

Cascade Swim Club

Calgary's Premiere Competitive Swim Team

Message from the Director of Swimming

Director of Swimming and Head Coach Dave Johnson on last season and plans for the upcoming year
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Club Manager's Message

Cascade senior Staff are back and ready for the upcoming year. See the message from your Club Manager
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September Calendar

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Rob Jubenvill is in his first term as the President of the Cascade Swim Club.
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Draft Calendar

The draft 2013-2014 meet calendar is listed on the group pages (16-21). All dates TBC later in the fall.

Only **1077**
Days to Go!



Cascade Swim Club

Calgary's Premiere Competitive Swim Team

WELCOME TO THE 2013-2014 SWIMMING SEASON WITH THE CASCADE SWIM CLUB



Welcome back if you are a returning member and a warm welcome to our new members.

The 2013 Season saw the world emerge from the Phelps era of swimming with many new faces and world records broken at the Barcelona World Championships. Twenty-two were on the podium at the world championships more than ever before.

As we go forward with our program CASCADE is developing into a strong contributor to the story of swimming on the city, provincial, national and world stage. We are playing in the big leagues of swimming and therefore we have and we will continue to lift our game at all levels in the club.

The 2013-14 season is in front of us and in the second year of the Olympic quadrennial the calendar for our club this season will focus on the following events: Alberta Provincial Championships, Western National Championships, the Canadian Commonwealth and Pan Pacific Trials, the Pan Pacific Junior Trials as well the Senior National and Age National Championships.

The International Program this year will be looking to the 2nd Youth Olympics Games in Singapore, the Junior Pan Pacifics in Hawaii, the Commonwealth Games in Scotland and the Senior Pan Pacific Championships in Australia.

While the senior swimmers and the international competitions are the highest profile events for our program and garner the most attention the club remains intently focused on solidifying itself as one of the top Age Group (18&U) programs in the country – which is where more than 97% of our membership lies. The Age Group section of the program is showing exciting development and many new faces are appearing in the provincial and national rankings across the entire program. The strong Cascade system will bring development of the next generation of Cascade excellence to the forefront as we build toward RIO 2016. This is truly an exciting time for Cascade and swimming.

The Cascade system identified, and we saw, many encouraging quality-caliber performances throughout all levels of the program. Personal best and winning performances were achieved at the Novice Junior Circuits (Olympic Way), Age Group Trials, Alberta Provincials, Age Group Nationals, University (CIS) Championships, Senior National Championships, Canada Games, as well as at the International (Senior, Junior and Youth) levels.

The 2012-13 season saw many firsts for Cascade with the winning of the Men's Senior National Championship banner at the World Trials as the highlight for the team. This was the first Senior Championship for Cascade Swim Club in its 45-year history and hopefully is the first of a new standard and horizon on the Senior level for the team. Cascade also won the Western Canadian Championship in February for the 4th consecutive year and placed second in the overall team category – the longest winning streak in that Championship meet's history.

Cascade highlights for our individual swimmers were Joel Greenshields winning the 100 freestyle and Russell Wood winning the 200 back at the World Trials and both being selected to the Barcelona 2013 World Championship Team.

Joel and Russell swam at the World Championships with Joel competing in the 100 freestyle and 400 Free Relay placing 38th and 14th respectively. Russell swam the 200 backstroke in a new personal best placing 21st.

Russell and Brooklynn Snodgrass were selected to the World University Games in Kazan, Russia with Russell placing 9th in the 100 backstroke 6th in the Medley relay, 12th in the 200 back and 21st in the 50 back and Brooklynn 16th in the 100 back, 18th in the 50 back and 4th in the medley relay.

Cascade had 7 swimmers at the Canada Games: Emily Wagner, Taryn Pratt, Ingrid Wilm, Yuri Kisil, Anthony Lyons, Kevin Nelson and Hanna Smith. The production from our Cascade athletes at that meet is to be commended as not only did 6 out of our 7 swimmers come away with medals and they all scored a number of points for the province while swimming a tonne of personal bests.

And while the summer and season is over for most everyone else in late August Yuril Kisil will represent Cascade and Canada at the 2013 World Junior Championships in Dubai, UAE.

And last but not least just when we thought the season was entirely over (and we are technically into the 13-14 year) in early September four Cascade swimmers: Taryn Pratt, Ingrid Wilm, Yuri Kisil and Connor Bayne will travel to China with Swim Alberta on a two week cultural exchange program.

The Cascade program prides itself on building great people who are also great citizens and representatives of their family, the swim community, their community, Calgary, Alberta, Canada and of course the Cascade Swim Club.

With the Cascade model embracing Canada's "sport-for-life" philosophy, and Long Term Athlete Development principles we have created a well structured continuum for the program. The excellent coaching of the swimming program offered by Cascade, and the great spirit of the swimmers, their parents and the Board of Directors have positioned Cascade as one of the leading Canadian programs and the industry standard for swimming .

At Cascade your swimmers will learn excellent values, life skills and disciplines and as well will be in one the world's leading swimming performance programs.

Led by our excellent coaching staff: Wendy Johnson, Ildi Deliu, Marc Tremblay Jasen Pratt, Sandy Ferris, Kristina Crook, the Cascade program has a strong base of swimmers competing from the grass roots level through to the provincial representative teams, all the way up to the Youth, Junior and Senior Canadian National Teams.

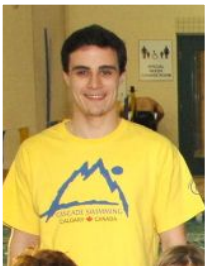
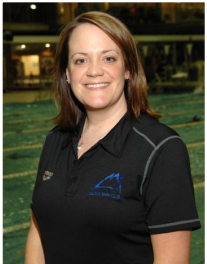
Swimmers will experience the wonderful lessons to be learned from being challenged and trained under the tutelage of our staff and will share in the excitement of our cutting edge approach.

Looking forward to seeing you on the deck and for a successful continuation of the CASCADE way.

Swimming Faster, Swimming Better

Dave
David M. Johnson
Director of Swimming and Head Coach

MESSAGE FROM THE CLUB MANAGER



This has been an exciting year for the Cascade Swim Club with the first ever senior national **Team Title** banner in the club's 45 year history as well as a number of individual and personal success stories. The success of our swimmers ranged all the way from youngsters who dove in for their first swim meet, to those who then made their first championship qualifying time all the way up to swimmers competing at the World Championships in Barcelona, Spain.

We are very happy to say that all of our senior coaching staff are back again for the 2013-2014 season and we truly feel that our coaches are our greatest asset and the key factor that differentiates us from all other clubs in the country. No other club in Canada has as much experience on the pool deck as the Cascade Swim Club. Further to that, we are excited about some of the new coaching assignments this year as coach Kristina Crook moves into the lead position of the Senior Select group which is a new extension of our Age Group Program and aims to bridge the Age Group and Performance training squads; Coach Stefan Pripoe takes the reigns of our 10&U program moving up from Olympic Way as long-time 10&U coach, Sandy Ferris, moves to an assistant role with the Age Group Program. We are also very pleased to add coach Taylor Peterson, a former national swim team veteran from only a few short years ago, into our coaching ranks as she takes over the lead role with Age Group 3.

The Cascade Swim Club "grows" its own swimmers and it was quite rewarding for everyone on staff to know that fully 70% of the men on our Senior Championship winning team this year came through the 10&U program and were developed right here at Cascade. The staff all take so much pride in seeing your swimmers develop from their very first splashes in the pool all the way through to their first national & international successes.

We had a brand new crop of our youngest swimmers at three & four years old start their swimming journey with us this past season and nearly 50% of our club last year was aged 12 years old or younger. We have a great base on which we can build the future of our club and the future of our sport.

Looking forward to seeing everyone on deck this fall.

Jasen Pratt
Club Manager
Cascade Swim Club



IN 2013 CASCADE SENT TWO SWIMMERS TO THE WORLD CHAMPIONSHIPS: JOEL GREENSHIELDS & RUSSELL WOOD; BROOKLYNN SNODGRASS & RUSSELL WOOD REPRESENTED US AT THE FISU WORLD STUDENT GAMES; CASCADE ALSO SENT YURI KISIL TO THE WORLD JUNIOR CHAMPIONSHIPS ALONG WITH COACH DAVE JOHNSON

From top to bottom: Coach Wendy Johnson (Performance); Coach Ildi Deliu (Performance); Coach Marc Tremblay (Age Group); Coach Kristina Crook (Senior Select) Coach Stefan Pripoe (10&U); Coach Sandy Ferris (Age Group / mentor coach); Kimmie Kraft, Olympic Way.



Upcoming Key Dates to Remember!

August 2013

23 Aug	Friday	Rookie Camp	Acadia	4:00PM - 5:30PM
24 Aug	Saturday	Rookie Camp	Acadia	9:00AM - 12:00PM
25 Aug	Sunday	Rookie Camp	Acadia	9:00AM - 12:00PM*

*Tentative

You must call to register for rookie camp if you have not been a part of the Cascade Swim Club this past season (regular sessions / camps). All swimmers must be assessed by the club prior to registration.

September 2013

09 Sep	Monday	Sessional Programs Begin	Acadia & Canyon
16 Sep	Monday	Competitive Programs Begin	All pools
17 Sep	Tuesday	Parent Info Night (AG2)	Talisman
19 Sep	Thursday	Parent Info Night (AG1)	Talisman
20 Sep	Friday	Parent Info Night (AG3)	Canyon
23 Sep	Monday	Parent Info Night (Perf)	Talisman
27 Sep	Friday	Parent Info Night (10&U)	Acadia
28 Sep	Saturday	Parent Info Morning (OW)	Mount Royal

*All Parent Information nights will be have final details regarding time and location sent to the members prior to the event. This is NOT the first night of training for your swimmers but rather an informational session for all parents. The 1st training for all competitive programs begins the week of Monday, September 16th.

