



WETASKIWIN ORCAS

LIFESAVING CLUB

Program Information for Competitive Squads

Orca Members Receive 10% off on Bronze Medallion/Cross Registrations during the Orca season.

2022-2023 Registration Package

Welcome to the exciting world of Lifesaving Sport!

Enclosed in this package you will find:

1. Registration Form
2. Parent Code of Conduct
3. Swimmer Code of Conduct
4. Photo Release

(These forms must be fully completed and brought back to the Manluk Centre)

Additional information enclosed in this package:

1. Program Information - 2022/2023
2. Members Handbook - Team Policies 2022/2023

(These documents are yours to keep for the season and do not need to be returned)

Registration documents can be dropped off at the front desk of the Manluk Centre



Welcome to the Program

It is the goal of the Wetaskiwin Orcas Lifesaving Club to provide a safe and fun environment that allows individuals to improve and grow in both their swimming ability and lifesaving skills. By providing leadership and knowledge, this program strives to give swimmers the potential to achieve, challenge, and set personal bests in practices and at competitions.

The Orca's program is organized into two branches: Recreation squads and Competitive squads. In our Recreation squads, swimmers will focus on development of basic swimming abilities and lifesaving skills. Competitive Squads will focus on Lifesaving Sport and will encourage swimmers to build on existing swimming skills and their spirit of competition. These programs give us the diversity to include swimmers with varying levels of skill, competition, and motivation.

To ensure that swimmers are given the best training possible, we will be accepting a limited number of registrations in each squad. Please return your registration as soon as possible to secure a spot in the squad of your choice. *Final placement of swimmers will be based on individual skills and at the recommendation of the Head Coach.* Please call or email if you have any additional questions or concerns.

Registration Opens July 15th, 2022, for returning members and will open for new members on August 8th, 2022.

City of Wetaskiwin

Recreation Department
Online Registration
Email us

(780) 361-4444
manlukcentre.ca/programs
orcas@wetaskiwin.ca

Tyler Bailer
Aquatic Coordinator/Head Coach

Angela Weinhandl
Recreation Office Coordinator



Competitive 2 Day

Activity Code: Group A, 5855
Group B, 5903

Introduction: The *Competitive 2 Day* squad is geared to those who are just starting out in Lifesaving Sport and would like to participate at some but not necessarily all competitions during the season. This squad has two options to register in. Group A runs on Mondays and Wednesdays and Group B runs on Tuesdays and Thursdays. Swimmers in this squad will swim alongside swimmers in the 4 Day squad.

Prerequisites:

- Ages 8-16
- Ability to swim 50m continuously
- Completed Lifesaving Society's Swimmer 4/Red Cross Swim Kids 5 or equivalent skills

Season:

Group A – September 12th, 2022 – April 12th, 2023

Group B – September 13th, 2022 – April 13th, 2023

Provincial Prep week is the last week before provincials and will be limited only to swimmers competing at provincials.

Practices:

Group A – Monday & Wednesday 4:00pm – 5:30pm

Group B – Tuesday & Thursday 4:00pm – 5:30pm

No School = No Practice (WRPS Calendar)

Cost: \$450.00 (Early Bird \$425.00)
\$50.00 Lifesaving Activation fee
\$500.00 Total (\$475.00 with Early Bird)

Competitive 4 Day

Activity Code: 5856

Introduction: The *Competitive 4 Day squad* swims four days per week and will focus on the development of proper swimming and Lifesaving Sport techniques for use in competitions. Daily attendance is an important part of this squad in order to achieve this goal. Swimmers in this squad are encouraged to attend the majority of competitions during the season including Provincials.

Prerequisites:

- Ages 9-16
- Ability to swim 100m continuously
- Completed Red Cross Swim Kids 6 or equivalent skills
- Previously competed in Lifesaving Sport and/or approved by Head Coach



Season: September 12th, 2022 – April 13th, 2023

Provincial Prep week is the last week before provincials and will be limited only to swimmers competing at provincials.

