



Sudbury Laurentian Swim Club 2024-2025 Registration Package

The Sudbury Laurentian Swim Club is a non-profit minor sport organization. SLSC is designated "competitive swimming" and is recognized by the City of Sudbury. The Club is a member of the Northeastern Ontario Swimming Association, which is the "Northeastern Region" of Swim Ontario. Swim Ontario, in turn, is a provincial body of Swimming/Natation Canada. Swimming/Natation Canada, along with the national bodies for diving, water polo and synchronized swimming, is affiliated with the Aquatic Federation of Canada (AFC). The body which regulates and controls competitions in the four aquatic sports at the world level is World Aquatics.

The Club's programs are directed by the Head Coach through the professional coaching staff. Administration, policy and operational activities supporting the programs are planned and executed under the direction of a volunteer Board of Directors through working committees. The ongoing success of the Club depends on the teamwork, dedication and supporting efforts of all involved.

**Welcome to this continued legacy of success and thank you
for joining us in the 2024 – 2025 swim season!**

This registration package contains valuable information, and we appreciate you taking the time to read through it carefully.

Dates to Remember

Item / Event	Date
Registration Deadline	September 13, 2024
Uniform Portal Deadline	To Be Announced
Swim Canada Deadline	September 13, 2024

Information Sources

- **SLSC Club Administrator:** Should you have any questions regarding registration please do not hesitate to contact Dean Henze @ Dhenze@laurentian.ca or our treasurer Christie Laprairie @ treasurerslsc1@gmail.com
- **SLSC Website:**
The website lets you view group calendars, view information/sign up for swim meets, access the volunteer section for club-hosted swim meets, access team-related documents, and keep up-to-date on the latest team news and events.
www.sudburyswimming.ca
- **SLSC Updates:** Any updates or news will be sent via an email to all members highlighting important club news and events. The email address provided during registration will be used for this email. Please watch and read these to keep up to date.
- **Head Coach:** Head coach Dean Henze Dhenze@laurentian.ca is happy to discuss questions regarding programming and training.
- **New Members:** No question is too small! For questions about all that 'other stuff' please feel free to reach out to the following board member should you have any questions.

SLSC - Board of Directors

President	Léa Bray	president.slsc1@gmail.com
Vice President	Krissy DeMarco	vp.slsc1@gmail.com
Treasurer	Christie Laprairie	treasurer.slsc1@gmail.com
Secretary	Matt Demers	secretary.slsc1@gmail.com
Member at Large	Amelia Bucko	slscfundraising@gmail.com
Member at Large - Officials Coordinator	Andrea Ford	slsc.officials1@gmail.com
Member at Large	Amanda Landry	marketing.slsc1@gmail.com

SLSC Programming Structure

Swim Skills: This is a 10-week sessional program that is geared to 7-year-olds who want to learn basic water skills and learn skills that will enhance their long-term future in the water.

Competitive Groups:

- **Novice 2:** This is our introductory competitive program and teaches swimmers the basic swimming skills for Freestyle ("Front crawl"), Backstroke and Breaststroke.
- **Novice 1:** Is an advanced version of Novice 2 and will introduce more advanced skills, as well as Butterfly.
- **Age Group 3:** This group is geared towards our very best 10 and under swimmers and beginning 11-13 year old swimmers. Basic training concepts are expanded but emphasis is placed on continuing skill development.
- **Age Group 2:** This group is the first of the groups that expects a larger time commitment. The commitment to learning to train and continued skill development are the expectations for this group. It is geared towards our best 10-12 year olds and developing 13-14 year olds.
- **Age Group 1:** This group is geared towards teaching more advanced training concepts and advanced expectations in commitment levels. The focus is on our very best 12–14 year old swimmers and developing 14-16 year old swimmers as well.
- **Senior 2:** This group is geared towards swimmers aiming to be Provincial or are current Provincial qualifiers aged 14 and over (high school). The main emphasis is on commitment to training and swimming at each individual's highest potential. This group trains 8 times per week and incorporates dry-land practices.
- **Senior 1:** This group is the Senior Provincial squad and swimmers must have achieved an Eastern National Championship time standard to be in the group. The National group has 9 practices per week, plus dry-land commitments.

