

Alberta Marlin Aquatic Club (AMAC)

Parent Handbook



2025–2026 Season

Welcome to the Alberta Marlin Aquatic Club!

We're so excited to have you and your swimmer(s) join our club this season!

We know there's a lot of information to take in at the beginning, and it can feel overwhelming. Please know that you don't have to figure it all out on your own, we're here to help.

- **Board Members are available to answer questions about the club, swim meets, policies, volunteering, and anything related to day-to-day operations.**
- **Head Coach is your main contact for training, practices, and swimmer development.**

No question is too small, so if you're unsure about something, just ask! We're happy to walk you through the details and make sure you feel supported as part of our community.

We're glad you're here, and we're looking forward to a fun and successful season together!

Table of Contents

● Club Operations and Responsibilities	3
○ Administration, Registration and Website	3
○ Board of Directors & Coaching Staff	4
○ Annual General Meeting and Board Meetings	4
● Fees, Family Commitments & Fundraising	5
○ AMAC 2025-2026 Fee Schedule	5
○ Membership Fees and Fee Agreement	6
○ Family Commitments (Bingo, Casino, Meets)	7
○ Fundraising Commitments	7
● Parent Responsibilities	8
○ Parent Code of Conduct	8
○ Making It to the Pool on Time	8
○ Become Involved and Be Enthusiastic and Supportive	8
● Swim Meets	9
○ Meet Levels, Registration and Fees	9
○ What Happens at a Meet	10
○ Packing for a Swim Meet	11
○ Race Course and Meet Information	12
● AMAC Hosted Meets & Officiating	13
○ Officiating and Expectations	13
● Groups & Equipment	14
○ Mini Marlins	14
○ Junior Age Group (JAG)	14
○ Top Age Group (TAG) and Youth	15
○ Senior	16
○ Equipment Pictures	18
● Recognition & Awards	19
● Coach Communication	19

Club Operations and Responsibilities

Administration

All activities are guided by AMAC's philosophy, objectives, by-laws, and policies. The Board of Directors review and update policies annually.

Registration

AMAC manages all Swim Alberta and Swim Canada registrations. These fees are included in your registration costs.

Training

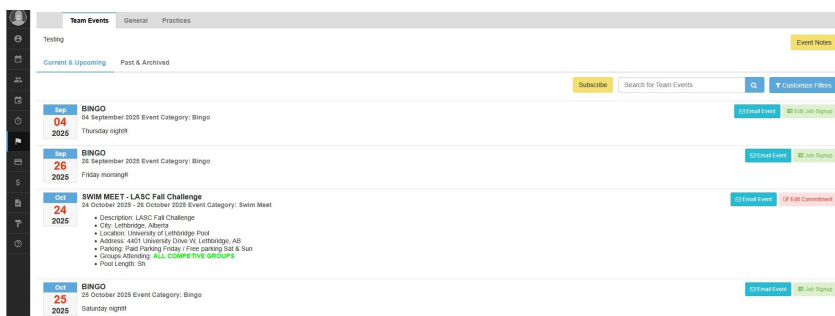
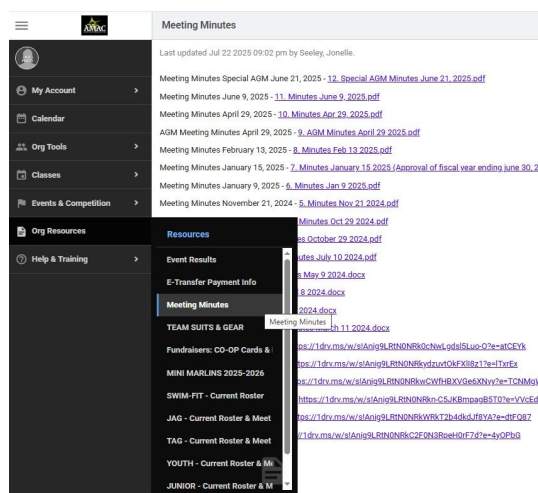
AMAC provides training schedules, facilities, and qualified coaches to ensure effective programs for every swimmer. Detailed information on schedules and fees is available on the AMAC website once you sign in.

AMAC Website

The AMAC website (www.marlin.ab.ca) is the main source for current club information. Signing in gives access to membership details, bylaws, and policies. Please take time to familiarize yourself with the site, as it contains most of the information you'll need.

- **Events Tab:** Swim meet calendar, meet packages, declarations, and volunteer sign-ups. Clicking on an event provides details and allows swimmer declarations.
- **Volunteer Sign-Up:** Families must meet minimum volunteer commitments; details are shared by email.
- **Meetings:** AGM and Board meeting dates are posted here.
- **Bylaws and Policies:** Under the documents tab, you can access all these documents.

If you need help navigating the site, contact the Head Coach or a Board Member.



