

The table below outlines the tentative training schedule for Calgary Killarney Artistic Swim Club's 2024-2025 season. This schedule is based on the information we have today, and the pools we hope to secure over the coming months. Until pool contracts are finalized, these schedules are subject to change, however we will still target the training hours outlined below (pools permitting).

	<b>Youth National Hybrid</b>	<b>Youth National</b>	<b>Junior NS Silver (Hybrid &amp; Full NS)</b>	<b>Junior NS Pink</b>
<b>Born in Years</b>	2011, 2012 (2010 with PrgMgr permission)	2010, 2011, 2012	2009, 2008, 2007, 2006	2009, 2008, 2007, 2006
<b>Training Hours - The hours below are tentative until pool contracts are finalized. All teams off on Saturdays.</b>				
<b>Team Hours</b>	13	16	14.5/18	18
<b>Team Training Times (Tentative)</b>	Monday 6-9PM (MRU) Tuesday Off Wed 6-9PM (U of C) Thurs 6-9PM (Seton) Friday Off Sunday 12:30-4:30PM (Seton/U of C)	Monday 6-9PM (U of C) Tuesday 6-9PM (U of C) Wed Off Thurs 6-9PM (U of C/Seton TBC) Friday 6PM-9PM (Seton/MRU) Sunday 8-12PM (Seton/U of C)	Monday Off <sup>1</sup> Tuesday 5:30PM-9PM <sup>2</sup> Wed 6-9PM (Seton) Thurs 6-9PM (U of C) Friday 3-7PM (Seton) Sunday 8-12:30PM (Seton/U of C)	Monday Off <sup>3</sup> Tues 5:30-9PM (U of C) Wed 6:15-9:15PM (U of C) Thurs 6-9PM (Seton) Friday 3PM-7PM (Seton) Sunday 8-12:30PM (Seton/U of C)
<b>Duet/Solo Hours (Optional)<sup>4</sup></b>	No duet/solo option, extra figures encouraged	Duets - 3 hours per week Solos - 2 hours per week	Duets (Tech and Free) - 4-5 hours per week Solos (Tech and Free) - 3-4 hours per week	

<sup>1</sup> Friday practices will be moved to Monday nights when we cannot access pool time at Seton.

<sup>2</sup> Swimmers registered in Hybrid will not train on Tuesday nights

<sup>3</sup> Friday practices will be moved to Monday nights when we cannot access pool time at Seton.

<sup>4</sup> For Junior solo/duet routines - number of hours per week will be discussed by the coaches and parents. The number of hours recommended will depend on whether both tech and free are swum and the goals of the athletes.

<b>Competition/Events Schedule - Dates/locations below are estimates only based on historical data</b>				
<b>CAS Development Camp</b>	October 4-6, 2024 Location: TBD (most likely Calgary)			
<b>Synchro Sister Halloween Event</b>	Sunday, October 27th, 2024 Location: Seton Brookfield YMCA			
<b>City of Calgary Figures Meet</b>	Saturday, November 16, 2024 (TBC) Location: MNP			
<b>Winter Watershow</b>	Sunday, December 8th, 2024 (TBC) Location: Seton Brookfield YMCA			
<b>Northern Lights</b>	January 24-26, 2025 Location: Seton Brookfield YMCA, Calgary			
<b>Rocky Mountain Qualifier</b>	February 21-23, 2025 Location: Eastlink Centre, Grande Prairie			
<b>National Qualifier<sup>2</sup></b>	March 16-22, 2025 (TBC) <sup>5</sup> Location: Victoria, BC			
<b>Training Camp/Competition Opportunity</b>	Calgary or local Camp (ex Canmore) April 9-13, 2025 (TBC)	April 9-13, 2025 Location: Phoenix Arizona	Calgary/local camp (ex Canmore) or US Nationals (TBD)	US Nationals April 9-13, 2025 Greensboro, North Carolina
<b>Wildrose Classic<sup>6</sup></b>	April 25-27 Location: University of Lethbridge, Lethbridge			

<sup>5</sup> Both hybrid teams will travel on a separate schedule to reduce travel cost and time away. The Youth team will travel the day before the figures competition and the Juniors will travel 1-2 days before the Technical team event

<sup>6</sup> Duets and Solos that do not qualify to National Qualifiers will compete at the Wildrose Classic

<b>Nationals Send Off Show</b>	<p style="text-align: center;">May 1, 2025 Location: University of Calgary</p>
<b>Canadian Championships<sup>2</sup></b>	<p style="text-align: center;">May 3-10, 2025 (TBC) Location: Toronto, ON</p>

### Important Training Dates

- First Day of Training - September 3, 2024
- Thanksgiving Weekend - Sunday and Monday, October 13-14, 2024 - No Training
- Winter Break - No Training December 20, 2024 through January 2, 2025. Training to resume January 3, 2025
- Family Day Long Weekend/Easter Weekend - National Stream will train due to upcoming competition, hours may differ and we will try to give some time off.
- Athletes will have time off following both Qualifiers and Canadian Championships. Typically we are off Monday through Friday after Qualifiers. Following Canadian Championships we are off from the date of return to Calgary until the end of the May long weekend
- Last Day of Training - The final day of “training” will be the final day the athletes attend Canadian Championships
- Provincial Team 2025 - The SYNC competition is planned to be in Calgary July 14-20, 2025

### 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, ability to perform the higher level skills identified in the new difficulty system, flexibility, strength, endurance, speed, 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 Youth provincial stream team.