Kick Off Week Begins September 16th, 2013

The kick-off week is the week where we have all our Parent Informational sessions. The meetings will include some important start of the year group and club information.

All parents are encouraged to attend your groups meetings **at the pool listed (start times and room location TBC).**

Swim Suits & Team Gear will be on sale at the kick-off night to help everyone get equipped for the new season. New swimmers to Olympic Way, 10&U and Age Group, Senior Select & Performance (plus returning members without) are required to purchase basic Cascade Kit (suit, cap, goggles). Price is approximately between \$65-\$80 (boys/girls). Junior Olympic Way swimmers are required to have proper training suit, cap and goggles.

We ask all returning members to be registered **prior to** the kick-off night.



PRESIDENT'S MESSAGE

Dear Cascade members:

The 2013 – 2014 swimming season will be upon us in a few short weeks and I would like to welcome all returning members back to the Club and extend a warm welcome to all the new members of the Cascade family.

I'm excited about the 2013-2014 season. We came off an outstanding 2012-2013 year with many successes both in and out of the pool and I'd like to thank Jeff Bayne for his leadership and contribution over the last two years as past president and for the several years he spent on the board in various capacities. I truly believe Cascade is one of the premier clubs in the country and that is due in large part to the hard work and effort of the membership. We should all be proud of our club and should wear our colors with pride.

Going forward, we continue to strive to create the best swim club model in the world, by focusing on our three pillars of success: Technical Performance; Political Involvement; and Financial Strength.

In the pool, what else can we say but - "Wow"! The 2012-2013 season saw so many successes at all levels. On both the national and international stages we are the National Men's Team Champions; two Cascade swimmers were selected to represent Canada at the World Championships; two Cascade swimmers were selected to represent Canada at the World Student Games; one swimmer was selected to represent Canada at the World Junior Championships; and six Cascade swimmers were selected to represent Alberta at the Canada Summer Games. Our head coach and Director of Swimming, Dave Johnson, was selected as a member of the staff on the World Junior Championships team and he also participated with the preparation camps leading into the senior World Championships in Barcelona, Spain. Our Age group programs, led by some of the best age group coaches in the country, produced one of our largest contingents in recent years to the Alberta Speedo Long Course Championships. Over the course of the season Cascade also set more than half a dozen para-National records and more than a dozen para and able-bodied provincial records and it goes without saying that we broke almost too many club records to count.

We also saw results from our athletes in areas outside of the pool, such as track & field and triathlon. Cascade's own Emily Wagner won not only a bronze medal in swimming at Canada Games but was Canada Games champion in the girl's triathlon. This is a true testament to our continued commitment to following the Long Term Athlete Development (LTAD) model and developing our swimmers over the long term and creating sustainable performance throughout the athlete's career.

Technical performance is also judged by how well the club is functioning from an administrative perspective. Throughout 2012/2013, many policies and procedures were revamped to make our club stronger and for 2013/2014, we will continue to focus on improving all aspects of administration and communication, including how to more effectively use our website and refining our volunteer points system.

Our political objectives are to have the Cascade voice heard on the community, municipal, provincial and national levels through the various board and committee opportunities for our sport. We are fortunate to have one of the most well respected coaching staff's in the country who have significant influence on the national swimming stage. However, we still need greater representation on various National, Provincial and local aquatic related boards and we encourage members to come forward and represent the club on these various boards.

Our third area of focus is financial strength. We continue to be fiscally responsible and build on our strong balance sheet. The 2012-2013 season saw an increase in sponsorship funds and the funding of our Swimmer In Need program. While the Talisman Centre was significantly affected by the floods of 2013, our General Manager and his team worked hard to find alternative accommodations for our summer programs and minimize the impact on our bottom line. Our 2013-2014 budget contemplates no increase in our fees and our plan is to focus on developing specific sponsorship initiatives to provide funding for many types of our special programs.

Our club has made significant strides towards achieving our goals and we should all be proud of what we have accomplished. We are well positioned for the future and by working together and communicating openly I am confident we will achieve our future goals.

On behalf of the entire Board, I look forward to everyone's continued support as we try to reach the summit and provide the best possible swimming experience for your child.

See you at the pool.

Rob Jubenvill
President

MEMBERSHIP HAS ITS PRIVILEGES & RESPONSIBILITIES

Being a member of the Cascade Swim Club is a special privilege and with it comes responsibility.

Cascade has a national reputation as a dynamic team full of spirit and positive energy to build on and protect. In order for us to reach our full potential, we need all swimmers, parents and coaches to unite towards our common goals. When our TEAM is successful, every individual within the team gains confidence and improves at a faster rate. All great Cascadians:

- Have a responsibility to represent Cascade in a positive, respectful manner.
- Have fun working hard.
- Respect the individual differences of our membership.
- Take pride in all forms of Cascade success.

- Are committed to doing their part to make Cascade the best club in Canada to belong to.
- Value their MEMBERSHIP and takes part in more than just their minimum requirement.
- Treat our sponsors, lifeguards and service providers with gratitude and respect.
- Take pride in wearing the Cascade uniform.

Parents, we need you to spread the positive message of Cascade! Please ensure any questions or concerns you may have are brought forward to the appropriate party that can deal with the issue directly.

REGISTRATION PROCESS

Registration online is scheduled to begin for returning members the 23rd of August and for new members Sunday the 25th of August.

The office will be able to help those without internet/ computer access—please call 403-263-SWIM (7946) for further instructions.

All waivers and registration forms will be completed electronically.

Cheques can be brought in or mailed to the Cascade office and we also accept VISA and MASTERCARD (ALL VISA AND MASTERCARD TRANSACTIONS ARE

SUBJECT TO A 3% ADMINISTRATION FEE AND PROCESSED THROUGH THE CLUB OFFICE)

If you have any questions about the registration package or process, please give the office a call and we'll do our best to help you.

All returning competitive members are asked to register prior to Friday, September 13th. Swimmers are not allowed in the water until they have registered with the Club.

VOLUNTEER POINTS PROGRAM

The 2nd year of a new program Points Program

Your swimmer needs a lot of support. There's the carpooling, never ending snacks and, of course, the moral support. On deck it comes in the form of a well run swim meet. There are a variety of ways to help out at a meet including: officiating, awards, hospitality, billeting, chaperoning, and getting the heat sheets into the hands of all of us excited parents.

Cascade offers a points program for all parents of swimmers in our competitive program that runs throughout the swim year. Earn points through your volunteer efforts, helping in areas that suit your skills and qualifications, and help make our hosted Cascade meets a giant success for your swimmers.

Courses and on-deck training are available to help you get involved. This can also be the best seats in the house during a meet and a great way to meet fellow parents and swimmers.

For parents of swimmers in our competitive swim programs - Cascade offers volunteer points to earn throughout the short and long course seasons. You sign-up for the roles and opportunities that work for you and we keep track of your points. Like most things in life there are reward opportunities for those who over do their involvement and penalties if the points aren't met. The greatest part is you can sign up for most of the opportunities on our website.

Further information on the Points Program is found on Page 7 of the membership package and on our website: [POINTS PROGRAM.](#)

Board of Directors



2013 - 2014 POINTS

The following points are based on a model that includes:

- The number of swimmers we have in each Cascade group
- The meets they are swimming at
- The number of sessions at meets we host
- The number of volunteers needed for each session of the meet
- A participation rate
- Multiple swimmers in a family
- A multiple to promote coverage and involvement throughout the club both at our home meets and non-hosted meets

		2013 - 2014 FAMILY REQUIREMENT						
		Olympic Way	10U	AG3	AG2	AG1	Sr.S	PERF
	SEPT - MAR Points	1	7	3	10	14	14	18
	APR - AUG Points	1	2	2	3	7	7	7

Please note that these point allocations are To Be Confirmed once final registration numbers are in.

Multiple Swimmers

The highest point level applies. The point levels have been multiplied by a factor of 1.40 to account for an 80% participation rate, multiple swimmers in the family, outside meet attendance, and volunteer opportunities outside of meets.

Minimum Shift Requirements

We will announce the minimum session suggestion for each meet based on your having or not having a swimmer at the meet. It will be up to the family if this is a meet they'll be able to participate in to achieve their points.

Point Levels of Roles

Point levels vary according to the degree of difficulty, training and commitment required for the role. Cascade has three levels staying in line with Swim Alberta.

Shadowing More Senior Level Roles

Shadowing earns a volunteer the same point level as the role. There is a limit to the number of times an individual is able to shadow before they fulfill the role independently.

Cascade Members Volunteering at Outside Meets

Our members can earn points equal to volunteering at our meets.

Volunteers Who Sign Up and Don't Participate

While our members are able to sign up for jobs at our website - the coordinators will approve/validate their participation. Those who are not present for their shift will, unfortunately, not earn their points. Shadows and spares will also be available to fill spots. The only exception to this is for Provincial and above meets where shadowing is not allowed.

CASCADE SWIM CLUB

Volunteer Support Commitment

Our family will be assigned a volunteer points commitment to fulfill individually for both the short course and long course season.

In the event we are not able to complete our points through volunteer opportunities provided by Cascade and through Cascade hosted meets and meets hosted by other clubs - our family understands we will be fined \$100 per missed point.

2013-2014 COACHING STAFF

Head Coach Dave Johnson: Coach Dave is back for his ninth season with the reigns of the Cascade technical program for 2013-2014. Clearly his impact on Cascade over that time has been incredibly positive as Cascade has become the fastest improving team in Canada and the number one Age Group Program in the country and this past season - the number one men's senior team at the national championship. No swim coach in Canada has more international experience (Dave has coached at every Olympic Games from 1976 to 2004). Dave will directly oversee our entire Talisman Performance program and continue to mentor the entire staff.

