The table below outlines the tentative training schedule for Calgary Killarney Artistic Swim Club’s 2020-2021 season.

|  |  |  |
| --- | --- | --- |
|  | **13-15 National** | **Jr. National** |
| **Born in Years** | 2006, 2007, 2008 | 2006 or earlier |
| **Training Hours** | | |
| **Team Hours** | 16 | 18 |
| **Team Training Times** |  |  |
| **Duet/Solo Hours (Optional)** | Duets - 3 hours per week  Solos - 2 hours per week | Duets (Tech and Free) - 4 hours per week  Solos (Tech and Free) - 3 hours per week |
| **Duets and Solos** |  | |
| **Competition/Events Schedule** | | |
| **City of Calgary Figures Meet** | TBC - November 21 or 28, 2020 , Location - Repsol | |
| **December Watershow** | TBC - December 12, 2020, Location - Calgary (Pool TBD) | |
| **Provincial Qualifier** | January 28-31, 2021, Location: Edmonton (Kinsmen Centre) | |
| **Provincials** | February 25-28, 2021, Location: Calgary (Repsol) | |
| **National Qualifier** | March 22-28, 2021, Location: Saskatoon | |
| **Training Camp** | April 8-11 or 15-18. 2021, Location: Local or within B.C., Alberta or SASK | |
| **National Championships** | Early May 2021 - TBC, Location: Eastern Canada - TBC | |
| **Spring Watershow** | TBC - May 15 or 29, 2021, Location - Calgary (Pool TBD) | |
| **International Meet** | Spring 2022 - We will bid for a competition | |

**Important Training Dates**

* First Day of Training - September 8th or 9th, 2020
* Thanksgiving Weekend - TBD
* Winter Break - No Training December 19, 2020 through January 1, 2021, training to resume January 2
* Family Day Long Weekend - National Stream will train
* March 29 to April 5, 2021 - Week off after National Qualifier (coincides with CBE Spring break)
* May 10-16, 2021 - Week off after Nationals - TBC once Nationals is announced
* Victoria Day Weekend - May 22-24 - No Training
* Last Day of Training - May 30th, 2021

**Program Information**

* Team selections will be in September/October. Team selection will be based on a testing protocol communicated at the start of the season. Judges and coaches will be used to evaluate the athletes. It will include, but not be limited to: artistic swimming skills, swimming, flexibility, strength, endurance, coachability, leadership, work ethic etc. Team cohesiveness also plays an important role at this level. Registration for the National Stream program does not guarantee team placement, athletes need to demonstrate the skill and attitude required for this program. Athletes unable to meet the required standard will be offered a position on the 13-15/16-20 provincial stream team.
* Attendance is mandatory at all practices. As of January 2021 (main competitive season), no absences will be allowed unless there is injury, illness or bereavement.
* Duet and solo practices are additional to team practices. A separate solo and duet try out will be held in September. This is an optional program. Swimmers can also choose to participate in extra figures practices at an additional cost, our ability to offer these within club pool time is extremely limited at the National level. Most National level athletes arrange private figures with our club coaches privately.
  + We would like duets and solos to swim the same practice times each week this season
  + We will be attaching them to team practices as much as possible
  + Athletes should plan to attend 2 additional practice times per week to cover one National level duet or solo.
* Programs will include pool and dryland sessions. Dryland sessions may include (but not limited to) flexibility training, strength, ballet, gymnastics, team landrill, sports psychology etc.
* There is a potential to have alternates in our national stream programs. Athletes and parents should be aware that alternate selection can take place up to 1 hour before the start of an event, and the coach has the right to change the alternate based on the selection criteria at their discretion. Alternate selection will be communicated at the first team meeting of the year and reiterated throughout the season. Team coaches have the final say in alternate selection.

The table below outlines the Fees and Expenses for the Calgary Killarney Artistic Swim Club’s 2020-2021 season. Members are billed for the Expenses as a straight pass-through. In addition to the Fees and Expenses, there are other commitments to Calgary Killarney Programming. These relate to volunteering and fundraising as outlined in the **Volunteering & Fundraising Policy** found at [www.yycKillarney.com](http://www.yyckillarney.com). **Note:** Fees and expenses do not include those costs related to extra routines or extra figures.

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| --- | --- | --- |
|  | **13-15 National** | **Jr. National** |
| **Tentative Fees** | | |
| **Registration Fees** | $100 - CKASC  $94 - AAS | $100 - CKASC  $94 - AAS |
| **Team Fees** | $5760 | $6255 |
| **Optional:  Solo / Duet Fees** | Solo: $2600  Duet: $2200 | Solo: $2400  Duet: $2000 |
| **Projected Expenses** | | |
| **Club suit and Cap** | ~$100 | ~$100 |
| **Uniform**  (plus black leggings/pants of your choosing) | Shirt & Jacket: ~$180  Tank Top: ~$15  Bag: ~$95  Black Suit and White Cap: ~$70 | Shirt & Jacket: ~$180  Tank Top: ~$15  Bag: ~$95  Black Suit and White Cap: ~$70 |
| **Optional Team Wear** | Parka: ~$150 | Parka: ~$150 |
| **Routine suit** | $130 - $200 | $130 - $200 |

|  |  |  |
| --- | --- | --- |
|  | **13-15 National** | **Jr. National** |
| **Travel Expenses** | | |
| **Meet fees** | ~$600 | ~$750 |
| **Meet coaching[[1]](#footnote-0)** | ~$850 | ~$850 |
| **Travel Expenses** | ~$2700 | ~$2700 |
| **Training Camp** | ~$1,200 (Western Canada) | ~$1,200 (Western Canada) |
| **Volunteering** | | |
| **Volunteer Commitment**[[2]](#footnote-1) | 50 hours per family - $500 Volunteer deposit cheque | |
| **Meet[[3]](#footnote-2)** | The equivalent of 1 shift per “meet day” per family | |
| **Casino**[[4]](#footnote-3) | 1 shift - $500 Casino deposit cheque | |
| **Fundraising** | | |
| **Fundraising  Commitment**[[5]](#footnote-4) | $400 | $400 |

1. Meet coaching fees are a projected estimate based on historical estimates. They will be the actual coaching costs for the meet divided by the number of national level swimmers attending the meet. [↑](#footnote-ref-0)
2. Volunteer deposit cheque is required at the start of the season with registration. Once the commitment has been met, the cheque is destroyed. [↑](#footnote-ref-1)
3. The length of the single shift will be determined by the Meet organizing committee based on the number of hours that will need to be filled. [↑](#footnote-ref-2)
4. At this time, it is unclear if we will have a Casino during the 2020-2021 season. Casino deposit cheque is required at the start of the season with registration. Once the commitment has been met, or we have confirmed there is no Casino for the season, the cheque will be destroyed. [↑](#footnote-ref-3)
5. A cheque covering the Fundraising Commitment is required at the start of the season. when the commitment is met, the cheque is destroyed. [↑](#footnote-ref-4)