- Attendance is mandatory at all practices. As of January 2024 (main competitive season), **no absences will be allowed** unless there is injury, illness or bereavement. Please do not plan vacations outside of designated time off.
- Duet and solo practices are additional to team practices. This is an optional program. The duet/solo selection process will be communicated in September.
- Programs will include pool and dryland sessions. Dryland sessions may include (but are 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. Alternates are essential to a strong National Stream program. Our intention is to not have alternates on either of our hybrid teams this season.

The table below outlines the tentative Fees and Expenses for the Calgary Killarney Artistic Swim Club’s 2024-2025 season. Tentative Fees are based on projections from our 2023-2024 season; Fees will be finalized by the Board of Directors. Projected Expenses are based on historical amounts. In addition to the Fees and Expenses, there are other commitments related to volunteering and fundraising, as outlined in the **Volunteering & Fundraising Policy** found at [www.yyKillarney.com](http://www.yyKillarney.com).

	<b>Youth National Hybrid</b>	<b>Youth National</b>	<b>Junior Hybrid Athletes</b>	<b>Junior/Senior National (Pink and Silver Full Program Athletes)</b>
<b>Tentative Fees</b>				
<b>Registration Fees</b>	\$500 Team Deposit (\$250 of the Team Deposit is non-refundable. Refunds for withdrawals are as per the <a href="#">Fees &amp; Financial Commitment Policy</a> .)			
<b>Team Training Fees</b>	\$5495	\$6795	\$5495	\$7595
<b>Included Clothing</b>	\$300	\$300	\$300	\$300

	(T-shirt, 2 club caps and team competition suit with gems)	(T-shirt, 2 club caps and team competition suit with gems)	(T-shirt, 2 club caps and team competition suit with gems)	(T-shirt, 2 club caps and \$250 deposit towards a team competition suit)
<b>Competition Fees<sup>7</sup></b>	\$650	\$800	\$650	\$825
<b>Pre Season Training<sup>8</sup></b>	\$500	\$500	\$500	\$500
<b>Total Program Cost<sup>9</sup></b>	\$6945	\$8395	\$6945	\$9220
<b>Optional: Solo / Duet Fees<sup>10</sup></b>	Not Applicable	Solo - Fees TBD Duet - Fees TBD		
<b>Travel Fees<sup>11</sup></b>	\$3950	\$5950	\$3700	\$5950
<b>Uniforms</b>				
<b>Club Suit<sup>12</sup></b>	~\$75	~\$75	~\$75	~\$75
<b>Uniform<sup>13</sup></b> (plus black leggings/pants of)	Jacket: ~\$125 Tank Top: ~\$30 Club Backpack: ~\$120	Jacket: ~\$125 Tank Top: ~\$30 Club Backpack: ~\$120	Jacket: ~\$125 Tank Top: ~\$30 Club Backpack: ~\$120	Jacket: ~\$125 Tank Top: ~\$30 Club Backpack: ~\$120

<sup>7</sup> Includes entry fees, spacing fees, athlete fees, photo fees, and team protest fees. Any banquets will be invoiced separately.

<sup>8</sup> Athletes attending the competition in Peru with Team Alberta will not be required to attend pre season training and will be credited that amount. Athletes who elect to miss pre season training for other reasons with the exception of their school starting early will not be offered a credit.

<sup>9</sup> Billed in 10 instalments September through June

<sup>10</sup> Inclusive of competition entry fees, competition coaching and \$250 towards a competition suit. Price varies based on the number of hours training per week. Fees in the table are for solos training 3 hours per week and duets training 3.5 hours per week. Protest fees are not included in solo and duet fees. Protest plans and strategies will be discussed with families per routine and invoiced after each competition

<sup>11</sup> Not included in total program cost, flights only included for travel outside of Alberta

<sup>12</sup> Same design as 2023-2024, can be reused

<sup>13</sup> Club jacket, suit, cap and tank top will continue for this season. Club t-shirts will be updated.

your choosing)	Black Suit and White Cap: ~\$90	Black Suit and White Cap: ~\$90		
<b>Optional Team Wear</b>	Club Parka, shorts, tanktop, hoodie, towel etc.			
<b>Other Equipment</b>	Blue Theraband, 2 x yoga blocks, weight belts, indoor running shoes (check with team coaches)			

	Youth National	Junior National/Senior
<b>Volunteering</b>		
<b>Volunteer Commitment</b>	Volunteer at least 30 hours. Financial penalties apply if these requirements are not met. <a href="#">Please review Volunteer and Fundraising Policy.</a>	
<b>Killarney Hosted Meets</b>	The equivalent of 1 shift per meet day as determined by the meet committee	
<b>Casino<sup>14</sup></b>	1 shift: \$1000 invoice if Casino shift requirement is not fulfilled	
<b>Fundraising</b>		
<b>Fundraising Commitment<sup>15</sup></b>	\$400 Buyout at Registration: \$500 paid over ten team instalments. Financial penalties apply if these requirements are not met. <a href="#">Please review Volunteer and Fundraising Policy.</a>	

<sup>14</sup> At this time we anticipate our casino to be in Oct-Dec 2025. Once the commitment has been met, or we have confirmed there is no Casino for the current season, no invoice will be issued.

<sup>15</sup> Any outstanding fundraising will be collected from Team Deposit, or invoiced if the team deposit is insufficient to cover the shortfall.