

Kawartha Trent Synchro Club

REGISTRATION INFORMATION

2017-2018

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www.kawarthatrentsynchro.com

Kawartha Trent Synchro Club

Synchronized swimming is a sport that combines aspects of swimming, dance and gymnastics into routines of elaborate movements in the water accompanied by music. Synchro 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 synchronized swimmers, athletes learn respect, cooperation, commitment and, above all, good sportsmanship.

The Kawartha Trent Synchro Club (KTSC) is the only synchronized swimming club in Peterborough and the surrounding area. Founded in the late 1960s, 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.

KTSC is committed to supporting a diverse and inclusive membership by providing accessible programming for swimmers of different ages and abilities. The club supports recreational and competitive programs.

Splash Bash Swim Show

At the end of the season, KTSC presents the *Splash Bash Swim Show*. This event showcases all of the routines developed during the year and raises funds for our club. As synchronized swimming is a team sport, all swimmers are expected to attend and perform their routine with their teammates at all performances. Tickets will be available to purchase for spectators. Performances are scheduled for:

**Friday, May 11 6:00-8:00pm,
Saturday, May 12 2:00-4:00pm and 6:00-8:00pm**

(Dates and times to be confirmed.)

Contact Information

For more information about the Club, specific programs, or registration, please visit the KTSC website www.kawarthatrentsynchro.com or contact:

Dani Smith, Head Coach.....coach@kawarthatrentsynchro.com

Reg Deck, Registrar.....registrar@kawarthatrentsynchro.com

Recreational Programs

KTSC expects to offer the following programs in 2017-2018. All programming is subject to sufficient enrolment.

Swim Synchro

A 7 to 8-week program developed to teach basic synchro concepts through fun and creative play. Swimmers develop a routine and perform for parents on the final night of each session. Swim Synchro is typically for swimmers 4-7 years old, though opportunities can be arranged for all people new to the sport. Note: minimum numbers must be met for this program to run.

45 minutes in the pool each week on Sundays from 5:15 to 6:00pm

Session #1: October 15, 2017 to December 3, 2017

Session #2: January 21, 2018 to March 11, 2018

Session #3: March 18, 2018 to May 6, 2018

NOTES: Dates and times are subject to change. Swimmers registered for the third session will have the opportunity to participate in the first of our Splash Bash Swim Shows.

Recreational

A program designed for swimmers 7-12 years of age wishing to learn basic synchro skills. Swimmers will be tested throughout the season for *Synchro Swim Ontario Trillium Awards*. They will also develop a team routine. Recreational swimmers will perform their team routine at the Splash Bash Swim Show.

1.5 hours in the pool each week on either Sundays from 5:00-6:30pm or Mondays from 6:00-7:30pm.

NOTE: Please note that KTSC has the greatest capacity to support recreational swimmers in our Sunday evening program. The availability of recreational programming on Monday evenings is contingent on enrolments and the availability of pool space.

Begins on September 17, 2017 (Sunday) or September 18, 2017 (Monday) and runs until the Splash Bash Swim Show (see above).

*Registration—September 13, 2017; 6:00-8:00pm at the Trent Athletics Centre. *NEW TIME**

Teen Synchro

A program for swimmers 12-18 years of age wishing to develop their synchro skills and to test their skills by competing at meets. Swimmers will be tested for *Synchro Swim Ontario Trillium Awards* while they learn and develop a team routine to be performed at meets and at the Splash Bash Swim Show. Swimmers attend two meets during the season at which they participate in figures (individual skills) and routine competition:

East Regionals—April 7, 2018; Nepean

Provincials—May 5-6, 2018; Etobicoke

3.5 hours of practice time in the pool each week in addition to 30 minutes of land training. Practices will be on Mondays and Fridays in the evening.

Begins the week of September 18 and runs until the Splash Bash Swim Show (see above). The dates of the meets are yet to be announced.

*Registration—September 13, 2017; 6:00-8:00pm at the Trent Athletics Centre. *NEW TIME**

Splash Bash Solos, Duets, and Trios

All swimmers wishing for *additional* opportunities to develop their skills may apply to create a routine as a solo, duet, or trio. This routine will be performed at the Splash Bash Swim Show. Unless there is no suitable team for a swimmer, solos, duets, and trios are considered second routines in that they are developed in addition to each swimmer's team routine. The ability to accommodate requests for additional routines is subject to factors including, but not limited to, the availability of coaches and pool time. Swimmers interested in this opportunity should contact the Head Coach for more information.

Normally, 1 hour in the pool each week starting the second week of January.