Wendy Johnson, Performance Groups, Assistant Head Coach: Another ninth year Cascadian, Wendy has over 20 years of coaching experience and a stellar international swimming resume. A former world record holder and two time Olympian, Wendy adds tremendous leadership and experience to our swimmers and our coaches. In addition to coaching groups within the Talisman Performance Programs, Wendy will also be working with and supervising the 10&Under and Age Group coaches and programs.

Ildi Deliu, Performance Groups: Ildi is back with our Talisman groups with 25 years of coaching experience. Ildi was a great addition to our staff eight years ago and brings phenomenal technical knowledge to our swimmers and coaches. Ildi will be coaching swimmers in the Talisman Performance groups and will also be providing mentorship to our Olympic Way Program Coaches.

Marc Tremblay, Age Group Program, Performance: Marc is bringing his extensive 25+ years of coaching experience back to his second year at the Cascade swim club

this season. Marc has coached some of Canada's top-age group programs over the last two decades and produced several swimmers who have gone on to compete for Canada internationally - including at the Olympic games.

Kristina Crook, Age Group Program (Senior Select) Coach:

Coach Crook is back again with the Age Group Programs. Kristina has more than 20 years of coaching experience with a variety of programs including UCSC, Summer Club, Masters, Triathlon programs as well as Para-Swimming working with both Swim Alberta and Swim Canada. Kristina has a Kinesiology diploma from Mount Royal College majoring in Athletic therapy.

Sandy Ferris, Age Group Program Assistant Coach:

Sandy Ferris is back again this year assisting with the Age Group program after helming the 10&Under program for several years. This will be Sandy's twentieth year of bringing her swimming and life wisdom to young Cascade swimmers...and parents! She will not only work with our great Age Group Program swimmers but also help in a mentoring capacity with the younger programs inside of Cascade.

Stefan Priopae, Head Coach 10&U Program - ACADIA:

Coach Stefan has moved through our program starting with the sessional swimmers then to Olympic Way and now takes the reigns of the 10&U group at Acadia.

Kimmie Kraft, Head Olympic Way Coach - CANYON MEADOWS:

Coach Kimmie comes back to us in charge of the Olympic Way & Sessional programs at the Canyon Meadows Pool.

2013-2014 HOLIDAY DATES

The Cascade Swim Club usually does not run programs on statutory holidays nor is the club office generally open for regular business on these days.

The Olympic Way, Junior Olympic Way, Swim School programs will not be running on the following days nor will the club office be open unless specifically mentioned:

Canadian / Albertan Holidays (Programs not run or are at adjusted times)	
Labour Day	02 Sep 13 (Mon)
Thanksgiving	14 Oct 13 (Mon)

Halloween	31 Oct 13 (Thu)
Remembrance Day	11 Nov 13 (Mon)
Christmas Day	25 Dec 13 (Wed)
Boxing Day	26 Dec 13 (Thu)
New Year's	01 Jan 14 (Wed)
Family Day	17 Feb 14 (Mon)
Good Friday	18 Apr 14 (Fri)
Easter Monday	21 Apr 14 (Mon)
Victoria Day	19 May 14 (Mon)
Canada Day	01 Jul 14 (Tue)
Heritage Day	04 Aug 14 (Mon)



2013-2014 CASCADE OFFICE HOURS

The Cascade Office will be open on a regular basis (except on holidays) from Monday to Thursday, 9AM - 5PM and Friday 9AM - 4PM. Hours for the office may vary to deal with periods of either high or low volume.

CASCADE OFFICE ADDRESS:

2225 Macleod Trail South
Calgary, AB T2G 5B6
Phone: 403-263-SWIM (7946)
Fax: 403-263-3695
Email:
office@cascadeswimming.com

2013-2014 Group Philosophies

"IT DOESN'T MATTER WHAT GROUP YOU ARE IN - IT MATTERS WHAT YOUR GROUP DOES" - DIRECTOR OF SWIMMING, DAVID M. JOHNSON

Performance Programs - (LTAD - Training to Train, Training to Compete, Competing to Win)

This group is broadly described as having a focus on the competitions held on the National scene with major competitions that include the National Senior Championships, the Age Group National Championships and Western Canadian Championships. Head Coach Dave Johnson will coach and oversee these swimmers and their respective coaches Wendy Johnson, Ildi Deliu and Will Van Middendorp.

After the season begins, swimmers will be placed into smaller cohesive sub-groups with a specific coach who will oversee their season and training program; however all Talisman centre swimmers and coaches may work together at various points in the season. This fluid programming will demand that our swimmers develop the skill of being "coachable".

Programs will be implemented that are commensurate with training requirements, competency levels, event requirements and the swimmers individual needs and goals.

Swimmers may also be asked to adjust their training schedule at times when the Head Coach calls for specialized workouts.

Age Group Programs - Senior Select, Age Group 1, 2 (LTAD - Learning to Train, Training to Train)

These three groups are generally focused on qualifying for and competing at the regional and Provincial "A" levels while at the same time working to attain national standards such as Westerns and Age Group National qualifying times. These groups have a base number of workouts with access to additional training with the Talisman groups as individually required. Swimmers in these groups will still spend a great deal of training time working on developing their strokes and skills; at the same time increasing fitness and endurance. Dryland conditioning will also be a key element of these groups.

Age Group 3, 10 & Under Program (LTAD - Fundamentals, Learning to Train)

This group of 10 & Under swimmers are generally focused on developing excellent technical skills, improving aerobic fitness and developing body awareness and coordination. These swimmers will have a program designed to enhance their chance of a successful and lengthy swimming career. Competitions will be on the Regional and Provincial levels; however emphasis from the coaches will be on skill acquisition and solid fitness as much as meet performance.

Olympic Way (LTAD - Fundamentals, Learning to Train)

This is the first level of competitive swimming inside the program and a great place for our young 10 & Under swimmers to learn how to swim all four strokes, and all the basics of competitive swimming. Swimmers will learn their skills in a fun team environment with very little emphasis placed on time.

Junior Olympic Way and Swim School "1" & "2" (LTAD - Active Start, Fundamentals)

Swimmers will be placed in small groups with others approximately their own age and ability and be prepared for moving into other levels of the club when they are ready. Junior Olympic Way runs in three separate sessions that start in September, January and March. The Swim School "2" program will be for swimmers that are either a bit too young or not quite physically ready for the JOW program. The Swim School "2" program targets 4-5-6 year-old swimmers and runs in three separate sessions that start in September, January and March. This group swims twice a week for 30 minutes. The Swim School "1" runs sessionally just like Junior Olympic Way and Swim School "2". This program is designed for our youngest 3 - 5 year-old swimmers who love the water! This program is a twice-a-week 30 minute introduction to swimming that runs both at Canyon Meadows and Acadia Pools and runs in three separate sessions that start in September, January and April.

Additional Programming - SwimFit, Triathletes & Masters (LTAD - Active for Life)

The SwimFit program will be back again. SwimFit "2" will be for all former competitive swimmers or multi-sport swimmers looking for a place to train and stay fit. This group will also be able to accommodate swimmers new to the sport but starting late. This program will run out of the Talisman Centre on the weekends. Triathletes and Masters will work alongside the SwimFit "2" program at the Talisman.

Canadian Swimming LTAD (Long Term Athlete Development)

The Cascade swim club is the only club in Canada currently offering the full-spectrum of LTAD programs right from "Active Start" for 3-5 year olds all the way through "Active for Life" swimming for adults and seniors. The complete LTAD document is available on the swimming Canada website: https://www.swimming.ca/docs/LTAD/LTAD_EN.pdf.



2013-2014 GROUP PROGRESSIONS & CASCADE LONG TERM ATHLETE DEVELOPMENT MODEL

ACTIVE FOR LIFE	SWIMFIT, TRIATHLETES, MASTERS
TRAINING TO WIN TO	PERFORMANCE 14 YEAR OLD SWIMMERS, 6-10 TRAINING PRACTICES 90-120 MINUTES EACH (TC Pool)
TRAINING TO COMPETE	PERFORMANCE 13-16 YEAR OLD SWIMMERS, 6-8 TRAINING PRACTICES 90 MINUTES EACH (TC Pool)
TRAINING TO TRAIN	SENIOR SELECT 15+ YEAR OLD SWIMMERS, 6-8 TRAINING PRACTICES 90 MINUTES EACH (MRU, TC Pool)
LEARNING TO TRAIN	AGE GROUP 1 11-14 YEAR OLD SWIMMERS, 4-6 TRAINING PRACTICES 90 MINUTES EACH (TC, MRU Pools)
LEARNING TO TRAIN	AGE GROUP 2 11-13 YEAR OLD SWIMMERS, 4-5 TRAINING PRACTICES 90 MINUTES EACH (TC, CM, MRU Pools)
LEARNING TO TRAIN	AGE GROUP 3 11-14 YEAR OLD SWIMMERS, 4 TRAINING PRACTICES 60 - 90 MINUTES EACH (CM, MRU Pools)
FUNDAMENTALS	10&UNDER 8-10 YEAR OLD SWIMMERS, 4 TRAINING PRACTICES 60 - 90 MINUTES EACH (AC , TC Pools)
FUNDAMENTALS	OLYMPIC WAY 6-9 YEAR OLD SWIMMERS, 3 TRAINING PRACTICES 60 MINUTES EACH (AC. CM, TC Pools)
FUNDAMENTALS	JUNIOR OLYMPIC WAY 5-7 YEAR OLD SWIMMERS, 2 TRAINING PRACTICES 45 MINUTES EACH (AC. CM Pools)
ACTIVE START	SWIM SCHOOL "2" 4-6 YEAR OLD SWIMMERS, 2 TRAINING PRACTICES 30 MINUTES EACH (AC. CM Pools)
ACTIVE START	SWIM SCHOOL "1" 3-5 YEAR OLD SWIMMERS, 2 TRAINING PRACTICES 30 MINUTES EACH (AC. CM Pools)

ONLINE REGISTRATION PROCEDURES

If you have any questions please contact us at the office at (403) 263-7946 OR office@cascadeswimming.com

How to Register Online

If you are registering as a member of our Junior Olympic Way, Swim School 2 or Swim School 1 programs please click on the Sessional Registration (Fall 2013) button the front of the web page. If you are registering for our regular competitive programs please click on "Start Registration" on the right hand side of the webpage and begin at Step 2 below. All new swimmers to the program must be assessed by a Cascade coach prior to registering for any of our fall programs. This assessment is done as a part of the Fall Rookie Camp (August 23, 24 or 25 at ACADIA pool).

