

Kawartha Trent Synchro Club

REGISTRATION INFORMATION

2018-2019

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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 each 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 10, 2019 6:00-8:00pm,
Saturday, May 11, 2019 2:00-4:00pm and 6:00-8:00pm**

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

Byron Stoyles, President.....president@kawarthatrentsynchro.com

Programs

KTSC expects to offer the following programs in 2018-2019. All programming is subject to sufficient enrollments.

Mini Program

A 10-week program designed for swimmers 5-7 years of age wishing to learn basic synchro skills. Swimmers will work through the first levels of the *AquaGO!* swimming program. This program is designed to promote the concepts of synchronized swimming in a manner that is engaging and fun. KTSC is offering two sessions of our Mini Program. Swimmers who are interested are encouraged to participate in both sessions.

1 hour of practice time on Sundays from 5:00-6:00pm. Practices consist of 45 minutes in the pool and 15 minutes of programming on deck.

Session 1: Sept. 16, 23, 30; Oct. 21, 28; Nov. 4, 18; Dec. 2, 9, 16. (Dates Subject to change.) Swimmers registered for the first session of the Mini Program will have the opportunity to show off their skills to family and friends during a Mini Show on December 20 (Date subject to confirmation).

Registration for Session 1 will be on Wednesday, September 5, 2018; 6pm (Location to be announced.)

Session 2: Jan. 27; Feb. 3, 10, 24; Mar. 17, 24, 31; Apr. 7, 14, 28. (Dates subject to change.) Swimmers registered for the second session of the Mini Program will have the opportunity to participate in the first of our Splash Bash Swim Shows.

All registrations should be emailed to our Recreational Program Coordinator, Jess Dobson, at reccoordinator@kawarthatrentsynchro.com.

Recreational Program

A program designed for swimmers 7-12 years of age wishing to develop their basic synchro skills. Swimmers will develop physical literacies, swimming abilities, and skills specific to synchronized swimming as they work through the advanced levels of the *AquaGO!* swimming program. They will also develop a team routine to perform at the Splash Bash Swim Show. Swimmers will be grouped into teams reflecting their ages, strengths, and skills following an assessment in the first weeks of the program.

1.5 hours of practice time on Sundays from 5:00-6:30pm. Practices consist of time in the pool and programming on deck.

Begins on September 16, 2018 and runs until the Splash Bash Swim Show (see above).

Novice Program (formerly called Teen Synchro)

A program for swimmers at least 11 years of age (as at Dec. 31, 2019) wishing to develop their synchro skills and to test their skills by competing at meets. Swimmers attend three meets during the season at which they will demonstrate their individual skills and perform their team routine. Their team routine will be performed also at the Splash Bash Swim Show. KTSC expects to register swimmers in the following meets:

Early Bird Skill Testing Event (East)—Oct. 27-28; Location TBA

Trillium Novice Regionals (East & North)—Feb. 2-3; Oshawa or Orillia

Novice Provincial Championships—April 25-28 or May 2-5; Location TBA

Following an assessment in the first weeks of the program, swimmers will be grouped into teams reflecting their ages, strengths, and skills. Because synchronized swimming is a team sport, all Novice swimmers are expected to attend all meets at which their teams are competing. Participation at each meet is required for participation in subsequent meets. Please notice that some meets are scheduled for multiple days and may require both travel and accommodations. (Travel and accommodations are not included in the registration fees.)

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 on September 17, 2018 and runs until the Splash Bash Swim Show (see above).

Swimmers in our Novice program will be provided with one red KTSC shirt. Swimmers will be expected to wear their KTSC shirts, along with black athletic shorts, capris, or pants when representing our club at meets. Sizing and additional clothing options will be presented at Registration.

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 to compete at regional and provincial meets. Athletes must be 19 years and older to attend Masters' Nationals.

All Masters' programs begin the week of September 16th and run until the Splash Bash Swim Show (see above).

