

COMPETITIVE PROGRAM INFORMATION SESSION

ATLANTIS ARTISTIC SWIMMING CLUB



WELCOME TO ATLANTIS!

INTRODUCTIONS

DISCUSSION TOPICS

- POLICIES & GUIDELINES
- COACHES
- COMPETITIVE LEVELS AND AGES
- TEAM PLACEMENT
- REGISTRATION FEES
- TRAINING HOURS
- CLOTHING REQUIREMENTS & COSTS
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- FUNDRAISING & FUNDING OPPORTUNITIES
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- QUESTION & ANSWER PERIOD





MISSION STATEMENT

Atlantis is an independent artistic swimming club based in Halifax, Nova Scotia. We offer both pre-competitive and competitive programs.

The mission of Atlantis Artistic Swimming Club is to provide an inclusive, confidence-building, fun, disciplined environment in which athletes acquire physical, social, and mental skills that will benefit them for life.

POLICIES & GUIDELINES

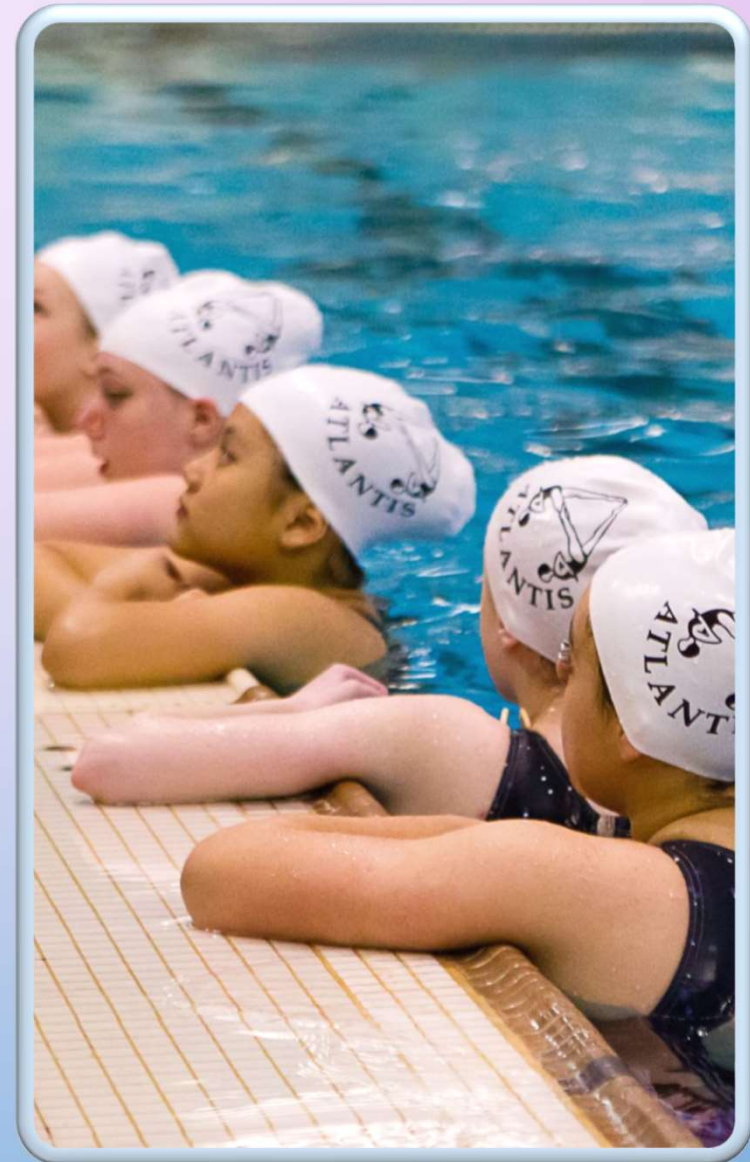
OUR POLICIES AND GUIDELINES CAN BE FOUND ON THE ATLANTIS WEBSITE UNDER MEMBER RESOURCES.

