



Red Deer Silhouettes

Competitive Stream Info -2026





The Competitive Program is the perfect place for your young athlete to learn and develop in the sport of artistic swimming. You will be amazed at how quickly their skills will progress and their confidence grows. Building new friendships is icing on the cake.

This program runs from **September to the end of May**, which allows for time to develop and prepare a team routine to perform at competitions.

There are typically 3-4 competitions per season where the swimmers showcase what they have learned and trained for. Competitions are held in cities across the province, including Calgary, Edmonton, Lethbridge and occasionally Grande Prairie.

We are a non-profit club run by a volunteer board made up of athlete parents who are dedicated to supporting the success and growth of our swimmers and programs.

The program currently swims out of the Recreation Center and the Michener Center.

TEAMS

Every athlete will participate on a team in the competitive program. Some may be selected for duet or solo routines on top of team routines. Teams are structured by age and skill level, with the following levels being available:

- **10 & U : Birth year: 2016 - 2017.**

Athletes may be new to the sport or can have previous recreational or competitive experience.

- **Novice: 11 years and older.**

For athletes new to competitive Artistic Swimming.

- **11-12: Birth year: 2014- 2015.**

For Athletes with previous competitive Artistic Swimming experience.

- **13-15: Birth year: 2011 - 2013.**

For athletes with previous competitive Artistic Swimming experience.

- **Junior: Birth year: 2010 or earlier.**

For athletes with previous competitive Artistic Swimming experience.

AGM

We hold our Annual General Meeting (AGM) every September, and attendance by at least one parent per family is required. During the AGM, we provide all important details regarding program costs, schedules, and expectations for the upcoming season.

We also host monthly board meetings throughout the year. While attendance at these meetings is not required unless you are a board member, all families are welcome to attend if they'd like to stay informed or get involved.

SOLOS AND DUETS

Solos and duets are not often seen in the Novice category for our club but not out of the question. During training camp our head coach will send out a google form asking if you'd like your child considered for a solo or a duet, this does not guarantee their selection but allows families the choice on if they want the extra commitment/cost.

Training Camp

Training camp will run from **September 3-19**, every Monday, Wednesday and Friday. The cost is somewhere around **\$275**.

we are looking at running an early bird special early June so watch our Social Media Platforms for more information

All competitive athletes attend training camp. Training camp allows the coaches to assess the athlete level of ability in order to place them on the appropriate team. Teams announcements are made at the end of training camp.



COST AND TIME COMMITMENT

Training hours are as follows:

10& under - 6 hrs/week - 3 days a week at 2 hours a practice.

Novice - 7.5 hrs/week - 3 days with 2.5 hour practices

11-12 Team - 9 hrs/week - 3 days a week at 3 hours each.

Historically, training occurs on Monday, Wednesday and Friday for these age categories.

The cost for the Novice/11-12 competitive program was \$315 per month for the 2024/25 season. Please note that fees may fluctuate each year based on the number of registered swimmers and available pool hours.

Solos and Duets train for an additional 1 hour per week, which comes at an additional cost of \$75 per month.

BLACKOUT DATES – MANDATORY ATTENDANCE

In the two weeks leading up to a competition, we implement blackout dates, during which attendance at all practices is mandatory. These practices are critical to ensure team readiness and athlete safety.

If an athlete misses practice during this period, they may not be eligible to compete in the upcoming event.

Exceptions may be made for illness or injury, with appropriate communication.

OPTIONS TO SUPPLEMENT FEES

We understand that competitive programs can be a financial commitment, so we offer several ways for families to help offset costs:

1. Sponsorship Opportunities

We're always looking for personal or corporate sponsors to support our club. Families will receive a 20% credit of any sponsorship they bring in, applied directly to their swimmer's account. Tax receipts are available if requested.

2. Volunteer-for-Credit Opportunities

This past season, we offered several ways for families to donate their time in exchange for account credits, including:

Driver Take-Home Volunteer (November event)

Monthly Fundraisers with direct credits to swimmer accounts – examples include Purdy's Chocolates, Perogy sales, Halloween chips, and more.

3. Additional Bingo Shifts

Families had the option to work additional bingo shifts upon availability at a rate of \$100 credit per shift (separate from the mandatory bingo requirements – more details below).

MANDATORY CLUB FUNDRAISERS

We organize a few key fundraisers each season to help support overall club operations. Here are two of the main events:

1. Swim-for-Funds (October)

Swimmers collect pledges from friends and family to sponsor them in a swim challenge. The minimum fundraising amount per family last season was \$200. Please note this amount may change year to year, but this gives a helpful reference.

2. Spring 50/50 Raffle

We run a 50/50 draw in the spring, and ask that all families help promote and share the fundraiser with their networks. There may be a minimum amount of sales required.



BINGOS & CASINO

Casinos

Our club is assigned a casino fundraising opportunity every three years, and we are scheduled to receive one next season. Funds raised from the casino are significant and are split across the following three fiscal years to support the club's operations.

Bingos

Each team is assigned a set number of mandatory bingo shifts per season. Families can choose to work the shifts or buy them out at the start of the year.

For reference, this past season:

The buyout cost was \$100 per bingo shift

The Novice team was assigned 4 bingo shifts

COMPETITIONS

You can expect 4 competitions each season.

