



# Summer Camps 2023

Olympian Swim Club

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Welcome to the Olympian Swim Club's 2023 Summer Camps!

Our goal for the Olympian Swim Club (OSC) Summer Camps is to provide an opportunity for new and current swimmers to get back in the water, improve their swimming skills, and learn to enjoy exercise!

Our coaches will create a safe and welcoming atmosphere filled with positivity and foster a love for swimming and exercise. Time spent in the water will be centred around technique, skills development, and in-water games and racing. Time spent out of the pool will include games and activities that strengthen balance and coordination.

In this document, you will find answers to frequently asked questions. Please direct any questions to Kathryn Churcher at [mino@olympianswimclub.com](mailto:mino@olympianswimclub.com).

We hope to see the kids there!

OSC Staff





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## What do the OSC Summer Camps look like?

- There will be three, week-long camps that will run all during the first three weeks of August.
- The camps will run from 1:30 pm to 6:00 pm each day.
- Each day of the camp will include two swim sessions, as well as time spent out of the pool for games and activities. There will be time for the children to get change and two 15-minute snack breaks.
- The training sessions are designed to give swimmers a fun camp experience while helping them develop their skills both in the water and on the land.



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## When are the camps running (dates and times)?

Camp weeks:

- Week 1: July 31 - Aug 4th (Monday - Friday from 1:30-6 pm)
- Week 2: Aug 8 - Aug 11th (Tuesday - Friday from 1:30-6 pm)
- Week 3: Aug 14 - Aug 18th (Monday - Friday from 1:30-6 pm)

## What pool will the OSC Summer Camps be at?

All camps will run out of the Kinsmen Sport Centre.

Address: 9100 Walterdale Hill, Edmonton, AB T6E 2V3

Perks about the Kinsmen Sport Centre:

- Free parking.
- Close to downtown, central location for all families.
- Lots of walking trails and outdoor activities (playground, spray park, outdoor pool).
- Various fitness facility options for parents to enjoy.
- Seating inside the pool stands to watch your child swim if you'd like.

## How much does each camp cost? What does this cost cover?

The five-day long camps (weeks 1 and 3) will cost \$275. The four-day long camp (week 2) will cost \$225. Those who have not swum with us in the 2022-23 swim season will be charged an additional one-time fee of \$29 for their Swim Alberta registration and insurance.

The cost of each camp covers the rented pool space, technical and fitness coaching, and dryland athletic development. Each child will also receive a summer camp t-shirt and OSC swim cap!

A nut-free snack will be provided to swimmers as well. Parents are encouraged to send their children with additional snacks and a water bottle.



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## Who is eligible to register for the camps?

Children aged 5-15, who have been assessed as Bronze, Silver, Gold, JOW, JD, OW, or JD.

## My child hasn't been assessed... How do I get them assessed?

Please contact Kathryn at [minio@olympainswimclub.com](mailto:minio@olympainswimclub.com). She will help facilitate the assessment process.

## Why is the camp restricted to those groups and age ranges?

Our summer camps are intended for new and/or current swimmers interested in the Mini O's program and the Competitive program. It is important that they have a basic knowledge of freestyle and backstroke (10-15 metres), and can swim confidently without aid (no lifejackets, floaties, etc), as we will be teaching skills that directly translate into our program.

## When does registration open?

**Registration will open to new and returning members on Wednesday, May 3rd, 2023 at 12:00 pm (noon).** If you are a new member please reach out to Kathryn for an assessment. They must meet our minimum standard for Bronze to participate in the camp.

## Can I register my child for more than one camp? How many spots are available each week?

Yes. Camp spots are first-come first-serve. There will be 50 spots available for each week. If more are needed, the club may choose to add more spots. Closer to the camps, the kids will be separated into groups based on age and assessed level.

## Do I (the parent) have to stay at Kinsmen while my child is at the camp?

No! When your child is at the camp, you can choose to stay or leave. During the camp time, they will be in the care of the OSC staff.



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## Pick up & Drop off - Time and Location

- Drop-Off: 1:15 -1:30 pm at the OSC Office (by Door 3 at the front of the Kinsmen)
- Pick-Up: 6:00-6:15 pm at the OSC Office (by Door 3 at the front of the Kinsmen)

Parents will be required to sign their children in and out each day. Please let Kathryn know if you are unable to attend one day or need to drop off late.

## What if my child completes the camp and passes all the skills for the next level? Can they move up to the next level for the next session or season?

Yes, if a swimmer completes a camp and is assessed for a new level, they can register for that level for the 2022-2023 season!

Our coaches will be assessing learnt skills throughout the week and will make recommendations for the fall session.

Please note this may only happen for Mini O's level swimmers (not current JOW, JD, OW, or JAG). Additionally, depending on group availability Gold swimmers re-assessed as JOW or JD may need to check in with the OSC office regarding group availability.

## Coach Qualifications

All of our OSC coaches are certified with their NCCP Level 1 or Community Coach certificate.

I have signed my child up for an OSC Summer Camp! What do they need to bring with them? Here is a list of items your child should come with each day:

- Swimsuit(s)
- Towel(s)
- Goggles
- Hat
- Sunscreen
- Water bottle (can be refilled at the pool)
- Additional snacks (enough to last them the afternoon, snacks specific for any dietary concerns)
- Anything else your child may need for their individual needs



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## Safety

As with any camp, you are leaving your child in our care and can trust that they will be safe with us. Here are the safety precautions we will be taking to put your mind at ease and ensure your child stays safe:

- 15-minute head counts (not letting children out of their sight, but still allowing the kids to have fun).
- To ensure all children are safe and accounted for, the coaches will record a head count every 15 minutes. This will not interfere with any swimming, exercise, or play.
- Coaches will have parent info and emergency contact info on hand.
  - Kathryn will be in the office during camp hours and will have all emergency contact information should a parent need to be contacted.
- Coaches will be equipped with a first aid kit.
- When on the pool deck, there will always be lifeguards who are trained in CPR and First Aid.
- Coaches will not be allowed to administer any medication your child may require (including bug spray and sunscreen).
- The camps will not be leaving the Kinsmen Sport Centre grounds. Places the kids will include:
  - Kinsmen Pool
  - Kinsmen Field
  - Grizzly Bear Lodge Playground
  - Splash Park
- Photos will not be taken of the children by coaches, parents, or anyone else. We will, however, take one camp photo at the end of the week and email it to the parents of each group as a fun way to remember the time.
- The coaches will have their cell phones on them at all times to communicate with each other, if needed, and for emergency purposes only.

## Further Questions?

Please contact Mini O's Program Supervisor Kathryn at [minio@olympianswimclub.com](mailto:minio@olympianswimclub.com).