Please read the following before proceeding to register online.

Step 1 – Click on the blue button "Register Now"

Step 2 – Enter your email address after choosing the appropriate option (Are you new or returning?)

Step 3 – Billing Account Information

1. Please follow the steps to either confirm (if you are a returning member) or enter your billing information for this account. Fields that are marked with a red asterix (*) are required and must be filled in.
2. Under Insurance Carrier – this field is most often going to be "Alberta Health Care". Our system is built to allow other insurance providers. The contact number for AB Health Care is 780-427-1432.

Step 4 – Athlete (Member) Information

1. To enter the athlete information click on next. If you are re-registering one of the listed athletes please choose which athlete you would like to register by switching the default, "NO" beside their name to, "YES". If you need to register a new athlete please click on "Next" and then choose "Add New Member" and fill in the appropriate fields.

PLEASE NOTE – IF YOUR ATHLETE HAS ANY ALLERGIES OR MEDICAL CONDITIONS THEY MUST BE NOTED IN YOUR SWIMMERS INFORMATION ON THE BIOGRAPHY PAGE WHICH YOU CAN ACCESS AFTER YOU HAVE SET UP ALL YOUR ACCOUNT INFORMATION.

2. Select the group for your swimmer by choosing to "Register this member to this group" and hitting the "select" button. A pop-up window will appear and you can choose the appropriate group for your swimmer to register to. Sessional swimmers were all given report cards indicating to which group they should register for the fall. Competitive swimmers have been listed in this document. If your swimmer is missing please contact the club office.
3. **For the following groups: 10&U & Age Group 3 - swimmers have been designated to enroll in either the Monday/Wednesday program or the Tuesday/Thursday program. If you select the wrong group the office will move your swimmer. Please contact the club office if you have any questions regarding the group your swimmer has been designated to register into.**
4. Click on "Next" and choose your payment option.

Notes on Registration:

- A) Athlete Information - Enter FIRST name first, then LAST name in the second box. Click appropriate gender, date of birth (click yellow calendar icon, select year from drop-down, scroll left or right to find month and click the day. Name, gender and date of birth cannot be changed once entered during this registration process, so please ensure accuracy. Click Next.
- B) Group Selection - Select athletes' group from the drop-down menu - if unsure, select unknown and next button. Your registrar will place you appropriately in the system at a later date.
- C) NOTE: If you make an error - continue and inform the club office through [email: office@cascadeswimming.com](mailto:office@cascadeswimming.com).
- D) NOTE: You may go back to any previously entered page during the registration process, by using the back buttons on the bottom right or clicking along the top white menu bar.

Do not click the back button on your internet BROWSER.

- E) Medical - This information is for the athletes' safety. The health care number is a mandatory field, so please enter all number and/or letter combinations found on your health care card. If you have just moved to a new Province - enter your previous Province number, and update card with your registrar when received. In the same field as you enter your Health Care Card # please add any allergies your swimmer may have in (brackets). The system asks for you're your insurance provider and their phone number – these fields must be filled in before you can continue.
- F) Address - Enter athletes' main address. The second line is for Apartments or Suite numbers. Postal codes may be typed in capitals or lower case and with or without a space. It will all be formatted automatically
- G) Contacts - These are phone number fields. They will all be formatted the same in the data base regardless of how you enter them (spaces, hyphens, dashes). Multiple numbers may be added and defined, click the add button upon entering each number. They will show up on a list just below the add button. Then click NEXT.

Next - You will now have the option of either registering another athlete in your family, add your parent/guardian information, or exit without saving any information. Athletes 18 & older will be prompted to add an emergency contact or to just save their information and exit. When the option is chosen, click next. You will then either enter another athlete using these same steps, or proceed with the registration as shown in the rest of this manual.

NOTE: At least one parent or guardian must be registered.



Swim School 1 (SS1)

Active Start for the beginner!



Training Hours & Location



Acadia Monday & Wednesday Group

- 4:00PM - 4:30PM
- 4:30PM - 5:00PM
- 5:00PM - 5:30PM

Canyon Monday & Wednesday Group

- 4:00PM - 4:30PM
- 4:30PM - 5:00PM
- 5:00PM - 5:30PM

Canyon Tuesday & Thursday Group

- 4:00PM - 4:30PM
- 4:30PM - 5:00PM
- 5:00PM - 5:30PM

About Swim School 1



The Swim School program targets 4-5-6 year-old swimmers and runs in three separate sessions that start in September, January and April.

Swimmers will be placed in small groups with other swimmers approximately their own age and ability and be prepared to move into other levels of the club when they are ready.

Swim School runs in three separate sessions that start in September, January and March.

The Swim School program will be for swimmers that are either a bit too young or not quite physically ready for the Junior Olympic Way program.

This group swims twice a week for 30 minutes at Canyon Meadows and Acadia Pools and runs in three separate sessions that start in September, January and March

Fees & Financial Commitments



Membership Session 1: \$315*

09 September thru until 15 November

Session 2: \$345

06 January thru until 21 March

Session 3: \$345

07 April thru until 20 June

**This first session is 10 weeks in duration*

Required Equipment

Bathing Suit (Team Suit Recommended)
Cascade Swim Cap
Goggles

Swimming Fins



Swim School 2 (SS2)

Active Start for the beginner!



Training Hours & Location



Acadia Monday & Wednesday Group

- 4:00PM - 4:30PM
- 4:30PM - 5:00PM
- 5:00PM - 5:30PM

Canyon Monday & Wednesday Group

- 4:00PM - 4:30PM
- 4:30PM - 5:00PM
- 5:00PM - 5:30PM

Canyon Tuesday & Thursday Group

- 4:00PM - 4:30PM
- 4:30PM - 5:00PM
- 5:00PM - 5:30PM

About Swim School 2



The Swim School program targets 4-5-6 year-old swimmers and runs in three separate sessions that start in September, January and April.

Swimmers will be placed in small groups with other swimmers approximately their own age and ability and be prepared to move into other levels of the club when they are ready.

Swim School runs in three separate sessions that start in September, January and March.

The Swim School program will be for swimmers that are either a bit too young or not quite physically ready for the Junior Olympic Way program.

This group swims twice a week for 30 minutes at Canyon Meadows and Acadia Pools and runs in three separate sessions that start in September, January and March

Fees & Financial Commitments



Membership Session 1: \$315*

09 September thru until 15 November

Session 2: \$345

06 January thru until 21 March

Session 3: \$345

07 April thru until 20 June

**This first session is 10 weeks in duration*

Required Equipment

Bathing Suit (Team Suit Recommended)
Cascade Swim Cap
Goggles

Swimming Fins

Junior Olympic Way (JOW)

Active Start for the beginner as well as learning the Fundamentals!



Training Hours & Location



About Junior Olympic Way



Fees & Financial Commitments



Acadia Monday & Wednesday Group

4:00PM - 4:45PM
4:45PM - 5:30PM

Canyon Monday & Wednesday Group

4:00PM - 4:45PM
4:45PM - 5:30PM

Canyon Tuesday & Thursday Group

4:00PM - 4:45PM
4:45PM - 5:30PM

The Junior Olympic Way program targets 5-6-7 year-old swimmers and runs in three separate sessions that start in September, January and April.

Swimmers will be placed in small groups with other swimmers approximately their own age and ability and be prepared to move into other levels of the club when they are ready.

JOW runs in three separate sessions that start in September, January and March.

This program prepares the swimmers for the full competitive program (Olympic Way) offered by the Cascade Swim Club.

This group swims twice a week for 45 minutes at Canyon Meadows and Acadia Pools and runs in three separate sessions that start in September, January and March

Membership Session 1: \$345*

09 September thru until 15 November

Session 2: \$380

06 January thru until 21 March

Session 3: \$380

07 April thru until 20 June

**This first session is 10 weeks in duration*

Required Equipment

Bathing Suit (Team Suit Recommended)
Cascade Swim Cap
Goggles

Swimming Fins



Training Hours & Location

Saturday
1:00PM - 2:00PM

Sunday
3:00PM - 4:00PM

About SwimFit

SwimFit is a competitive training program that does not compete. The swimmers in this program come to SwimFit as either having been a competitive swimmer but no longer competes or is an older swimmer looking to start competitive swimming - they then begin in this program.

Fees & Financial Commitments

Membership

SwimFit: \$1,170

September 21st to May 31st

Required Equipment

Bathing Suit (Team Suit Recommended) Swimming Fins

Cascade Swim Cap

Goggles





Olympic Way

Competitive Training in the fundamentals stage of the Athlete Development Model

Training Hours & Location



Acadia Monday & Wednesday Group

4:00PM - 5:30PM

Canyon Monday & Wednesday Group

4:00PM - 5:30PM

Canyon Tuesday & Thursday Group

4:00PM - 5:30PM

All Olympic Way Training Groups Swim together on Saturday morning at the Talisman Centre from 0730-0830AM followed by dryland training from 0845-0915AM.