Board of Directors & Coaching Staff		
Role	Name	Contact
Head Coach	Jordan Harper	headcoach@marlin.ab.ca
Assistant Coach	Lauren Miner	assistantcoach@marlin.ab.ca
President	Michelle Brunet	president@marlin.ab.ca
Vice-President	Tara McWilliams	vicepresident@marlin.ab.ca
Treasurer	Rachelle Grisak	treasurer@marlin.ab.ca
Secretary	Jonelle Seeley	secretary@marlin.ab.ca
Meet Director	Amber Smith	meet_director@marlin.ab.ca
Communications Director	Vacant	communications@marlin.ab.ca
Director at Large	Jody Hobson	memberatlarge@marlin.ab.ca

AMAC Board of Directors

The BOD sets the direction for the club and the different positions vary in terms of duties. The AMAC board is composed of members that volunteer their time to ensure the best possible experience for both swimmers and families. Elections occur at the spring AGM and AMAC needs as many families as possible to help to keep everything running smoothly. If you are interested in being a board member, please contact one of the current board members and more information can be provided.

Annual General Meeting

AMAC holds two Annual General Meetings (AGMs) each swim season, open to all General Members. These meetings are essential for meeting legal and governance requirements and promoting transparency and accountability. AGMs provide a clear overview of the organization's financial health, key achievements, and current challenges. They also serve as the forum for electing the Board of Directors and voting on changes to policies and bylaws, ensuring all General Members have a voice in important decisions. Ultimately, these meetings offer members the opportunity to contribute to the current and future direction of AMAC.

Board Meetings

Board meetings are held monthly, ~ten times per year, to discuss the day-to-day operations of AMAC and to review any new or ongoing business. All members are encouraged to attend; however, there may be instances where attendees are asked to step out to allow the Board to address sensitive or confidential matters. Meeting dates and minutes will be made available on the club's website.

Fees, Family Commitments and Fundraising

AMAC 2025–2026 FEE SCHEDULE

Training Group	Monthly Fee	Season Total (Sept–May/June)*	Swim Alberta Reg. Fee (Included)	Fundraising	BINGO 3 Per Family
Mini Marlins (Non-competitive)	N/A	\$445/session	\$45	\$0	–
Swim Fit (Non-competitive, 13–17 yrs)	N/A	\$1,200	\$45	\$0	–
JAG – Home meets only	\$233.33	\$2,100	\$216.50	\$200 × 2	3 x \$100
JAG – Travel	\$277.78	\$2,500	\$216.50	\$200 × 2	3 x \$100
TAG	\$333.33	\$3,000	\$216.50	\$275 × 2	3 x \$100
Youth	\$370	\$3,700	\$216.50	\$350 × 2	3 x \$100
Senior	\$490	\$4,900	\$216.50	\$425 × 2	3 x \$100

*Credit cards are accepted with a 3% surcharge.

****Note:** Monthly fees for the Senior and Youth groups are based on a 10-month season (September through June).

The JAG and TAG groups follow a 9-month season, concluding at the end of May.

Swimmers who qualify for Provincial Series, Festivals, Provincial Trials, Provincial Championships, Nationals will continue training into June and/or July 2026.

Please note that training schedules may be adjusted during this extended period.

Season Dates		Payments
Senior/ Youth	Start Date: Sep 8th, 2025 End Date: June 28th, 2026 Christmas Break: Dec 20th, 2025, until Jan 4th, 2026 Easter Break: April 3rd - April 6th, 2026	Payment Options & Deadlines Full Payment: Due September 14, 2025 Monthly Withdrawals: September 2025 – May/June 2026 Fundraising Commitments: Must be completed by January 15, 2026, and June 15, 2026 Bingo Commitments: Must be fulfilled by June 30, 2026 Hosted Meet Volunteer Requirements All competitive swimming families are required to provide one volunteer per session at each home swim meet (typically 4–5 sessions per meet). A \$50 fine per session will apply if volunteer requirements are not met.
TAG/JAG	Start Dates: Sept 15th, 2025 End Dates: May 31st, 2026 Christmas Break: Dec 20th, 2025, until Jan 11th, 2026 Easter Break: April 3rd - April 6th, 2026	
Swim Fit	Start Date: Sept 22nd, 2025 (Session #1) End Date: Dec 11th, 2025 (Session #1) Start Date: Jan 19th, 2026 (Session #2) End Date: April 16th, 2026 (Session #2) Easter Break: April 3rd - April 6th, 2026	
Mini Marlins	Start Date: Sept 22nd, 2025 (Session #1) End Date: Dec 11th, 2025 (Session #1) Start Date: Jan 19th, 2026 (Session #2) End Date: April 9th, 2026 (Session #2)	
		2025–2026 Hosted Meets: AMAC SC Invitational – November 14–16, 2025 AMAC LC Invitational – February 27–March 1, 2026 Marlin Mercenary Madness – May 22–24, 2026

Membership Fees

For complete membership fee information please see the table above or refer to your registration package. This can be found under the registration forms tab on our website.

Fee Payment

Fees are due as per the dates outlined on the Registration Fees Schedule.