- **NOTE:** Competitive opportunities are defined by the readiness of the particular competition, which is decided by the coaching staff, attendance at practices weighs heavily on whether a person is ready or not. No athlete will be entered in any competition with inappropriate entry times. Extenuating circumstances may be considered. The swimming season is divided into two separate periods defined by the length of the competitive course.

Financial Commitment

This is a snapshot of anticipated fees for families’ budgeting purposes. All fees are approximate and can vary from year to year. Fees will also vary based on your child’s level of swimming (which group they swim with) and how extensively they qualify to participate in swim meets.

Required Fees

- Registration fee based on which group your child belongs to, see chart below.
- Swim Canada Fee
- Team Uniform Fee \$60 – Mandatory for NEW SWIMMERS due at time of registration
 - 2 t-shirts and a cap
 - Returning swimmers have the option to purchase
- Swim meet registration and individual race entry fees (varies by meet)
- Required training equipment for practices (varies per group, reusable each year)

Registration Fees

Please see the table below for the registration fee that is required for each swimmer for the 2023-2024 season:

	SWIM SKILLS	NOV 2	NOV 1	AG 3	AG 2	AG 1	SENIOR
Annual Fees	\$225 per session	2004.00	2300.00	2500.00	3090.00	3452.0	4233.00

Payment of the above registration fees can be made in full at the time of registration (annually) or by monthly installments on an 8-month payment schedule that will run from September 2024 to April 2025.

Swim Skills - a \$35 administration fee will be charged for each registered session.

Competitive Groups - a \$125 administration fee will be charged at the time of registration.

NOTES:

- All previously outstanding balances must be paid at the time of registration and will be added to your total amount owing at the time of checkout. A \$45 NSF charge will incur for any transactions that are declined.

Family Account Payment Options

SLSC requires that a credit card number be attached to your online account.

Credit Card

- If paying by credit card, you can store your card information in your account

- A credit card processing fee of 3.25% will apply.
- All account balances will be cleared on the first of each month.

Pre-auth debits

- You do have the option to pay by Canadian Banking pre-auth debits during registration.
- Pre-auth processing fee of 1.25% will apply.
- We still require that you provide a credit card on file. If there are concerns in doing so, please contact the treasurer directly @ treasurerslsc1@gmail.com.

Fundraising

SLSC fundraising events help offset Club operating costs. For this season we will be running 2 mandatory team raffles this winter and spring. Each raffle will raise \$10,000 and will incur a \$225 charge. Swimmers will be required to sell approx. 15 tickets per raffle (based on membership #s). Accounts will be charged \$225 on October 15 and March 15.

We will also run a Swim-a-Thon this season and are looking for people to help organize every swimmer is encouraged to participate. In addition to the Swim-a-Thon we will also be running other smaller fundraisers throughout the season, stay tuned for those details!

Bingo brings in approximately \$20,000 of revenue to the club annually. The club continues to need more volunteers to support our Bingo nights. This season we have designated swim groups to Bingo sessions – we are looking for 2 volunteers from each swim group for the session below. If you have not volunteered for Bingo there is mandatory training involved. Please contact Phil Parker as soon as possible if you think you can help: pparker@huntingtonu.ca.

DATE	TIME	VOLUNTEER	VOLUNTEER	GROUP
Friday Sep. 27, 2024	530-745PM	Phil Parker		SENIOR
Friday Oct 4, 2024	530-745PM			AG 1
Friday Oct 11, 2024	530-745PM			AG 2
Friday Nov 1, 2024	530-745PM			AG 3
Friday Nov 8, 2024	530-745PM			NOV 1
Friday Dec 6, 2024	530-745PM			NOV 2
Friday Dec 13, 2024	530-745PM			SENIOR

Withdrawal from the Club

The \$125 administration fee is non-refundable. Any swimmer deciding to resign from the club prior to December 31st will incur a \$500 cancellation fee and monthly dues from September 1st to December 31st will be charged.

Swimmers who resign after December 31st all remaining dues will be charged.

If the swimmer has paid the fees in full and resigned prior to December 31st, a prorated refund will

take place minus the \$500 cancellation fee and monthly fees from September to December.