[HTTPS://WWW.ATLANTISARTISTICSWIMMING.COM/POLICIES-GUIDELINES/](https://www.atlantisartisticswimming.com/policies-guidelines/)

IT IS IMPERATIVE THAT YOU TAKE A FEW MINUTES TO READ THROUGH ALL POLICIES AND GUIDELINES BEFORE COMMITTING TO COMPETITIVE LEVEL TRAINING.

ONE OF THE MOST IMPORTANT POLICIES IS REGARDING ATHLETE ATTENDANCE.

ARTISTIC SWIMMING IS A TEAM SPORT UNLIKE OTHER TEAM SPORTS — FULL-TEAM ATTENDANCE IS ESSENTIAL FOR PRACTICES TO BE USEFUL FOR TRAINING ROUTINES. THIS INCLUDES LATENESS AND INATTENTIVENESS. ATHLETE ABSENCES DURING THE COMPETITION SEASON ARE RARE AND REQUIRE COACH APPROVAL. **ATHLETES SHOULD NOT MISS PRACTICE FOR ANY REASON WITHIN ONE WEEK OF A COMPETITION.**



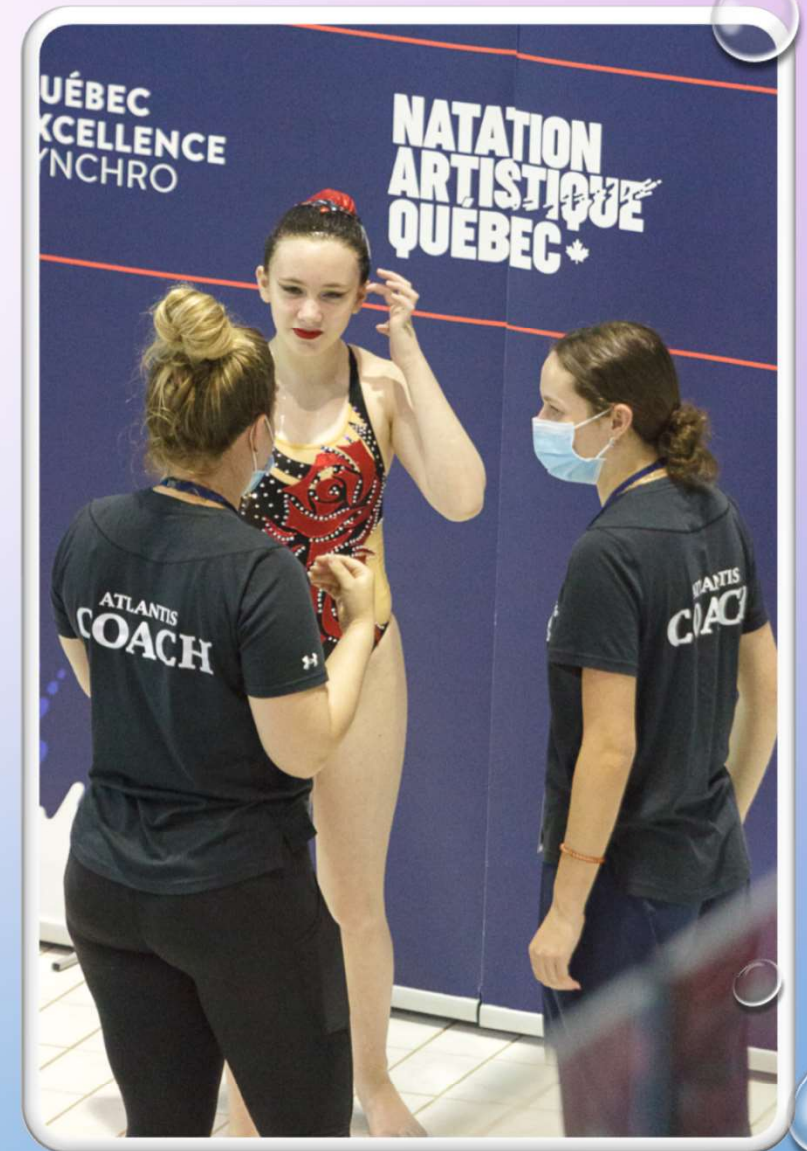
COACHES

ALL COMPETITIVE LEVEL COACHES ARE REQUIRED BY CANADA ARTISTIC SWIMMING TO HAVE THE FOLLOWING:

