within two weeks of leaving the program for a refund of fees.

*If an extended shut down or cancellation occurs due to COVID-19, the Board will assess if refunds are appropriate at that time.*



**PAYMENT MUST BE ARRANGED AT THE TIME OF REGISTRATION.** Payment may be made in full at the beginning of the season by:

1. E-transfer to KTSC’s Treasurer, John McCully. Please send to ***treasurer@kawarthatrentsynchro.com***  
Interac auto-registration in place – no verification question and answer required.

or

2. Cheque(s) - **Please make all cheques payable to: KTSC.** NSF cheques will be subject to a service charge. For post-dated cheques, please complete as per the following schedule indicated below. Additional payment options may be considered by KTSC’s Treasurer.

## Contact Information

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For more information about the club, specific programs, or registration, please visit the KTSC website [www.kawarthatrentsynchro.com](http://www.kawarthatrentsynchro.com) or contact:

*Dani Smith, Head Coach* \_\_\_\_\_ [coach@kawarthatrentsynchro.com](mailto:coach@kawarthatrentsynchro.com)

*Crystal Lyons, President* \_\_\_\_\_ [president@kawarthatrentsyncho.com](mailto:president@kawarthatrentsyncho.com)

*Kate White, Registrar* \_\_\_\_\_ [registrar@kawarthatrentsynchro.com](mailto:registrar@kawarthatrentsynchro.com)



**\*\*NEW\*\***

**Registration for all programs will be done electronically via TeamSnap**

[www.teamsnap.com](http://www.teamsnap.com)

Registration for Competitive athletes is open **Monday September 13, 2021**

Registration for Regional League athletes is open **Sunday September 19, 2021**

Registration for Recreational athletes is open **Saturday October 9, 2021**

KTSC has moved to online registration starting this 2021/2022 season using TeamSnap for swimmers.

TeamSnap provides easy electronic registration & waiver submissions. There is a TeamSnap app you can download, where throughout the year will access health checks, calendars, fundraising, online store, etc. There is a TeamSnap App that you can download for easy access to calendars, team store, etc.

Electronic registration including all signed waivers & registration fee must be submitted before a swimmer enters the pool for the first team practice.

New Novice and Competitive swimmers must show their birth certificate at the time they register.

## **\*\*NEW\*\*REGISTRATION FOR VOLUNTEERS**

One parent or guardian **MUST** be registered as a Volunteer for each Competitive or Regional League (Novice) program registrant. A parent/guardian will be an individual who contributes their time periodically to assist with a club, OAS, or CAS artistic swimming activity or event.

When registering your swimmer, the first parent listed will be registered as the "Volunteer" with Ontario Artistic Swimming.

The Club Registrar will initiate your CAS(Canada Artistic Swimming) E-reg registration in your selected role. Once this is completed by the Registrar, Canada Artistic Swimming will send an email to the email address you provided, with your CAS number, acknowledgement of the registration by your club, and direction on signing into your profile to complete the required Waivers/Forms for that role. In order to receive the necessary information to complete the registration, please ensure the email address you provide is accurate.