



COMPETITIVE PROGRAM INFORMATION SESSION

ATLANTIS ARTISTIC SWIMMING CLUB

2025/2026 SEASON

WELCOME TO ATLANTIS!

INTRODUCTIONS

DISCUSSION TOPICS

- ARTISTIC SWIMMING ORGANIZATIONS
- POLICIES & GUIDELINES
- COMPETITIVE TEAMS
- TEAM PLACEMENT
- COACH TRAINING/REQUIREMENTS
- ATHLETE TRAINING
- PROJECTED TEAMS FOR THE 2025/2026 SEASON
 - REGISTRATION FEES
 - TRAINING HOURS
 - COMPETITIONS/TRAVEL
 - COSTS
- CHAPERONES
- FUNDRAISING & FUNDING OPPORTUNITIES
- VOLUNTEERING
- QUESTION & ANSWER PERIOD



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 FOR THE 2025- 2026 SEASON

9-10 PS - athletes born 2016 & 2017

11-12 PS - athletes born 2014 & 2015

13-15 PS, Novice & NS - athletes born 2011-2013

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 2026.

TEAM PLACEMENT

WE DO NOT PICK TEAMS BASED SOLELY ON BIRTHDATE/CHRONOLOGICAL AGE. THIS YEAR WE HAVE MULTIPLE TEAMS IN EACH AGE GROUP, GIVING US THE ABILITY TO PLACE ATHLETES ON A TEAM BASED ON MORE FACTORS THAN SIMPLY THEIR AGE.

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?

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

TEAM PLACEMENT CONT...

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

- OUR PROVINCIAL STREAM PROGRAM IS MORE FLUID, AND WE HAVE GREATER FLEXIBILITY TO PLACE ATHLETES ON TEAMS BASED ON THEIR SKILL LEVEL.
- 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 BE CONSIDERED 13-15 PS.
- ALL ATHLETES SWIM FIGURES IN THEIR AGE CATEGORY REGARDLESS OF WHAT TEAM THEY ARE ON.

- ❖ THE NATIONAL STREAM PROGRAM IS MORE RIGID, AND THE SKILL LEVEL IS EXTREMELY IMPORTANT DUE TO THE SCORING SYSTEM AND HIGH LEVEL OF COMPETITION.
- ❖ **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). TEAMS ARE MADE UP OF 5-8 ATHLETES IN NATIONAL STREAM - LESS FLEXIBILITY THAN THE PROVINCIAL STREAM PROGRAM.

