



# COMPETITIVE PROGRAM INFORMATION SESSION

ATLANTIS ARTISTIC SWIMMING CLUB



# WELCOME TO ATLANTIS!

## INTRODUCTIONS

## DISCUSSION TOPICS

- ARTISTIC SWIMMING ORGANIZATIONS
- POLICIES & GUIDELINES
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# ARTISTIC SWIMMING ORGANIZATIONS

## CANADA ARTISTIC SWIMMING

“CAS IS THE NATIONAL SPORT ORGANIZATION (NSO) AND GOVERNING BODY FOR ARTISTIC SWIMMING IN CANADA, AND SERVES AS THE UNIFIED VOICE OF THE 10 PROVINCIAL AND 1 TERRITORIAL ARTISTIC SWIMMING ASSOCIATIONS, AND 150 CLUBS WORKING TOGETHER TO FURTHER THE DEVELOPMENT OF THE SPORT ACROSS CANADA.”

[HTTPS://ARTISTICSWIMMING.CA/](https://artisticswimming.ca/)



## NOVA SCOTIA ARTISTIC SWIMMING

NSAS IS THE PROVINCIAL SPORT ORGANIZATION (PSO).

“NSAS IS AN INCORPORATED, NOT FOR PROFIT, SPORTS ORGANIZATION. IT IS A BRANCH OF THE NATIONAL BODY, CAS, AND SUBSCRIBES TO AND SUPPORTS THEIR OBJECTIVES.”

NSAS RUNS SEPARATE PROGRAMS FROM ATLANTIS AND ARE RESPONSIBLE FOR ALL COMPETITIONS HELD WITHIN NOVA SCOTIA.

[HTTPS://ARTISTICSWIMMINGNS.WORDPRESS.COM/](https://artisticswimmingns.wordpress.com/)



## ATLANTIS ARTISTIC SWIMMING CLUB

“ATLANTIS IS AN INDEPENDENT ARTISTIC SWIMMING CLUB BASED IN HALIFAX, NS. WE OFFER BOTH PRE-COMPETITIVE AND COMPETITIVE PROGRAMS.”

WE ARE GOVERNED BY THE POLICIES SET FORTH BY CANADA ARTISTIC SWIMMING (CAS) AND NOVA SCOTIA ARTISTIC SWIMMING (NSAS).

WE ARE CURRENTLY THE ONLY ARTISTIC SWIMMING CLUB IN NS.

[HTTPS://ATLANTISARTISTICSWIMMING.COM/](https://atlantisartisticswimming.com/)





# POLICIES & GUIDELINES

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

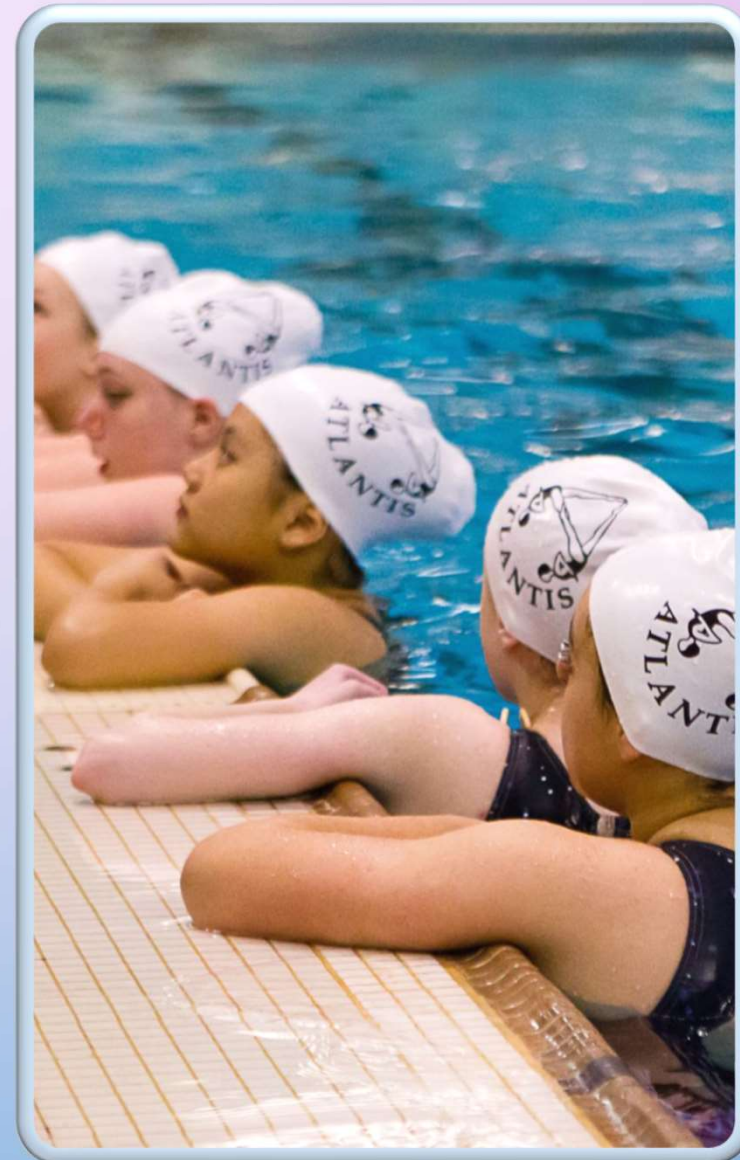
[HTTPS://WWW.ATLANTISARTISTICSWIMMING.COM/POLICIES-GUIDELINES/](https://www.atlantisartisticswimming.com/policies-guidelines/)

