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

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|  | **Pre Competitive** | **U10 Provincial** | **Novice** | **11-12** | **13-15** |
| **Born in Years** | 2011, 2012 or 2013 | 2011 or 2012 | 2010 or earlier | 2009 or 2010 | **13-15:** 2006 - 2008  **16-20:** 2005 or earlier |
| **Training Hours (Includes both pool and dryland hours)** | | | | | |
| **Total Hours per week** | 3h | 6.5h | 9h | 10h | 10h |
| **Training Days** |  |  |  |  |  |
| **Training Pool** |  |  |  | | |
| **Duets and Solos (Optional)** |  |  | | | |

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|  | **Pre Competitive** | **U10 Provincial** | **Novice** | **11-12** | **13-15** |
| **Competitions/Events Schedule** | | | | | |
| **CWC Figures Meet** | November 8, 2020  Location - Calgary Winter Club | | | | |
| **City of Calgary Figures Meet** | Not applicable | TBC - November 21 or 28  Location - Repsol | | | |
| **Winter Watershow** | TBC - December 12, 2020  Location - TBD (Calgary Pool) | | | | |
| **Provincial Stream Transitions** | Not applicable | January 28-31, 2021  Location: Edmonton (Kinsmen Centre) | | | |
| **Wildrose Qualifier** | Not applicable | February 25-28, 2021  Location: Calgary (Repsol) | | | |
| **Mini Meet** | March 6 or 7, 2021  Location: Calgary | Will not attend | | | |
| **Wildrose Classic** | Not applicable | April 16-18, 2021  Location: Lethbridge (U of L) | | | |
| **Red Deer Rec Event** | TBC April 24, 2021  Location: Red Deer | Not applicable | | | |
| **CWC Routine Invitational** | TBC - May 1 or 2, 2021 | TBC - May 1 or 2 (1 day only)  Location: Calgary Winter Club  Only will attend if unable to travel out of province (see notes below)\* | | | |
| **Spring Watershow** | TBC - May 15 or 29, 2021  Location - TBD | | | | |

**\*Out of Province Travel:** Typically U10, 11-12, Novice and 13-15 Provincial Stream teams travel out of province to B.C., Saskatchewan or Manitoba in early May each season. Due to COVID restrictions we are anticipating not being able to do this in May 2021. If restrictions are lifted and we are able to plan travel we will adjust travel fees/competition fees accordingly. Currently, travel fees listed below DO NOT include any out of province travel costs.

**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 - Provincial Stream will train
* Easter Weekend - April 2-5, 2021 - No Training
* Victoria Day Weekend - May 22-24 - No Training
* Last Day of Training - May 30th, 2021

**Program Information**

* Team selections will be in September. Athletes will be evaluated for both water and land skills. Teams will be split according to testing results, coachability and work ethic during the team selection process
* 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.
* 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.
* As Artistic Swimming is a team based sport we expect swimmers to be at all practices except in cases of injury, illness or bereavement.
* There is a potential to have alternates in the 11-12 and 13-15 provincial stream programs. Coaches will have the final say in alternate selection. Alternate selection criteria will be communicated at the first team meeting of the year and reiterated throughout the season.

Members are billed for the Expenses as a straight pass-through. In addition to the Fees and Expenses, there are other related commitments related 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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|  | **Pre Competitive** | **U10 Provincial** | **Novice** | **11-12** | **13-15** |
| **Tentative Fees** | | | | | |
| **Registration Fees** | $100 - CKASC  $94 - AAS | $100 - CKASC  $94 - AAS | $100 - CKASC  $94 - AAS | $100 - CKASC  $94 - AAS | $100 - CKASC  $94 - AAS |
| **Team Fees** | $1,359 | $2,763 | $3213 | $3,402 | $3600 |
| **Optional Solo/Duet Fees** | N/a | Solo: $1,350  Duet: $1,100 | Solo: $1,350  Duet: $1,100 | | |
| **Uniforms** | | | | | |
| **Club suit** | Not Required | ~$90 | ~$90 | ~$90 | ~$90 |
| **Uniform**  (plus black leggings/pants of your choosing) | Shirt: ~$55  Black Suit and White Cap: ~$70  Club Cap: ~$9 | Shirt/Jacket: ~$180  Black Suit and White Cap: ~$70  Club Cap: ~$9 | | | |
| **Optional Team Wear** | Club Swim Bag: ~$95  Club Parka: ~$150 | | | | |
| **Routine suit** | ~50 - $75 | $130 - $200 | $130 - $200 | $130 - $200 | $130 - $200 |

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|  | **Pre Competitive** | **U10 Provincial** | **Novice** | **11-12** | **13-15** |
| **Travel Expenses** | | | | | |
| **Meet Registration** | ~$150 | ~$500 | ~$500 | ~$500 | ~$500 |
| **Meet Coaching**[[1]](#footnote-0) | ~$150 | ~$350 | ~$350 | ~$350 | ~$350 |
| **Travel Expenses** | N/A | ~$650 | ~$650 | ~$650 | ~$650 |
| **Training Camp** | N/A | N/A | N/A | $500 (In-Town) | N/A |
| **Volunteering** | | | | | |
| **Volunteer Commitment**[[2]](#footnote-1) | 25 hours | 50 hours per family - $500 Volunteer deposit cheque | | | |
| **Meet**[[3]](#footnote-2) | 1 shift | The equivalent of 1 shift per “meet day” per family | | | |
| **Casino**[[4]](#footnote-3) | N/A | 1 shift - $500 Casino deposit cheque | | | |
| **Fundraising** | | | | | |
| **Fundraising Commitment**[[5]](#footnote-4) | $150 | $350 | $350 | $350 | $350 |

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 provincial/pre-competitive level swimmers attending the meet. [↑](#footnote-ref-0)
2. Volunteer deposit cheque is required with registration. Once the Volunteer 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 is 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)