

Registration Package

2023-2024



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About Us

The Sackville Swim Club (SSC) was established in September of 1975. Over the past 48 years, SSC has produced numerous top performing swimmers who have qualified for many top-tier events such as Canada Games, Junior Canadian Championships, Senior Canadian Championships and Olympic Trials.

Our club strives to provide an environment that allows every member to be the best that they can be. We value team support, camaraderie, and continuity all while receiving top quality coaching and motivation from our trained and passionate staff.

We offer programs for skill levels. If you are interested in competitive swimming, or simply want to learn how to swim and improve your level of comfort in the water then SSC is the club for you! All are welcome!

Sharks Online Registration 2022-2023

Registration will open online **WEDNESDAY, AUGUST 30TH, 2023**

Swim NB fees **MUST** be paid and the **Acknowledgment and Assumption of Risk Form** must be completed prior to your child's entry to the club. **Your child can not swim until these fees and forms are complete.** The Acknowledgment and Assumption of Risk Form step-by-step guide can be found on our website under 'SHARKS' tab.

Registration Fees

We offer 3 different payment plans for each group. Please note that the SwimNB fees are to be paid in full of your first payment, no matter what plan you select.

PLAN 1:	September	Full Registration + SwimNB + \$75 Fundraising Fee
PLAN 2:	September	½ Annual Fee + SwimNB + \$75 Fundraising Fee
	February	½ Annual Fee
PLAN 3:	September	Monthly Fee + SwimNB + \$75 Fundraising Fee
	October – May	Monthly Fee due on the 1 st of every month for Minnows and Makos
	October – June	Monthly Fee due on the 1 st of every month for Greys, Blues and Great Whites

online registration fees must be paid via credit card ONLY

Refund & Withdraw Policy - To cancel your membership, a one-month notice must be given to our Treasurer. This can be done via email – sackvilleswimclubtreasurer@gmail.com

SHARKS Group Breakdown

Minnnows START SEPTEMBER 12th – MAY 30TH 1.5 hours/week

- No swimming from December 21st – January 7th (Holiday Break)
 - No swimming during School's March Break (March 2nd – 10th)
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Long Term Athlete Development Stage: Active Start & Fundamental

Commitment: 1.5 hours per week

Description: This group is designed to introduce new swimmers to the excitement of competitive swimming. Swimmers will be taught all four of the competitive strokes through an assortment of exercises, games, and metaphors. This level reflects "Active Start: and "Fundamental" stages of Swimming Canada's Long Term Athlete Development (LTAD). Swimmers are generally ages 6 to 11 and are highly encouraged to continue with additional sport activities outside of swimming to further strengthen their agility, balance, and coordination (ABCs).

Practices: Tuesday AND Thursday 3:45-4:30PM

Makos START SEPTEMBER 11th – MAY 31ST 3 hours/week

- No swimming from December 21st – January 7th (Holiday Break)
 - No swimming during School's March Break (March 2nd – 10th)
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Long Term Athlete Development Stage: Fundamental & Learn to Train & Train to Compete

Commitment: 3-5 hours per week

Description: This group has their focus on stroke technique, training skills and physical endurance. This is an introduction to longer training sessions and swimmers will learn fundamental training skills (like using the pace clock, understanding interval training and daily training workouts, etc.). This level reflects the later stages of "Fundamental" and "Learn to Train" stages from Swimming Canada's Long Term Athlete Development (LTAD). Swimmers are typically between ages of 8-14 years of age. Swimmers will also be introduced to dryland exercises and activities up to 30 minutes a week.

Practices: Monday and Wednesday and Friday 3:30 to 4:30 PM

Greys START SEPTEMBER 11th – JULY 3rd

8 hours/week

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- **No swimming from December 21st – January 7th (Holiday Break)**
 - **No swimming during School's March Break (March 2nd – 10th)**
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Long Term Athlete Development Stage: Learn to Train & Train to Compete

Commitment: 8 hours per week

Description: This group serves as a bridge into the more intense workout schedules of the upper levels. Greys have their focus on stroke technique, training skills and physical endurance. This level reflects the later stages of “Learn to Train”, “Train to Train”, and introduction to “Train to Compete” stages from Swimming Canada’s Long Term Athlete Development (LTAD). Swimmers are typically between the ages of 10-15 years of age. Swimmers will also be introduced to dryland exercises and activities for up to 1.5 hour a week.

