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Kawartha Trent Synchro Club

2020-2021

Registration Information

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



As we enter the 2020-2021 season, KTSC is committed to the health and safety of all participants. As such, the resumption of sport will be a more 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.

The situation and information around COVID-19 continues to change and evolve. 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.

Coaches are excited to be able to adjust our training in this new normal. Coaches have identified seven areas of training that are essential to Artistic Swimmers that can be trained either in pool, on land or virtually and we will be combining all three of these formats this fall.

In an effort to safely ease athletes back into training after a longer than normal break, and in order to comply with guidelines and restrictions placed on us, KTSC will be gradually returning to training. For the first two weeks of training, a limited number of swimmers are allowed in the pool at one time, as mandated by Trent University, with additional people being allowed on deck. We will be taking advantage of this deck space by having athletes train on deck, preparing for the October lands skills competition, while others train in the water. After a two-week period, KTSC will review occupancy limitations with Trent, who may decide to increase the maximum allowed swimmers in the pool, and we will adjust training as occupancy restrictions are eased or altered. After Thanksgiving, we intend to increase land training time by training at a separate facility.

Please Note: Because of the uncertainty of this season, Trent University is providing a contract that only extends to December 31, 2020. Therefore, pool times may change after this date. Fees have been structured in a way that they will cover this time frame. Fees beyond December 31, 2020 will be communicated once details become available.

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

Crystal Lyons, President _____ president@kawarthatrentsynchor.com

Kate White, Registrar _____ registrar@kawarthatrentsynchro.com

Recreational Programs



KTSC is committed to the health and safety of our athletes and community. Due to restrictions/precautions in place due to COVID-19, we will not be offering recreational programs at this time. We will re-evaluate throughout the season, and if appropriate, may offer a shorter session if/when it has been deemed safe to do so.

Competitive Programs



KTSC offers competitive programs for swimmers looking for a high level of commitment and competition. Our 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 will 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, 2021.

Novice Program—\$850 (Fees September to December 31, 2020)



A program for swimmers at least 9 years of age (as at Dec. 31, 2021) 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). Meets could include:

Novice and Masters Regional Event —March 5-7, 2021

Novice and Masters Provincial Championships— April 30-May 2, 2021

Training squads and a coach will be assigned at the beginning of the season. *(Due to regulations, team selection will not be appropriate this season).*

Novice will have 2-3 training sessions each week, and will include a combination of in-pool, land and virtual training. A schedule will be released after registration but will likely include both weekday evenings and weekend times.

Practices will aim to begin the week of September 14, pending approvals by OAS and Trent.

Registration for the Novice Program is due **Saturday September 12, 2020.**

Please email all registration forms and waivers to
Kate White at registrar@kawarthatrentsynchro.com.

Competitive Teams



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, 2021 to swim at the competitive level.

Registration for the Age-Based Athletes is due **Saturday September 12, 2020.**

Please email all registration forms and waivers to
Kate White at registrar@kawarthatrentsynchro.com.

Please note: Due to COVID-19 restrictions, team selection practices will not take place. Swimmers will be placed in training groups based on ages or as determined by the Head Coach.

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

12 & Under Competitive Groups—\$1,225 (Fees September to December 31, 2020)



3-4 training sessions per week KTSC may register athletes in the following meets.

Early Bird Dryland Individual Mandatory Skill Testing — October 24 & 25, 2020

Dryland Technical Routine Mandatory Skill Testing — December 5 & 6, 2020

Lisa A Tech Routine Meet — January 21-24, 2021

Leslie Taylor Cup – February 25-28, 2021

Artistic Swimming Hilton Invitational – April 15-15, 2021

Ontario Championships --June 3-7, 2021

Until October, there will be 1-2 in person training times, with 1 additional virtual training session per week. After Thanksgiving, additional land time may be added. This training will take place at a different facility (TBD).

Training at Trent will take place during 1-2 of following POTENTIAL times:

Monday 7-8 am, Monday 3:30-6:30 pm, Thursday 3:30-6:60 pm, Friday 7-8 am, Sunday 8-10 am (consideration will be given to the answers from the availability survey sent out prior to registration). Land training may take place in the morning before school.