Alberta Marlin Aquatic Club (AMAC) Yearly Fee Agreement:

1. Fee Payment

Payment may be made in full via e-transfer to treasurer@marlin.ab.ca, credit card with a 3% surcharge or through the pre-authorized payment plan outlined in the 2025–2026 Registration Fee Document and in accordance with AMAC's policies and by-laws.

2. Invoicing and Communication

Invoices for registration fees and other financial commitments will be sent to the primary email address provided at the time of registration.

3. Late Payments

I understand that if payment is not received within 21 days of the invoice date:

- A **\$25.00 late fee** will be applied.
- My swimmer may be temporarily **suspended from practices, swim meets, and camps** until the outstanding payment is received.

4. Refund Policy

Refunds will **only be considered** for reasons of medical circumstances (with a valid doctor's note) or relocation outside of the Medicine Hat area.

- All refund requests must be submitted in writing to secretary@marlin.ab.ca
- Requests will be reviewed by the **Board of Directors**, and refunds will be **prorated** based on the number of full months remaining in the season from the date of written notification.
- No refunds will be issued after registration is complete unless the reason meets the criteria above.

Family Commitments

Bingo

We have approximately 14 bingos per year at the Top Hat Bingo Association. All families are required to work a minimum of 3 bingos per swimming season. Bingos are announced and run from July to December and January to June. You may find a family member/friend to work a bingo for you or pay \$50 to a designated volunteer upon availability. You may also include your name on a paid volunteer list to fill additional spots.

Casino - Dates TBD - All families are required to work if there is a casino scheduled.

Hosted Meets

We have three hosted swim meets (approximately 4-5 sessions) where each family is required to provide a minimum of one qualified volunteer per session. Failure to provide a volunteer will result in a \$50 fine per session not worked. We encourage all families to volunteer as it is a great way to learn and be involved in your child's sport up close.

Officiating and Education – Hosted swim meets are our most significant source of revenue and are part of AMAC's contribution to the swimming community. We cannot host swim meets without officials! Notification will be sent out for officiating courses being offered throughout the season.

Committee/Fundraising Coordinators

Each committee or fundraising event (such as bingo or corporate fundraising) has a designated coordinator approved by the Board of Directors. Coordinators work directly with board members and assist with various tasks throughout the year. If you'd like to get involved but aren't ready to join the board, serving as a coordinator is a great way to contribute to the club.

Fundraising Commitments

The club will offer numerous fundraising projects throughout the year in which all AMAC competitive swimmers/families are encouraged to participate. Participation in fundraising activities by all member families is mandatory to meet the operating expenses of our club. All funds raised over the minimum requirement will be divided 90% to the family account and 10% to the club. The funds will be credited to each family for next season's Registration Fees.

- Families choosing not to fundraise can include fundraising obligations in their yearly registration costs. Any family not meeting their fundraising obligation will be invoiced in January (½ portion) and again in June.
- All monies fundraised through swim-a-thon go 100% to AMAC as per Swim Alberta and Revenue Canada.

Parent Responsibilities

Parent Code of Conduct: [LINK](#)

At AMAC, we value the important role parents and guardians play in supporting their swimmer's journey. To ensure a positive and respectful environment for all athletes, families, coaches, and volunteers, we ask that all members follow this Code of Conduct.

AMAC is committed to an environment built on respect, fairness, integrity, and open communication.

Membership in AMAC brings many benefits, but also responsibilities, including adherence to our bylaws, policies, and Code of Conduct. Irresponsible behaviour by members can harm the integrity of our club.

Making It to the Pool on Time

Swimming involves practices, meetings, competitions, team trips, and special events. Coaches want your child to enjoy these experiences, but they also need to ensure the team runs smoothly. Being on time helps maximize pool time and keeps events on track. If your swimmer will be late or absent, please inform the coach whenever possible.

Become Involved

Parental involvement is vital to the success of the club. One of the best ways to participate is by officiating at swim meets. It's a great way to support your child, connect with other parents, and contribute to the team.

Training and progression opportunities are available, and our Officials Coordinator can help you get started.

Be Enthusiastic and Supportive

Remember that your child is the swimmer. Allow them to set their own goals and progress at their own pace.

Avoid placing unnecessary pressure on performance or results. A positive, encouraging environment helps build confidence, resilience, and enjoyment of the sport.

Supporting Without Pressure

As parents, it's natural to want the best for your child, but sometimes, without meaning to, we can place extra pressure on them. The questions below, adapted from the Amateur Swimming Association of Great Britain, are meant to help you reflect on your role. If you find yourself answering "yes" to several, it may be a sign to step back and focus on encouragement and support:

- Do you want your child to win more than they do?
- Do you feel disappointed if they don't achieve a certain result?
- Do you find yourself needing to "psych them up" before competitions?
- Do you believe they can only enjoy swimming if they win?
- Do you go over every detail of a race immediately afterward?
- Do you have to push them to attend practices or meets?
- Do you feel negative toward their competitors?

