



HANDBOOK 2011-2012

TABLE OF CONTENTS

| | |
|------|----------------------------|
| 1.0 | CLUB OPERATION POLICY |
| 2.0 | INTRODUCTION |
| 3.0 | SYNATICS PROGRAM |
| 4.0 | SUPPLY LIST |
| 5.0 | SWIMMERS OBLIGATIONS |
| 6.0 | DISCIPLINE POLICY |
| 7.0 | COACHES RESPONSIBILITIES |
| 8.0 | PARENTS RESPONSIBILITIES |
| 9.0 | CANCELLATION POLICY |
| 10.0 | TRAVEL INFORMATION |
| 11.0 | BOARD OF DIRECTORS |
| 11.1 | PRESIDENT |
| 11.2 | VICE PRESIDENT |
| 11.3 | SECRETARY |
| 11.4 | TREASURER |
| 11.5 | DIRECTOR AT LARGE |
| 12.0 | PORTFOLIOS |
| 12.1 | REGISTRAR |
| 12.2 | WARDROBE COORDINATOR |
| 12.3 | SPECIAL EVENTS COORDINATOR |
| 12.4 | FUNDRAISING COORDINATOR |
| 12.5 | OPERATIONS |
| 12.6 | POOL CONTRACT COORDINATOR |
| 12.7 | TRAVEL COORDINATOR |
| 12.8 | MEDIA |

APPENDICIES

| | |
|-------------|--|
| APPENDIX A: | STRATHCONA SYNATICS BOARD OF DIRECTORS |
| APPENDIX B: | FEE SCHEDULE |
| APPENDIX C: | SWIMMER SUPPLY LIST |
| APPENDIX D: | STRATHCONA SYNATICS BYLAWS |

1.0 CLUB OPERATIONS POLICY

In order to maintain status as a member in good standing with Synchro Alberta, all synchronized swimming clubs in Alberta, must have documented By-Laws, policies, procedures, rules and regulations by which they strictly abide. The Strathcona Synatics Synchronized Swim Club's By-Laws, which govern the structure and operation of the Club, are included in Alberta Societies Act of this Manual and include the following:

- a. Name of the Club;
- b. Membership in the Society: terms of admission, rights of obligation, conditions of withdrawal and expulsion;
- c. The mode and time of calling general and special meetings and number constituting a quorum at any of those meetings and rights of voting;
- d. The appointment and removal of directors and officers and their duties, powers and remuneration;
- e. The audit of accounts and seal of the society;
- f. The manner of making, altering and rescinding bylaws;
- g. The preparation and custody of minutes of proceedings of meetings and of the directors, and other books and records of the Club;
- h. Borrowing powers;
- i. The time and place, if any, at which members may inspect the books and records of the Club.

The existing Strathcona Synatics By-Laws does not currently include a Dissolution Clause. Until such time as the By-Laws are re-written, the following policy applies to dissolution of the Club.

Upon dissolution of Strathcona Synatics, after paying debts and liabilities and gaming assets, any remaining assets will be donated to another charitable organization, selected by the Strathcona Synatics Synchronized Swim Club Board.

The Strathcona Synchronized Swim Club has approved policies addressing the following items, which are documented within this handbook:

- a. Code of Conduct
- b. Discipline and Complaints Policy
- c. Privacy Policy
- d. Confidentiality Policy
- e. Conflict of Interest Policy
- f. Screening Policy

Registration

The Strathcona Synchronized Swim Club will:

- a. Utilize the Synchro Alberta Registration Form for registration of Club swimmers at Synchro Alberta.
- b. Pay all fees and dues as required and requested by Synchro Alberta.
- c. Submit a list, including name, address, telephone and email of all Club Directors, Coaches, Volunteers and Athletes to Synchro Alberta.

Deck Policy

1. Coaches are not permitted to perform lifeguard duties while they are coaching or instructing any synchro program.
2. Coaches are not permitted to bring their children (under age 14) on deck during their scheduled coaching time.
3. In order to ensure the safety of our members, it is strongly recommended that all parents and anyone considered to be a spectator remain in designated viewing areas at all times during training sessions.
4. The Club's position on deck privileges will be clearly communicated to its' members.

Music Systems - All electrical sound system equipment be a minimum of 1 meter from the gutter of the swimming pool. Wheels if applicable must be in a locked position or be secured to prevent movement. This will be discussed with the coaching staff at the commencement of the swim year

Sanctioning - All Club activities must be sanctioned as per the Synchro Alberta sanctioning policy.

2.0 INTRODUCTION

Welcome to the club! We are proud to offer athletes synchronized swimming in Sherwood Park. This handbook is designed to give information that will help make participating in the sport easy.

The Strathcona Synatics Swim Club has been active in Strathcona County since 1988. Strathcona Synatics is a registered nonprofit organization providing synchronized swimming to all levels of athletes. The Club offers programs that are geared towards those swimmers newly entering the sport of synchro and progressively more competitive programs. The programs operate from September to early June.

Synatics Vision Statement

Achieving full potential in synchronized swimming.

Synatics Mission Statement

Providing opportunities for female athletes to become well rounded, confident, and achieve their full potential through the sport of synchronized swimming.

Club Philosophy

Providing excellence in technical and artistic knowledge. Have an enduring and positive impact on all our athletes, coaches, parents, and community.

What is Synchro?

Synchronized swimming is the performance of figures and routines in solo, duet or team formations. For routines, solos are done individually, duets are done in partners, and teams are a minimum of four members. They are choreographed to music by the coach and swimmer(s). At competitions the routine is marked on both technical merit and artistic impression categories. A panel of judges will give the routine a mark out of ten for each of the categories.

Figures are a combination of basic positions joined together by transitional movements. Four figures are done in front of a panel of judges, who assign the figure a mark out of ten points.