Masters Programs

Masters programs are available at both the recreational and competitive levels. Masters swimmers must be at least 18 years of age.

All Masters programs begin the week of September 17th and run until the Splash Bash Swim Show (see above).

Recreational Masters (Beginner and Intermediate)

A program designed for adults who want to learn basic synchro skills and perform in the Splash Bash Swim Show. Training will be adapted to reflect swimmers' experience and conditioning.

1.5 hours in the pool each week on Sunday evenings.

*Registration—September 13, 2017; 6:00-8:00pm at the Trent Athletics Centre. ***NEW TIME****

Competitive Masters

A program designed for adults with some previous synchro experience. Swimmers will have the opportunity to perform both a Technical and Free Routine at the Splash Bash Swim Show and in competition. (NOTE: Athletes must be 19 years and older to attend Masters Nationals.)

Specific training schedules are designed to reflect the swimmers' requirements, expectations and level of commitment, as well as the availability of pool time and coaches.

Varsity Masters

A program for students of Trent University with some previous synchro experience. Swimmers will compete for both Trent Synchro and KTSC attending Regionals and Provincials.

Athletes With Disabilities

Recreational, Teen Synchro, and Competitive programming is available for 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.

Competitive Programs

KTSC offers competitive programs for swimmers looking for a high level of commitment and competition. Training for all competitive swimmers is aimed at developing endurance, flexibility, strength, and stroke proficiency in addition to technical synchronized swimming skills. KTSC coaches emphasize the concept of teamwork and encourage disciplined skill development.

Athletes in the competitive programs are committed to compete both individual figures and choreographed routines at all invitational, regional, and provincial championship meets entered by KTSC. At the provincial level, athletes compete in one of four “age groups” where the group in which a team competes is determined by the *average* age of the athletes on the team. The average age of the athletes on each team 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, 2018. All athletes compete individual figures in their appropriate age group, even if they are on a team of blended ages.

*NOTE: Swimmers must be 8 years or older by December 31, 2018
to swim at the competitive level.*

Competitive Teams

Depending on the number and ages of swimmers registered with the Club, KTSC supports teams in each of four groups. Practices and training sessions are designed to suit the abilities of the athletes competing on each team.

10 & under Age Group Team

2 practices per week (3.5 hours in the pool, 1 hour land training)

The 10 & under team will participate in four meets during the season.

11-12 Age Group Team

3 practices per week (6 hours in pool, 1 hour land training)

13-15 Age Group Team

4-5 practices per week (8 hours in pool, 1 hour land training)

Includes some morning practices before school.

16-20 Age Group Team

4-5 practices per week (9 hours in pool, 2 hours land training)

Includes some morning practices before school.

Team Selection

Competitive teams are selected by the competitive coaches. Swimmers are assessed at the start of the season and teams are selected on the basis of the ability, experience, age, and personality of the athletes interested in this program. Team selections reflect the goals of providing each swimmer with the best opportunities to develop as an athlete and each team with the best opportunities for success.

All athletes interested in the competitive program will attend three training sessions to facilitate team selections. **Initial training sessions & athlete assessments are scheduled for:**

NEW DATES AND TIMES

September 11, 6:45-8:00pm; September 13, 6:00-8:00pm; and September 15, 5:30-7:30pm

Teams will be determined after these initial training sessions. Regular practices for individual teams will begin after the team selections are complete.

NEW DATE AND TIME

Registration—September 11, 2017; 6:00-6:45pm at the Trent Athletics Centre.

Additional Routines for Competitive Swimmers

Unless there is no suitable team for a swimmer, solos, duets, trios and combos are considered **additional routines** in that they are developed in addition to their team's routine. (The ability to accommodate requests for additional routines is subject to factors including, but not limited to, the availability of coaches and pool time.) Swimmers interested in additional competitive routines should indicate their interest on the registration form. Coaches will assess swimmers during the Team Selection process to determine if secondary routines are appropriate and to identify appropriate partners or teammates, if applicable. Following this, swimmers will meet with the Head Coach to discuss expectations and to determine their specific training schedule.

One 1-2 hour practice per week with the structure of practices to be determined.
Specific practice schedules will be determined following registration.

Competitive Solo

Swimmers aged 13 & over may apply to develop a solo routine to compete at invitational, regional (including qualifying), and provincial meets. Swimmers aged 11-12 years old may apply to swim a solo for the 12 & Under Trillium Championships.

Competitive Duet

Swimmers may apply to swim in a duet with a swimmer within their age group.