A parent's role is critical, providing support, encouragement, and perspective helps ensure your child enjoys the sport, develops confidence, and grows both as an athlete and a person.

Swim Meets

Swim meets are the foundation of competitive swimming. They provide swimmers with opportunities to:

- Measure progress against their goals.
- Try new events and race in a supportive environment.
- Build confidence, set new goals, and celebrate hard work.

Not every swimmer will attend every meet. The Head Coach selects the competitions that are most appropriate for each age group and level. Some meets are open to all swimmers, while others require qualifying times. Families will be notified if their swimmer has achieved those standards.

Meet Levels

Invitational Meets

- Open to all levels of swimmers.
- Typically 2–3 days in length.
- Swimmers generally compete in 6–10 events (varies by meet).

Qualifying Meets

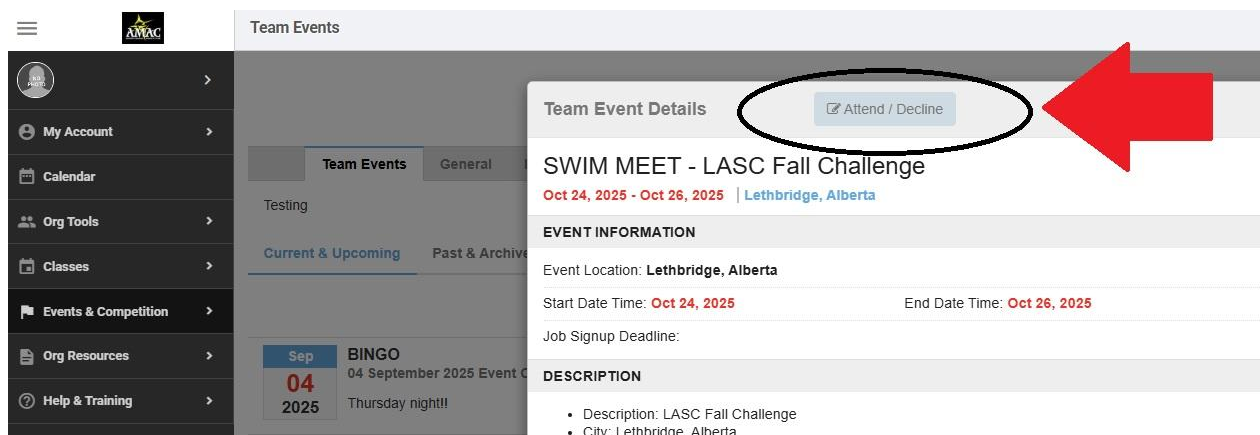
- Open only to swimmers who have achieved specific time standards.
- Examples include Festivals, Provincial Series, Alberta Provincial Trials, Alberta Provincial Championships, Canadian Jr/Sr Trials, Short Course Championships, and the Canadian Open.
- Meets may range from 2–7 days in length
- Qualifying standards for these competitions are included in this handbook.

Registration and Fees

- All meet fees for your swimmer's group are included in registration.
- If your swimmer cannot attend a meet, you must **decline the event on the AMAC website before the posted deadline.**
- ⚠ If you do not decline before the deadline, a **\$50 fee** may be charged to your Family Account.
- Please also notify your swimmer's coach by email if your swimmer will not be attending.

Registering for a Meet

- If attending **only certain days** of a meet:
 - Select “**Attend**” on the website.
 - Add a note in the comments with the days you are attending.
 - Send a follow-up email to your coach.
- Declining online helps coaches track attendance and build accurate meet entries.
- Families are kindly asked to always decline meets they cannot attend so that AMAC funds are not spent unnecessarily.



Where to Find Meet Information

All meet details are posted on the AMAC website under the “**Events**” tab. This section allows families to:

- View upcoming meet schedules and packages.
- Declare attendance or decline an event.
- Sign up for required volunteer positions at hosted meets.
- AMAC will coordinate all meet entries, fees, and coaches’ travel arrangements.

Events

Coaches will enter and choose swimmer events based on many factors. If you or your swimmer have a race you would like to suggest, please notify the coach before the entry deadline. If you notify after or too close to the deadline, there is a limited amount we may be able to do to accommodate.

Some swim meets have qualifying times to attend. Those times will be linked to the website and/or meet package and swimmers who are qualified will be listed under the event info. If you are unsure if your swimmer qualifies, check with their coach!

Meet Mobile

This is an app for your phone/tablet that allows you to search the swim meet you are attending, the swimmer’s name, and find information such as approximately what time they race, heats and lanes, lists of events, times, and more!

Meet Mobile has a free version, however, purchasing the full version is recommended and has many benefits, as it works for almost all swim meets we will attend.

Please remember that not all information on Meet Mobile is accurate. Sometimes false times are entered, times of sessions are incorrect, or other things can get mixed up. Coaches connect with the referees, officials, meet managers, and official files to confirm everything. If something seems off on Meet Mobile, feel free to ask another parent or coach.

What Happens at a Meet?

What happens at the beginning/ warm-up?