Land Drilling is essential in synchronized swimming and includes determining counts, setting patterns, clarifying position presentation and practicing movements out of the pool. Swimmers are required to do extra land drill independently, outside of normal practice time. Anyone with an extra routine will be required to land drill for their solo, duet, or combo for at least one hour per week over and above her team's land drill time. Parents are asked to encourage their swimmer's compliance with these expectations.

Land Training is performed as a supplement to training being done in the water. Land training strength, stretching, and conditioning exercises bring about optimal fitness more efficiently than relying only on training in the water. Land training workouts include squats, lunges, push-ups, and many types of body-core exercises to develop a tighter, stronger swimmer. Balancing strength-building exercises with stretching builds flexibility and helps prevent injury.

Stretching prevents injury and increases flexibility. Flexibility is extremely important in many of the intricate positions and movements that synchronized swimming demands. Many positions are not possible without good hip, back, and shoulder flexibility. For example, certain sculls require flexibility in the shoulders to be effective, and an extended flat split position will receive much higher scores than one that shows poor flexibility. Stretching can be done individually and requires as little as 15 minutes per day for maintenance. Stretching for up to 30 minutes per day can bring marked improvement in all areas of flexibility in a short period of time. At the very minimum, swimmers will be expected to participate in stretching for half an hour every practice; however, swimmers are encouraged to stretch as much as possible on their own. The difference between a swimmer who

stretches and one who doesn't is very apparent in the pool. Although proper stretching does not require a solitary, quiet environment, it does demand thoughtful, concentrated effort to prevent injuries.

3.0 SYNATICS PROGRAM

Dip & Twirl

This program is geared to Age 6 or older, wanting an introduction to the sport of synchronized swimming and dance. The program is 8-10 weeks and starts in fall or winter/spring. To enter this program the swimmers need to be comfortable in deep water. The time commitment is approximately 2.5 hours a week. See back of book for list of supplies. A minimum of 4 must be registered in order to run the program.

Competitive

This program is for swimmers that want to compete provincially (Wild Rose). They will compete in figures and routines at Synchro Alberta sanctioned meets. The time commitment is two to three times a week approximately 4.25 to 10.5 hours in the pool. See back of book for list of supplies.

Team Selection

The purpose of team selection is to match swimmers of similar skill level on the same team. 8 members on a team are ideal, and the minimum is 4. Registration numbers play a large part in determining team size. For Wildrose Age Categories there are no penalties for team fewer than 8 swimmers.

Assessment of swimmers according to the team selection criteria begins at the first scheduled practice. The swimmers will be trained equally, doing similar drills and workouts regardless of skill level.

Swimmers are assessed on the following criteria:

- Attitude
- Attendance
- Swimming ability (strength, endurance, power, technique)
- Synchro ability (figure positions, transitions, routine skills)
- Flexibility

Swimmers will be ranked within each age category at the end of the team selection process. The Coaches, under the direction of the Head Coach will consider all circumstances before team decisions are made. Teams will be announced after the third or fourth week of the assessment period. Team selection is final and will not be reversed or altered. Any questions regarding the selection process can be directed to the Head Coach.

Extra routines

An extra routine is a solo, duet, or combo event in which a swimmer participates over and above her team's normal training time. These optional routines are offered depending mostly on the availability of coaching and pool time. Parents must agree to an additional annual fee to cover pool rental, coaching costs, and competition suit.

The option to learn an extra routine is left to the Coaches' discretion. Coaches will contact swimmers' parents for permission to participate prior to announcing extra routines.

Training for extra routines will begin in early October. Both the Coach and Head Coach will evaluate all extra routines in December. If the Coach feels that there is a lack of commitment on the part of the swimmer, or if other problems have arisen, the Coach may decide not to pursue the extra routine. The time commitment for extra routines is approximately 0.75 to 1.5 hours a week in the pool.

4.0 SUPPLY LIST

See Appendix C for items that the swimmers are required to have for practices and competitions. With respect to the hair equipment at competitions, every swimmer is required to have their own equipment for EVERY meet. Sharing of make-up will not be allowed for health reasons. When swimming at a meet the swimmers are NOT ALLOWED to wear nail polish or ANY jewelry. They will be disqualified by Synchro Alberta if caught.

5.0 SWIMMERS OBLIGATIONS

1. Obey the conduct rules of the facility, and obey the lifeguard at all times.
2. Arrive for practices prior to start time in order to fill water bottles and prepare equipment. Be properly dressed for all land training, and have required team gear for all pool training sessions.
3. Notify the Coach in advance if you will be delayed or absent for any practices. Report illness or injury as soon as possible.
4. Pay attention to instructions given by coaching staff.
5. Create a supportive atmosphere in both training and competitive settings.
6. Behave in an appropriate manner at all times; older swimmers are expected to be positive role models for the younger swimmers and to set a good example of behavior.
7. Co-operate with coaching staff, and treat the Coaches, other swimmers, and facility staff in a respectful manner.
8. Refrain from physical contact resulting in abuse (e.g., severe pinching, using objects to inflict pain and injury). Such behavior will not be tolerated.
9. Respect the property of others.
10. Use appropriate language, and do not display a disrespectful attitude by using profanities or obscene language or gestures to any other club member, competitor, official, or spectator.
11. Respect your body, and refrain from the use of banned substances, alcohol, and illegal drugs.
12. When at competitions, abide by the rules of conduct as described in the Strathcona Synatics Handbook for Parents and Swimmers.
13. Never accept money or other consideration to interfere with or affect the outcome of a competition.
14. Represent yourself correctly on entry forms, and do not attempt to enter a competition for which you are not eligible, by reason of age or any other reason.
15. Act in a sportsmanlike manner.
16. Attend practices, competitions, and extra training.
17. Behave as a goodwill ambassador of the Strathcona Synatics Synchro Club whenever participating in competitions or representing the Strathcona Synatics Synchro Club.

Attendance

Attendance is extremely important in a team sport like synchronized swimming. The swimmer should clearly understand the commitment to her team, coach, and club before the season starts. It is important to note that during the competition season (January to May), the highest degree of attendance and focus is necessary.