The first competition of the season is a Figures-only meet, usually held in late November and typically takes place in Calgary. Figures are individual technical skills performed in the water and are judged by age group. Novice athletes compete in their own separate category. This event takes place on Saturday only, and families can decide whether to travel the night before or the morning of the competition. Please note that blackout dates do not apply for this event

You can expect an average of three team competitions each season, with dates and locations typically shared early in the fall. Competitions are generally held in late January, late February, and late April. They take place on Friday, Saturday and Sunday.

This past season, events took place in Calgary, Grande Prairie, and Lethbridge. While Grande Prairie is not a typical location, we faced pool closures in both Edmonton and Calgary, which required the change. For next season, we anticipate two competitions in the North (likely Edmonton) and one in Calgary. Registration fees for all competitions are included in your monthly fees. Please note that blackout dates will apply to all team competitions.

Spacing (which is pool time for athletes to practice routines in the competition pool) typically takes place early Friday, followed by Figures and team, solo, and duet competitions throughout Friday, Saturday, and Sunday. Athletes are expected to be present when scheduled by the head coach, including to cheer on their teammates when our club is performing. These weekends are always full of energy and excitement—they're truly fun and memorable days at the pool.

ACCOMMODATIONS

While it's always fun for the teams to stay together during competitions, our head coach is very flexible. If you prefer to stay at a different hotel or with family or friends, that's completely fine—as long as your athlete is present for all required team events, whether at the pool or for a scheduled team or club meal. A hotel block will be arranged and offered for each competition to help simplify planning for those who wish to stay with the team.

CLUB APPAREL & GEAR

Much of the required apparel typically lasts a minimum of two seasons, and we do our best to space out apparel-related charges to help manage costs. There is also a club buy/sell page where you're welcome to purchase second-hand items as they become available.

We host a try-on and order night, usually in conjunction with our AGM in September, so families can get properly sized and place their orders for the season.

Mandatory items are set each year by the head coach. For reference, here's what was required this past season, which totaled approximately \$400:

- Club Swimsuit – \$90-100 (*usually lasts 2 seasons*)
- Club T-shirt – approx. \$20
- Club Sweatshirt – \$50
- Backpack – \$100 (*often lasts their entire swimming career*)
- Competition Suit – approx. \$120

In addition, families are expected to independently purchase:

- A pair of black shorts, capris, or pants
- An all-black swimsuit for Figures

Optional items include club-branded shorts, pants, toques, and swim parkas.

COMPETITION HOSTING

This season, our club is hosting the Lethbridge competition. If all goes well and we meet the necessary requirements, we hope to continue hosting annually as part of the regular competition rotation.

Hosting a competition requires mandatory volunteer time from all families, as well as a contribution toward raffle items to support event fundraising.

This is a great opportunity to generate revenue for the club, which directly benefits our athletes and helps keep fees manageable.



VOLUNTEER HOURS

This season each family was required to complete 10 volunteer hours per season. There are many opportunities throughout the year to fulfill this commitment. We suspect this will remain the same for next year.

At the AGM in September, families will be asked to provide a \$200 volunteer deposit cheque. If your hours are not completed by the end of the season, the cheque will be cashed.

Volunteer opportunities include (but are not limited to):

Serving on the Board of Directors (full 10 hours)

Acting as a Parent Rep (5 hours)

Assisting at attire sizing/order night

Coordinating or supporting Swim-for-Funds

Helping with fundraisers (e.g. Purdy's sorting, bottle drives, 50/50 sales)

Working as a Gem sorter/counter

Setting up, cleaning, or supervising athlete events or parties

Supporting community give-back events

Volunteering at Year-End Water Show

Participating in the club audit

Helping at Explore Sports Day

Assisting with mock figures practice prior to the November Figures Meet

We truly appreciate all the time and energy our families contribute to making the season a success!



FUN, FRIENDSHIP, AND CLUB SPIRIT!

Our athletes absolutely love this sport—and they have so much fun learning, playing, and growing together. While practices might seem long at first glance, they fly by! There's usually time for a snack break and even a little hot tub fun built into their training sessions.

Our Swim-for-Funds event mixes athletes from all age groups into teams, helping everyone get to know each other. As a small and close-knit club, friendships form quickly and the sense of community is strong. The coaches know all the athletes and often help out across teams to support each other.

We love to celebrate throughout the year! Some of the highlights include:

A club Christmas party for all athletes

A club fun event

A year-end wind-up party

Plus, team reps organize bonding activities throughout the season, based on what their team enjoys

After the last competition in April, coaches shift their focus to preparing for our **Year-End Show**, a special event where athletes perform their routines for family and friends. They even mix up team members for some exciting new combinations—it's always a blast and a great way to wrap up the season.

This year's show will take place in Red Deer on Friday, May 30 at 6:00 p.m., and we welcome you to come watch the fun!

We also have a **summer swim camp coming up from August 18-22, 1:00-4:00 p.m.** It's the perfect chance for your athlete to try out longer practice times and see what the next level feels like.

And of course, getting their hair gelled for competitions is always a fun tradition—it's a cool experience for the athletes to swim their routine and finish with every hair still perfectly in place!

We truly hope to see your athlete join us on the competitive side next season, but if returning to AquaGO is the best fit for your family, that's great too—we're just happy to have you as part of our club community.

If you have any questions down the road, please don't hesitate to reach out. We're always happy to help and answer anything to the best of our ability.

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