- CRIMINAL RECORD CHECK WITH VULNERABLE SECTOR CHECK
- COMP INTRO CERTIFIED TO COACH PS AND COMP DEV CERTIFIED TO COACH NS
- RESPECT IN SPORT
- MAKING HEADWAY
- SAFE SPORT

MOST COACHES HAVE ADDITIONAL TRAINING THAT INCLUDES, BUT IS NOT LIMITED TO:

- MIXED ABILITY CERTIFICATIONS
- COACHING ATHLETES WITH DISABILITIES TRAINING
- MENTAL HEALTH
- FIRST AID
- KEEPING GIRLS IN SPORT
- COMMIT TO KIDS
- CCES CLEAN SPORT



**COMPETITIVE
LEVELS
OFFERED AT
ATLANTIS
FOR THE
2023-2024
SEASON**

9-10 PS - athletes born 2014 & 2015

11-12 PS - athletes born 2012 & 2013

13-15 PS & NS - athletes born 2009-2011

Junior/NS Cohort – 15-19 years of age

Senior – 15+ years of age

Masters – 20+ years of age

An athlete's artistic swimming age is determined by how old they will be on December 31st of 2024.

TEAM PLACEMENT

THERE IS MORE THAT DETERMINES TEAM PLACEMENT THAN JUST BIRTHDATE/CHRONOLOGICAL AGE. WE WILL ALWAYS FIND A PLACE FOR AN ATHLETE TO SWIM WITHIN THE CLUB, BUT IT MAY NOT NECESSARILY BE IN THE EXACT AGE CATEGORY AS THEIR BIRTH YEAR.

THE FACTORS WE TAKE INTO CONSIDERATION FOR TEAM PLACEMENTS ARE:

- CHRONOLOGICAL AGE
- DEVELOPMENTAL AGE (MATURITY LEVELS)
- HOW LONG THEY'VE BEEN IN THE SPORT
- SKILL LEVEL (THE SPORT ISN'T FUN IF IT'S TOO HARD AND IT'S NOT FUN IF IT'S NOT CHALLENGING ENOUGH)
- ABILITY TO COUNT MUSIC AND LEARN CHOREOGRAPHY
- EXISTING RELATIONSHIPS ON THE TEAM
- RULES OF THE SPORT – EX: PROVINCIAL STREAM CAN HAVE A MINIMUM OF 5 AND A MAXIMUM OF 10 ON THE TEAM.
- RESOURCES (SPECIFICALLY COACHES) – EX: DO WE HAVE ENOUGH COACHES FOR 2 TEAMS OF 5 OR 1 TEAM OF 10?

THE PROVINCIAL STREAM TEAMS ARE DETERMINED BY THE AVERAGE AGE OF THE TEAM. EX: IF THE AVERAGE AGE OF THE TEAM WORKS OUT TO BE 12.3 THEN THE TEAM WILL SWIM 11-12 PS, IF THE TEAM AVERAGE IS 12.55 THEN THEY WILL ACTUALLY BE CONSIDERED 13-15 PS).

ALL ATHLETES SWIM FIGURES IN THEIR OWN AGE CATEGORY REGARDLESS OF WHAT TEAM THEY ARE ON.

ATHLETES MUST BE INVITED INTO THE NATIONAL STREAM PROGRAM. THIS HAPPENS VIA TRY-OUTS IN SEPTEMBER. ALL ATHLETES WHO ARE 13&O WILL DO THE SAME CLUB TESTING. THIS IS USED FOR TEAM PLACEMENT, AS WELL AS TO MONITOR/TRACK PROGRESS THROUGHOUT THE SEASON. ATHLETES ENTERING THE NATIONAL STREAM PROGRAM **MUST BE READY FOR THE COMMITMENT** THAT COMES WITH SWIMMING AT THAT LEVEL. NATIONAL STREAM CONSISTS OF THE FOLLOWING CATEGORIES: YOUTH (13-15), JUNIOR (15-19), SENIOR (15&O). ATHLETES CAN "SWIM UP" IN NATIONAL STREAM BUT CANNOT "SWIM DOWN" LIKE YOU CAN IN PROVINCIAL STREAM. TEAMS ARE MADE UP OF 5-8 ATHLETES IN NATIONAL STREAM - LESS FLEXIBILITY THAN THE PROVINCIAL STREAM PROGRAM.