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 REQUIRE COACH APPROVAL.

**ATHLETES SHOULD NOT MISS PRACTICE FOR ANY REASON WITHIN ONE WEEK OF A COMPETITION.**



**COMPETITIVE  
LEVELS  
OFFERED AT  
ATLANTIS  
FOR THE  
2024-2025  
SEASON**

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9-10 PS - athletes born 2015 & 2016

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11-12 PS - athletes born 2013 & 2014

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13-15 PS, Novice & NS - athletes born 2010-2012

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Junior/NS Cohort – 15-19 years of age

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Senior – 15+ years of age

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Masters – 20+ years of age

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An athlete's artistic swimming age is determined by how old they will be on December 31<sup>st</sup> of 2025.

# 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.

\*ATHLETES CAN ONLY SWIM AT THE NOVICE LEVEL FOR 1 YEAR. THEY MUST MOVE TO COMPETITIVE THE FOLLOWING YEAR.

\*\*ATLANTIS WILL TRY TO KEEP FRIENDS AND CARPOOLS IN MIND WHEN ORGANIZING TEAMS. HOWEVER, THE FACTORS MENTIONED ABOVE WILL BE CONSIDERED FIRST AND FOREMOST.

# 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





# TRAINING

A TYPICAL TRAINING SESSION INVOLVES:

- STRETCHING
- ACTIVATION
- LAND DRILLS
- ENDURANCE (LAPS)
- FIGURES/HYBRIDS
  - ROUTINE
- COOL DOWN/TEAM MEETING





# 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
- \* WE MAY TRY A SLOW INTEGRATION OF LONGER HOURS FOR THIS AGE GROUP STARTING IN SEPTEMBER WITH 3-4 HOURS PER WEEK AND THEN GROWING AS THE SEASON PROGRESSES.

## REQUIRED CLOTHING – APPROX. \$500-\$600

- ATLANTIS T-SHIRT \$12
- ATLANTIS JACKET \$65
- ATLANTIS BACKPACK \$110
- 2 CLUB CAPS \$13.50 EACH
- 2 WHITE FIGURES CAPS \$10 EACH OR CAN BE PURCHASED INDEPENDENT OF THE CLUB
- BLACK FIGURES SUIT – CAN BE PURCHASED INDEPENDENT OF THE CLUB
- COMPETITION SUIT \$150-\$200
- CLUB SUIT \$120

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







# 9-10 PROVINCIAL STREAM

COMPETITIONS/TRAVEL (ALL DATES ARE BASED ON THE 2023-2024 SEASON. THIS IS LIKELY TO CHANGE AS THE MARITIME PROVINCES CONTINUE TO WORK TOWARDS CREATING A NEW COMPETITION STRUCTURE).

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

- LOCAL TECHNICAL MEET IN NOVEMBER
- NOVA SCOTIA INVITATIONAL IN JANUARY OR 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

\* WE MAY TRY A SLOW INTEGRATION OF LONGER HOURS FOR THIS AGE GROUP STARTING IN SEPTEMBER WITH 3-4 HOURS PER WEEK AND THEN GROWING AS THE SEASON PROGRESSES.