The progress of the team depends on the regular attendance of every swimmer. Absences affect the entire team. If a swimmer must miss a scheduled practice, the Coach must be notified by telephone or e-mail as soon as possible. This allows maximum preparation time for the Coach to organize the practice for the least amount of disruption for the other members of the team. Parents of swimmers with more than two unexcused absences within a one-month period will be contacted, and a parent-coach meeting will be arranged by the Head Coach. The swimmer's commitment and the Coach's expectations of the swimmer will be discussed. If unexcused absences continue, the Coach and Head Coach will re-evaluate the swimmer and decide on a course of action.

Vacations and extended absences

Parents are encouraged to schedule vacations at times when swimmers do not have scheduled practices. If vacation is to be taken during scheduled practice time, provide notice via to e-mail and verbally to the Coach and Head Coach well beforehand, to enable them to plan around a swimmer's absence. Vacations should not be planned two weeks prior to the Wildrose Classic Qualifier, or three weeks prior to the Wildrose Classic, and the MASY Challenge. Should the vacation extend for a period

longer than two weeks, it is at the discretion of the Coach and Head Coach whether the swimmer will continue as an active member of the team or swim as an alternate.

6.0 DISCIPLINE POLICY

Minor discipline concerns refer to basic behavior encountered in daily pool use. Disregarding pool rules is an example of a minor infraction; horseplay is another. Major discipline concerns refer to actions that may pose danger to the individual swimmer and/or those around her. Minor infractions that have become an ongoing problem, as well as behavior that is obstructive to the training program, are also considered major discipline concerns; for example, consistently disregarding a Coach's instructions, infraction of travelling rules, or frequent absences.

Disciplinary procedure

Generally, the lowest level of discipline will be applied first in the case of minor infractions, and escalated if the behaviors do not change. A higher level may be applied immediately if the infraction is major.

Ladder of disciplinary procedure

1. Talk with the swimmer, and arrive at an agreement of appropriate behavior.
2. Give an official reprimand, which the Coach will document and report to the Head Coach.
3. Give the swimmer a time-out (10 to 15 minutes). Document and inform the Head Coach.
4. Ask the swimmer to leave the pool/bleachers for the remainder of the practice. Parents are responsible for directing the swimmer to wait for pick-up if necessary.
5. Suspend the swimmer for a number of practices as determined by the Coach, Head Coach and/or a member of the Executive.
6. Indefinitely suspend the swimmer from practice. Parents are required to meet with the Coach, the Head Coach and/or a member of the Executive to resolve the problem before the swimmer returns to training.
7. Suspend the swimmer from a meet. If the infraction occurs during an out-of-town competition, the swimmer will be sent home at the expense of the parent.
8. Expel the swimmer from the club.
9. The fees paid to that point would be forfeited, including all fees for the current month in which the expulsion occurs.

Appeal procedure

Under no circumstances may a parent address disciplinary concerns with a Coach during scheduled practice times. Parents are required to set up a meeting with the Coach to discuss consequences of the swimmer's actions outside of practice times. To appeal a disciplinary decision made by the Coach, parents must file an appeal according to the following procedures:

1. Submit a written letter of appeal to the Head Coach and the President.
2. The President will arrange a meeting of the parents with an appeal panel consisting of two members of the Executive, the swimmer's Coach, and the Head Coach
3. The appeal panel will review the situation and arrive at a conclusion deemed appropriate.

7.0 COACHES RESPONSIBILITIES

The coaches perform tasks with honesty, integrity, and enthusiasm. They provide a positive learning environment for all swimmers in the Club. They strive to encourage the best within the capabilities and ambition of all swimmers. The coaches will model the behavior they expect from the swimmers. All coaches are NCCP trained continue to take courses to gain more knowledge.

The coaches along, with the head coach, will determine the placement of the swimmers on teams. The coaches will personally contact each swimmer's parent at least once per year to check in on any concerns the parent may have about their child/the club/and generally answer any questions. If swimmers want to do an extra routine, the head coach is responsible for granting this if the swimmer is ready to take on more.

Role of the Coach

The Coach is always available should you have questions related to your daughter's training and preparation, or regarding the sport of synchronized swimming.

All Strathcona Synatics coaches have up-to-date criminal checks, are trained through the National Coaching Certification Program (N.C.C.P.), and are encouraged to continue to develop new skills and achieve higher levels of certification for the benefit of the swimmers. Within a year of beginning with Strathcona Synatics, they are expected to become fully certified Level 1 N.C.C.P. Coaches. By the time they attend their third Provincials, they must be fully certified at Level 2 in accordance with Synchro Canada bylaws.

Your daughter's Coach has a number of responsibilities in overseeing her training and preparation, which include the following:

- Physical training and conditioning
- Teaching basic and advanced skills
- Teaching and coaching figures
- Music selection and preparation
- Planning and implementing synchronized swimming practices
- Designing choreography and developing routines
- Coaching mental preparation, including stress management to swimmers in competitions
- Giving feedback, encouragement, and support to swimmers
- Revising of routines as necessary
- Competition simulation and preparation
- Attending all age-class competitions of the club
- Travelling with the team for out-of-town meets
- Sharing accommodation with swimmers when requested
- Preparing practices and finding a substitute coach for any absence
- Setting goals with swimmers
- Sharing nutritional information and advice
- Acting as liaison between judges and swimmers
- Knowing the policy/procedure manual for Coaches
- Reporting hours to the Treasurer at the end of each month

Obligations of the Coach

The Coach is expected to:

- perform tasks with honesty, integrity, and enthusiasm
- provide a positive learning environment for all swimmers
- be committed to continuous professional development, and upgrade coaching skills as opportunities arise
- submit an outline of the year's training schedule to the Head Coach by October 15th each year (any major changes or revisions to this schedule must be approved by the Head Coach)
- attend monthly coaches' meetings
- abide by terms as defined in contract
- respect recreational/competitive differences
- strive to encourage the best within the capabilities and ambitions of each swimmer
- communicate any problems or concerns to the Head Coach.