9-10 PROVINCIAL STREAM



FEES

- FEES ARE APPROX. \$2,000 TO \$2,500 FOR THE SEASON
- 20% NON-REFUNDABLE DEPOSIT IS DUE AT REGISTRATION
- THE REMAINING 80% CAN BE PAID UP FRONT OR IN MONTHLY INSTALMENTS OF \$200 TO \$250/MONTH (OCT-MAY)

TRAINING HOURS

- 6 HOURS PER WEEK OR 3 DAYS PER WEEK

REQUIRED CLOTHING – APPROX. \$500

- ATLANTIS T-SHIRT
- ATLANTIS JACKET
- ATLANTIS BACKPACK
- 2 CLUB CAPS
- 2 WHITE FIGURES CAPS
- BLACK FIGURES SUIT – CAN BE PURCHASED INDEPENDENT OF THE CLUB
- COMPETITION SUIT
- CLUB SUIT

* ALL PRICES ARE ESTIMATES AND COULD CHANGE BETWEEN NOW AND THE BEGINNING OF THE SEASON.



9-10 PROVINCIAL STREAM

COMPETITIONS (ALL DATES ARE BASED ON THE 2022-2023 SEASON. THIS IS LIKELY TO CHANGE AS THE MARITIME PROVINCES WORK TO CREATE A NEW COMPETITION STRUCTURE).

9-10 ATHLETES DO NOT TRAVEL OUT OF PROVINCE FOR COMPETITIONS.

- LOCAL TECHNICAL MEET IN NOVEMBER
- NOVA SCOTIA INVITATIONAL IN FEBRUARY
- NOVA SCOTIA TECHNICAL MEET IN MARCH
- PROVINCIALS IN APRIL

COMPETITION COSTS

- APPROX \$250-\$300 TOTAL
- COMPETITION COSTS COVER REGISTRATION FOR EVENTS, NUMBER OF ROUTINES AND COACH HOURS.

ADDITIONAL TRAINING COSTS AND AVAILABILITY

- ADDITIONAL TRAINING FOR SOLO OR DUET ROUTINES ARE AVAILABLE ON A FIRST COME/FIRST SERVE BASED AND IS DEPENDENT ON COACH AVAILABILITY AND POOL TIME. ADDITIONAL ROUTINES MAY ALSO REQUIRE AN ADDITIONAL COMPETITION SUIT.

11-12 PROVINCIAL TEAM

FEES

- FEES ARE APPROX. \$2,500 TO \$3,000 FOR THE SEASON
- 20% NON-REFUNDABLE DEPOSIT IS DUE AT REGISTRATION
- THE REMAINING 80% CAN BE PAID UP FRONT OR IN MONTHLY INSTALMENTS OF \$250 TO \$300/MONTH (OCT-MAY)

TRAINING HOURS

- 8 - 10 HOURS PER WEEK OR 3 - 4 DAYS A WEEK

REQUIRED CLOTHING – APPROX. \$500 TO \$600

- ATLANTIS T-SHIRT
- ATLANTIS JACKET
- ATLANTIS BACKPACK
- 2 CLUB CAPS
- 2 WHITE FIGURES CAPS
- BLACK FIGURES SUIT – CAN BE PURCHASED INDEPENDENT OF THE CLUB
- COMPETITION SUIT
- CLUB SUIT
- PARKA (NOT MANDATORY)

* ALL PRICES ARE ESTIMATES AND COULD CHANGE BETWEEN NOW AND THE BEGINNING OF THE SEASON.



11-12 PROVINCIAL TEAM

COMPETITIONS (ALL DATES ARE BASED ON THE 2022-2023 SEASON. THIS IS LIKELY TO CHANGE AS THE MARITIME PROVINCES WORK TO CREATE A NEW COMPETITION STRUCTURE).