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

- ATLANTIS T-SHIRT \$12
- ATLANTIS JACKET \$65
- ATLANTIS BACKPACK \$110
- 2 CLUB CAPS \$13.50 EACH
- 2 WHITE FIGURES CAPS \$10 EACH OR CAN BE PURCHASED INDEPENDENT OF THE CLUB
- BLACK FIGURES SUIT – CAN BE PURCHASED INDEPENDENT OF THE CLUB
- COMPETITION SUIT \$150-\$200+ DEPENDING ON NUMBER OF ROUTINES (TEAM, SOLO, DUET)
- CLUB SUIT \$120
- PARKA (NOT MANDATORY) \$130

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



# 11-12 PROVINCIAL TEAM

COMPETITIONS/TRAVEL (ALL DATES ARE BASED ON THE 2023-2024 SEASON. THIS IS LIKELY TO CHANGE AS THE MARITIME PROVINCES CONTINUE TO WORK TOWARDS CREATING A NEW COMPETITION STRUCTURE).

- CAS DEVELOPMENT CAMP (OPTIONAL) OCTOBER 18-20 IN PEI
- LOCAL TECHNICAL MEET IN NOVEMBER
- NS INVITATIONAL/QUALIFIERS IN JANUARY OR FEBRUARY
- NOVA SCOTIA TECHNICAL MEET IN MARCH
- PROVINCIALS IN CONJUNCTION WITH NBAS IN FEBRUARY OR APRIL
- ARC-ATLANTIC REGIONAL COMPETITION IN SAINT JOHN, NB IN MAY

\*\* THE CLUB IS CURRENTLY CONSIDERING A TRAVEL OPPORTUNITY FOR OUR PROVINCIAL STREAM ATHLETES TO COMPETE AT THE HILTON INVITATIONAL IN TORONTO, ON. THIS WOULD BE INSTEAD OF THE NB MEET IN FEBRUARY OR APRIL.

## COMPETITION COSTS

APPROX \$750-\$1000 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 & OVER PROVINCIAL TEAM AND NOVICE

INCLUDES 13-15 PS, 13-15 PS NOVICE AND 16 & OVER

## 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 \$12
- ATLANTIS JACKET \$65
- ATLANTIS BACKPACK \$110
- 2 CLUB CAPS \$13.50 EACH
- 2 WHITE FIGURES CAPS \$10 EACH OR CAN BE PURCHASED INDEPENDENT OF THE CLUB
- BLACK FIGURES SUIT – CAN BE PURCHASED INDEPENDENT OF THE CLUB
- COMPETITION SUIT \$150-\$200+ DEPENDING ON NUMBER OF ROUTINES (TEAM, SOLO, DUET)
- CLUB SUIT \$120
- PARKA (NOT MANDATORY) \$130

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





# 13 & OVER PROVINCIAL TEAM AND NOVICE

COMPETITIONS/TRAVEL (ALL DATES ARE BASED ON THE 2023-2024 SEASON. THIS IS LIKELY TO CHANGE AS THE MARITIME PROVINCES CONTINUE TO WORK TOWARDS CREATING A NEW COMPETITION STRUCTURE).

- CAS DEVELOPMENT CAMP (OPTIONAL) OCTOBER 18-20 IN PEI
- LOCAL TECHNICAL MEET IN NOVEMBER
- NS INVITATIONAL/QUALIFIERS IN JANUARY OR FEBRUARY
- NOVA SCOTIA TECHNICAL MEET IN MARCH
- PROVINCIALS IN CONJUNCTION WITH NBAS IN FEBRUARY OR APRIL
- ARC-ATLANTIC REGIONAL COMPETITION IN SAINT JOHN, NB IN MAY

\*\* THE CLUB IS CURRENTLY CONSIDERING A TRAVEL OPPORTUNITY FOR OUR PROVINCIAL STREAM ATHLETES TO COMPETE AT THE HILTON INVITATIONAL IN TORONTO, ON. THIS WOULD BE INSTEAD OF THE NB MEET IN FEBRUARY OR APRIL.