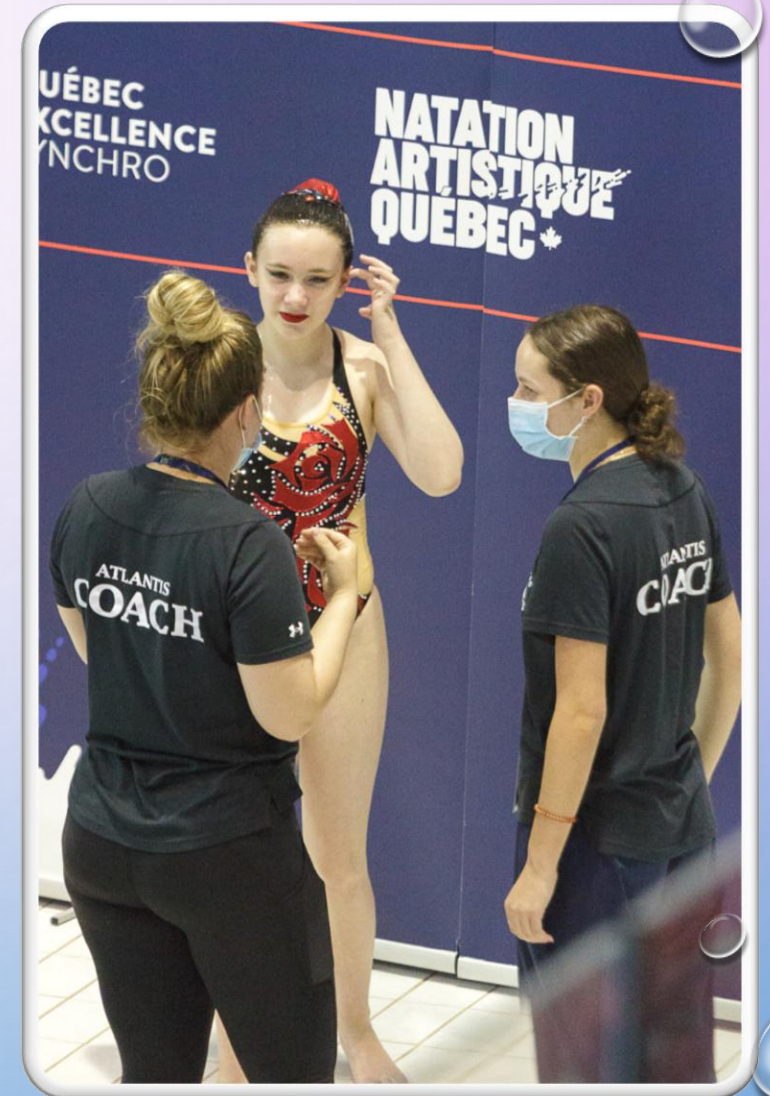
COACHES

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

* ATTENDANCE AND PARTICIPATION (DRY-LAND & WATER) IS MANDATORY. SWIMMERS NEED TO ARRIVE FOR PRACTICE (DRY-LAND & WATER) AT THE SCHEDULED TIME, IN PROPER ATTIRE AND WITH NECESSARY EQUIPMENT.



CLOTHING & GEAR

SWAP & SALE

EACH SEASON, ATLANTIS HOSTS A CLOTHING SWAP & SALE AT THE SWIM-ATHON. THIS IS A GREAT OPPORTUNITY FOR FAMILIES TO BUY & SELL GENTLY USED GEAR.

WE WILL ALSO HAVE SAMPLE CLOTHING FOR ATHLETES TO TRY ON AND ORDER.

MORE DETAILS TO COME!!



REQUIRED

- ATLANTIS T-SHIRT (GREY) \$25-\$30
- ATLANTIS T-SHIRT (BLACK) \$30 (NS ONLY)
- ATLANTIS TANK TOP \$30 (NS ONLY)
- ATLANTIS JACKET \$65
- ATLANTIS BACKPACK \$110
- BLACK FIGURES SUIT – CAN BE PURCHASED INDEPENDENT OF THE CLUB
- COMPETITION SUIT \$150+ PER SUIT
- CLUB SUIT \$120
- 2 CLUB CAPS \$13.50 EACH
- 2 WHITE FIGURES CAPS \$10 EACH OR CAN BE PURCHASED INDEPENDENT OF THE CLUB
- NOSE CLIPS CAN BE PURCHASED INDEPENDENT OF THE CLUB
- YOGA MAT

OPTIONAL

- HOODIES/SWEATERS \$50
- PARKA \$120 (OPTIONAL FOR YOUNGER TEAMS, REQUIRED FOR NS)

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

TEAM BLUEBERRY



A COMPETITIVE PROGRAM FOR ATHLETES WHO ARE NEW TO ARTISTIC SWIMMING AND WILL BE 9 OR 10 YEARS OLD ON DECEMBER 31 OF THE COMPETITION SEASON YEAR.

FEES

- FEES ARE \$2,000 FOR THE SEASON
- \$400 NON-REFUNDABLE DEPOSIT IS DUE AT REGISTRATION
- THE REMAINING CAN BE PAID UP FRONT OR IN MONTHLY INSTALMENTS OF \$200 PER MONTH (OCT-MAY)

TRAINING HOURS

- 6 HOURS PER WEEK OR 3 DAYS PER WEEK



ADDITIONAL COSTS

- NSAS/CAS REGISTRATION - \$110
- CLOTHING (TEAM GEAR AND SUITS) - \$400*
- COMPETITION COSTS - \$250-\$300*

*ALL PRICES ARE ESTIMATES AND COULD CHANGE

COMPETITION COSTS

- COMPETITION COSTS COVER REGISTRATION FOR EVENTS, NUMBER OF ROUTINES AND COACH HOURS

COMPETITIONS/TRAVEL ALL DATES ARE TENTATIVE

ATHLETES DO NOT TRAVEL OUT OF PROVINCE FOR COMPETITIONS.

- LOCAL TECHNICAL MEET IN NOVEMBER
- NOVA SCOTIA INVITATIONAL JANUARY 23-25, 2026
- PROVINCIALS FEBRUARY 28-MARCH 1, 2026

TEAM CLEMENTINE



A COMPETITIVE PROGRAM FOR ATHLETES WHO ARE 9, 10, 11 OR 12 YEARS OLD ON DECEMBER 31 OF THE COMPETITION SEASON YEAR. ATHLETES ON THIS TEAM HAVE TYPICALLY COMPLETED AT LEAST ONE YEAR IN THE COMPETITIVE PROGRAM ALREADY.

