

OSC Summer Camps 2022 - Information & FAQ's

Our Goal

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 on 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 and skills development that correlate with our Mini O's and competitive programs. Dryland training will focus on coordination and athletic development. There will also be time for outdoor and pool games!

We hope to see the kids there!

OSC Staff

Contents

What do the OSC Summer Camps look like?	2
What pool will the OSC Summer Camps be at?	2
How much does each camp cost? What does this cost cover?	2
Who is eligible to register for the camps?	3
When does registration open?	3
Can I register my child for more than one camp? How many children will the camp host each week/ How many spots are available each week?	3
Do I (the parent) have to stay at the Kinsmen while my child is at the camp?	3
Pick up & Drop off - Time and Location	3
What if my child completes the camp and passes all the skills for the next level? Can they move up to Gold or JOW/JD?	4
Coach Qualifications	4
I have signed my child up for an OSC Summer Camp! What do they need to bring with them?	4
Safety/ Child Care Concerns	4
Further Questions?	5

What do the OSC Summer Camps look like?

- **There will be two, week-long camps that will run all four weeks in August.**
- **The camps will run from 2:00 pm to 6:00 pm each day.**
- Each day of the camp will include two swim sessions, two dryland sessions, and a 30-minute game/snack break.
- 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.
- **Camp weeks:**
 - Aug 2-5th (Tuesday - Friday from 2-6 pm)
 - Aug 22-26th (Monday - Friday from 2-6 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
 - 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?

- **Camp running from Aug 2-5th (only four days) will cost \$120**
- **Camps running from Aug 22-26 (five day camps) will cost \$150**
- 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!

Who is eligible to register for the camps?

- **Children aged 7-15, who have been assessed as Silver, Gold, JOW, OW, or JD.**
- My child hasn't been assessed... How do I get them assessed?
 - Please contact Kathryn at minio@olympianswimclub.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. Children assessed at the Bronze level may struggle with the duration and intensity of the swim sessions, whereas children at and above the JAG level will find it too easy.

When does registration open?

- Registration will open to new and returning members on **May 24th at 6:00 pm.**
- **You will need a registration code to sign your child up.** Parents who have children who swim for the club already have been sent the code.
- If you are a new member, please contact Kathryn at minio@olympianswimclub.com to go over the assessment process.

Can I register my child for more than one camp? How many children will the camp host each week/ How many spots are available each week?

- Yes. Camp spots are first-come first-serve.
- There will be 48 spots available for each week. If more are needed, the club may choose to add more spots.

Do I (the parent) have to stay at the 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.

Pick up & Drop off - Time and Location

- **Drop-Off:** 1:30-1:45pm at the OSC Office (by Door 3 at the front of the Kinsmen)
- **Pick-Up:** 6:00-6:15pm at the OSC Office (by Door 3 at the front of the Kinsmen)
- Before 1:30pm and after 6:15pm, we are not able to provide accommodations.
- Parents will be required to sign their children in and out each day

What if my child completes the camp and passes all the skills for the next level? Can they move up to Gold or JOW/JD?

- 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 is only likely to happen for Mini O's level swimmers (not current JOW, JD, or OW - at the end of the 2022 swim season, your child's coach will have recommended their group for next season).

Coach Qualifications

- All of our OSC coaches are certified with their NCCP Level 1 coaching 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)
 - Snacks
 - Anything else your child may need for their individual needs

Safety/ Child Care Concerns

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:

- When in changerooms, the coaches will accompany the kids to ensure no one gets lost.
 - If mixed gender, and no same gender coach is available, the family change room will be used. Each child must change alone in a private change room stall.
 - If the group is all of the same gender, or if a coach of the same gender is available, they will use the gender appropriate changeroom.
- 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.
 - Information will include parent names, parent phone numbers, emergency contact name and phone number, as well as any important medical information about the child.
 - This is confidential information that the coaches will have with them for emergency purposes. Outside of camp time, this information will be stored at the OSC office.
- 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). Please prepare your child to administer their
- The camps will not be leaving the Kinsmen Sport Centre grounds. Places the kids will be 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 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