Role of the Head Coach

The Head Coach position may be shared or held by one individual. The individual(s) fulfilling this role will have substantial experience within the synchronized swimming community, and preferably within the Strathcona Synatics club as well. The candidate(s) for this position will be named by the Executive.

The Head Coach(es) will:

1. Provide leadership to other Coaches through both scheduled and informal on-deck interaction
2. Hold monthly coaches' meetings to determine and address coach, individual, and club needs on an ongoing basis during the year

3. Consult with and present recommendations to the President (and/or other Executive members when appropriate) in hiring new coaches
4. Be the second line of contact for swimmer, parents, and Coach in cases of unresolved issues (first line of contact will be directly between the swimmer/parent and the team Coach)
5. Determine need for coach and swimmer education and/or training beyond day-to-day on-deck activities, bringing recommendations and estimating involvement and costs to the Executive for approval prior to implementation
6. Attend all competitions and club activities as the main representative for Strathcona Synatics, designating an alternate Head Coach if unable to attend
7. Review the team plans of each Coach at the start of the season and periodically during the season, to ensure that their goal setting is appropriate to achieve optimum swimmer/team performance.
8. Observe coaches' performance on an ongoing basis and provide feedback.
9. Attend Strathcona Synatics Annual General Meetings and Executive meetings to present the Head Coach report.

8.0 PARENTS RESPONSIBILITIES

Parents are encouraged to discuss progress and concerns with their swimmer's coach. If they wish to meet with the coach, these discussions are to take place before or after scheduled practices, not on deck during a practice. Parents may watch the swimmers during practice in the observation areas provided by the facility. Parents are not to interfere with practices or competitions.

Club Meetings

There will be two Club Meetings each year which parents are encouraged to attend. These will include a Parent Meeting early in the swim season and the Annual General Meeting and Election at the end of the swim season in the spring. Dates and times for these meetings will be provided.

Parent Meetings

The coach and parents of the various programs/teams may hold meetings throughout the year to ensure that everyone is informed about club activities and address questions and concerns. Parent meetings may also be called as required to review details pertaining to upcoming competitions, fundraising initiatives or to address specific issues.

The Strathcona Synatics Club, with the exception of the coaches, is staffed by volunteers and relies on volunteer parents/family to operate. There is an expectation that all parents will volunteer in some capacity and participate in all club fund raising activities as much as possible. Parental involvement is necessary for the general operation of the club. Please refer to section 12.0 Portfolios, for descriptions of the various volunteer opportunities.

If the club incurs an NSF cheque, the following actions are taken: certified funds are to be provided within a week or the swimmer cannot participate in any club activities.

9.0 CANCELLATION POLICY

Any request for cancellation must be forwarded in writing to the Strathcona Synatics head coach and any Executive Member. Prior to January 1 post-dated cheques that have been provided will be returned for the months following the month in which the cancellation notice was provided. If the cancellation occurs anytime after the first of the month, no portion of the month in which the cancellation notice was received will be returned, as all post dated swim payment cheques are dated and deposited on the first of the month. The Synchro Alberta Registration fee is non refundable, regardless of when the cancellation takes place. After Jan 1 cancellation refunds will be at the discretion of the Executive.

In the event that a swimmer leaves the Club as a cancellation or termination and there are fees owed to the club for supplies, travel, fundraising, etc., these amounts will remain the responsibility of the

swimmer and must either be paid directly or deducted from any reimbursed payment or post dated swim payment cheque.

10.0 TRAVEL INFORMATION

Synchronized swimming is a team sport, and the focus of these guidelines is team travel. Team travel, while considering the interests of the individual, addresses specifically the needs of the team.

- The needs of the team must take precedence over the interests of the individual.
- It is the clubs policy that the teams, coach and chaperones travel together to and from competitions.

All guidelines that follow have been developed with the best interests of the team as the focus.

1. Chaperones must be female.
2. The Club should travel the day before any competition is scheduled.
3. The Club has a pre-determined meet schedule. This schedule cannot be altered.
4. Each team coach may ask her athletes to conform to guidelines with regards to dress during travel, or packing arrangements. Swimmers will carry the following items in their carry-on luggage:

Black Figure Suit
All routine suits
White bathing cap
Nose clips (3)
Other pieces of team uniform not being worn
Personal Hygiene items
Towels

Club practice suit
All routine hairpieces
Club bathing cap
Goggles (an extra pair is a good idea)
Combination Lock
Snacks

Transportation To & From Competitions

The organization of team travel differs significantly from organizing travel for individuals. All guidelines that follow have been developed with the best interests of the team as the focal point.

Guidelines:

1. Strathcona Synatics Synchro Club will travel as a group, including, chaperones, athletes & coaches. The travel coordinator will organize a "group booking" for travel, ensuring that the cost and scheduling involved are as reasonable as possible.
2. Coaches and chaperones are required to travel both ways with their team unless the Head Coach and Travel Manager approve an exception.
3. Itinerary will be established by the Head Coach or person designated by the Head Coach.
4. The Travel Coordinator is responsible for making travel arrangements for transportation, accommodations and meals for athletes, coaches, and chaperones.
5. If the Travel Coordinator for the Strathcona Synatics is not involved in a particular out-of-town meet, one parent from the group traveling should be designated to work with the Travel Coordinator.
6. The travel bookings payment will be conducted by the Strathcona Synatics Treasurer, or designate.
7. Once the initial booking is organized, the details of the booking and the deadlines for payments will be communicated to parents in a timely fashion.
8. Extenuating circumstances will be considered only if application in writing is made to the Strathcona Synatics Synchro Club Executive 45 days or more before the scheduled competition. The athlete will be responsible for the cost of all prior travel arrangements, as well as any resulting charges due to the extenuating circumstances. The Strathcona Synatics will not be responsible for any athlete traveling independently.
9. When making travel/accommodation arrangements, the team travel coordinator will meet the conditions necessary to provide adequate competitive preparation by considering the following: non-smoking rooms.
12. Non-chaperoning parents will be responsible for their own travel and accommodation arrangements.