Swimmers are expected to be on deck a minimum of 15 minutes before warm-up to stretch, activate, talk to their coaches, organize their things, etc...

Warm-up, unless otherwise specified, typically starts one hour before actual racing begins. The meet package will outline exact warm-up times and, if anything changes, coaches will notify everyone via email or the Remind app.

What about between races?

After each race, swimmers are expected to come back to their coach who will give them feedback on their swim. Please allow the swimmer to talk to their coach first post-race before chatting with them yourselves. We have limited time to recap events and get them up for the next one and want to give as much feedback as possible!

After warm-up and between races, the swimmers are all expected to stay on deck, unless otherwise stated, until they have finished all of their events for the day.

Swimmers are expected to behave on deck and represent AMAC in only a positive manner.

Swimmers should be paying attention to what is going on and when they have to swim next. **Before each race**, the swimmer is expected to talk to their coach about what they will work on, race plans, etc... Younger swimmers will have coaches to help them remember when they race and where to go, older athletes are expected to be more independent and meet with their coach close to their event.

Parents are not allowed on deck at swim meets.

Packing for a Swim Meet

Pack Light

- Swimmers should only bring what they can carry and look after themselves.
- Most time is spent in swimsuits, so multiple changes of outer clothes are not needed.
- Personal items (toiletries, medications, etc.) should be packed in **spill-proof containers**. Encourage your swimmer to do their own packing—they are more likely to remember to bring everything home.
- For air travel, review airline **carry-on guidelines** before packing.

What to Pack

- **Swimsuits:** One regular practice suit plus meet suit(s).
 - If wearing a **tech suit**, bring an extra warm-up suit.
 -  *Swim Alberta recommends that technical suits are only worn by swimmers 12 & over. They are not permitted at Festivals.* Please see the Swim Alberta link ([HERE](#)) for their document on technical swimsuit rules and the “why” behind this decision.
- **Goggles x2** and **AMAC Swim Caps (2+)**.
- **Towels** (at least 1–2).
- **AMAC T-shirt / Deck Clothes** so that what they wear home stays dry.
- **Deck shoes & socks** to stay warm between races.
- **Water bottle** (plus sports drinks if regularly used).
- **Snacks** that are familiar, easy to digest, and previously tested in practice. Avoid new foods/drinks at meets.
- **Games, books, or quiet activities** for downtime on deck.

Nutrition

- Hydration is essential—always bring a **water bottle**.
- Pack familiar snacks that support energy and recovery.
- Nutrition tips will be provided throughout the season.

Label Everything

- Use a permanent marker to label all items. With many swimmers wearing the same AMAC gear, labeling reduces the chance of lost belongings.

No Valuables

- Pools may not provide secure storage. Avoid sending expensive or irreplaceable items. Coaches and chaperones are **not responsible** for lost, stolen, or damaged belongings.

Spending Money

- The meet information sheet will outline which meals swimmers need to cover. If you'd like a chaperone to hold money, place it in a labeled envelope with the total amount written on it.

Electronics & Privacy

- Phones/tablets may be brought but must be used responsibly.
- **Photos/videos are not permitted in change rooms or of other swimmers without consent.**

Racing Course & Meet Information

Short Course vs. Long Course

- Short Course Meters (SCM): 25m lanes, typically used from Fall to Winter.
 - Long Course Meters (LCM): 50m lanes, typically used February to May.
- Swimmers may notice slower times when transitioning from SCM to LCM. This is normal because long course pools have fewer turns, reducing the “speed boost” from push-offs and underwater dolphin kicks. Times may be converted or adjusted by coaches if the swimmer has no prior LCM times.

Meet Format

- Meet formats vary by competition and may include timed finals or heats & finals.
- Some meets are open to all swimmers, while others have qualifying times.
- Check the meet package before attending, which is posted under the “Events” tab on the website.

Heats and Lanes

- Heat: The group in which your swimmer will compete, usually organized by gender and speed.
- Lane: The specific lane your swimmer will swim in; middle lanes are typically assigned to the fastest swimmers.
- Swimmers should know their heat and lane from their coach prior to the race.
- For younger swimmers (JAG/TAG), coaches may write heat and lane on their hand with washable marker to reduce stress.

Swimming Events

- **Freestyle:** Any stroke may be used; front crawl is most common. Distances: 50, 100, 200, 400, 800, 1500m.
- **Backstroke:** Must remain on the back; touch the wall at each turn. Distances: 50, 100, 200m.
- **Breaststroke:** Whip kick; must touch wall with both hands. Distances: 50, 100, 200m.
- **Butterfly:** Simultaneous arm stroke with dolphin kick; must surface within 15m after starts/turns. Distances: 50, 100, 200m.
- **Individual Medley (IM):** Combines all four strokes: fly, back, breast, free. Distances: 100, 200, 400m.
- **Relays:** Four swimmers per team, freestyle or medley (order: back, breast, fly, free). Distances: Freestyle 200, 400, 800m; Medley 200, 400m.
 - Relays are typically only held at home meets or provincial-level competitions.
 - Relay swimmers and order may change; parents and swimmers will be notified.