## 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 – YOUTH & JUNIOR



## 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 \$1000

- ATLANTIS T-SHIRT
- ATLANTIS TANK TOP
- ATLANTIS JACKET \$65
- ATLANTIS BACKPACK \$110
- 2 CLUB CAPS \$13.50 EACH
- 2 WHITE FIGURES CAPS \$10 EACH OR CAN BE PURCHASED INDEPENDENT OF THE CLUB
- BLACK FIGURES SUIT – CAN BE PURCHASED INDEPENDENT OF THE CLUB (YOUTH ATHLETES)
- COMPETITION SUITS \$250 TO \$500 DEPENDING ON NUMBER OF ROUTINES (TEAM, SOLO, DUET)
- CLUB SUIT \$120
- PARKA (NOT MANDATORY)

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



# NATIONAL STREAM COHORT – YOUTH & JUNIOR

COMPETITIONS/TRAVEL (SOME DATES ARE BASED ON THE 2023-2024 SEASON. THIS IS LIKELY TO CHANGE AS THE MARITIME PROVINCES WORK TO CREATE A NEW COMPETITION STRUCTURE). LOCAL TECHNICAL MEET IN NOVEMBER

- CAS DEVELOPMENT CAMP (REQUIRED) OCTOBER 18-20 IN PEI
- NOVA SCOTIA INVITATIONAL/QUALIFIERS, JANUARY OR FEBRUARY 2025
- QUEBEC INVITATIONAL (?), FEBRUARY 2025
- NATIONAL QUALIFIERS IN VICTORIA BC, MARCH 2025
- CANADIAN NATIONAL CHAMPIONSHIPS, MAY 2025 (RUMOUR IS MARKHAM, ON)

\*\* NATIONAL STREAM DOES NOT PARTICIPATE AT ARC

## 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 2023-2024 SEASON. THIS IS LIKELY TO CHANGE AS THE MARITIME PROVINCES WORK TO CREATE A NEW COMPETITION STRUCTURE).

- NOVA SCOTIA INVITATIONAL/QUALIFIERS, FEBRUARY 2025
- PROVINCIALS IN CONJUNCTION WITH NBAS IN FEBRUARY OR APRIL
- NOVA SCOTIA INVITATIONAL/QUALIFIERS IN JANUARY OR FEBRUARY
- CUASL (UNIVERSITY LEAGUE) MARCH 2025
- CANADIAN NATIONAL CHAMPIONSHIPS MAY 2025

\*\* SENIOR & MASTERS DO NOT PARTICIPATE AT ARC

## COMPETITION COSTS

- APPROX \$3500-\$4000 (DEPENDS ON EVENTS THEY CHOOSE TO COMPETE AT)
- COMPETITION COSTS COVER REGISTRATION FOR EVENTS AND COACH HOURS. ATHLETES AT THIS LEVEL ARRANGE THEIR OWN ACCOMMODATIONS, TRANSPORTATION, FLIGHTS AND MEALS.



# ALL ABILITIES, MIXED ABILITIES ROUTINES/TEAMS

- ATLANTIS IS HOPING TO GROW OUR ALL ABILITIES PROGRAM TO INCLUDE COMPETITIVE ATHLETES THIS SEASON (PROVINCIAL LEVEL).
- ADAS IS OPEN TO ANY INDIVIDUAL WITH A VARYING PHYSICAL OR COGNITIVE ABILITY THAT PREVENTS COMPETITIVE INVOLVEMENT IN OTHER EVENT CATEGORIES.
- THERE ARE TWO (2) CLASSIFICATIONS FOR ATHLETES: PHYSICAL OR INTELLECTUAL
- PLEASE EMAIL ANDREA COHEN FOR MORE INFORMATION @ [CHAIR.ATLANTIS.SYNCHRO@GMAIL.COM](mailto:CHAIR.ATLANTIS.SYNCHRO@GMAIL.COM)





# CHAPERONING 101

AN INFORMATION SESSION WILL BE HELD AT  
THE BEGINNING OF THE 2024-2025  
SEASON.

THIS SESSION WILL BE **MANDATORY** FOR  
ANY PARENT INTERESTED IN CHAPERONING  
THIS SEASON.



# FUNDRAISING AND FUNDING OPPORTUNITIES

Athletes are required to contribute a portion of their fundraising total to the club, or you may opt out of all fundraising events by paying an upfront fee (yet to be determined for the 2024-2025 season).

The purpose of the club portion is to maintain a reserve fund that can be used towards large, one-time purchases such as equipment, coach/athlete development (courses and clinics) and generally stabilize the clubs operating budget to avoid unexpected fee increases.

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.