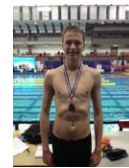
Competition Schedule



Olympic Way Draft Calendar

AMAC JRC Halloween Howler	19-Oct-13
UCSC JRC Wacky T-Shirt	16-Nov-13
KSC JRC Team Photo with Santa	08-Dec-13
CASC Age Group Challenge	13-Dec-13
KSC JRC Crazy Hat	09-Feb-14
Swim AB Age Group Trials	21-Feb-14
CP JRC Wild Hair	09-Mar-14
UCSC Dino Cup	05-Apr-14
CWC JRC Pajama Day	12-Apr-14
KSC JRC Spring Fling	03-May-14
CSI: 2014	29-May-14
Swim AB Age Group Trials	13-Jun-14

Fees & Financial Commitments



Membership

\$1,135

SNC Registration

\$140

Fundraising Levy

\$310

Auction Night

\$200

Officiating Deposit

\$150*

Swimmer Account Deposit

\$100

Bingo Requirement Per Swimmer

2

Points Allocation#

1 (APR - JUL)

1 (SEP - MAR)

**Returned once Officiating Commitment met*

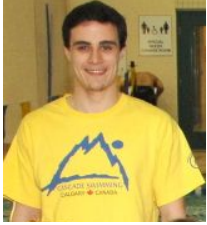
#Final points allocation subject to change

Swimmers

Achab, Lydia	Driscoll, Hailey	Kats, Avery	McBride, Logan	Tham, Jaydon
Angus, Max	Fu, Shawn	Kelly, Payton	Moore, Helena	Thom, MacKenna
Baethke, Olivia	Gaina, Theodore	Kennedy, Keira	Morineau, Nicole	Thornton, Ella
Bailey, Chase	Giardina, Hope	Knapp, Ella	Neilson, Kennedy	Thuna, Jessica
Beheils, Connor	Giardina, Nicholas	Kobrushev, Aleksandr	Oliphant, Alyssa	Van Vliet, Ethan
Beheils, Marcus	Gili, Carissa	Kramchynski, Andie	Pershin, Michael	Weaver, Sage
Bleviss, Jaxon	Gray, Anna	Leger, Chanel	Phiri, Mbalenhle	Weaver, Sienna
Brasok, Kayla	Hill, Iola	Leger, Tiffanie	Plesa, Abigail	Werner-Enns, Kadin
Brown, Dylan	Hill, Kaethen	Leishman, Emma	Proulx, Nicholas	Werner, Enns
Brown, Ella	Holyoake, Amanda	Liniarski, Alex	Reid, Isaac	Wilson, Corah
Brown, Jada	Jackson, Peter	Lumsden, Ainsley	Sheehan, Payton	Wolpert, Lucy
Chaisson, Keenan	Johnston, Luke	Lutz, Jennaya	Tamas, Lidia	Zeh, Carter
Connor, Hannah	Kadin, Sean	MacKenzie, Andie	Tevelein, Jack	

Required Equipment

Team Shirt	Team Cap	Fins	Skipping Rope
Arena Poly Team Suit	Goggles	Basketball (Jr.)	



10&U

Competitive Training in the fundamentals stage of the Athlete Development Model

Training Hours & Location



Acadia Monday & Wednesday Group

4:45PM - 6:30PM Monday, Wednesday

Acadia Tuesday & Thursday Group

4:00PM - 5:30PM Tuesday, Thursday

All Acadia 10&U Programs

4:30PM - 6:00PM Friday

11:00AM - 1:30PM Saturday*

*Saturday training is at the Talisman Centre

Competition Schedule



10&U Draft Calendar

RIP Subway Rockies Invitational	26-Oct-13
CASC Speed Meet	01-Nov-13
UCSC Distance & IM Challenge	22-Nov-13
CWC Winter Cup	22-Nov-13
CASC Age Group Challenge	13-Dec-13
CP Pugsley's Plunge	25-Jan-14
FSSC Black & Blue	08-Feb-14
Swim AB Age Group Trials	21-Feb-14
Swim AB AG Championships	07-Mar-14
UCSC Dino Cup	05-Apr-14
UCSC Spring Start Up	26-Apr-14
LASC Spring Challenge	03-May-14
UCSC Trex	30-May-14
CSI: 2014	29-May-14
Swim AB Age Group Trials	13-Jun-14
Swim AB Provincals	03-Jul-14

Fees & Financial Commitments



Membership

\$1,855

SNC Registration

\$140[^]

Fundraising Levy

\$510

Auction Night

\$200

Officiating Deposit

\$150*

Swimmer Account Deposit

\$100~

Bingo Requirement Per Swimmer

3

Points Allocation#

7 (SEP - MAR)

2 (APR - JUL)

[^]Swimmers turning 11 prior to Dec 31, 2013

pay \$160

*Returned once Officiating Commitment met

#Final points allocation subject to change

Swimmers Monday & Wednesday

Angus, Devon	Hajdu, Yasmin
Ashworth, Erika	Kennedy, Caitlyn
Baker, Jenna	Kennedy, Carson
Broderick, Kya	Maksoud, Ali
Carpenter, Clare	McCann, Sierra
Chong, Caitlin	McIntosh, Hannah
Dunham, Paige	Pavicic, Kendall
Ebben, Isabel	Robertson, Kaiya
Fedderson, Kathryn	Schwindt, Jessica
Gordon, Joelle	Varga, Ella
Gray, Liam	Zielke, Shayla

Swimmers Tuesday & Thursday

Baethke, Alexander	Johnson, Ella
Bourdages, Benjamin	Lutz, Sydney
Brown, Maclean	MacKenzie, Aiden
Burton, Marcus	MacDougall, Lukas
Deshayes, Izabella	Newman, Jonnie
Druhan, Lexy	Nichols, Hailey
Gaina, Theodore	Proulx, Camille
Gaine, Caleb	Sheehan, Dawson
Herman, Michael	
Isbister, Ella Jade	

Required Equipment

Team Shirt	Goggles	Snorkel	Basketball (Jr.)
Arena Poly Team Suit	Fins	Jr. Pull Buoy	Skipping Rope
Team Cap	Mini-Paddles	Kick Board	



Age Group 3 (AG3)

Competitive Training in the fundamentals stage of the Athlete Development Model

Training Hours & Location



Canyon Monday & Wednesday Group

4:00PM - 5:30PM Monday, Wednesday

Canyon Tuesday & Thursday Group

4:00PM - 5:30PM Tuesday, Thursday

All Acadia 10&U Programs

4:00PM - 5:30PM Friday

8:00AM - 9:00AM Saturday*

*Saturday training is at Mount Royal University

Competition Schedule



AG3 Draft Calendar

AMAC JRC Halloween Howler	19-Oct-13
UCSC JRC Wacky T-Shirt	16-Nov-13
CWC Winter Cup	22-Nov-13
CASC Age Group Challenge	13-Dec-13
CP Pugsley's Plunge	25-Jan-14
FSSC Black & Blue	09-Feb-14
Swim AB Age Group Trials	21-Feb-14
UCSC Spring Start Up	26-Apr-14
LASC Spring Challenge	03-May-14
UCSC Trex	30-May-14
Swim AB Age Group Trials	13-Jun-14

Fees & Financial Commitments



Membership

\$1,855

SNC Registration

\$160

Fundraising Levy

\$510

Auction Night

\$200

Officiating Deposit

\$150*

Swimmer Account Deposit

\$100

Bingo Requirement Per Swimmer

3

Points Allocation ^

3 (SEP - MAR)

2 (APR - JUL)

*Returned once Officiating Commitment met

^Final Points allocation subject to change

Swimmers Monday & Wednesday

Ashby, Sean	Karar, Beril
Bissett, William	Karar, Burak
Broderick, John	Klein, Olivia
Enns, Hayley	Komishin, Kennedy
Flanagan, Patrick	Massie, Maryn
Fox, Mackenzie	McLean, Samantha Rene
Gaber, Tally	Skiba, Dominika
Gilmour, Cleo	Walker, Anna
Hajdu, Yasmin	White, Emily
harris, Colm	

Swimmers Tuesday & Thursday

Ansell, Sarah
Austurias, Angelli
Cariaga, Sebastian
Hutchinson, Elliot
Maraj, Jacob
Palmisano, Maria
Ricard, Charles
Roach-Williams,
Sin, Sinead
Zeh, Odessa

Required Equipment

Team Shirt	Goggles	Snorkel	Basketball (Jr.)
Arena Poly Team Suit	Fins	Jr. Pull Buoy	Skipping Rope
Team Cap	Mini-Paddles	Kick Board	

Age Group 2 (AG2)

Competitive Training in the fundamentals & learning to train stage of the Athlete Development Model



Training Hours & Location



Tuesday & Thursday

5:15PM - 7:30PM^ Talisman Centre

Friday

4:00PM - 5:30PM Canyon Meadows*

Saturday

6:30AM - 8:00AM Mount Royal

^This may change for the long course season to 6:30-8:00PM

*There will be some movement with the AG2 program on Friday as the year progresses having workouts at 430PM at the Talisman

Competition

Schedule



AG2 Draft Calendar

UCSC Fall Start Up*	19-Oct-13
RIP Subway Invitational*	26-Oct-13
CASC Speed Meet	01-Nov-13
LASC December	06-Dec-13
CASC Age Group Challenge	13-Dec-13
CP Pugsley's Plunge	25-Jan-14
RDCSC Catalina Valentine Inv	08-Feb-14
Swim AB Age Group Trials	21-Feb-14
Swim AB AG Championships	07-Mar-14
UCSC Spring Start Up	26-Apr-14
EKSC EKI 2014 / LASC	01-May-14
UCSC Trex	30-May-14
CSI: 2014	29-May-14
Swim AB Age Group Trials	13-Jun-14
Swim AB Provincals	03-Jul-14
UCSC Western National Finale	25-Jul-14
MidSummer Madness*	01-Aug-14
Far Westerns*	01-Aug-14