13. If traveling by points, preference will be to travel with the team on the same flight or flights. At the Head Coaches discretion another flight via points may be accepted conditional upon:

- That the team & Strathcona Synatics Synchro Club are not responsible for the safety of the athlete while not in the Synatics care.
- That the athlete coincides with the team travel schedule.

Local Transportation at Competition

While competing away from home, it is important to have the ability, not only to transport teams and individuals between the airport and the accommodation, or the accommodation and the pool, but also to transport luggage, shop for groceries. These factors have been taken into consideration in developing the guidelines that follow.

Guidelines:

1. The travel coordinator will book all rental vehicles that are required by the Strathcona Synatics Synchro Club.
2. Each driver, whether of a rental or personal vehicle, must provide a photocopy of a valid driver's license.
3. All coaches and chaperones may be required to act as drivers for the group. Any potential chaperone or coach that is not comfortable with this role should inform the Executive and Travel Manager in writing as soon as possible.
4. The travel coordinator will contact the treasurer regarding insurance coverage for volunteer drivers.
 - Should there be any concern as to the extent of the insurance coverage, the Travel Manager will be responsible for advising the drivers of the vehicles as to securing adequate insurance coverage.

Accommodation at Competition

Cost, location, on-site facilities, proximity to the pool, and access to other amenities are all factors to consider when arranging accommodation. It is helpful to provide the best environment possible for teams and athletes who are experiencing the stresses of travel and competition.

Guidelines:

1. The travel coordinator will book accommodation for the group traveling.
2. Wherever possible, accommodation with cooking facilities will be utilized.
3. Non-smoking rooms, in close proximity will be requested.
4. Coaches are responsible for rooming lists.
5. Every attempt will be made to organize economical accommodation, but it will not be done at the expense of the safety or well being of the participants.
6. Athletes must obtain permission from their chaperone before using the accommodation's facilities and amenities (room service, telephones, restaurant, internet café, hotel pool etc.).
7. There will be no more than two athletes per double bed, or four athletes per room. Depending on the accommodations and competition duration the athletes per room may be less.
8. Chaperones will room with athletes. Athletes ages 14+ may be assigned rooms without a chaperone.
9. Information will be distributed as soon as information is available regarding final schedules, hotel (costs and address), travel arrangements, etc.
10. Coaches will be provided with separate rooms from athletes.

Athletes Responsibilities at Competitions

1. While in the hotel room, keep the door locked at all times. If you have problems, please ask a Coach or Chaperone. **DO NOT OPEN THE DOOR TO ANYONE YOU DO NOT KNOW.** Ask for the person to identify himself or herself before you open the door.
2. Take advantage of the FREE safety deposit boxes at the hotel. Do not leave large amounts of money in your room! Obtain a safety deposit box from the front desk and put the bulk of your money in the safety deposit box. Remove money only as you need it.
3. Do not use anything from the hotel bar/refrigerator. You and the other swimmers in your room will be held responsible for the cost.

4. Do not make any long distance phone calls unless they are collect. If you have access to a Calling Card, know the number and how to use it. Be aware that there may be a charge for local calls and that they will be billed to your room.
5. Movie rentals will be charged to your room. Ensure that you have enough money to pay for any rental, before doing so.
6. Adhere to the Coach's guidelines with respect to nutrition, dress code, curfew, bed times etc. Sleepwear should not be worn in hallways or other public areas. Swimsuits should be covered except when at the pool.
7. You are responsible for your belongings. KEEP TRACK OF THEM!!
8. Bring a lock (combination or conventional) and use it ALWAYS in the dressing room.
9. Pack all competition clothing and articles in a separate carry-on bag. This will make preparation for travel to the pool easier. The schedule for the meet will be posted in your room - keep track of it.
10. At the conclusion of any activity (be it competition preparation or meal preparation) ALL swimmers are expected to assist in clean up.

DO NOT GO ANYWHERE ALONE!! Specifically the elevator, stairwell, underground parkades, public washrooms. Use the Buddy System!! Please make sure your Chaperone knows where you are at all times. Check in with your Chaperone - they are there to help ensure your safety.

Chaperone responsibilities

1. All chaperones are responsible for the safety and supervision of the group as a whole.
2. Chaperones are expected to assist Coaches and swimmers whenever possible.
3. Chaperones will assist the swimmers with hair as required for teams under the supervision of Coaches.
4. Chaperones will have addresses and contact information for accommodations and pool, and such other information as maps, directions, and the team's meet schedule.
5. Chaperones are responsible for the swimmers when they are not under the direct supervision of a Coach on deck at the pool.
6. Chaperones will enforce lights-out time, and ensure that there is no room-swapping or leaving the room after hours.
7. Chaperones will ensure that the swimmers respect the wake-up times specified by the Coach on the team schedule.

11.0 BOARD OF DIRECTORS

These positions will be elected in late spring and run until the following spring when a new election is conducted. It is the responsibility of everyone on the Board of Directors to hand over their position to the next person and maintain all required records to relay information accurately and easily.

The Board of Directors are all elected and consist of the President, Vice President, Treasurer, Secretary and a minimum of three Directors at large.