Practices:

Monday and Friday	5:00 to 5:45 PM (DRYLAND)
Monday and Wednesday and Friday	6:00 to 7:30 PM (WATER)
Saturday	10:00 to 12:00 PM (WATER)

Blues START SEPTEMBER 11TH – JULY 3rd

11 hours/week

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- **No swimming from December 21st – January 7th (Holiday Break)**
 - **No swimming during School's March Break (March 2nd – 10th)**
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Long Term Athlete Development Stage: Train to Train & Train to Compete

Commitment: 11 hours per week

Description: This group has their focus on stroke technique, training skills and physical endurance. This level reflects the later stages of “Learn to Train”, “Train to Train”, and introduction to “Train to Compete” stages from Swimming Canada’s Long Term Athlete Development (LTAD). Swimmers are typically between the ages of 11-15 years of age. Swimmers will also be introduced to dryland exercises and activities for up to 1.5 hours a week.

Practices:

Monday and Friday	5:00 to 5:45PM (DRYLAND)
Monday and Wednesday and Friday	6:00 to 7:30 PM (WATER)
Tuesday and Thursday	6:00 to 7:30 AM (WATER)
Saturday	10:00 AM to 12:00 PM (WATER)

Great Whites START SEPTEMBER 11TH – JULY 3RD

15 hours/week

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- **No swimming from December 21st – January 7th (Holiday Break)**
 - **No swimming during School’s March Break (March 2nd – 10th)**
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Long Term Athlete Development Stage: Train to Train, Train to Compete & Compete to Win

Commitment: 14.5 hours

Description: The Senior Group is for swimmers competing at Provincial, Atlantic and Eastern competition. Individuals in this group are motivated and very committed to improving skills and performance. They are dedicated members of the club and play integral parts in the club’s pride. This group is a reflection of Swimming Canada’s “Train to Train”, “Train to Compete”, and “Compete to Win” levels in the Long-Term Athlete Development (LTAD). Swimmers are typically 13-18 years old.

Practices:	Monday and Friday	5:00 to 5:45 PM (DRYLAND)
	Monday and Wednesday and Friday	6:00 to 7:30 PM (WATER)
	Tuesday and Thursday	6:00 to 7:30 AM (WATER)
		4:30 to 6:30 PM (W/ MOUNTIES)
	Saturday	10:00 AM to 12:00 PM

Holidays 2023-2024

Monday, October 2nd	Truth & Reconciliation Day (Observed)	NO SWIMMING
Monday, October 9th	Thanksgiving Day	NO SWIMMING
Saturday, November 11th	Remembrance Day	NO SWIMMING
December 23rd – January 7th	Holiday Break	NO SWIMMING
Monday, February 19th	Family Day	NO SWIMMING
March 2nd – 10th	March Break	NO SWIMMING
March 29th – April 1st	Easter Weekend	NO SWIMMING
Monday, May 20th	Victoria Day	NO SWIMMING

Tentative Season Calendar 2023-2024

DATE	TYPE OF MEET	HOST LOCATION
November 4 th	Premier #1	Sackville, NB
November 18-19 th	Invitational #1	Moncton, NB
December 2 nd	Premier #2	Moncton, NB
December 15-17 th	NB Open Cup	Moncton, NB
January 27-28 th	Invitational #2	Moncton, NB
February 3 rd	Premier #3	Moncton, NB
February 9-11 th	Marianne Limpert Provincials	Saint John, NB
March 23 rd	Premier #4	Sackville, NB
April 5-7 th	NB Long Course Championships	Saint John, NB
April 20 th	10 & Under Meet	Fredericton, NB
May 4 th	Premier #5	Moncton, NB
June 27-28 th	QPLEX Outdoor Meet	Quispamsis, NB
July 5-8 th	Atlantic Cup	Saint John, NB