- LOCAL TECHNICAL MEET IN NOVEMBER
- NEW BRUNSWICK QUALIFIERS IN FEBRUARY
- NOVA SCOTIA INVITATIONAL IN FEBRUARY
- NOVA SCOTIA TECHNICAL MEET IN MARCH
- PROVINCIALS IN APRIL
- ARC-ATLANTIC REGIONAL COMPETITION IN MAY (ROTATES THROUGHOUT THE ATLANTIC PROVINCES).

COMPETITION COSTS

APPROX \$500-\$750 TOTAL

COMPETITION COSTS COVER REGISTRATION FOR EVENTS, NUMBER OF ROUTINES AND COACH HOURS. PARENTS ARE REQUIRED TO TRAVEL WITH THE ATHLETE FOR ALL OUT OF PROVINCE COMPETITIONS.

ADDITIONAL TRAINING COSTS AND AVAILABILITY

ADDITIONAL TRAINING FOR SOLO OR DUET ROUTINES ARE AVAILABLE ON A FIRST COME/FIRST SERVE BASED AND IS DEPENDENT ON COACH AVAILABILITY AND POOL TIME. ADDITIONAL ROUTINES MAY ALSO REQUIRE AN ADDITIONAL COMPETITION SUIT.



13-15 PROVINCIAL TEAM

FEES

- FEES ARE APPROX. \$3,200 TO \$3,600 FOR THE SEASON
- 20% NON-REFUNDABLE DEPOSIT IS DUE AT REGISTRATION
- THE REMAINING 80% CAN BE PAID UP FRONT OR IN MONTHLY INSTALMENTS OF \$320 TO \$360/MONTH (OCT-MAY)

TRAINING HOURS

- 10 TO 13 HOURS PER WEEK OR 4 DAYS A WEEK

REQUIRED CLOTHING – APPROX. \$500 TO \$600

- ATLANTIS T-SHIRT
- ATLANTIS JACKET
- ATLANTIS BACKPACK
- 2 CLUB CAPS
- 2 WHITE FIGURES CAPS
- BLACK FIGURES SUIT – CAN BE PURCHASED INDEPENDENT OF THE CLUB
- COMPETITION SUIT
- CLUB SUIT
- PARKA (NOT MANDATORY)

* ALL PRICES ARE ESTIMATES AND COULD CHANGE BETWEEN NOW AND THE BEGINNING OF THE SEASON.



13-15 PROVINCIAL TEAM

COMPETITIONS (ALL DATES ARE BASED ON THE 2022-2023 SEASON. THIS IS LIKELY TO CHANGE AS THE MARITIME PROVINCES WORK TO CREATE A NEW COMPETITION STRUCTURE).

- LOCAL TECHNICAL MEET IN NOVEMBER
- NEW BRUNSWICK QUALIFIERS IN FEBRUARY
- NOVA SCOTIA INVITATIONAL IN FEBRUARY
- NOVA SCOTIA TECHNICAL MEET IN MARCH
- PROVINCIALS IN APRIL
- ARC-ATLANTIC REGIONAL COMPETITION IN MAY (ROTATES THROUGHOUT THE ATLANTIC PROVINCES).

COMPETITION COSTS

APPROX \$1000-\$1500 TOTAL

COMPETITION COSTS COVER REGISTRATION FOR EVENTS, NUMBER OF ROUTINES, HOTEL, RENTAL CARS, FOOD AND COACH HOURS. DOES NOT COVER FLIGHTS IF REQUIRED.

ADDITIONAL TRAINING COSTS AND AVAILABILITY

ADDITIONAL TRAINING FOR SOLO OR DUET ROUTINES ARE AVAILABLE ON A FIRST COME/FIRST SERVE BASED AND IS DEPENDENT ON COACH AVAILABILITY AND POOL TIME. ADDITIONAL ROUTINES MAY ALSO REQUIRE AN ADDITIONAL COMPETITION SUIT.