Starts and Turns

- Swimmers are whistled onto the blocks; the starter commands “take your marks”.
- Race begins with an electronic tone and light flash.
- Quick turns are crucial:
 - Freestyle & backstroke: flip turn, feet only touch.
 - Breaststroke & butterfly: must touch with both hands.

Disqualification (DQ)

- Swimmers may be disqualified for not following rules or stroke requirements.
- Most DQs occur during starts or turns.
- If disqualified, the swimmer’s result is forfeited. Coaches will review the DQ with the swimmer to help them improve.

AMAC Hosted Meets

Officiating

Swimming depends on volunteers for the successful operation of competitions. Even at the Olympic level, officials are trained volunteers who began at local clubs. While not every swimmer will become an Olympian, and not every parent will advance to Master Official, **AMAC relies on all families to help run our meets. IT IS AN EXPECTATION OF THE CLUB THAT ALL PARENTS/FAMILIES WILL ASSIST WITH OFFICIATING AT ALL CLUB SPONSORED MEETS.**

Club Expectations

- Each family is expected to assist with officiating at all AMAC-hosted meets.
- At least one parent per family should become a qualified Level 1 Official by attending the first clinic.
- Each family is encouraged to attend at least one officiating clinic per year to continue developing skills.

Why Officiate?

- Great way to meet other parents and be part of the swim community.
 - Learn the rules of competitive swimming.
- Enjoy a front-row view of the action while supporting the athletes.

Officials Coordinator

The Officials Coordinator is responsible for filling officiating roles at every session of every AMAC meet. Families will be contacted in advance or provided with sign-up opportunities before each competition.

Training & Progression

Swim Canada has established rules governing which officials are required for sanctioned meets. No one can be put into an officiating position for which he/she is not trained.

- All officials begin as Timers, the only role that requires no prior training.
- Other roles (Place Judge, Head Lane Timer, Stroke Judge, Inspector of Turns, Administration Desk, Starter, Electronics, etc.) require a short clinic (1–2 hours) and two supervised sessions.
- Officials' clinics are offered throughout the year. Parents are encouraged to participate and advance through officiating levels.

Dress Code

Officials must wear:

- White shirt: Timekeepers Red shirt: All other officials
- Black pants/shorts/skirt
- Black shoes or sandals (no outdoor shoes allowed on deck for safety reasons)

OFFICIALS ATTIRE



White Shirt
Timekeepers &
Chief Timekeepers



Black Pants / Shorts / Skirt
Black Shoes



Red Polo
All Other Officials

Groups / Equipment

AMAC will provide one team swim cap and t-shirt to each swimmer at the start of each swim season. If another team cap is required, please contact the Head Coach. All swimsuits, bags, kickboards, etc. are available at many different retailers. AMAC will provide a yearly discount code to all members for Team Aquatic Supplies where all equipment can be purchased. AMAC will set up a team store twice per season where team hoodies, sweats, swimsuits, etc. can be purchased. The swimmers are encouraged to wear these shirts at all meets and to also purchase a swimsuit with the team colours/logo on it.

AMAC provides **discount codes** to a few quality swim supply stores:

Team Aquatic Supplies: [ALB398DF20](#)

Ly-Sports: [Amacmarlin](#)

From Mini Marlins to Senior!

Mini Marlins:

Information on Mini Marlins is in a separate information link provided by Coach Lauren.
Contact our Assistant Head Coach, Lauren Miner- email: assistantcoach@marlin.ab.ca

Junior Age Group (JAG)

Group Goals: This is our first-level competitive group! Under the long-term athlete development (LTAD) model, JAG swimmers fall under the “FUNdamentals” of swimming development. Their primary focus is to learn the proper technique of all four swimming strokes while having fun in the sport! At AMAC, and under the development models presented by Swimming Canada, we strive to build kids who enjoy sport for life, and that starts with the FUNdamentals in JAG! JAG swimmers will work on skills like flip turns, two-hand touch turns, and dives to be ready for competitions. The focus of JAG is to build proper skills and techniques that will assist them in racing well so that as they get older, they can sustain the technical aspects and, later, learn to race *fast!*

Coaches: Our 2025/2026 JAG coach is Celina Batsel. Also on deck, you will see coaches Morgan Hobson, Norah Valk, Jaivyn Barabe, Abigail Begin, and Johnathan (Johnny) Marshall. The JAG coaches bring a wealth of knowledge and are so excited to see the growth and development that this age group provides!

Equipment:

In JAG, swimmers should have the following equipment with them daily:

(Most swimmers keep their equipment in a mesh bag, and they can take it home and bring it to the pool daily OR store it in our equipment room) Please also ensure that ***all equipment is labelled with their name!***

Kickboard

Fins

Pull Buoy

Snorkel **

Water bottle **

Kickboards, fins, and pull buoys can be borrowed from the extras in the AMAC equipment room.