Competitive Combo

Swimmers may apply to swim in a free combination routine, or "combo", with other swimmers in the competitive program—teams can be made up of athletes from any age group. Combo routines are often longer than other routines and allow the opportunity to feature the skills of the different athletes on the team. A minimum of six swimmers is recommended.

Splash Bash Solos, Duets and Trios

Competitive swimmers may also apply to swim a solo, duet, or trio for the Splash Bash Swim Show in addition to their team routine. (*See Splash Bash Solos, Duets, and Trios section above.*)

Extra Figures Practice

Competitive swimmers (of all ages) wanting extra figures practice may book an extra practice session.

Extra figures practices will be small group lessons (2-3 swimmers) and are available at a cost of \$15/hour per swimmer payable to the club at the time of the lesson. If space is available, private lessons will be scheduled at a cost of \$25/hour. Details about extra practice times and coaching will be available in October.

Please note that extra figures practices are to be scheduled with the designated figures coach rather than the coach of the swimmer's team.

KTSC Uniform and Suits

Part of being on a successful synchro team involves presenting oneself and one's team well. This aspect of the sport requires having the proper kit for competitions. KTSC provides all competitive swimmers with a routine suit, a bun cover or head piece, a KTSC spacing cap, and one pair of nose plugs. Swimmers are responsible for purchasing their own plain black suite, plain white cap and goggles suitable for figures competitions. As representatives of the club, competitive swimmers wear the KTSC colours to all meets. Entering meet facilities and on deck, this involves wearing a KTSC t-shirt, KTSC jacket, and capris, and carrying the blue backpack. In the water, this involves wearing the designated KTSC spacing suit. Swimmers are responsible for purchasing these items. More information will be provided at the start of the swim season.

Competitions

Competitions are scheduled throughout the season. In 2017-2018, KTSC expects to register athletes to compete at the following meets:

- Lisa Alexander Figures Meet**—January 18-21, 2018; Etobicoke
- One Invitational Meet**—details will be announced in September, 2017
- East Regional Championships**—February 24-25, 2018; Nepean
- Hilton Worldwide Invitational Meet**—April 19-22, 2018; Etobicoke
- Ontario Age Group Championships**—May 22-27, 2018; Etobicoke

Because synchronized swimming is a team sport, all competitive swimmers are expected to attend all meets at which their teams are competing. The *Lisa Alexander Figures Meet* is a qualifier for the competitive season. The *East Regional Championships* is the qualifying meet for the *Ontario Open Age Group Championships*. Please notice that some meets are scheduled for multiple days and require both travel and accommodations. (Travel and accommodations are not included in the registration fees.)

Bingo! Support for our Competitive Athletes

Delta Bingo & Gaming Peterborough is one of our most important sources of financial support. As a member of the *Kawartha Bingo Sponsors Association*, KTSC has been receiving more than \$25,000.00 to offset the costs of our competitive programming annually. For this support, parents of competitive swimmers are responsible for working scheduled shifts at *Delta Bingo & Gaming* on Wednesday evenings throughout the *calendar year*. Parents are expected to attend a brief training session and to work every shift for which they are scheduled unless other arrangements are made. 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. Especially for families with athletes in the younger age groups, the commitment is not overly burdensome. (Consider, for example, that the family of each member of our 10&U competitive team worked two or three shifts in relation to the 2016-2017 swim season.)

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.

Competitive Program Policy

Synchronized 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.) The attendance at, and participation in, all practices, meetings and competitions is expected from all swimmers.

If a swimmer is unable to attend, or participate in, a practice, prior notice should be given to the team coach. Please contact the team coach even before morning practices. The team coach will provide a contact number for this purpose.

2) During regional and provincial (including qualifying) competitions, swimmers are expected to stay to watch all KTSC routines before and after their own team swims.

3) In the spirit of sportsmanship, all athletes are to respect the officials, volunteers, judges, coaches, and other swimmers at all times while at 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) All athletes must stay in the designated hotel for the duration of competitions.

6.) Athletes (and their families) must provide the team coach with information allowing the coaches to contact swimmers at any time communication is required while attending meets.

7.) 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.

Fundraising

Each year, KTSC works to manage registration costs by engaging in fundraising activities. All recreational, teen synchro, and competitive swimmers are expected to participate in club fundraising. (Individuals in the Swim Synchro program are welcome, but not required, to participate in fundraising activities.)

Every recreational, teen synchro, and competitive swimmer is expected to contribute a minimum of \$50 in fundraising profits. Each fundraising opportunity will allow you to raise even more than this. Any profit a swimmer raises beyond \$75 goes directly to offset the registration fees of that swimmer.