11.1 President

- Calls, organizes and chairs Board of Director and Club Meetings
- Holds signing authority at the bank & responsible for signing cheques for the Treasurer
- Prepares Coaches contracts, reviews with Coaches and ensures contracts are in place
- Interviews/hires/fires coaches with the Head Coach
- Tries to attend Presidents' Meetings, annual Synchro Conference and Synchro Alberta meetings, or assigns designate
- Liaison with Synchro Alberta
- Oversees Club operation in conjunction with Board of Directors
- Approval of expenditures in consultation with Board of Directors
- Decision making on behalf of the Club in consultation with Board of Directors and parent group accordingly
- Promotes and facilitates positive resolution of any conflicts or issues between a specific swimmer, coach or parent
- Assists in assignment of, maintenance and support to volunteer parent committees

11.2 Vice- President

- Acts and assists in the President's position in the event of the absence or unavailability of the President. Ideally this position is used for succession planning for the position of President
- Prepares Coaches contracts, reviews with Coaches and ensures contracts are in place (in conjunction with the President)
- Holds signing authority at the bank & responsible for signing cheques for the Treasurer
- Liaison with Strathcona County & Millennium Pool, or assigns designate
- Tries to attend Presidents' Meetings, annual Synchro Conference and Synchro Alberta meetings, or assigns designate
- Assists President and Head Coach if need be with interviewing/hiring/firing coaches.
- Creates scheduling for the program, or assigns designate
- Links with Treasurer to pay for facility costs
- Reviews with Media Director all media advertisements
- Oversees Club operation in conjunction with Executive Committee
- Assists in assignment of, maintenance and support to volunteer parent committees

11.3 Secretary

- Prepares and distributes meeting agendas, via email whenever possible
- Records, maintains and distributes minutes of all Board of Director and Club meetings, no later than one week after each meeting
- Ensures the registration of all swimmers including appropriate completion of all required registration forms and documentation
- Maintains membership records
- Compiles a swimmer contact list and provides to parents and Coaches
- Updates the Handbook and provides to parents and Coaches

11.4 Treasurer

- Picks up mail from Club mailbox, reviews and distributes
- Carries out all financial transactions including collecting fees, bank deposits, paying coaches, and paying all pool rentals and maintains corresponding records
- Provides financial reports to parent group
- Prepares budget for parent group and Board of Directors review
- Maintains individual swimmer accounts
- Maintains record of fundraising income
- Ensures the preparation of un-audited or audited financial statements at the end of the season and may request the assistance of an accountant with this task. The Treasurer makes the recommendation on the type of audit, but a full audit should be conducted at least once in a four year period.
- In the event of an un-audited financial statement by the accountant, the Treasurer is responsible, for ensuring that the Board of Directors selects two Club Parents, to audit and sign the statement so prepared, and for ensuring that the two members perform their auditing duties. The financial statements must contain general particulars of the assets, liabilities, revenues and expenditures of the Club.
- In accordance with Section 26 of the Alberta Societies Act, at the end of each swim season file a return to the Registrar, as defined in the Business Corporations Act, containing:
 1. The name and address of the Society
 2. The full name, address and occupation of each Board of Director
 3. The audited financial statements presented at the last Annual General Meeting

11.5 Director at Large

- Assumes responsibility for one of the Portfolios
- Assists in the overall operation of the Club as required
- Attends all Board of Directors meetings

12.0 PORTFOLIOS

12.1 Registrar

- Ensures that all affiliation forms are submitted to Synchro Alberta
- Ensures Coaches have required medical information on all swimmers
- Assists in preparing registration packages and handbook

- Roster, Forms, Handbook & Registration - ensuring that all documents are completed and submitted accordingly

12.2 Wardrobe Coordinator

- Bulk orders team items such as nose clips, caps, etc, and coordinates re-sale to swimmers, including tracking of accounting and transfer of money to the Treasurer
- Assumes responsibility for the sizing kit
- Team Uniforms and Competitions Swim Suits - arranges the fittings and orders all competition swim suits including collection of all fees from the parents and transfer of money to the Treasurer

12.3 Special Events Coordinator

In conjunction with a parent or group of parents assigned to assist with the special events, but under the lead of the Head Coach:

- Coordinates all Water Shows
- Coordinates Open House
- Coordinates socials
- Coordinates Club Hosted meets and camps
- Organizes team pictures
- Prepares budget forecasts for all special events to ensure that projected costs are in line with the budget
- Provides Communications & Marketing portfolio holder with the necessary documentation to advise the parents of upcoming events and market special events
- Collects all monies for social events, prepares documentation and submits to Treasurer

12.4 Fundraising Coordinator

All club members are required to participate in fundraising activities. The Fundraising Coordinator has the following responsibilities:

- Oversees fundraising activities
- Application for Casinos
- Pursues fundraising opportunities
- Prepares letters for parents to hand out to potential sponsors
- Researches any grants available from companies or government and completes applications with assistance of Board of Directors
- Plans, organizes and provides guidance to fundraising sub committees organizing a specific event, which may include but is not restricted to the activities specified below:

The Fundraising Sub Committee Chair has the following responsibilities:

- Plans and organizes the Club fundraiser and ensures that set up is organized
- Schedules volunteers for fundraising activities
- Works with the Treasurer to record all income
- Assists the Media Coordinator to ensure appropriate event advertisement
- Liaisons with the Parent Team Contact to communicate to parents

12.5 Operations

President carries out or assigns designate:

- Administrative contracts including but not limited to facilities and staff
- Legal matters and Board of Directors insurance
- Policy and Bylaw updating

12.6 Pool Contract Coordinator

- Attends monthly pool allocation meetings as a spokesperson and advocate of the Club
- Receives and checks and corrects monthly pool allocation schedules
- Liaisons with Millennium Pool booking service
- Pays monthly pool fees

12.7 Travel Coordinator

- Heads committee coordinating meets on advice of Board of Directors and Head Coach
- Organizes travel, accommodation and chaperones for out of town meets
- Organizes meals and snacks as required
- Researches and reports on hospitality provided at meets/hosting city

- Ensures the First-Aid Kit is updated and available at meets
- Ensures the Strathcona Synatics travel banner is taken to meets and displayed
- Prepares details for parents at least four weeks prior to a meet, including costs and room allocations
- Sends a room list as required by the Hotel being booked
- Distributes the chaperone duties to required chaperones
- Contact for Head Coach re any major concerns re meets
- Files sanction forms to Synchro Alberta for out of town meets

12.8 Media

Due to the nature of this portfolio, it is necessary for the individual to liaise closely with those people assigned the Registration, Special Events and Fundraising Portfolios to ensure that information can be clearly and efficiently disseminated to the parents. Each of the key responsibilities within this portfolio is specified below:

- a) Media Coordinator
 - Advertises local media of upcoming events
 - Prepares all advertisements as needed to promote the Club, registration, fundraising events, summer camps, and special events including the Strathcona County Recreation Guide
 - Coordinates any activities related to public advertising and promotion
 - Works with Fundraising Committee to promote fundraising events where required
- b) Parent Team Contact

A parent liaison is preferred for each team. Ensures that new parents are welcomed and recruited to be active in all activities of the club.