*Swimmers will be doing one of the two meets

Fees & Financial Commitments



Membership

Membership	\$1,855
SNC Registration	\$160
Fundraising Levy	\$510
Auction Night	\$200
Officiating Deposit	\$150*
Swimmer Account Deposit	\$100
Bingo Requirement Per Swimmer	3
Points Allocation^	10 (SEP - MAR) 3 (APR - JUL)

*Returned once Officiating Commitment met
^Final Points allocation subject to change

Swimmers

Aggarwal, Naomi	Gauvin, Zachary	Lasalle, Victoria	Sitolay, Aditi
Arenas Herrera, Brandon	Gray, Paul	Macdonald, Jane	Sitolay, Karnika
Ashworth, Claire	Gregson, Duncan	Madeyski, Jonathan	Smith, Ian
Boutin, Sabrina	Herman, Sarah	Moore, Elizabeth	Sosa, Jorge
Brown, Parker	Hogan, Derek	Pratt, Cole	Steiner, Sarah
Campbell, Sydney	Horbay-Verbonac, Jazmyne	Pratt, Kian	Tremblay, Simonne
Chan, Philip	Ingalls, Madeline	Price, Nicholas	Vaters, Nathan
Claggett, Tillie	Jing, Jason	Robertson, Karen	Wong, Joshua
Connell, Adam	Kerr, Gavin	Roth, Isabelle	Zhao, Bradley Bin
Eccles, Noah	Kunkel, Avery	Russell, Madison	
Fedderson, Daniel	Kwan, Jasmine	Schwindt, Kathryn	

Required Equipment

Team Shirt	Goggles	Snorkel
Arena Poly Team Suit	Fins	Jr. Pull Buoy
Team Cap	Mini-Paddles	Kick Board

Age Group 1 (AG1)

Competitive Training in the fundamentals & learning to train stage of the Athlete Development Model



Training Hours & Location



Monday
6:00AM - 7:30AM Talisman Centre

Tuesday & Thursday
5:15PM - 7:30PM Talisman Centre

Friday
4:30PM - 6:00PM Talisman Centre

Saturday
6:30AM - 8:00AM Mount Royal

*There will be some movement with the AG1 program on Friday as the year progresses having workouts at 430PM at the Talisman

Competition Schedule



AG1 Draft Calendar	
UCSC Fall Start Up*	19-Oct-13
RIP Subway Invitational*	26-Oct-13
CASC Speed Meet	01-Nov-13
LASC December	06-Dec-13
CASC Age Group Challenge	13-Dec-13
CP Pugsley's Plunge	25-Jan-14
RDCSC Catalina Valentine Invitational	08-Feb-14
Swim AB Age Group Trials	21-Feb-14
Swim AB AG Championships	07-Mar-14
UCSC Spring Start Up	26-Apr-14
Kelowna	10-May-14
UCSC Trex	30-May-14
CSI: 2014	29-May-14
Swim AB Age Group Trials	13-Jun-14
Swim AB Provincals	03-Jul-14
UCSC Western National Finale	25-Jul-14
MidSummer Madness*	01-Aug-14
Far Westerns*	01-Aug-14

*Swimmers will be doing one of the two meets

Fees & Financial Commitments



Membership	\$2,750
SNC Registration	\$160
Fundraising Levy	\$510
Auction Night	\$200
Officiating Deposit	\$150*
Swimmer Account Deposit	\$100
Bingo Requirement Per Swimmer	4
Points Allocation[^]	14 (SEP - MAR)
	7 (APR - JUL)

*Returned once Officiating Commitment met
[^]Final Points allocation subject to change

Swimmers

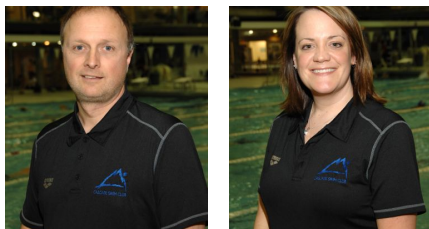
Aggarwal, Devin	Gray, Olivia	McLean, Samantha	Rooke, Taylor
Djelic, Danica	Iyer, Meghana	Mumford, Mackenzie	Roth, Bronwyn
Domes, Cameron	Johnson, Madisson	Ricard, Catherine	Russell, Robin
Franklin, Emma	Lefroy, Emily	Ricard, Laurence	Tezcan, Pelin
Froese, Jessa	Maybaum, Victoria	Rincon, Valentina	Tham, Nathan

Required Equipment

Team Shirt	Goggles	Snorkel
Arena Poly Team Suit	Fins	Jr. Pull Buoy
Team Cap	Mini-Paddles	Kick Board

Senior Select

Competitive Training in the fundamentals & learning to train stage of the Athlete Development Model



Training Hours & Location



Competition Schedule



Fees & Financial Commitments



Monday
6:00AM - 7:30AM Talisman Centre
Tuesday & Thursday
6:00AM - 7:30AM Mount Royal
5:30PM - 6:30PM Talisman Centre
Wednesday
6:00AM - 7:30AM Canyon Meadows
Friday
6:00PM - 7:30PM Talisman Centre
Saturday
7:30AM - 9:00AM Mount Royal

Senior Select Draft Calendar	
UCSC Fall Start Up	19-Oct-13
RIP Subway Invitational	26-Oct-13
CASC Speed Meet	01-Nov-13
LASC December	06-Dec-13
CASC Age Group Challenge	13-Dec-13
CP Pugsley's Plunge	25-Jan-14
RDCSC Catalina Valentine Invitational	08-Feb-14
Swim AB Age Group Trials	21-Feb-14
Swim AB AG Championships	07-Mar-14
UCSC Spring Start Up	26-Apr-14
EKSC EKI 2014 / LASC	01-May-14
UCSC Trex	30-May-14
CSI: 2014	29-May-14
Swim AB Age Group Trials	13-Jun-14
Swim AB Provincals	03-Jul-14
UCSC Western National Finale	25-Jul-14
Far Westerns	01-Aug-14

Membership	\$2,750
SNC Registration	\$155
Fundraising Levy	\$510
Auction Night	\$200
Officiating Deposit	\$150*
Swimmer Account Deposit	\$100
Bingo Requirement Per Swimmer	4
Points Allocation[^]	14 (SEP - MAR)
	7 (APR - JUL)
<i>*Returned once Officiating Commitment met</i>	
<i>[^]Final Points allocation subject to change</i>	

Swimmers

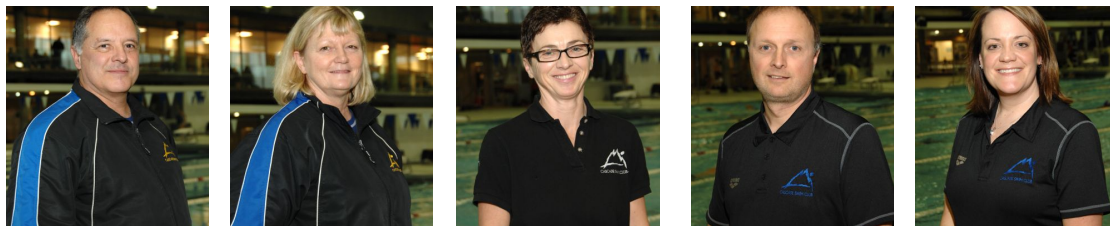
Hu, Emily	Bergen, Cole	Jantz, Graham
McLaughlin, Deirdra	Brawner, Megan	Windsor, Jacob
Moore, Julia	Morineau, Brandon	
Plesa, Aidan	Gaina, Victor Paul	
Plesa, Christian	Hayden, Dexter	
Pourfarahani, Anahit	Lu, Jasmine	

Required Equipment

Team Shirt	Goggles	Snorkel
Arena Poly Team Suit	Fins	Jr. Pull Buoy
Team Cap	Paddles	Kick Board

Performance

Competitive Training from the learning to train all the way through to the training to compete stage of the Athlete Development Model



Training Hours & Location

Monday & Wednesday

6:00AM - 8:00AM Talisman Centre
4:00PM - 5:30PM Talisman Centre
5:30PM - 7:00PM Talisman Centre

Tuesday & Thursday

6:00AM - 7:30AM Talisman Centre
4:00PM - 5:30PM Talisman Centre
5:30PM - 7:00PM Talisman Centre

Friday

6:00AM - 8:00AM Talisman Centre
1:30PM - 3:00PM Talisman Centre
3:00PM - 4:30PM Talisman Centre
4:30PM - 6:00PM Talisman Centre

Saturday

6:30AM - 8:30AM Talisman Centre

*All training schedules to be determined by the coaching staff as per previous season's with no foreseeable changes.