FEES

- FEES ARE \$2,000 FOR THE SEASON
- \$400 NON-REFUNDABLE DEPOSIT IS DUE AT REGISTRATION
- THE REMAINING CAN BE PAID UP FRONT OR IN MONTHLY INSTALMENTS OF \$200 PER MONTH (OCT-MAY)

TRAINING HOURS

- 6 HOURS PER WEEK OR 3 DAYS PER WEEK



ADDITIONAL COSTS

- NSAS/CAS REGISTRATION - \$110
- CLOTHING (TEAM GEAR AND SUITS) - \$400*
- COMPETITION COSTS - \$400-\$500*

*ALL PRICES ARE ESTIMATES AND COULD CHANGE

COMPETITION COSTS

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.

COMPETITIONS/TRAVEL ALL DATES ARE TENTATIVE

- LOCAL TECHNICAL MEET IN NOVEMBER
- NOVA SCOTIA INVITATIONAL JANUARY 23-25, 2026
- PROVINCIALS FEBRUARY 28-MARCH 1, 2026
- ATLANTIC REGIONAL CHAMPIONSHIP MAY 2026 IN NB

TEAM KIWI & TEAM COCONUT



A COMPETITIVE PROGRAM FOR ATHLETES WHO WILL BE 11, 12, 13, 14 OR 15 YEARS OF AGE DECEMBER 31 OF THE COMPETITION SEASON YEAR. ATHLETES ON THIS TEAM MAY BE NEW TO ARTISTIC SWIMMING OR HAVE A YEAR OR TWO OF COMPETITIVE EXPERIENCE ALREADY.

FEES

- FEES ARE \$2,000 FOR THE SEASON
- \$400 NON-REFUNDABLE DEPOSIT IS DUE AT REGISTRATION
- THE REMAINING CAN BE PAID UP FRONT OR IN MONTHLY INSTALMENTS OF \$200 PER MONTH (OCT-MAY)

TRAINING HOURS

- 6 HOURS PER WEEK OR 3 DAYS PER WEEK



ADDITIONAL COSTS

- NSAS/CAS REGISTRATION - \$110
- CLOTHING (TEAM GEAR AND SUITS) - \$400*
- COMPETITION COSTS - \$400-\$500*

*ALL PRICES ARE ESTIMATES AND COULD CHANGE

COMPETITION COSTS

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.

COMPETITIONS/TRAVEL ALL DATES ARE TENTATIVE

- LOCAL TECHNICAL MEET IN NOVEMBER
- NOVA SCOTIA INVITATIONAL JANUARY 23-25, 2026
- PROVINCIALS FEBRUARY 28-MARCH 1, 2026
- ATLANTIC REGIONAL CHAMPIONSHIP MAY 2026 IN NB

TEAM LEMON & TEAM LIME

A COMPETITIVE PROGRAM FOR ATHLETES THAT WILL BE 11, 12, 13, 14 OR 15 YEARS OF AGE ON DECEMBER 31 OF THE COMPETITION SEASON YEAR. ATHLETES ON THIS TEAM TYPICALLY HAVE SEVERAL YEARS OF COMPETITIVE EXPERIENCE.

FEES

- FEES ARE \$3,000 FOR THE SEASON
- \$600 NON-REFUNDABLE DEPOSIT IS DUE AT REGISTRATION
- THE REMAINING CAN BE PAID UP FRONT OR IN MONTHLY INSTALMENTS OF \$300 PER MONTH (OCT-MAY)