## 2023-2024 fundraising opportunities

Swim-a-thon in September - \$50 to club, remainder to athlete account

Corporate sponsorship – Directly to club

Cape Breton fudge in November – Directly to athlete account

BINGO in February - \$50 to club, remainder to athlete account

Gift Card Tree in May – \$50 to club, remainder 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, Cindy Carroll at [atlantis.synchro.treasurer@gmail.com](mailto:atlantis.synchro.treasurer@gmail.com)



# VOLUNTEERING



Parents and athletes are encouraged to volunteer throughout the season at local events. These local events are organized by NSAS, not Atlantis. A volunteer agreement with NSAS will be finalized and required as part of your registration for the 2024-2025. Required volunteer hours are not yet available. Volunteering for Atlantis fundraising events is separate from the NSAS volunteer agreement.



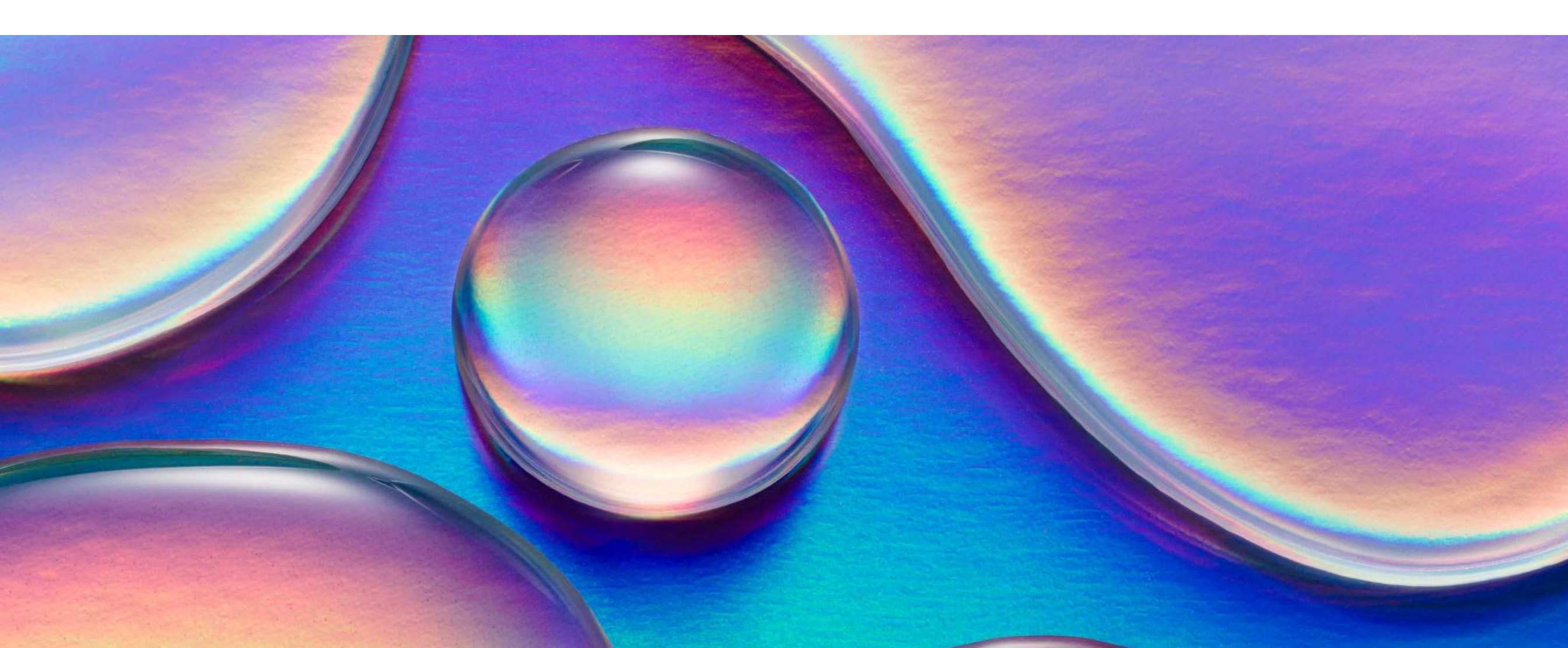
You do not need to have an extensive knowledge in artistic swimming to volunteer. Training is available on site at local meets and is easy. It is also a great way to learn more about the sport while watching your athlete from the best seat in the house.



We are always looking to add more parents to our board as members or members-at-large. Atlantis will be looking to add new board members this season:

Secretary, Registration & Fundraising

Please email for more information.



**THANK YOU FOR ATTENDING!**

**QUESTION PERIOD**