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. Swimmers interested in the Masters' Programs should contact the Head Coach for more information.

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.

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.

Varsity Masters

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

Competitive (including Varsity) Masters swimmers have the option to compete in meets, including:

Masters' Regionals (East & North)—Feb. 2-3; Oshawa or Orillia

Masters' Provincial Championships—April 25-28 or May 2-5; Location TBA

Programs for Athletes With Disabilities

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's coaches emphasize the concept of teamwork and encourage disciplined skill development.

Athletes in the competitive programs are committed to compete both individual figures or elements and choreographed routines at all meets entered by KTSC. At the provincial level, athletes compete in specified "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, 2019.

*NOTE: Swimmers must be 8 years or older by December 31, 2019
to swim at the competitive level.*

Because synchronized swimming is a team sport, **all competitive swimmers are expected to attend all meets at which their teams are competing.** Participation in some meets is required to qualify for, and participate in, subsequent meets. 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.)

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 (4 hours in the pool, 1 hour land training). KTSC expects to register the 10 & Under team in the following meets.

Early Bird Skill Testing Event (East)—Oct. 27-28; Location TBA
Trillium 12&U Competitive Regionals (East & North)—Feb. 2-3; Oshawa or Orillia
Trillium 12&U Championships—May 24-26, 2019; Etobicoke Olympium

11-12 Age Group Team

3 practices per week (6 hours in pool, 1 hour land training). KTSC expects to register the 11-12 team in the following meets.

Early Bird Skill Testing Event (East)—Oct. 27-28; Location TBA
Lisa Alexander (Modified) Figures Meet —Dec. 1-2; Etobicoke Olympium
Trillium 12&U Competitive Regionals (East & North)—Feb. 2-3; Oshawa or Orillia
Hilton Worldwide Invitational Meet—Apr. 11-14, 2019; Etobicoke Olympium
Trillium 12&U Championships—May 24-26, 2019; Etobicoke Olympium

13-15 Age Group Team

*4-5 practices per week (8 hours in pool, 2 hours land training). Includes some morning practices before school. KTSC expects to register the 13-15 team in the following meets.**

Early Bird Skill Testing Event (East)—Oct. 27-28; Location TBA
Lisa Alexander Figures & Elements Meet —Dec. 1-2; Etobicoke Olympium
Routine Meet—Jan. 18-20; Etobicoke Olympium
Leslie Taylor Ontario Cup—February 27-March 3, 2019; Nepean Sportsplex
Hilton Worldwide Invitational Meet—Apr. 11-14, 2019; Etobicoke Olympium
Ontario Championships —June 5-9, 2019; Nepean Sportsplex

16-20 Age Group, Junior or Senior Team

*4-5 practices per week (10 hours in pool, 2 hours land training). Includes some morning practices before school. KTSC expects to register athletes in this age group in the following meets.**

Early Bird Skill Testing Event (East)—Oct. 27-28; Location TBA
Lisa Alexander Figures & Elements Meet —Dec. 1-2; Etobicoke Olympium
Routine Meet—Jan. 18-20; Etobicoke Olympium
Leslie Taylor Ontario Cup—February 27-March 3, 2019; Nepean Sportsplex
Hilton Worldwide Invitational Meet—Apr. 11-14, 2019; Etobicoke Olympium
Ontario Championships —June 5-9, 2019; Nepean Sportsplex

*Our governing bodies are introducing different options for the competition schedule. As more information is made available about meets for the 2018-19 swim season, this information will be shared with members.

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 character 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:**

September 7, 5:30-7:30pm; September 9, 6:00-8:00pm; and September 10, 6:00-8:00pm

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

Weekly Training Schedules

Weekly training schedules for competitive teams will be announced at the conclusion of the team selection process. Training schedules are influenced by factors including the number of competitive teams in each age group, the number of swimmers on each team, and the availability of the coach(es) responsible for each team. Given the availability of pool time, competitive practices will be scheduled in the mornings and/or evenings on Mondays, Wednesdays, Fridays, and Sundays.