TRAINING HOURS

- 10-12 HOURS PER WEEK OR 3 TO 4 DAYS A WEEK



ADDITIONAL COSTS

- NSAS/CAS REGISTRATION - \$110
- CLOTHING (TEAM GEAR AND SUITS) - \$400*
- COMPETITION COSTS - \$750-\$1000*

*ALL PRICES ARE ESTIMATES AND COULD CHANGE

COMPETITION COSTS

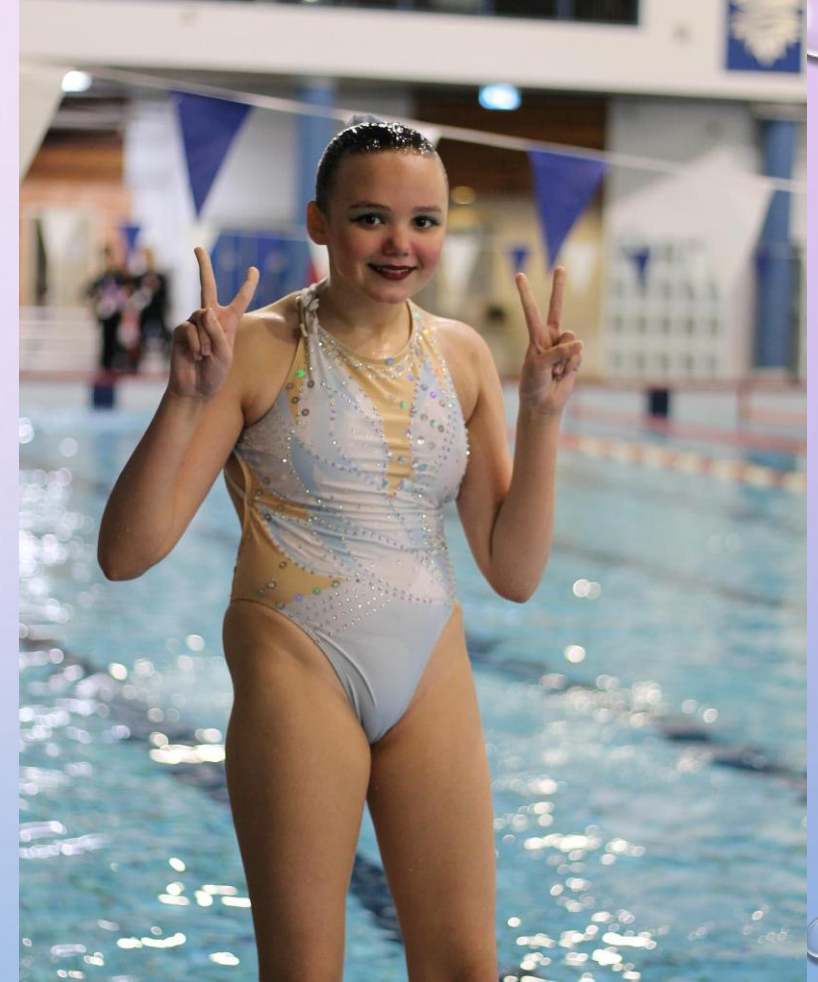
COMPETITION COSTS COVER REGISTRATION FOR EVENTS, NUMBER OF ROUTINES AND COACH HOURS. PARENTS ARE REQUIRED TO TRAVEL WITH THE ATHLETE FOR ALL OUT OF PROVINCE COMPETITIONS.

COMPETITIONS/TRAVEL ALL DATES ARE TENTATIVE

- CAS DEVELOPMENT CAMP (OPTIONAL) OCTOBER, 2025 HERE IN HALIFAX
- LOCAL TECHNICAL MEET NOVEMBER, 2025
- NOVA SCOTIA INVITATIONAL JANUARY 23-25, 2026
- PROVINCIALS FEBRUARY 28-MARCH 1, 2026
- JOLYN INVITATIONAL IN ON, APRIL 2026
- ARC-ATLANTIC REGIONAL COMPETITION IN NB IN MAY

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.



TEAM PINEAPPLE

A COMPETITIVE PROGRAM FOR ATHLETES THAT WILL BE 13, 14, 15, 16, 17 OR 18 ON DECEMBER 31 OF THE COMPETITION SEASON YEAR. ATHLETES ON THIS TEAM TYPICALLY HAVE SEVERAL YEARS OF COMPETITIVE EXPERIENCE.

FEES

- FEES ARE APPROX. \$3000 FOR THE SEASON
- \$600 NON-REFUNDABLE DEPOSIT IS DUE AT REGISTRATION
- THE REMAINING CAN BE PAID UP FRONT OR IN MONTHLY INSTALMENTS OF \$300/MONTH (OCT-MAY)
- REGISTRATION FEES FOR CAS AND NSAS ARE PAID SEPARATELY FROM ATLANTIS AND WILL BE APPROX. \$110 FOR THE SEASON.

TRAINING HOURS

- 9 HOURS PER WEEK OR 3-4 DAYS A WEEK



ADDITIONAL COSTS

- NSAS/CAS REGISTRATION - \$110
- CLOTHING (TEAM GEAR AND SUITS) - \$400*
- COMPETITION COSTS - \$2000-\$2500*

*ALL PRICES ARE ESTIMATES AND COULD CHANGE

COMPETITION COSTS

COMPETITION COSTS COVER REGISTRATION FOR EVENTS, NUMBER OF ROUTINES AND COACH HOURS. CHAPERONES ARE REQUIRED FOR THIS GROUP.

COMPETITIONS/TRAVEL ALL DATES ARE TENTATIVE

- CAS DEVELOPMENT CAMP (OPTIONAL) OCTOBER, 2025 HERE IN HALIFAX
- LOCAL TECHNICAL MEET NOVEMBER, 2025
- NOVA SCOTIA INVITATIONAL JANUARY 23-25, 2026
- PROVINCIALS FEBRUARY 28-MARCH 1, 2026
- JOLYN INVITATIONAL IN ON, APRIL 2026
- ARC-ATLANTIC REGIONAL COMPETITION IN NB IN MAY

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.