Refunds for Medical Leave

Refunds will be granted at the discretion of the Board upon written application to the Club, accompanied by a letter from a medical doctor, describing the nature of the illness. Such applications will be considered where the swimmer is unable to train for a minimum of 1 month due to medical reasons. A refund granted under this policy will not be assessed on administration fee. The refund will apply to the training fee only.

Meet Fee Refunds

Meets are not refundable. There are no refunds for swimmers who scratch from events, the swimmer will be responsible for meet fees regardless of attendance for participation at the subscribed meet.

Fee Reductions

There will be no reduction in fees for a swimmer desiring a leave of absence from training, except for validated medical reasons as described above.

Free Trial

A free trial shall not exceed two weeks of continuous training sessions. No fee will be charged for this.

Meet Fees and Coaches Fees

Meet fees are entry fees charged to participate in various competitions throughout the year. Each host club charges fees per individual event and relay or a flat fee (regardless of the number of events). When a swimmer is entered in a meet the fees plus a coach fee is charged to the family account:

- \$15 Top Fish
- \$75 Regional Champs/Invitational
- \$75 out of town/ NEOR Meets
- \$100 Festival/Provincial/National/Out of Province

Practice Locations and Schedules

The regular practice schedules are located on our website. However, there are occasionally impacts to the regular schedule. When this happens an email from the coach will be sent to affected groups.

Practices locations, dependent on group:

- Nickel District - 140 Hawthorne St, Sudbury ON
- RG Dow Pool - 38 Veterans Rd, Copper Cliff ON
- Howard Armstrong (HARC) - 4040 Elmview Dr, Hanmer ON

Practice Schedules The schedule on our website is a **tentative** practice schedule for the 2024-2024 swim season. Please keep an eye out on your email for a finalized version with start dates. Our website will also be updated once finalized.

Team Uniform and Equipment

All SLC swimmers are required to dress appropriately in team uniforms to represent our team during practice, competitions, and team functions. **It is mandatory that all swimmers have/buy an SLSC t-shirt.**

Swimmers must wear a team cap, and if choosing to wear shirts over their swimsuits for dryland it must be the team shirts. Goggles and training suits are of the swimmer's own preference. However, goggles and suits should be appropriate style/cut for training. For example board shorts and tankinis are not suitable.

1) Competition Uniform

- a) Suit requirements depend on your swimmer's age.
 - 12 & Under swimmers must wear a navy or the SLSC team suit. 12 & Under swimmers may not wear tech suits.
 - 13 & Over swimmers must wear a navy or the SLSC team suit. Tech suits can only be worn with coach approval and will be reserved for higher level meets such as finals at regionals/provincials and will not be permitted at other meets.
- b) Clothing requirements are as follows:
 - Swimmers are expected to be wearing team gear, such as a t-shirt, parka, hoodie, sweatpants, always during swim meets.
 - Any home-made SLSC gear is not permitted.
- c) Swimmers must wear team caps at meets but they are free to choose any brand (excluding caps from other swim teams such as NCA) for training.

We have teamed up with Ly Sports this season for our suits and equipment.

The exclusive team code is **SUDBURY2024**. By utilizing this code, your team not only receives a 5% kickback but also enjoys a 2% discount at checkout.

Please see the link below for our team store: <https://www.lysports.com/team/sudbury-laurentian/>

Tentative Meet Schedule / Hotel Group Rates

Please find the link below to our 2024/2025 Tentative Meet Schedule and hotel group rates. Your swimmers coach will provide meet invitations for you, please do not commit to a meet if you have not received a meet invitation.

Please note that each group rate has a block of 20 rooms - first come / first serve basis, can't guarantee that the hotel will extend the rate beyond 20 rooms or beyond the book date. You will have to call the hotel to inquire.

https://docs.google.com/spreadsheets/d/159fD68Ycfwhm_nrZQFtKqdZatLtVcUMI/edit?gid=425928454#gid=425928454

Team Travel 2024/2025 Season

This season we will be returning to our historical team travel meet to Dave Kensit Memorial Regional 'A' Championship Meet February 7-9, 2025. This is a qualifying meet; time standards are below.

We will require 4 chaperones for this meet, preferably 2 females and 2 males. If you are interested, please reach out to Dean Henze.

The cost for this meet will be roughly \$625/swimmer and will include travel, accommodations, food, and meet fees.

Depart Sudbury Friday February 7th around 10am and return Sunday February 9th around 10pm.