Competition Schedule

Performance Draft Calendar

UCSC Fall Start	19-Oct-13
Rocky Mountain Cup	02-Nov-13
Paul Bergen Junior International	06-Dec-13
CASC Age Group Challenge	13-Dec-13
UCSC Grand Prix	17-Jan-14
CASC Alberta Open	31-Jan-14
Western Canadian Champ	13-Feb-14
Alberta Open Championships	07-Mar-14
Swim AB AG Championships	07-Mar-14
Pamina Schwimmfest, Germany	22-Mar-14
Pan Pac Trials	02-Apr-14
UCSC Spring Start Up	26-Apr-14
EKSC EKI 2014	01-May-14
CSI: 2014	29-May-14
Swim AB Provincials	03-Jul-14
Summer Nationals	16-Jul-14
Age Group Nationals	23-Jul-14
UCSC Western National Finale	25-Jul-14
Far Westerns	01-Aug-14

Fees & Financial Commitments

Membership

\$3,015 (14&U') \$3,510 (15&O')

SNC Registration

\$160

Fundraising Levy

\$510

Auction Night

\$200

Officiating Deposit

\$150*

Swimmer Account Deposit

\$100

Bingo Requirement Per Swimmer

4

Points Allocation[^]

18 (SEP - MAR)

7 (APR - JUL)

[^] As of program start date

*Returned once Officiating Commitment met

[^]Final Points allocation subject to change

Swimmers

Anderson, Danielle	Katelnikoff, Alexander	Reichert, Maria	Thorne, Chelsea*
Baines, McKinley	Katelnikoff, Justin	Robb, McKenzie	Thorne, Laurin
Bayne, Connor	Ketchin, Matthew	Ross, Isobel	Vanderbeek, Kara
Bergen, Paige	Kisil, Yuri	Roycraft, Sydney	Wagner, Emily
Bird, Morgan	Krywitsky, Anne	Schaepsmeier, Thomas*	Wilm, Ingrid
Charles, Anna	Lyons, Anthony	Skrlac, Andraya	Wist, Brynn
Charles, Olivia	Maksoud, Youssef	Skrlac, Makayla	Wist, Kade
Dupont, Ryleigh	Meyer, Tara	Smith, Hannah	Wolk, Karl
Emond, Chanelle	Mills, Corey*	Snodgrass, Brooklynn*	Wong, Caleb
Free, Ava	Murphy, Shelby*	Somerset, Sebastian	Wong, Samantha
Greenshields, Joel	Nash, Isak	Somerset, Tabatha	Wood, Alana*
Hallett, Nikolas	Neilson, Achilles	Sproule, Emma*	Wood, Russell*
Hedley, Lauren	Nelson, Kevin*	Steiner, Amy	Xia, Yuwei
Jobin, Thomas*	Paslowski, Bronwynn*	Sumner, Sarah*	Zhao, Kexin
Jovanovic, Anja	Patterson, Nicholas	Szentmiklossy, Adrian	
Jubenvill, Henry	Penhale, Sean	Tat, Terence*	
Jubenvill, Jacob	Pennock, Russell*	Teahen, Nikolas	
Kasko, Kirstie	Peterson, Kevyn	Tham, Amanda	
Kasko, Miranda	Pratt, Taryn	Thomson, Timothy	

*Swimmers are away at school from September through April

Required Equipment

Team Shirt	Team Cap	Fins	Snorkel	Kick Board
Arena Poly Team Suit	Goggles	Paddles	Pull Buoy	Skipping Rope

MEMBERSHIP FEES 2013-2014

Membership fees may be paid in one of two ways:

- **Full payment** (by cash or cheque) receives a 3% discount applied to the total fees due.
- Please note that the % discount does not apply to Swimming Canada Fees, your family account deposit, fundraising levy or to fees for the **Junior Olympic Way, Swim School, Swim Fit, Masters & Triathletes or Varsity/Independent Groups**.

- **Payment Plan:** Eight (8) Monthly payments September 1, 2013 to April 1, 2014.

Payments can be made with post-dated cheques, VISA or MASTERCARD

(All VISA/MASTERCARD Transactions including fees for sessional programs are

subject to a 3% administration fee / 3.55% If paid online through our website) for the first of each month. Your September month payment will also include your SNC fee and a family account deposit (if required). Please note that there is no "monthly" payment option for sessional (JOW, SS2, SS1) programs.

No refunds will be issued for swimmers leaving after April 1, 2014.

Multi-swimmer families apply the following discount structure to standard fees:

- Highest level swimmer @ 100% of their fee
- Next highest level swimmer @ 90% of their fee
- Next highest level swimmer @ 80% of their fee
- Next highest level swimmer @ 70% of their fee

Please note that the multi-swimmer family discount does not apply to: Junior Olympic Way, Swim School, Swim Fit, Masters & Triathletes or Varsity/Independent Groups.

Swimming Canada Fees (SNC)

All swimmers in Olympic Way and above will be registered seasonally with Swimming Canada (SNC) through Swim Alberta. The fee for all swimmers 11&Over is \$160.00 and \$140.00 for 10&U swimmers (all ages as of Dec. 31, 2013).

This fee is non-refundable.

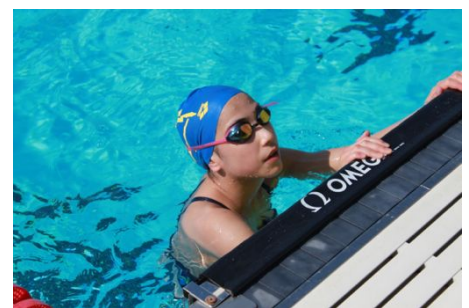
SNC registration is paid as part of the "Start up" payment, payable upon registration .

FAMILY ACCOUNT SYSTEM

All of your financial transactions, including monthly membership fees, with the Cascade Swim Club will be run through our "Family Account" system. This system allows us to centralize all financial records for each family at the club office. Statements are issued monthly by email.

It is the family's responsibility to ensure a positive balance is maintained in their family account. A positive balance is indicated by a (-) beside the dollar amount. All family accounts will be cleared at the end of the month by either VISA or MASTERCARD (All VISA/MASTERCARD transactions are subject to a 3% transaction fee / 3.55% for transactions done online through our website).

- If your family account has a balance owing from the prior season it must be paid prior to your registration being accepted.
- Money left over in your family account at the end of a swim season will be carried over to the following year.
- Family account deposits can be made by cheque, VISA or MASTERCARD.
- ALL TRANSACTIONS WITH VISA OR MASTERCARD CARRY AN ADMINISTRATION CHARGE.
- Account charges older than 60 days cannot be adjusted.
- Refunds due to withdrawal from the club, will be given after all mandatory commitments have been met and verified. Unmet commitments, such as bingos, officiating could be billed to the family account. Funds raised into the Family Account through a Cascade Fundraiser cannot be refunded.



FUNDRAISING FEES & PROGRAMS

Fundraising plays a big role in the success of the Cascade Swim Club and are a **non-refundable payment** to the program. The 3 major areas of fundraising are as follows:

Flames Raffle Tickets: Cascade is once again running a raffle fundraiser for Flames season tickets. Each swimmer from the competitive groups will be given 90 tickets to sell @ \$5.00 each (50 tickets for OW). You can earn all or part of your fundraising levy back by selling your raffle tickets. Each family will receive their tickets upon registration. Tickets should be picked up no later than September 23, 2013. Ticket stubs must be turned in no later than September 28, 2013. Draw date is October 1, 2013.

Auction Night (MAY 2014): Cascade ran our auction and social last year and raised \$28,000! This year the organizing committee is looking to make an even bigger and better event.

This season all families (OW & Up) are being given four (4) tickets with their registration at \$50 each to attend the event.

Swim-A-thon (JUN 2014): Last season Cascade raised almost \$15,000 in the annual Swim-A-thon.

All swimmers this year are being assessed a \$50 Swim-A-thon fee that they will have returned to them once the donations they bring in reaches the \$50 mark.

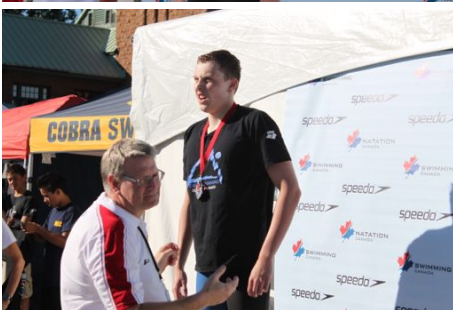
OPTIONAL FAMILY ACCOUNT FUNDRAISERS

Optional family account fundraisers are carried on throughout the year, giving families the opportunity to raise funds to off set swimming fees. A % of each campaign will be credited to the family account for the swim season. Leaders for each campaign must be in place for these to take place. Some of these campaigns in the past have been treasure chest books, Safeway coupons, Purdy's chocolates and CO-OP certificates.

COMMUNICATION

Cascade uses our website and email for all club communication. As like last year when you re-register for next season (it will be a click of a button to do this) you will be able to use your same login information. This login will get you into the member section of the website where you will find meet information sheets, bingo schedules, group calendars etc.

PLEASE MAKE SURE ALL OF YOUR CONTACT INFORMATION IS UP TO DATE.



MEETS & TRAVEL COSTS

It is the responsibility of each family to ensure that sufficient funds are in **your family account prior to the meet cancellation deadline**. The costs of each competition will be published on the meet information sheets and on our Cascade web page. Failure to ensure adequate funds in your family accounts by this deadline may result in your swimmer being withdrawn from the competition.

It is the family's responsibility to inform the club office by the set cancellation deadline through the website's event registration that a swimmer is not attending a swim meet.

Failure to cancel by the deadline or canceling after the deadline will result in the family being billed for all travel (including management fees) and meet entry costs.

Family account deposits can be made by cheque, VISA or MASTERCARD. All VISA or MASTERCARD transactions are subject to an administration fee.

Account charges older than 60 days cannot be adjusted.

All meet expenses will be estimated at the beginning of the year. All swimmers attending travel meets will be pre-billed this estimated cost prior to departure.

MEMBERSHIP FEES

Fees may be paid by Visa, Mastercard or cheque.

If your current family account has a positive balance greater than the amount required for your group, the initial deposit is not required.

If your current family account is in arrears, you must pay your balance before your registration will be accepted.

Swimmers registering before September 28th, 2013 will be given \$450 (\$250 for Olympic Way) worth of Flames raffle tickets. These tickets offset the fundraising levy.

Your Officiating Deposit Cheque will be cashed as a part of your team deposit. If a member of your family is a fully certified Level II official you do not have to give us a deposit. Your deposit will be returned to your account once one member of your family has taken and completed one new officiating clinic.

The number of bingos is subject to change depending on member registrations.

TRAVEL MEETS: All accounts will be invoiced in advance based on estimate travel costs. A reconciliation will follow in the next month which will either debit or credit the family account.

Members paying by VISA/MASTERCARD will be levied an administration fee which is for the use of the card.

ALL FAMILY ACCOUNTS WILL BE CLEARED AT THE END OF EVERY MONTH BY VISA/MC.