TEAM DRAGONFRUIT (YOUTH NS) & TEAM PASSIONFRUIT (JR NS)



A COMPETITIVE PROGRAM FOR YOUTH (13-15 YEARS), JUNIOR (15-19 YEARS) AND SENIOR (19+ YEARS). THE CLUB RUNS ASSESSMENTS FOR ATHLETES IN THIS AGE CATEGORY TO DETERMINE TEAM PLACEMENT.

***PLEASE NOTE:** FOR THE 2025/2026 SEASON ATHLETES WHO WERE NAMED TO THE 2025 CANADA SUMMER GAMES TEAM (INCLUDING NON-TRAVELLING ALTERNATES) ARE EXEMPT FROM SEPTEMBER CLUB ASSESSMENTS AND WILL AUTOMATICALLY BE PLACED INTO THE NATIONAL STREAM PROGRAM.

FEES

- FEES ARE \$4,000 FOR THE SEASON
- \$600 NON-REFUNDABLE DEPOSIT IS DUE AT REGISTRATION
- THE REMAINING CAN BE PAID UP FRONT OR IN MONTHLY INSTALMENTS OF PER MONTH (OCT-MAY)

TRAINING HOURS

- 17 HOURS PER WEEK OR 5 DAYS A WEEK

ADDITIONAL COSTS

- NSAS/CAS REGISTRATION - \$110
- CLOTHING (TEAM GEAR AND SUITS) - \$500*
- COMPETITION COSTS - \$6000-\$7000*

*ALL PRICES ARE ESTIMATES AND COULD CHANGE

COMPETITION COSTS

COMPETITION COSTS COVER REGISTRATION FOR EVENTS, NUMBER OF ROUTINES AND COACH HOURS. CHAPERONES ARE REQUIRED FOR THIS GROUP.

COMPETITIONS/TRAVEL ALL DATES ARE TENTATIVE

- CAS DEVELOPMENT CAMP (OPTIONAL) OCTOBER, 2025 HERE IN HALIFAX
- LOCAL TECHNICAL MEET NOVEMBER, 2025
- NOVA SCOTIA INVITATIONAL JANUARY 23-25, 2026
- QUEBEC INVITATIONAL FEBRUARY 2026
- PROVINCIALS FEBRUARY 28-MARCH 1, 2026
- NATIONAL QUALIFIERS MARCH 2026
- CANADIAN NATIONAL CHAMPIONSHIPS MAY 2026

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.



TEAM PEACHES & TEAM PLUMS

PERFECT FOR ANYONE (19+) WITH PREVIOUS ARTISTIC SWIMMING EXPERIENCE (NO MATTER HOW LONG AGO IT WAS!) WANTING TO COMPETE AT LOCAL AND/OR NATIONAL COMPETITIONS.

FEES

- FEES ARE \$900 TO \$1200 FOR THE SEASON

TRAINING HOURS

- 3-4 HOURS PER WEEK OR 2 DAYS A WEEK

REQUIRED CLOTHING

- COMPETITION SUITS - \$150-\$200

COMPETITIONS

- NOVA SCOTIA INVITATIONAL/QUALIFIERS, JANUARY 23-25, 2026
- PROVINCIALS FEB 28-MARCH 1, 2026
- CUASL (UNIVERSITY LEAGUE) MARCH 2026 EASTERN CANADA
- CANADIAN NATIONAL CHAMPIONSHIPS MAY 2026 WESTERN CANADA

** MASTERS DO NOT PARTICIPATE AT ARC

COMPETITION COSTS

- 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



CHAPERONING 101

AN INFORMATION SESSION WILL BE HELD IN
NOVEMBER 2025.

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 2025-2026 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.

2025-2026 fundraising opportunities

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

Corporate sponsorship – 50% to club, 50% to athlete account

Cape Breton fudge in November – \$50 to club, remainder to athlete account

BINGO in February - \$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, Tomer Cohen at atlantis.synchro.treasurer@gmail.com

VOLUNTEERING



Parents and athletes are encouraged to volunteer throughout the season at local competitions. These local events are organized by NSAS, not Atlantis. A volunteer agreement with NSAS has been finalized and is required as part of your registration for the 2025-2026. While volunteering for Atlantis fundraising events is separate from the NSAS volunteer agreement, any involvement in the club will be noted and shared with NSAS.



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. An information session will be held in November 2025.



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 & MORE!!!
Please email for more information.



THANK YOU FOR ATTENDING!

QUESTION PERIOD