Snorkels and water bottles are the top priority equipment as they cannot be shared! Kids grow FAST, and we get that! So, borrowing fins and kickboards is normal and a-ok in this group!

JAG swimmers do *not* need technical racing swimsuits. Good quality practice suits work perfectly for racing and training! If you have questions about appropriate swimwear, feel free to ask a coach or email Lauren!

Primary email contacts for questions/concerns about the JAG group will be Head Coach, Jordan Harper (headcoach@marlin.ab.ca) or Asst. Head Coach, Lauren Miner (assistantcoach@marlin.ab.ca).

Top Age Group (TAG)

Group Goals: The TAG group is our second-level competitive group focusing on the long-term athlete development (LTAD) model, FUNdamentals and Learn-to-Train stages.

In TAG, the focus is to instill quality technical skills and increase aerobic and stroke endurance. The group will work on creating an understanding of how to swim in the most efficient way possible through various drills, continued from JAG, while also working on kicking and swim speed and endurance.

Goals in the TAG group are to be able to complete (not necessarily swim in a meet) a 400m Freestyle and a 200m Individual Medley by the end of the session. These races are good indicators for the coaches of what skills the swimmer(s) have adopted and which still may need some work!

Coaches: Our 2025/2026 TAG Coach is our AMAC Assistant Head Coach, Lauren Miner. You will also see other coaches on deck with TAG as assistant coaches. Lauren is the primary email contact for questions or concerns within the TAG group.

Equipment:

In TAG, swimmers should have the following equipment with them daily:

(Most swimmers keep their equipment in a mesh bag, and they can take it home and bring it to the pool daily OR store it in our equipment room) Please also ensure that ***all equipment is labelled with their name (especially waterbottles and snorkels)***!

Kickboard

Fins

Snorkel **

Pull buoy

Small hand or finger paddles

Water bottle **

TAG swimmers *do not* need technical racing swimsuits. Good quality practice suits work perfectly for training and racing! If you have questions about appropriate swimwear, feel free to ask a coach or email Lauren!

Youth

Group Goals: The Youth group is our competitive group that primarily follows the long-term athlete development stages, learn-to-train and train-to-train. This group begins to shift its focus to more competitions and the tactical side of swimming. Continuing on their skills from TAG, the Youth group will continue working on the “why” and “how” aspects of swimming to enhance their performance.

Coaches: Our 2025/2026 Youth coaches are Jilayna Stigter, Lauren Miner, and Jaivyn Barabe. Primary email contacts for this group are Head Coach, Jordan Harper (headcoach@marlin.ab.ca) and Asst. Head Coach Lauren Miner (assistantcoach@marlin.ab.ca)

Equipment:

Youth swimmers should have the following equipment with them daily:

Please ensure that ***all equipment is labelled with their name!***

Kickboard

Fins

Snorkel **

Pull buoy

Small hand or finger paddles

Tempo Trainers (only if requested by coaches, not needed for 2025-2026 season)

Water bottle **

Youth swimmers may start wanting to wear technical racing swimsuits for competitions, but it is not mandatory or always necessary. If you have questions about the technical swimsuits, feel free to ask a coach!

Senior

Group Goals: The Senior group focuses on the long-term athlete development model pieces of train-to-train, train-to-compete, and train-to-win, depending on the individual swimmer. For Senior athletes, a primary goal is to instill commitment, a good work ethic, and a fun atmosphere to continue lifelong love for sport in all swimmers.

Coaches: Our 2025/2026 Senior group coaches are Jordan Harper and Lauren Miner.

Equipment:

Jr/Sr swimmers should have the following equipment with them daily:

Kickboard

Fins

Snorkel

Pull buoy

Pull band (given by coaches)

Hand paddles

Finger paddles

Tempo trainer

Water bottle.

Nutrition and hydration are especially important for Jr/Sr swimmers who are training multiple sessions a day. It is recommended that swimmers pack more than one water bottle, or fill it numerous times in a day/session, and pack extra snacks and electrolytes for before, during, and after practices. Questions about nutrition for athletes at this level can be taken to your family doctor or one of the coaches for guidance.

Technical swimsuits should be worn at the Jr/Sr level at specific competitions. They may not wear them at all competitions or all prelim events to increase the longevity of the suit, and to practice racing without it. We also have some practice sessions where Senior swimmers may be asked to bring a technical swimsuit for race-rehearsal work but swimmers will be notified in advance to pack them. If you have questions about technical swimsuits, feel free to ask a coach!

Equipment:

Please ensure that your swimmer's equipment is LABELLED with their name! This helps coaches return forgotten things on deck, prevents germs from spreading (sharing snorkels...), and overall makes things a lot easier for everyone.

Goggles:

Goggles are a personal preference of the swimmer. Some swimmers prefer tinted (dark lens), clear, etc. Tinted goggles are better for outside, but either will work indoors.

Larger goggles (like snorkelling goggles) can get in the way for a competitive swimmer. Even for Mini Marlins, we recommend investing in a pair of lane swimming goggles. You can purchase them at many facilities' front desks (including the Big Marble Centre now!), online, or even at places like Sport Chek!