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 meets.

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. 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. (Additional fees apply.)

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.*)

Other Opportunities

Competitive swimmers will be notified of additional opportunities to train, compete, and/or try-out for special teams as information is made available throughout the season.

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. Most extra figures practices will be scheduled on Sundays in 2018-19.

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 suit, plain white cap and goggles suitable for figures competitions. (We recommend that you look for a plain black suit at *Pro-Tech* as they offer a 10% discount to members of KTSC.) 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. (The backpacks can also be obtained from *Pro-Tech*.) 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.

Bingo! Support for our Competitive Athletes

Delta Bingo & Gaming Peterborough is one of our most important sources of financial support. For this support, parents of competitive swimmers are responsible for working scheduled shifts at *Delta Bingo & Gaming* (usually 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. 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. 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 & Under competitive team worked two or three shifts in relation to the 2017-2018 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.) 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. Please contact the team coach even before morning practices. The team coach will provide a contact number for this purpose.
- 2) Swimmers are expected to watch all KTSC routines at meets as directed by their coaches.
- 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.) Swimmers are expected to wear their KTSC uniforms when entering and leaving competition facilities and as directed by their coaches while attending meets and other events throughout the swim season.
- 6) All athletes must stay in the designated hotel for the duration of the Leslie Taylor Ontario Cup, Ontario Championships, and the Trillium 12&U Regional and Provincial Meets.
- 7.) 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.
- 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.

Fundraising

Each year, KTSC works to manage registration costs by engaging in fundraising activities. All Recreational, Novice, and Competitive swimmers are expected to participate in club fundraising. (Individuals in the Mini Program are welcome, but not required, to participate in fundraising activities.)

Every Recreational, Novice, and Competitive swimmer is expected to contribute a minimum of \$100 in fundraising profits. Each fundraising opportunity will allow swimmers to raise even more than this. Any fundraising profit a swimmer raises beyond \$125 goes directly to offset the registration fees of that swimmer. (Fundraising profits associated with each fundraising activity will be announced throughout the year.)

At the start of the season, each swimmer will be required to submit a cheque for \$100.00 post-dated to May 30, 2019. 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 prorated 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.

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 below. NSF cheques will be subject to a service charge.

Please make all cheques payable to: KTSC.

Mini Program

Fees: **\$350.00** for each 10-week session.

Payment can be made in one lump sum at the time of registration or in two payments of \$175.00 with the first payment at registration and the second made by a cheque post-dated to one month following the start of the session.

Recreational Program

Fees: **\$750***

A minimum of \$250 is due at registration in addition to the post-dated cheque reflecting the minimum fundraising commitment for each registrant. If registrants prefer to manage payments over multiple months, the following payment schedule is recommended. (Post-dated cheques or other arrangements with KTSC's Treasurer are required.)

September 5	\$250 (due at registration)
October 1	\$200
November 1	\$200
December 1	\$100
Fundraising Deposit:	\$100 (cheque post-dated for May 30 is due at registration)

Novice Program

Fees: **\$1600***

A minimum of \$250 is due at registration in addition to the post-dated cheque reflecting the minimum fundraising commitment for each registrant. If registrants prefer to manage payments over multiple months, the following payment schedule is recommended. (Post-dated cheques or other arrangements with KTSC's Treasurer are required.)

September 5	\$250 (due at registration)
October 1	\$300
November 1	\$300
December 1	\$300
January 1	\$250
February 1	\$200
Fundraising Deposit:	\$100 (cheque post-dated for May 30 is due at registration)

*Fees for the Recreational and Novice Programs include a team bathing suit, individual and team photos, a nose plug, and meet registration fees (where applicable). The fees indicated do not include the minimum fundraising deposit.

10&U Competitive Team

Fees: **\$1900***

A minimum of \$250 is due at registration in addition to the post-dated cheque reflecting the minimum fundraising commitment for each registrant. If registrants prefer to manage payments over multiple months, the following payment schedule is recommended. (Post-dated cheques or other arrangements with KTSC's Treasurer are required.)