Colour Coding Chart

Premier Meets	All Makos, Greys and Blues can participate
Invitationals/Provincials	Club members who obtained 1-3 "B" time standards.
Championships/Canada Games Trials	Minimum time standard dependent of host club (usually at least 1 "AA" time or 3 "B" times)

**** PLEASE NOTE THAT OUR CALENDAR AND/OR HOST LOCATION IS TENTATIVE AND IS SUBJECT TO CHANGE AS THE SEASON PROGRESSES.**

***** All time standards for swimmers can be found on our website under the tab SHARKS > swimmer info.**

Fees & Payment Options

Swim New Brunswick (SNB)/Swim Canada (SNC) Fees 2022-2023

- a. Each member of the Sackville Swim Club (SSC) MUST be registered with Swim New Brunswick. Therefore, the fees must be included in your first payment. MAKE SURE to select the appropriate Age Group for your swimmer(s) before concluding your registration form.
- b. Age of swimmers is calculated as of December 31st, 2023

Membership Category	SNB + SNC Fee Totals
8 Years Old & Under	\$50.00
9 to 10 Years Old	\$85.00
11 to 14 Years Old	\$130.00
15 & Over	\$160.00

Swim-A-Thon: Date TBA

Our club goal is to raise \$5000. Prizes will be given to the top 3 fundraisers. Prizes will be announced closer to the date.

Payment Options (by group)

Minnows

1.5 HOURS PER WEEK:

PLAN 1:	September	\$405 + SNB Fee + \$75 Fundraising Fee
PLAN 2:	September	\$203 + SNB Fee + \$75 Fundraising Fee
	February	\$203
PLAN 3:	September	\$45 + SNB Fee + \$75 Fundraising Fee
	Monthly	\$45 (October to May)

Makos

3 HOURS PER WEEK:

PLAN 1:	September	\$610 + SNB Fee + \$75 Fundraising Fee
PLAN 2:	September	\$305 + SNB Fee + \$75 Fundraising Fee
	February	\$305
PLAN 3:	September	\$68 + SNB Fee + \$75 Fundraising Fee
	Monthly	\$68 (October to May)

Greys

8 HOURS PER WEEK:

PLAN 1: September **\$1100** + SNB Fee + \$75 Fundraising Fee

PLAN 2: September **\$550** + SNB Fee + \$75 Fundraising Fee
February **\$550**

PLAN 3: September **\$110** + SNB Fee + \$75 Fundraising Fee
Monthly **\$110** (October to June)

BLUES

11 HOURS PER WEEK:

PLAN 1: September **\$1300** + SNB Fee + \$75 Fundraising Fee

PLAN 2: September **\$650** + SNB Fee + \$75 Fundraising Fee
February **\$650**

PLAN 3: September **\$130** + SNB Fee + \$75 Fundraising Fee
Monthly **\$130** (October to June)

GREAT WHITES

15 HOURS PER WEEK:

PLAN 1: September **\$1500** + SNB Fee + \$75 Fundraising Fee

PLAN 2: September **\$750** + SNB Fee + \$75 Fundraising Fee
February **\$750**

PLAN 3: September **\$150** + SNB Fee + \$75 Fundraising Fee
Monthly **\$150** (to June)

Swim Meets

Tentative Meet Schedule will be kept up to date on our website.

Each Meet has set fees to enter the meet (from the host club) and our club charges an additional meet fee per day to help offset the cost of sending our swim coach to the swim meet.

MEET FEES	MEET FEE COST + \$10.00 PER DAY
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MANDATORY TRAINING EQUIPMENT PER GROUP

Below is a highly recommended list of training equipment per group. This is a one-time purchase that can be used for multiple years/seasons. This equipment will enhance our swimmers' training. The items highlighted in **red** are mandatory equipment for the training group. Here is the breakdown by group:

Minnows	Makos	Greys/Blues	Great Whites
Bathing Suit Goggles	Bathing Suit Goggles Snorkel Mesh Kit Bag Short Fins Pull Buoy Mini Kickboard	Bathing Suit Goggles Mesh Kit Bag Snorkel Short Fins Finis Kickboard Ankle Band Pull Buoy Hand Paddles	Bathing Suit Goggles Mesh Kit Bag Snorkel Short Fins Finis Kickboard Ankle Band Pull Buoy Hand Paddles

All items can be found under the tab "SHARK STORE" on the home page of our website (www.sackvilleswimclub.ca).

