

# Spartans Aquatic Club Parent Handbook 2023/2024



Our mission: To provide a fun and positive environment that focuses on improving competitive swimming techniques throughout all ages and skill-levels. Spartans swimmers will learn valuable skills that not only translate to excellence in the pool, but excellence in life.

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## Contact Info

- Head Coach: Taryn Hiebert  
spartansaquaticscoach@gmail.com
- Coaches: Tarryn Mouser, Jon Luken, Raquel Turnbull, Tiara van Zandbergen, Chevan MacKenzie
- Board Members: Kira Kinahan, Rosemary Shannon, Susanne Trapp, Antonia Ormston  
spartansaquaticboard@gmail.com
- Club Administrator: spartansaquatics@gmail.com

## Questions/Concerns

For questions or concerns about coaching or swimming please talk to your swimmer's coach or the head coach.

For questions or concerns about bingo, payment, registration or administrative details, please call or email the club administrator.

## Training Facility

Fritz Sick Pool  
420 11 St. South, Lethbridge, AB  
(403) 320-3109

## Session Dates

Our fall session runs Sept 18 to Dec 14, 2023. There are no practices on statutory holidays. There will be no practice Oct 9 (Thanksgiving).

## Expectations of Parents

Timely pick-up/drop-off of swimmer(s):

We expect parents to drop-off their swimmer at the appropriate practice time, and be ready to pick them up when the practice is over. Safety is our first priority, and we like to ensure all swimmers are safely

out of the facility after practice ends. This means that if you are going to be late, need to drop a swimmer off early, or your swimmer is going to be picked up by someone different than usual, you **must** notify a coach prior.

#### During Practice:

We love to see parents watching training sessions and supporting their swimmers, but we ask that you please do not interfere with the practice. During training times parents are expected to be sitting either in the designated viewing gallery, or the chairs by the kiddie-pool. If a parent needs to communicate with the coach or a swimmer, we ask that you find a time either before or after practice, or find a member of our staff that is not actively coaching swimmers.

#### Pool Facility Rules:

We ask that parents follow all regulations set by Fritz Sick Pool staff. This means no outdoor shoes on deck, no accessing the lifeguard office, and adhering to the age by-laws of the change-rooms. If you wish to access the viewing gallery or the deck chairs, it is recommended that you use the side-entrance when possible. **NOTE:** We are **not** affiliated with Fritz Sick pool. If you have questions or concerns regarding your swimmer, the schedule, the program, the coaching, fees, or anything else related to the club, please contact us first.

### **Expectations for Swimmers**

#### Equipment:

We ask that you ensure your swimmer is coming to practice fully prepared. Please bring: Towel, bathing suit, goggles, swim cap (optional), and a **water bottle**. If your swimmer is participating in dryland sessions, we also ask them to bring: shirt, shorts, and athletic shoes. Training equipment such as kick-boards and fins are available at

the pool for no extra fee. If your swimmer wishes to bring their own training equipment, they are free to do so.

### Make-Up Practices:

If your swimmer is unable to attend a practice, we do offer the opportunity to make it up by attending their group's practice on an alternative day. That said, you **must** contact your swimmers coach directly prior to attending, to ensure there is enough pool space to accommodate your swimmer.

### Swimmer Conduct:

We expect Spartans athletes to always be respectful to both their fellow athletes, as well as their coaches. We have a zero-tolerance policy for bullying. During practice times swimmers are expected to follow the coach's direction and contribute to a positive and productive training space for their peers. If a swimmer's misbehaviour becomes a distraction for the rest of the group, they may be asked to sit out for part of the practice (see section below: disciplinary process). This is up to the coach's discretion, and if misbehaviour does occur the swimmer's parents will **always** be notified so that we can collaborate on the best course of action moving forward. If disrespectful behaviour becomes a consistent occurrence we reserve the right to terminate registrations.

## **Disciplinary process**

It's important to us that the swimming experience for each swimmer is enjoyable, safe, and productive. To this end, we equip our coaches with disciplinary measures so that practices can meet those goals.

If a swimmer is refusing to follow coach instructions or is engaging in behaviours that are distracting to others, the coach will give two verbal warnings. If the behaviours persist, the swimmer will be asked to exit

the pool and will be given a certain amount of dryland training exercises to complete before returning to the pool.

## Swim Alberta Membership and Deadlines

Our governing organization is Swim Alberta Membership is mandatory for each club and swimmer in Alberta. Swim Alberta provides general liability, accident and Directors/Officers liability coverage For that coverage to be active every swimmer needs to be registered with them. We start the registration process by providing the swimmer information to Swim Alberta and in September parents will receive an email from Swim Alberta asking you to verify your contact info and agree to their policies. It's very important to complete that request without delay to ensure coverage. Please contact the club administrator if you haven't received an account verification request by the end of September.

## Fee Structure

<u>GROUP</u> sessions/wk	<u>FEES</u> 12 weeks
<u>YELLOW X3</u>	<u>\$530</u>
<u>YELLOW X2</u>	<u>\$400</u>
<u>YELLOW X1</u>	<u>\$330</u>
<u>BLUE X3</u>	<u>\$530</u>
<u>BLUE X2</u>	<u>\$400</u>
<u>BLUE X1</u>	<u>\$330</u>
<u>GREEN X2</u>	<u>\$395</u>
<u>GREEN X1</u>	<u>\$325</u>
<u>ORANGE X2</u>	<u>\$360</u>
<u>ORANGE X1</u>	<u>\$260</u>

<u>PURPLE X2</u>	<u>\$360</u>
<u>PURPLE X1</u>	<u>\$260</u>
<u>MASTERS</u>	<u>\$100</u>
<u>MINIS X1</u>	<u>\$240</u>
<u>MINIS X2</u>	<u>\$340</u>

## Fee Payment

Fees can be paid online at the time of registration with a credit card (fees apply), or via e-transfer. No refunds will be given after one month of swimming. If fees aren't paid after one month, the swimmer will not be allowed in the pool.

## Schedule

<b>Yellow</b> (most advanced group)	5pm – 7pm Mon – Thurs
<b>Blue</b>	5pm – 7pm Mon – Thurs
<b>Green</b>	5:30pm – 7pm Mon & Wed
<b>Orange</b>	6pm – 6:45pm Tue & Thurs
<b>Purple</b> (beginner group)	5pm – 5:45pm Tue & Thurs
<b>Masters</b>	5-6pm OR 6-7pm Mon, Tues, Wed & Thurs
<b>Minis</b>	5 - 5:45pm Mon & Wed

## Bingo

Bingo events are our main fundraiser; they offer us the opportunity to keep our swim fees affordable. We have been allocated one bingo each month of the year. This includes the summer months where we are not actively swimming.

Each parent/guardian is required to attend **one bingo night per session per child**. To this end, we require that each family submit a check for \$150 that will ONLY be cashed at the end of the session if a bingo event has NOT been attended.

Parents/guardians are welcome to help with additional bingo events if desired. Each additional bingo event attended results in a \$50 credit towards fees.