IT IS MANDATORY FOR ALL CLUB MEMBERS TO LEAVE A VALID VISA/MC NUMBER ON FILE WITH THE CLUB.

TEAM TRAVEL POLICY

When competing at national level meets (Westerns, Age Group Championships, National Championships/Trials) events it is the policy of the Cascade Swim Club that **all travel, entries, accommodations and meals are to be organized by the Swim Club**.

Swimmers will not participate at these events otherwise. Parents are not allowed to choose accommodations the same as the team for these events.

This policy around travel at national championships is in place to ensure the quality of performance for the entire team and is only in place for the three types of meets as listed above.

FAMILY ACCOUNT POLICY

Requirement: **Each member to supply a valid credit card to have on file.**

Family account statements are emailed out by the 20th of the current month.

Members have until the 30th of the current month to pay the balance.

If the cheque is not received by the 30th of the current month, the credit card on file will be used to clear the balance owing.

If cheque is received after the 30th of the current month, the cheque will be applied to the family account or returned to the member.

It is the member's responsibility to ensure that any cheques are at the club office by the 30th of each month. Mail sent to the old club address (which is still forwarded) or delivered to the Talisman is not guaranteed to be at the club office location by the 30th.

Consequence

- If a member doesn't follow Cascade Family Account Policy, the member will not be in good standing and will be suspended from the Club.

2013-2014 BINGO INFORMATION

Contact: Tammy Anderson, Bingo Coordinator, bingo@cascadeswimming.com or by clicking here

Bingos are a required commitment for all competitive level families. They account for approximately 10% of our total budgeted revenue each year. Therefore the full participation and cooperation of our members is mandatory.

BINGO SHIFTS

SHIFT	TIME		CREDITS			
			*Chair	Controller	Sellers	Verifiers
Morning	8:15 AM	11:00 AM	1	1	1	1
Afternoon	10:45 AM	3:30 PM	1	1	1	1
Evening	4:45 PM	9:30 PM	1	1	1	1
Late Night	9:00 PM	1:00 AM	1	1	1	1
* Chair position - must have worked a minimum two shifts as a controller						

1. What are the bingo requirements for each group?

Group	# of Bingos
Olympic Way	2
10 & Under	3
Age Group 2&3	3
Age Group 1	4
Senior Select	4
Performance	4

2. Are bingos a part of the Volunteer Points Program?

No, they are a separate volunteer commitment and do not contribute to your "Support Your Swimmer" points.

3. What if I have several competitive swimmers in my family?

Multi swimmer families will receive a discount on the total number of bingos for a year. The discount is as follows:

- 2 swimmers: 90% of the total bingos
- 3 + swimmers: 80% of the total bingos

4. What if I don't complete the total number of bingos assigned to my family?

There is a penalty for all "missed bingos" of \$225.00 per bingo charged to your account at the end of August

5. What is the latest time, before a bingo shift, that I can notify the coordinator I am canceling?

Three days before the bingo you can let the coordinator know and there will be no penalty. This allows the coordinator enough time to fill the obligation.

6. What if I sign up for a bingo and don't show up and don't notify the bingo coordinator?

There is a \$200.00 (\$400.00 for a double bingo) penalty charged to your account for that billing period - and the bingo shift is still outstanding

7. What if I need to leave a shift early?

I'm afraid Cascade is committed to the Bingo Barn and we are not permitted to leave prior to fulfilling this. Please make alternate arrangements.

8. Is there a BUYOUT option for Bingos?

Yes you can buyout one or all of your bingos. The cost is \$75.00 per bingo. It is made electronically or by cheque to the bingo coordinator. It is due no later than November 1 of that season.

9. Can I carry forward my bingos from one year to the next?

No - the exception is a grandfathered carry forward of bingos from 2012/2013.

10. Can another club member work my bingo for me?

Yes, you can sign-up for the bingo position and add the name of another member. You would get the credit. And you would be responsible for directly paying the \$75.00 fee to the member. OR you can buyout your bingo and the coordinator can fill it with spares and she will arrange for the payment to go to that individual.

11. Can a friend or family work my bingo for me?

Yes, if they are 18 years old or older. Simply sign-up on-line and add the name of the individual who will be volunteering.

12. What if I join or my swimmer moves up groups later than January 1?

There is no additional bingo commitment.

13. What is the minimum age for a bingo volunteer?

You must be 18 years of age or older in order to volunteer at a bingo.

LOCATION

Bingos will take place only at the Bingo Barn this season (1107-33 St. NE)

[View Larger Map](#)

CASCADE HOSTED MEETS

Cascade is known for running some of the best meets in Canada. In order for our meets to continue to be successful and raise money for the team, we need all of our members to help out. Of course we need officials and billeting (see below), but we also need volunteers in other areas such as hospitality, heat sheet sales, deck set-up and more.

Please mark these dates on your calendar now!

	2013-2014 Season
Hosted Swim Meets	
Speed Meet	01 - 03 November
Rocky Mountain Cup	02 - 03 November
Age Group Challenge	13 - 15 December
Alberta Open SCM	31 Jan - 02 February
CSI	29 - 01 May / June

OFFICIATING

Swim meets can't happen without Officials, and the only way to become an official is by taking courses.

- Each Cascade family must have at least one parent take at least one officiating clinic per swim year until completion of all Level I & Level II courses.
- In order to increase the number of qualified Level I, Level II and higher officials, each family will be assessed a \$150.00 officiating deposit as a part of their fees. This deposit will not be cashed if you complete your officiating requirements as outlined here; otherwise your officiating deposit cheque will be cashed May 31st, 2011.

Failure to fulfill officiating commitments may result in your swimmer being scratched from a meet. Officiating requirements only apply to: PERFORMANCE, AGE GROUP, SENIOR SELECT 10&U, OW

BILLETING

WE ARE PLANNING ON BILLETING SWIMMERS AGAIN FROM OUT-OF-TOWN CLUBS WHO TRAVEL TO CALGARY TO MAKE OUR EVENTS BETTER.

In Town Billeting

For Cascade hosted meets, Cascade does normally offer billeting for a select amount of swimmers. This will require our member families to host swimmers from another city - billeting is worth points in our points system.

Out of Town Billeting

From time to time we are offered billeting from a meet's host club. This is a great way to reduce the expense of your swimmer's trip. Most of the time you will have a choice as to whether or not you would like to be billeted. This information will be requested, when appropriate, in accordance with the meet cancellation deadline.



Club Equipment Requirements

Groups

Swimming Equipment

Dryland Equipment

		Swimming Equipment										Dryland Equipment		
		Team Suit	Team Cap	Team Shirt	Goggles	Swimming Fins	Snorkel	Kick Board	Pull Buoy	Paddles	Water Bottle	Basketball	Skipping Rope	Running Shoes
Sessional & SwimFit	Swim School 1 (SS1)	*	✓		✓	✓								
	Swim School 2 (SS2)	*	✓		✓	✓								
	Junior Olympic Way (JOW)	*	✓		✓	✓								
	SwimFit (SF)	✓	✓		✓	✓	✓	✓		✓				
Competitive Programs	Summer Club (SC)	✓	✓	✓	✓	✓	✓	✓	✓	✓				
	Olympic Way (OW)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	10&U (10U)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Age Group 3 (AG3)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Age Group 2 (AG2)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Age Group 1 (AG1)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Senior Select (Sr.S)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Performance (PERF)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

✓ Indicates required equipment

* Durable polyester team suits are recommended at all levels although not available in all sizes for our youngest swimmers

Competition Caps are solid blue with the yellow mountain

Training Caps are available in varied colours from the Cascade Office

Training suits are Arena Polyester Blue and can be used for competitions for: OW, 10&U, Age Group, Senior Select and in-season meets for Performance

Competition suit requirements for National Championships (Western, Age Group and National) will vary

Additional equipment requirements may be directed from time to time for the senior groups by the coaching / technical staff (ie stroke-specific paddles or specific dryland gear)

Cascade does have additional kitting available that will be ordered twice a year (ie tracksuits, parkas, jackets) with limited stock held in the office

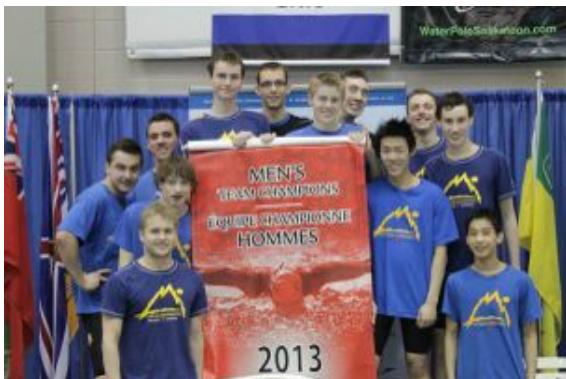
Team Suits, caps, shirts can all be purchased through the Cascade office as well as a limited number of goggles and other equipment

Fins, snorkels, paddles, pull-buoys, and kickboards are all available through Team Aquatic Supplies either at the store or online



2013-2014 Board of Directors

- Rob Jubenvill** — President@cascadeswimming.com
- Peter Thomson** — Board.VicePresident.Cascade@Gmail.Com
- Michael Hallett** — Board.Treasurer.Cascade@Gmail.Com
- Dr. David Somerset** — Board.Secretary.Cascade@Gmail.Com
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- Anthony Roth** — Board.Operations.Cascade@Gmail.Com
- Lenore Lyons** — Board.Competitions.Cascade@Gmail.com
- Andrea Nugent** — Board.DirectorAtLarge.Cascade@Gmail.Com
- Kristen Nash** — Board.Marketing.Cascade@Gmail.Com



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- Club Manager** — jasen@cascadeswimming.com
- Accounting** — accounting@cascadeswimming.com
- Front Desk** — office@cascadeswimming.com

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