Sackville Swim Club's Parental Commitment

SSC is a member-run organization that relies on the participation of its membership to run Club activities. We require that families contribute to both club operations and the running of hosted swim meets throughout the season.

The Importance & Benefits of Volunteering

- Volunteering helps to keep our club fees low.
- Volunteering allows us to be active and present in a sport in which our children have chosen to participate.
- Volunteering helps you to meet other families.
- Volunteering allows us to appreciate others for their efforts and understand how much work it takes to run a swim club.

By completing your registration package, you have agreed to the following parent/guardian commitments:

1. That at least one parent/guardian per family will volunteer in revenue generating club activities such as our annual Swim-a-Thon (May) and Triathlon (August). Volunteer opportunities will be available for sign-up at our scheduled Parent Meetings at the start of the season.
2. In addition to the above, that at least one parent/guardian will participate at a minimum of two (2) swim meets hosted or co-hosted by SSC. **Failure to comply may result in payment of a fundraising fee of \$150 at the end of the season.**
3. For families new to SSC, that at least one parent/guardian will complete the Introduction to Swimming Officiating clinic by October 31st, preferably in time for participation in our first hosted meet.
4. For families in their second year with SSC, that at least one parent/guardian will complete the Judge of Stroke and Inspector of Turns clinic by October 31st, preferably in time for participation in our first hosted meet.
5. To participate in major fundraising events. Your child's participation in the swim-a-thon is mandatory. Please understand that your swimmer(s) monetary contribution does not limit their participation in the annual Swim-A-Thon.
6. That you understand and support the attendance and competitive expectations of Sackville Swim Club.
7. That you agree that your swimmer(s) will be properly registered in Swimming Canada's Registration, Tracking & Results system before the swimmer(s) participate in any SSC activities, events, or practices. This process involves agreeing to Swimming Canada's terms, policies and returning the required waivers. Our Team Registrar will initiate the registration process for swimmers shortly after registration is completed, and parents will be automatically notified that they can complete the Swimming Canada Registration Tracking & Results system registration themselves.

Online Registration “Step by Step” Guide 2023-2024

1. Go to www.sackvilleswimclub.ca
2. Click on “SHARKS REGISTRATION 2023-24” tab on the left as you scroll down the home page. Next to picture slideshow.
3. Click on “Continue” to start your Online Account/Registration
4. Sign in or click “Create New Account”
 - a. Returning Members: enter email and password
 - b. New Members: enter your email and date of birth, then click “continue”
5. Fill in your Account Information
 - a. Enter ALL emails that should be receiving club updates
 - b. ALL fields need to be complete in order to move onto the next screen
6. Add or Select your swimmer(s)
 - a. Enter all your swimmer’s information on this screen before continuing the registration process
 - b. Click “ADD Member”
 - c. Fill all the information for your swimmer, select his/her group and your desired payment plan for the season.
 - d. Click “ADD”
 - e. If you are registering more than one swimmer, please repeat Step 4 and Step 5**
7. You will need to read and agree with all waivers in order to continue with your registration. Please follow link to finish the Acknowledgment and Assumption of Risk Form on our website under the “SHARKS” tab.
8. Review your Account Information – edit if necessary
 - a. Select each swimmer’s SNB fees according to their age during your first payment
 - b. Age of swimmers is calculated as of December 31st, 2023
 - c. SWIM NB FEES MUST BE PAID PRIOR TO YOUR CHILD’S ENTRY TO THE POOL**
9. Proceed to checkout once all the information is reviewed, all swimmers are added to your account and their Swim NB fees.
10. Fill in your Card and Billing Information
11. If you have selected Plan 2 or 3, we recommend that you SAVE your payment information. *Please note that our online platform is secured.*
- 12. You can now click “Submit Registration”. You will receive confirmation/invoice via email.**
- 13. CONGRATULATIONS! YOU HAVE COMPLETED REGISTRATION!**