NATIONAL STREAM COHORT

FEES

- FEES ARE APPROX. \$4,000 FOR THE SEASON
- 20% NON-REFUNDABLE DEPOSIT IS DUE AT REGISTRATION
- THE REMAINING 80% CAN BE PAID UP FRONT OR IN MONTHLY INSTALMENTS OF \$400/MONTH (OCT-MAY)

TRAINING HOURS

- 15 HOURS PER WEEK OR 5 DAYS A WEEK

REQUIRED CLOTHING – APPROX. \$800 TO \$900

- ATLANTIS T-SHIRT
- ATLANTIS TANK TOP
- ATLANTIS JACKET
- ATLANTIS BACKPACK
- 2 CLUB CAPS
- 2 WHITE FIGURES CAPS
- BLACK FIGURES SUIT – CAN BE PURCHASED INDEPENDENT OF THE CLUB (DEPENDS ON AGE OF ATHLETE)
- COMPETITION SUIT
- CLUB SUIT
- PARKA (NOT MANDATORY)

* ALL PRICES ARE ESTIMATES AND COULD CHANGE BETWEEN NOW AND THE BEGINNING OF THE SEASON.



NATIONAL STREAM COHORT

COMPETITIONS (SOME DATES ARE BASED ON THE 2022-2023 SEASON. THIS IS LIKELY TO CHANGE AS THE MARITIME PROVINCES WORK TO CREATE A NEW COMPETITION STRUCTURE). LOCAL TECHNICAL MEET IN NOVEMBER

- NEW BRUNSWICK QUALIFIERS IN FEBRUARY
- NOVA SCOTIA INVITATIONAL IN FEBRUARY
- NATIONAL QUALIFIERS IN WINNIPEG, MARCH 12-16, 2024
- NOVA SCOTIA TECHNICAL MEET IN MARCH
- CANADIAN NATIONAL CHAMPIONSHIPS IN MONTREAL, MAY 5-11, 2024

COMPETITION COSTS

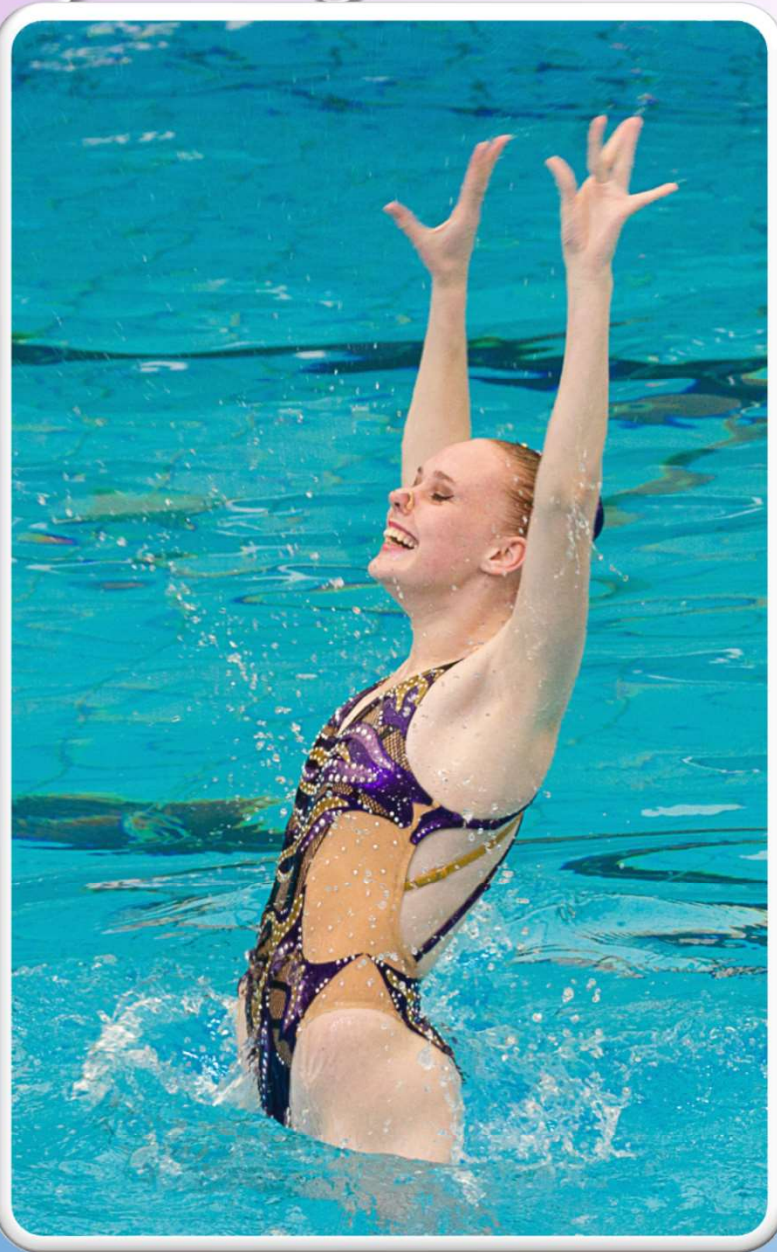
- APPROX \$3500-\$4000 TOTAL
- COMPETITION COSTS COVER REGISTRATION FOR EVENTS, HOTEL, RENTAL CARS, FOOD AND COACH HOURS. DOES NOT COVER FLIGHTS.