At the start of the season, each swimmer will be required to submit a cheque for \$50.00 post-dated to April 15, 2018. This cheque will be returned or destroyed as soon as the swimmer meets the minimum fundraising requirements. (The cheque will only be returned or destroyed when the minimum is reached. There will be no partial refunds.)

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.

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 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.

Schedule of Fees

PAYMENT MUST BE ARRANGED AT THE TIME OF REGISTRATION. Payment may be made in full at the beginning of the season by cash, cheque or e-transfer, or with post-dated cheques following the schedules indicated in the tables below. **Please make all cheques payable to: KTSC.** NSF cheques will be subject to a service charge.

Swim Synchro

Fees per session:	\$100
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Recreational, Teen Synchro, and Masters Programs

Program	Recreational**	Recreational Masters **	Teen Synchro**	Competitive & Varsity Masters***
Total Fees	\$700	\$775	\$1500	\$1500
September 2017 (due at registration)	\$200	\$200	\$200	\$200
October 1, 2017	\$200	\$200	\$300	\$300
November 1, 2017	\$200	\$200	\$300	\$300
December 1, 2017	\$100	\$175	\$300	\$300
January 1, 2018			\$200	\$200
February 1, 2018			\$200	\$200
April 15, 2018*	\$50	\$50	\$50	\$50

Competitive Programs by Age-Groups

Program	Competitive 10&U**	Competitive 11-12**	Competitive 13-15**	Competitive 16-20**
Total Fees	\$1850	\$2350	\$2700	\$3000
September 2017 (due at registration)	\$200	\$200	\$200	\$200
October 1, 2017	\$300	\$400	\$400	\$400
November 1, 2017	\$300	\$400	\$400	\$400
December 1, 2017	\$300	\$400	\$400	\$400
January 1, 2018	\$300	\$400	\$400	\$400
February 1, 2018	\$300	\$300	\$400	\$400
March 1, 2018	\$150	\$250	\$300	\$400
April 1, 2018			\$200	\$400
April 15, 2018*	\$50	\$50	\$50	\$50

*The cheque post-dated for April 15, 2018 reflects the \$50 minimum fundraising requirement for each swimmer and is not included in the total fees indicated at the top of the tables above. (See the fundraising section above for opportunities to reduce your fees further.)

**Fees listed include: team bathing suit, individual and team photo, a nose plug, meet registration fees (where applicable), and a spacing cap (where applicable).

***Team bathing suits are an additional cost for Competitive Masters and Varsity Masters swimmers. Fees for these programs are based on 2 hrs of pool time each week and will be recalculated if a different training schedule is arranged. Fees for Masters solos and duets will be negotiated as applicable.

Additional Routines and Practices****

	Splash Bash Trio	Splash Bash Duet	Splash Bash Solo	Competitive Duet (1 hr /wk)	Competitive Duet (1.5 hrs /wk)	Competitive Duet (2 hrs /wk)	Competitive Solo
Full payment must be arranged before the first practice	\$200 each	\$300 each	\$400	\$650 each	\$850 each	\$950 each	To be calculated based on training schedule.

****Competition / performance suits are not included in the fees for additional routines.

Registration Procedures

To register for any program, complete BOTH of the following forms:

REGISTRATION FORM ~ This can be downloaded from KTSC's website; copies will also be available at registration nights.

SYNCHRO ONTARIO WAIVER ~ All swimmers, no matter how young, must sign this waiver. A link is provided on KTSC's website; copies will also be available at registration nights.

All signed waivers and payment (or post-dated cheques) for the complete amount of the swimmer's registration fees must be submitted before a swimmer enters the pool for the first team practice. This includes the fundraising deposit for the year.

Registration for all programs will be at the Trent University Athletics Centre beginning in the second week of September. Specific registration dates are as follows:

Recreational and Teen Programs—September 13, 2017 6:00-8:00pm **NEW TIMES**

Competitive Programs—September 11, 2017 6:00-6:45pm **NEW DATE AND TIME**

Swimmers registering for our Swim Synchro program can register at the same time as swimmers registering for our other programs, though new registrations are welcome until the start of each Swim Synchro Session.

To be prepared in the event of an emergency during KTSC programming, **all swimmers will be required to provide relevant medical information** and their health card number at the time of registration.

New competitive swimmers must show their birth certificate at the time they register.

Free TRY SYNCHRO LESSON

****We will be offering a FREE TRY SYNCHRO LESSON****

MONDAY, SEPTEMBER 11, 2017

6:00-6:45pm

NEW DATE AND TIME

at the Allan Marshall Pool in the
Trent University Athletics Centre

No registration or payment is required for this session.