 - Updates and reminds all parents of meetings and upcoming events
 - Coordinates volunteers for fundraising activities in conjunction with the Portfolio holder
- c) Website Coordinator

Oversees the creation, maintenance and regular updating of the Club website including appropriate links to other synchro websites including but not limited to Synchro Alberta and Synchro Canada.
- d) Club Newsletter Coordinator

Creates a monthly informative newsletter based on information obtained from the Executive and Head Coach to distribute to swimmers and parents

Appendix A - Strathcona Synatics Board of Directors 2011/12

| Name & Title | Address | Phone Numbers |
|---|---|---|
| Julie Hobern President | 127 – 22559 Wye Road Sherwood Park T8C 1H9 pjhobern@shaw.ca | Res: (780) 570-5017 Cell: (780) 289-4073 |
| Corina Genereux <i>Vice-President</i> | 361, 52477 Hwy 21 Sherwood Park, AB T8A 6K2 corinag@shaw.ca | Res: (780) 410-0781 Cell: (780) 886-7184 |
| Lynette Carlson <i>Treasurer</i> | 195 Norwich Crescent Sherwood Park T8A 5T7 dlcarlson@shaw.ca | Res: (780) 417-1044 Cell: (780) 288-1044 |
| Barb Strynadka <i>Director at Large</i> | 70 Aster View Sherwood Park, AB T8H 1N6 cstry@shaw.ca | Res: (780) 467-3178 Cell: (780) 975-9095 |
| Sandy Hodgson <i>Director at Large</i> | 1106 Parker Terrace Sherwood Park T8A 3Y5 snhodgson@shaw.ca | Res: (780) 417-2030 Cell: (780) 964-5878 |
| Vacant <i>Secretary</i> | | Res: Cell |
| Katrina Field Head Coach | 218 – 51247 RR 231 Sherwood Park, AB T8B 1K7 katrina.field@googlemail.com | Res: (780) 464-3915 Cell: (780) 906-5018 |

APPENDIX B SWIMMING FEES

Fees are calculated on an annual basis and not based on the frequency of swims or related activities in a given month. As a courtesy, the club provides to competitive swimmers the option of paying on monthly basis for nine consecutive months by post-dated cheques dated the first day of the month commencing September 1, 2011 up to and including May 1, 2012. Parents also have the option of making 3 payments (Sept 1, Dec 1 and March 1) or one lump sum, due on registration night. All cheques are made payable to Strathcona Synatics.

Each swimmer must be registered with Synchrono Canada and Synchrono Alberta at the beginning of the year and must pay an annual registration fee.

| Schedule | Tuesday | Thursday | Sunday |
|----------------|--------------|--------------|--------------|
| Dip & Twirl | | | 5:00-7:30 pm |
| 10 & Under | | 5:45-8:30 pm | 5:00-8:00 pm |
| 12 & Under | 5:45-8:30 pm | 5:45-8:30 pm | 4:00-8:00 pm |
| 13-15 | 5:30-9:00 pm | 5:30-9:00 pm | 4:00-8:00 pm |
| 15 & Over | 5:30-9:00 pm | 5:30-9:00 pm | 4:00-8:00 pm |
| Extra Routines | 6:30-7:30 pm | | 8:00-9:00 pm |

| Teams | Yearly Fee | Swim the Dream | Synchro Alberta | Total | Fundraising opt out | Total |
|------------|------------|----------------|-----------------|--------|---------------------|--------|
| 10 & Under | \$1500 | \$100 | \$75 | \$1675 | \$600 | \$2275 |
| 12 & Under | \$2000 | \$100 | \$75 | \$2175 | \$600 | \$2775 |
| 13-15 | \$2400 | \$100 | \$75 | \$2575 | \$600 | \$3175 |
| 15 & Over | \$2400 | \$100 | \$75 | \$2575 | \$600 | \$3175 |

| | |
|-------------------------------------|--|
| Dip & Twirl | \$25/week for total of 8-10 weeks Plus \$10 Synchro Alberta Registration fee |
| Extra Routines | \$450 |
| Travel Fee | additional & to be determined |
| Uniform, Supplies & Swimsuits, etc. | additional & to be determined |

Fee schedule is subject to change. Fees are based on team placement as opposed to age of swimmer. As a reminder Strathcona Synatics is a nonprofit organization. However, the Club does have to ensure cost coverage

APPENDIX C SWIMMER SUPPLY LISTS

1.0 Swim Practice Equipment:

bathing suit (has to be a one piece bathing suit, bikinis NOT ALLOWED)
bathing cap (team colour will be determined by coach), but have extra ones just in case
nose plugs
goggles
water bottle
deck shoes
athletic wear to be worn on deck & aerobic room on Sundays - NO JEANS are allowed

2.0 Competition Equipment:

Full Tracksuit at ALL competitions which Includes: track jacket, t-shirt shorts, & capri pants.
4 towels (minimum)
combination lock
snacks (nutritional guidelines to be given out by the coach)
deck shoes

3.0 Hair Competition Equipment: EVERY swimmer will have their own equipment for EVERY meet:

minimum of 4 big elastics (brown or black)
clear mini elastics for end of braids
minimum of 6 the strong circular hair combs (blonde or brown)
minimum of 2 packets of the strong hair pins (blonde, brown, black)
minimum of 2 packets of bobby pins (ones that have straight edge & one crinkly side)
hair net (blonde, brown, or black)
minimum of 2 BOXES NOT PACKETS of Knox gelatin (EACH swimmer will have a min. of 2 packets)
gel container (EACH swimmer will have their own)
paint brush (EACH swimmer will have their own)
team headpiece
Make-up: EACH swimmer will have their own mascara, team colour lipstick, the rest will be team make-up.
kettle (one per team)
nail polish remover

Important Notes: When swimming at a meet the swimmers are NOT ALLOWED to wear nail polish or ANY jewelry. They will be disqualified by Synchro Alberta if caught. All swimmers must have their own make-up and sharing will not be allowed for health reasons.