Training Suits:

Training swimsuits are what your swimmer will be in each day. These are personal preference of the swimmer and what they feel most comfortable in.

Females: Many girls like the "Jolyn" brand swimsuits, which have a variety of colour and fit options. If they want a "tie back" swimsuit, make sure they know how to tie it themselves and they should have it tied and tight before practice! Some other really good options are Speedo, Funkita, Arena, etc. Really, anything on Team Aquatics or LY Sports works great!

AMAC has an offer with LY Sports to have an AMAC logo on a Jolyn or Speedo training suit. Check those out on the weekly update links!

Males: It is personal preference and the comfort level of the swimmer if they would prefer to swim in briefs (the “typical” Speedo swimsuit everyone thinks of) or jammers (leg portion of the suit extends to the knee). For swimmers in the competitive groups, we ask that they have swimwear that is well-fitting and they feel comfortable training or racing in. For younger boys, we ask that they also, similar to the girls with Jolyn suits, know how to tie the suit on their own and keep it tight during practice.

TRY ON KITS: AMAC does have some “Try on Kits” in our office with different sizes and brands of swimwear that Team Aquatics and Jolyn offer. If you are unsure of your swimmer’s size, send an email to a coach, and we can set up a time to bring out the sizing kit for your athlete!

Fins:

The “long fins” that are used in Mini Marlins work for JAG and even TAG swimmers. As they move into the train-to-train stage, we recommend fins that are a bit shorter such as the Speedo Switchblade Fins or the Arena Powerfin. The Speedo Switchblade fins are more cost-efficient and recommended for JAG-Youth swimmers. Once they are done growing or in Jr/Sr, we recommend switching to the Arena Powerfin. (Photos below)

These can be pricey as kids are growing, be sure to check with other swim families if they have kids that have outgrown theirs! We are looking at doing an equipment swap in the future. Any fins in the smaller sizes that you cannot, or do not wish to, sell, Coach Lauren will happily take off your hands as a donation back to the club to use with the Mini Marlins groups or for swimmers who do not have the financial abilities to purchase their own fins.

Snorkels:

From JAG to the Junior and Senior groups, we ask that all swimmers have a good-quality snorkel. The baseline for efficient swimming is body position, and a snorkel allows the swimmers to work on body position without worrying about taking a breath!

The “Finis Original” or “Finis Junior” (for those under 12) Swimming Snorkel is recommended for all AMAC swimmers.

Water Bottles:

No matter what competitive group your swimmer is in, they **MUST** have a water bottle every practice.

Swimmers may not feel like they are dehydrated while training, as they don’t feel the sweat or heat the same way as other sports, but they are losing hydration during a training session.

Coaches are currently seeing an astonishingly low amount of water bottles on deck. PLEASE remind your swimmer to bring one to training! Further, please ensure that it is labelled with their name so that if it is left on deck, coaches can get it back to the owner!

Finis Swimmer Snorkel	Speedo Vanquisher Goggle	
		
Speedo Switchblade Fins (JAG/TAG/Youth)	Arena Powerfin Pro II (BOTTOM) (Youth/Jr/Sr)	
		
Team Branded Suits (Jolyn and Speedo) LINK TO VIEW TEAM SUITS		
 	 	 

Recognition & Awards

AMAC continually recognizes swimmer improvement and accomplishments for all swimmers right from Mini Marlins to Senior National swimmers. AMAC maintains a current list of club records that are available on the AMAC website. Each year, AMAC hosts a team awards night where swimmers are recognized for numerous things like most improved, fastest fly and most team spirit. This is a fun evening where swimmers and parents get together to recognize our swimmers, have some food, a few laughs and wind down after an amazing swim season.

Coach Communication

Coach Jordan and Coach Lauren request that families use *email communication* unless the concern is urgent or extremely time-sensitive. We (Jordan and Lauren) will get back to you within 24-48 hours, unless the concern is urgent (in which we will try to respond sooner) or we are travelling for a swim meet. We do not work on the Monday following a swim meet, and therefore that is not within our 24-48 hour response time. During holidays, we will let you know either via auto-response on email that we are away or let you know as soon as we are back.

Often, Jordan and Lauren will CC each other in our email communications with families, this is just so that everyone is on the same page as we work together a *lot* but do not always have time to discuss all of the day's details.

Jordan and Lauren's office hours to schedule a phone or in-person meeting are 12:30-3:30pm Monday-Friday.

Jordan: headcoach@marlin.ab.ca

Lauren: assistantcoach@marlin.ab.ca

Meetings can be scheduled outside of these times to work with your schedules, these are just our preferred hours and when we are able to respond to emails.

Text communication is to be used for urgent concerns or quick updates; we may not respond via text (we will read the update but may not have time to reply), but will reply to an email.

This is all to help us maintain a work-life balance that is sustainable for the 10-11 (which, for us, is extended to 12!) month swim season.