September 5	\$250 (due at registration)
October 1	\$300
November 1	\$300
December 1	\$300
January 1	\$300
February 1	\$300
March 1	\$150
Fundraising Deposit:	\$100 (cheque post-dated for May 30 is due at registration)

11-12 Competitive Team

Fees: **\$2400***

A minimum of \$250 is due at registration in addition to the post-dated cheque reflecting the minimum fundraising commitment for each registrant. If registrants prefer to manage payments over multiple months, the following payment schedule is recommended. (Post-dated cheques or other arrangements with KTSC's Treasurer are required.)

September 5	\$250 (due at registration)
October 1	\$400
November 1	\$400
December 1	\$400
January 1	\$400
February 1	\$400
March 1	\$150
Fundraising Deposit:	\$100 (cheque post-dated for May 30 is due at registration)

13-15 Competitive Team

Fees: **\$2800***

A minimum of \$250 is due at registration in addition to the post-dated cheque reflecting the minimum fundraising commitment for each registrant. If registrants prefer to manage payments over multiple months, the following payment schedule is recommended. (Post-dated cheques or other arrangements with KTSC's Treasurer are required.)

September 5	\$250 (due at registration)
October 1	\$400
November 1	\$400
December 1	\$400
January 1	\$400
February 1	\$400
March 1	\$400
April 1	\$150
Fundraising Deposit:	\$100 (cheque post-dated for May 30 is due at registration)

16-20 Competitive Team

Fees: **\$3100***

A minimum of \$250 is due at registration in addition to the post-dated cheque reflecting the minimum fundraising commitment for each registrant. If registrants prefer to manage payments over multiple months, the following payment schedule is recommended. (Post-dated cheques or other arrangements with KTSC's Treasurer are required.)

September 5	\$250 (due at registration)
October 1	\$400
November 1	\$400
December 1	\$400
January 1	\$400
February 1	\$400
March 1	\$400
April 1	\$300
May 1	\$150
Fundraising Deposit:	\$100 (cheque post-dated for May 30 is due at registration)

*Fees for the Competitive Programs include a team bathing suit, individual and team photos, a nose plug, meet registration fees, and a spacing cap. The fees indicated do not include the minimum fundraising deposit.

Splash Bash Routines

Splash Bash Solo Fee: \$400
Splash Bash Duet Fee: \$300 per swimmer
Splash Bash Trio Fee: \$200 per swimmer

Performance suits are not included in the fees for additional routines. Payment for these routines must be arranged at the time of registration. Payment schedules can be arranged if desired by registrants.

Additional Competitive Routines and Masters' Programs

Fees for Additional Competitive Routines and for Masters' Programs depend on the specific training and competition schedules implemented. Swimmers interested in these opportunities should contact our Head Coach to discuss training and/or competition plans and our Treasurer to discuss costs and payment options.

Registration Procedures

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

REGISTRATION FORM ~ You will be able to download this from KTSC's website; copies will also be available at registration.

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

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 on
September 5, 2018 at 6:00pm
Fitness Studio #2, Trent University Athletics Centre**

(See notes above for the registration for the second session of the Mini Program.)

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

All swimmers (and their parents) must confirm that they have read, and accept, KTSC's Fundraising and Refund Policies.

All competitive swimmers (and their parents) must confirm that they have read, and will comply with, the Competitive Program Policy and the commitments related to Delta Bingo.

Swimmers in the Novice and Competitive programs will be measured for their team shirts and uniforms at the Registration event. (For this, the swimmers themselves must attend registration.)

Free TRY SYNCHRO LESSON

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

Sunday, September 9, 2018 at 5:15-6:00pm

at the Allan Marshall Pool in the
Trent University Athletics Centre

No registration or payment is required for this session.
Swimmers will have the opportunity to register in KTSC's
programs following this free session.