Practices: Monday to Thursday 4:00pm – 5:30pm
No School = No Practice (WRPS Calendar)

Cost: \$600.00 (Early Bird \$550.00)
\$50.00 Lifesaving Activation fee
\$650.00 Total (\$600.00 with Early Bird)

Focus Plus

Activity Code: 5904

Introduction: The *Focus Plus squad* is for older swimmers who enjoy the challenge of Lifesaving Sport. Swimmers will train with more intensity for the purpose of going beyond the Provincial level and being successful at the National level and possibly international level of Lifesaving Sport Competition.

Prerequisites:

- Ages 15-21
- Ability to swim 400m continuously
- Previously competed in Lifesaving Sport and/or approved by the Head Coach
- Completed the Lifesaving Society's Bronze Medallion certification (or plan to take it during the Orca season)

Note: Swimmers who are younger than the prerequisite age may participate in this squad if first approved by the Head Coach.

Season: September 12th, 2022 – April 14th, 2023

Provincial Prep week is the last week before provincials and will be limited only to swimmers competing at provincials.

Practices: Monday and Wednesday 4:00pm – 5:30pm
Tuesday and Thursday 5:30pm – 7:30pm
Friday 4:00pm – 6:00pm
No School = No Practice (WRPS Calendar)

Cost: \$750.00 (Early Bird \$700.00)
\$50.00 Lifesaving Activation fee
\$800.00 Total



Focus Plus Nationals

- Introduction:** Focus Plus Nationals allows swimmers who are competing at the National level to continue to train with the team, after the regular Orca season has concluded and until the National event.
- Prerequisites:** Competed in the 2022/2023 Orca Season as a member of the Focus Plus squad and plans to attend Nationals.
- Note:** The cost of this season and the practice times will be determined by the Head Coach at a later date and is dependent on the interest of the swimmers and on pool availability.

Junior Coaching

Introduction: This is a volunteer program designed for those who have an interest in becoming a Lifesaving Sport Coach. Junior Coaches are paired with senior coaches. They will assist the senior coaches in making day to day lesson plans along with giving instruction to the swimmers. The goal of this program is to teach the instructional skills to better prepare potential candidates for the Lifesaving Society Lifesaving Instructor course as well as the Lifesaving Sport Coach Course.

Prerequisites:

- Ages 14+
- Previously competed in Lifesaving Sport
- Completed the Lifesaving Society's Bronze Medallion certification
- Must be approved by the Head Coach

Season: October 4th, 2022 – March 23rd, 2023

Bronze Medal Courses

We encourage all swimmers to take the opportunity to achieve the Lifesaving Society's Bronze Medallion and Cross Courses. We will be offering the **Bronze Medal Awards** during the Orca season. Separate registration for these courses will be taken at the pool or online. *All Orca members will receive a 10% discount on their registration for these courses during the season.* It is highly recommended that all Orca members over the age of 13 take these courses, especially if you are interested in becoming a lifeguard or an Orca Coach.

These courses develop the fitness, skills, and knowledge to perform water related rescues and respond to a non-aquatic emergency. Bronze Medallion and Bronze Cross are prerequisites for the National Lifeguard (NL) award.

The Manluk Centre will be hosting multiple Bronze Medallion and Bronze Cross courses throughout the Orca season. When registration becomes available for these courses it will be relayed to all Orca members via the Monthly Parent Newsletter which is sent through email and posted on the Orca Facebook Page.



Contact Us

If you have any questions or concerns, please feel free to contact us by:

- Sending us a private message through our Facebook Page (Wetaskiwin Orcas Lifesaving Club Page) (www.facebook.com/WetaskiwinOrcasLifesavingClub/)
- Email us at Orcas@wetaskiwn.ca
- Or phone the pool office @ (780) 361 4411 and ask to speak with Tyler, if he is unavailable, please leave a voicemail or a message with one of our aquatic staff.

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