ADDITIONAL TRAINING COSTS AND AVAILABILITY

- ADDITIONAL TRAINING FOR SOLO OR DUET ROUTINES ARE AVAILABLE ON A FIRST COME/FIRST SERVE BASED AND IS DEPENDENT ON COACH AVAILABILITY AND POOL TIME. ADDITIONAL ROUTINES MAY ALSO REQUIRE AN ADDITIONAL COMPETITION SUIT.



SENIOR & MASTERS LEVEL



- FEES
 - CALCULATED BASED ON THE NUMBER OF HOURS THE ATHLETE/TEAM CHOOSES TO SWIM.
- TRAINING HOURS
 - ATHLETE/TEAM WILL DECIDE WITH HEAD COACH ON NUMBER OF TRAINING HOURS
- REQUIRED CLOTHING – NONE
- COMPETITIONS (SOME DATES ARE BASED ON THE 2022-2023 SEASON. THIS IS LIKELY TO CHANGE AS THE MARITIME PROVINCES WORK TO CREATE A NEW COMPETITION STRUCTURE).
 - LOCAL TECHNICAL MEET IN NOVEMBER
 - NEW BRUNSWICK QUALIFIERS IN FEBRUARY
 - NOVA SCOTIA INVITATIONAL IN FEBRUARY
 - CUASL (UNIVERSITY LEAGUE) IN WINNIPEG, MARCH 15-17, 2024
 - NOVA SCOTIA TECHNICAL MEET IN MARCH
 - CANADIAN NATIONAL CHAMPIONSHIPS IN MONTREAL, MAY 10-12, 2024
- COMPETITION COSTS
 - APPROX \$500-\$750 TOTAL
 - COMPETITION COSTS COVER REGISTRATION FOR EVENTS AND COACH HOURS. ATHLETES AT THIS LEVEL ARRANGE THEIR OWN ACCOMMODATIONS, TRANSPORTATION, FLIGHTS AND MEALS.

FUNDRAISING AND FUNDING OPPORTUNITIES

Athletes are required to contribute a portion of their fundraising total to the club, or you may opt out by paying an upfront fee (yet to be determined for the 2023-2024 season).

A variety of fundraising opportunities are available throughout the training season.

Fundraising helps to offset individual athlete competition account while also directly supporting the club.

2022-2023 fundraising opportunities

- Swim-a-thon in September - \$50 to club, remainder to athlete account
- Corporate sponsorship – directly to club
- Cape Breton fudge in November - \$50 to club, remainder to athlete account
- Mariner auctions in march - \$50 to club, remainder to athlete account
- Westjet in may – 50% to club/50% to athlete account

We are always looking for new and exciting fundraising opportunities!

Funding is also available through Canadian Tire Jumpstart program and Support4Sport Athlete Assistance Fund.

Payment plans can also be arranged by contacting the Treasurer, Tomer Cohen at atlantis.synchro.treasurer@gmail.com

VOLUNTEERING



Parents and athletes are encouraged to volunteer throughout the season at local events.