Dave Kensit Memorial Championship 2023-24 SC Standards								
Female				Event	Male			
15+	13-14	11-12	U10		U10	11-12	13-14	15+
34.90	37.22	39.71	44.86	50 Free	45.52	40.03	35.36	32.58
1:15.58	1:20.98	1:26.88	1:39.46	100 Free	1:41.42	1:28.13	1:17.56	1:10.60
2:44.39	2:55.62	3:09.89	3:39.12	200 Free	3:45.72	3:13.61	2:50.66	2:33.84
5:49.22	6:18.00	6:48.14	7:38.98	400 Free	7:50.67	6:55.80	6:11.70	5:30.71
12:05.84	12:49.48	13:56.50		800 Free		14:34.99	12:40.79	11:32.57
23:11.22				1500 Free				22:07.77
			46.88	50 Back	48.03			
1:25.37	1:32.46	1:39.91	1:53.77	100 Back	1:57.02	1:41.16	1:29.36	1:20.87
3:03.32	3:19.83	3:33.47		200 Back		3:33.87	3:14.86	2:55.72
			1:01.01	50 Breast	1:04.19			
1:38.99	1:45.50	1:55.43	2:08.72	100 Breast	2:13.93	1:57.92	1:43.64	1:33.38
3:34.15	3:48.36	4:06.98		200 Breast		4:18.15	3:43.40	3:22.99
			57.87	50 Fly	1:01.00			
1:25.20	1:33.70	1:43.64	2:00.26	100 Fly	2:06.13	1:46.73	1:29.97	1:19.24
3:14.59	3:33.47	3:58.29		200 Fly		4:26.85	3:30.99	3:03.63
			1:58.33	100 IM	2:00.92			
3:07.13	3:21.60	3:37.98	4:09.48	200 IM	4:13.44	3:40.50	3:15.93	2:55.81
6:36.08	7:09.66	7:39.21		400 IM		8:10.25	7:00.84	6:21.76

* Must qualify in one of the listed events. Stroke 50's open to all who qualify.

** All swimmers 15+ may swim regardless of qualifying. See meet document for details.

Swimmer Registration with Swimming Canada

Each swim club in the province of Swim Ontario is a Swim Ontario member. Swim Ontario is a member of the national governing body for swimming called Swimming Canada and the provincial governing body or Provincial Section (PS) called Swim Ontario. In return for government sport funding, all governing organizations are required to report on membership. Non-identifying statistics are obtained directly from the data collected in the Registration and Events Management System (REMS). With your assistance to provide accuracy, we can comply with our requirements and continue to benefit from strong government support, virtually all of which is directed towards the support of swimmers, coaches and clubs. All swim clubs are required to process all registrations to Swim Ontario and Swimming Canada via the REMS.

The final steps of registering with your swim club includes the following mandatory steps:

1. Confirmation of primary contact and information and preferred language related to your family and swimmer(s) in the REMS
2. Indication of your preference to receive emails of a commercial nature
3. Confirmation of Canadian citizenship status – identifies eligibility of swimmers to set records or national team selection.
4. Signing the Acknowledgement and Assumption of Risks Form
5. Agreement to abide by Swimming Canada's policies

NOTE: It is only upon completing the above steps in the REMS that you/your swimmer are considered officially registered and a member of Sudbury Laurentian Swim Club and then covered by insurance. This registration process must be completed before entries into a swim meet can be submitted and accepted. Your information is held by the Club, Swim Ontario and Swimming Canada in compliance with the [Swimming Canada Privacy Policy](#).

In addition to the mandatory questions, there are five optional declarations that may be completed in the REMS. Providing this information is voluntary and will be used for statistical and informational purposes as well as for program development. It will not be used by your Provincial Section or Swimming Canada for any prohibited purpose as per The Canadian Human Rights Act and Provincial Human Rights legislation.