13 & Over Competitive Groups—\$1,450 (Fees September to December 31, 2020)



4-5 training session per week. KTSC may register athletes in the following meets.

Early Bird Dryland Individual Mandatory Skill Testing — October 24 & 25, 2020

Dryland Technical Routine Mandatory Skill Testing — December 5 & 6, 2020

Lisa A Tech Routine Meet —January 21-24, 2021

Leslie Taylor Cup – February 25-28, 2021

Artistic Swimming Hilton Invitational – April 15-15, 2021

Ontario Championships --June 3-7, 2021

Until October, there will be 3-4 in person training times, with 1 additional virtual training session per week. After Thanksgiving, additional land time may be added. This training will take place at a different facility (TBD), likely in the morning before school.

Training at Trent will take place on Sunday 8-10 am, as well as 2-3 of the following POTENTIAL times:

Monday 7-8 am, Monday 3:30-6:30 am, Thursday 3:30-6:60 pm, Friday 7-8 am (consideration will be given to the answers from the availability survey sent out prior to registration).

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 training groups will be announced at the conclusion of registration. Training schedules will be influenced by number of swimmers that register. Training groups of roughly 5-8 swimmers will be developed, with up to three groups sharing training space (making a cohort). 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 14, pending approvals by OAS and Trent.

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

If a second 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

Currently, Delta Bingo remains closed. Upon reopening, regular Delta Bingo Shifts will resume and those *bone fide* members from each family will be added to the KTSC Bingo schedule. Reopening date will be shared with KTSC families as soon as informed.

Note: All *bone fide* members are required to complete the online course found on the Kawartha Bingo Sponsor's Association website. If your training was completed after July 2019, you are NOT required to complete the online training course.

Please click on this link <http://www.kawarthabingosponsors.com/>.

In the left margin you will see the option for 'Bingo Training'. You are required to read and complete all three sections of this training course.

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* (usually on Wednesday evenings) *throughout the calendar year*.

Following the rules set out by the Ontario Lottery and Gaming Corporation (more commonly known as the OLG), parents are expected to attend a brief training session and 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.

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



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⁺ 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.

⁺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 following the schedules indicated below.

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@kawarthatrentsychro.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.

Fee Payment Options & Schedules



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@kawarthatrentsychro.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.

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

Novice Program		12 & Under Competitive Groups		13 & Over Competitive Groups	
Fees: \$850		Fees: \$1,225		Fees: \$1,450	
(Fees Sept to Dec 31, 2020)*		(Fees Sept to Dec 31, 2020)**		(Fees Sept to Dec 31, 2020)**	
At Registration	\$250	At Registration	\$250	At Registration	\$250
October 1	\$200	October 1	\$325	October 1	\$400
November 1	\$200	November 1	\$325	November 1	\$400
December 1	\$200	December 1	\$325	December 1	\$400

*Fees for the Recreational and Novice Programs include a nose plug and meet registration fees (where applicable).

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



Registration for all programs will be done via EMAIL.

Registration for all athletes is due **Saturday September 12, 2020.**

Please email **all** registration forms and waivers to
Kate White at registrar@kawarthatrentsynchro.com.

This season, the following forms must be collected before swimmers can enter the pool. Please complete and ensure all documents are submitted to registrar.

- ✓ KTSC Registration Form 2020-2021
 - (Includes Concussion Code of Conduct for Athletes, Photograph and Information Permission Form and Agreement to Receive Electronic Communications)
- ✓ Acknowledgement & Acceptance of KTSC Return to Sport Framework 2020
- ✓ Code of Conduct For Athletes - Covid 19
- ✓ OAS Declaration of Compliance - Covid 19
- ✓ Pre-Registration Health Survey For Athletes
- ✓ Release & Liability, Waiver of Claims and Indemnity Agreement & Consent For Medical Treatment
- ✓ Trent University Waivers/forms

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.

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 Concussion 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.)