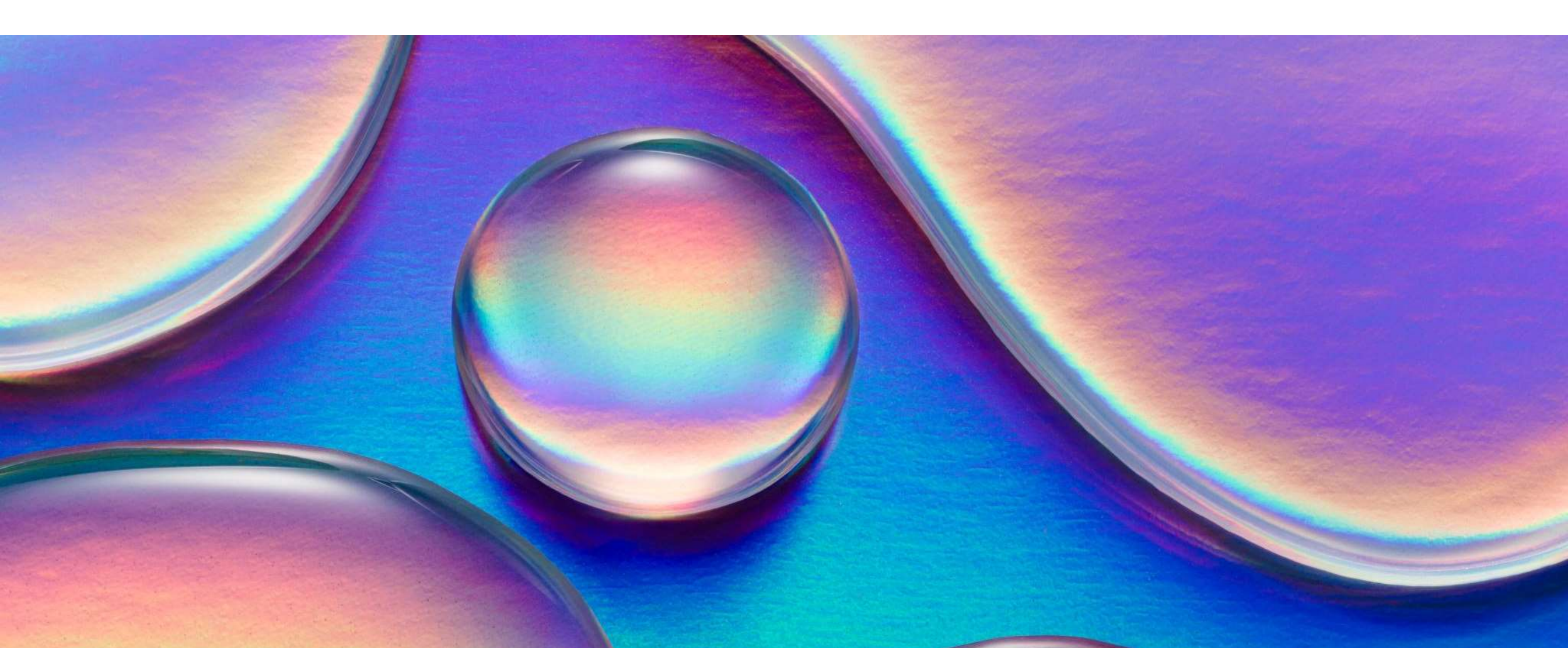
You do not need to have an extensive knowledge in artistic swimming to volunteer. Training is available on site at local meets and is easy. It is also a great way to learn more about the sport while watching your athlete from the best seat in the house.



We are always looking to add more parents to our board as members or members-at-large. Please email for more information.

RECREATIONAL PROGRAMS OFFERED THROUGH ATLANTIS

- AQUA GO! LEVELS 1/2, 3/4, & 5/6
- ADVANCED REC
- SHOW TEAM
- ADULT LEARN TO SWIM
- ADULT INTRO TO ARTISTIC SWIMMING
- ALL ABILITIES PROGRAMS
- LIFE GUARD TRAINING
- STROKE IMPROVEMENT



THANK YOU FOR ATTENDING!

QUESTION PERIOD