1. **Gender Identification** – allows swimmers to self-declare their gender identification (Cisgender, Non-Binary, Transgender). This optional self-declaration will have no effect on the gender of registration but will provide valuable information in order to continue to develop and grow programming.
2. **Indigenous Descent** – identifies eligibility for the North American Indigenous Games and/or regional/provincial funding opportunities (if available). In some Provincial jurisdictions, these statistics are also required as part of government funding reporting requirements.
3. **BIPOC Declaration** – this optional self-declaration will provide information for government reporting and to develop and grow programming.
4. **Impairment Declaration** – helps Swimming Canada, Swim Ontario and your swim club to direct opportunities that are specifically targeted to swimmers with a disability (Para Swimmers)

Refer to: <https://www.swimming.ca/en/resources/>

5. **Hard of Hearing** – assists in identifying individuals who may be eligible for participation in events specifically targeted to swimmers who are deaf/hard of hearing.

IMPORTANT AND REQUIRED

After September 13, 2024 SLSC will activate your swimmer with Swimming Canada. Once your swimmer is activated you will receive an auto-generated email with a direct link to your Swimmer Account. (Check your spam folder if you do not receive it.) Then you can complete your swimmer registration with Swimming Canada by following the steps below. Please do not try to complete your swimmer registration before receiving the email with the personalized link.

Swimmer Registration with Swimming Canada

Log into your SNC account

Complete Swimmer Registration

1. Click the **Complete Now** blue button for each swimmer.
2. Follow the prompts on the bottom right ensuring all required fields are completed.
3. You will go through the different pages:

Page #1: Primary Contact Information

1. Enter all required contact information
2. Indicate preferred language
3. Answer question
4. Enter a username (that you would prefer) / password if necessary
5. Click **Confirm** and **Submit** blue button

Page #2: Swimmer Information

1. Review each swimmer information and if necessary, add additional information using the edit button.
2. Click on **Continue to Consent** blue button at bottom right.

Page #3: Swimmer/Family Consent Forms

ALL forms must be signed for each registered Swimmer associated with the account. If a Swimmer is under the age of 18, a parent/guardian must sign the form.

1. Click "Click to Sign" link for each form to sign
 - a. A new window opens
 - b. Fill in all the required fields and scroll down to Sign, Attest or Save

HINT: If you do not see the print/close/create PDF buttons after clicking Sing/Attest/Save, make sure to scroll up to see which field is missing.

- c. When a form is completed, scroll down and you will see a Print button instead of Sign, Attest or Save

button.

2. Repeat for all forms for all swimmers. 2 forms per swimmer:
 - a. Acknowledgment and Assumption of Risk Form
 - b. Swim Ontario Code of Conduct and Concussion Management Procedure Acknowledgement (Rowan's Law requirement)
 - d. The Club Registrar will receive an email indicating that the Swimmer has signed the Form.
 - e. The Swimmer/Parent/Guardian can view/save a signed copy of the form.
3. Click the Complete Swimmer Registration blue button on bottom right.

Completed Swimmer Registration

1. Click FINISH button to complete registration for the swimmer(s).
2. You will return to the Dashboard page and will see "View Swimmer Profile" instead of "Complete Now" by each swimmer that has a completed profile.

Note: PSO Pending status indicates that the club has not yet made payment to Swim Ontario for registration fees. No action is necessary on your part.

Account updated - When account information is updated, all the required forms are executed and consent messages answered, you will receive an email that the swimmer(s) account has been updated and registration is complete.

Swimming Terms

SLSC	Abbreviation for the Sudbury Laurentian Swim Club.
NEOR	North Eastern Ontario Region (NEOR) – the regional area in which the Sudbury Laurentian Swim Club competes.
AGE GROUP SWIMMING	Age Group Swimming: This is the program through which Swimming-Natation Canada (SNC) provides fair and open competition for under 18 years of age members. It is designed to encourage maximum participation, provide an educational experience, enhance physical and mental conditioning.
BLOCK	The starting platform
BULKHEAD	A wall constructed to divide a pool into different courses, such as a 50m pool into two 25m pools.
CIRCLE SWIMMING	Performed by staying to the right of the black line when swimming in a lane to enable more swimmers to swim in each lane.
COACH	A person who trains and teaches athletes in the sport of swimming.
CUT	Slang for qualifying time. A time standard necessary to attend a particular meet or event.
DISTANCE EVENT	Term used to refer to events over 400 metres.
DQ (DISQUALIFIED)	This occurs when a swimmer has committed an infraction of some kind (e.g. onehanded touch in breaststroke). A disqualified swimmer is not eligible to receive an award, nor will there be an official time in that event.
DRILL	An exercise involving a specific part of a stroke, used to improve technique.
DRY-LAND TRAINING	Training done out of the water that aids and enhances swimming performance; usually includes stretching, callisthenics, and/or weight training.
ENTRY DEADLINE	A date coaches must submit entries for swimmers by to allow them to race in a specific competition. Once deadline is past there are no refunds.

FALSE START	Occurs when a swimmer is moving at the start prior to the signal.
FINAL	The championship heat of an event in which the top 6, 8 or 10 swimmers from the preliminaries compete for awards, depending on the number of lanes in the pool.
FINISH	The final phase of the race, the touch at the end of the race.
FLAGS	Backstroke flags placed 5 metres from the end of the pool. They enable backstrokers to execute a backstroke turn more efficiently through being able to count the number of strokes into each wall.
GOAL	A specific time, event or skill achievement a swimmer sets and strives for; can be short or long term.
I.M.	Slang for individual medley, an event in which the swimmer uses all four strokes in the following order: butterfly, backstroke, breaststroke, freestyle.
LONG COURSE OR LC	50m long pool.
LONG DISTANCE/OPEN WATER	Any freestyle event over 1500 metres, normally conducted in a natural body of water, such as a lake, river, or ocean.
MEET	Competition designed to be a measure of progress and a learning experience. By implementing what has been learned in practice, the swimmers test themselves against the clock to see how they are progressing.
MIDDLE DISTANCE	Term used to refer to events of 200 to 400 metres in length.
NEGATIVE SPLIT	Swimming the second half of the race faster than the first half.
OFFICIAL	A judge on the deck of the pool at a sanctioned competition who enforces SNC rules.
OFFICIAL SPLIT	The first portion of the full distance of an event raced at a sanctioned meet. Example – a 50 or 100 within a 200 meter event.
OFFICIAL TIME	A time achieved in a race during a sanctioned competition.
PACE	The often pre-determined speed with which a swimmer completes each segment of a race (e.g. 25m, 50m)
PACE CLOCK	Large clock with a large second hand and a smaller minute had, used to check pace or maintain intervals in practice (may also be digital).

PRELIM	Slang for preliminaries, also called heats, the races in which swimmers qualify for the championship and consolation finals in an event.
Q-TIME	Qualifying time necessary to compete in a particular event and/or competition.
RELAY	An event in which 4 swimmers compete together as a team to achieve a time.
SAFETY PROCEDURE	Safety procedures are designed to prevent accidents, and must be followed to the letter.
SANCTIONED MEET	All competitions in which records may be set and official times may be obtained, must be sanctioned (= approved officially) by a Swim Ontario Sanctioning Officer.
SCRATCH	To withdraw from an event in a competition. There can be a monetary penalty for a late scratch.
SHORT COURSE OR SC	25 meter long pool.
SNC	Swimming Natation Canada – National governing body for competitive swimming.
SWIMON/SO	SwimOn/SO: Swim Ontario – Provincial governing body for competitive swimming.
SPLIT	A swimmer's intermediate time in a race. Splits are registered every 50m and are used to determine if a swimmer is on a planned pace. Under certain conditions, initial splits may also be used as official times.
SPRINT	Describes the shorter events (50 and 100m); in training, to swim as fast as possible for a short distance.
STREAMLINE	The position used to gain maximum distance during a start and/or push-off from the wall in which the swimmer's body is as tight and straight as it can be.
TAPER	The final preparation phase. As part of this phase, and prior to major competitions, older and more experienced swimmers will shave their entire body to reduce resistance and heighten sensation in the water.
TIME TRIAL	A practice race which is not part of regular competitions. Time trials may be sanctioned and used to qualify for specific meets.
TOUCH PAD	A large sensitive board at the end of each lane where a swimmer's touch is registered and sent electronically to the timing system.
WARM-DOWN	Low intensity swimming used by swimmer after a race or main practice set to rid the body of excess lactic acid, and to gradually reduce heart rate and respiration.

WARM-UP	Low-intensity swimming used by swimmers prior to a main practice set or a race to get muscles loose and warm, and to gradually increase heart rate and respiration.
WATCHES	Stopwatches used to time swimmers during a competition. When totally automatic timing equipment is used, watches serve as a back-up method.