APPENDIX D THE ALBERTA SOCIETIES ACT

BY-LAWS OF THE STRATHCONA SYNATICS SYNCHRO SWIM CLUB

The name of the Society is: Strathcona Synatics Synchrono Swim Club

In these by-laws Club means Society

Affiliations

1. The Club will maintain affiliation with the Canadian Amateur Synchronized Swimming Association Inc. and Synchrono Swim Alberta or their successors. The Club will adhere to the rules and regulations of these organizations.

Membership

2. The Club has the following classes of memberships.

a. Aquatic Member.

Any person who subscribes to the objects of the Club, indicates a desire to be an aquatic participant, and meets the standards of performance as set by the head coach, shall be entitled to become an aquatic member upon submitting an application for membership and paying the prescribed fees. Aquatic members shall only have the right to vote at meetings of the Club, or to hold office in the Club, if they are 18 years of age.

b. General Member

Every parent or guardian of an aquatic member will be registered as a general member. General members are not assessed a membership fee. A general member has the right to vote at general meetings of the Club and may hold office in the Club.

c. Associate Member

Anyone who is 18 years of age, who subscribes to the objects of the Club and indicates a desire to give active support to the Club's endeavors, may become an associate member by a vote passed by a majority of the members at a general meeting of the Club. Associate members are not assessed a membership fee. An associate member has the right to vote at general meetings of the Club and may hold office in the Club.

3. Any member wishing to withdraw from membership may do so upon a notice in writing to the Board through the Secretary. If any member is in arrears for fees or assessments for any year, such member shall be automatically suspended at the expiration of six months from the end of such year and shall thereafter be entitled to no membership privileges or powers in the Club until reinstated. Any member upon a majority vote of all members of the Club in good standing may be expelled from membership for any cause which the Club may deem reasonable.

Club Colours

4. The colours of the Club shall be predominately green and blue with white.

5. President

The president shall be ex-officio a member of all Committees. She shall, when present, preside at all meetings of the Club and of the Board of Directors. In her absence the Vice-President shall preside at any such meetings, and in the absence of both, a Chair may be elected by the meeting to preside thereat.

Board of Directors

6. Board of Directors, Executive Committee or Board, shall mean the Board of Directors of the Club.

7. The Board shall consist of all elected Directors and the immediate Past President. A duty of the Past President is to chair a nominating committee to prepare a slate of nominees, for all Board positions, prior to the annual meeting of the Club.

8. The Board shall, subject to the by-laws or directions given it by majority vote at any meeting properly called and constituted, have full control and management of the affairs of the Club, and meetings of the Board shall be held as often as may be required, but at least once every three months, and shall be called by the President. A special meeting may be called on the instructions of any two members thereof provided they request the President in writing to call such meeting, and state the business to be brought before the meeting. Meetings of the Board shall be called by ten days' notice in writing mailed to each member or by three days' notice by telegram or telephone. Any four members shall constitute a quorum, and meetings shall be held without notice if a quorum of the Board is present, provided however that any business transactions at such meeting shall be ratified at the next regularly called meeting of the Board; otherwise they shall be null and void.

9. Any Director or officer upon a majority vote of all members in good standing may be removed from office for any cause which the Club may deem reasonable.

Secretary

10. It is the duty of the Secretary to attend all meetings of the Club and of the Board, and to keep accurate minutes of the same. She shall have charge of the seal of the Club which seal whenever used shall be authenticated by the signature of the Secretary and the President, or in the case of the death or inability of either to act, by the Vice-President. In case of the absence of the Secretary, her duties shall be discharged by such officer as may be appointed by the Board. The Secretary shall have charge of all the correspondence of the Club and be under the direction of the President and the Board.

11. The Secretary shall also keep a record of all the members of the Club and their addresses, and send all notices of the various meetings as required.

Treasurer

12. The Treasurer shall receive all monies paid to the Club and shall be responsible for the deposit of same in whatever Bank, Trust Company, Credit Union or Treasury Branch the Board may order. She shall properly account for the funds of the Club, and keep such books as may be directed. She shall present a full detailed account of receipts and disbursements to the Board whenever requested and shall prepare for submission to the Annual Meeting a statement duly audited as hereinafter set forth of the financial position of the Club and submit a copy of same to

the Secretary for the records of the Club. The office of the Secretary and Treasurer may be filled by one person if any annual meeting for the election of officers shall so decide.

Directors at Large

13. A minimum of three Directors shall be elected as Directors at large. The total number of Directors to be elected and their respective areas of responsibility shall be determined by the members at a general meeting of the Club prior to the election of officers and Directors.

Auditing

14. The books, accounts and records of the Secretary and Treasurer shall be audited at least once each year by a duly qualified accountant or by two members of the Club elected for that purpose at the Annual Meeting. A complete and proper statement of the standing of the books for the previous year shall be submitted by such auditor at the Annual Meeting of the Club. The fiscal year of the Club in each year shall be from the first of August to the end of July

15. The books and records of the Club may be inspected by any member of the Club at the annual meeting provided for herein or at any time upon giving reasonable notice and arranging a time satisfactory to the officer or officers having charge of same. Each member of the Board shall at all times have access to such books and records.

Meetings

16. The Club shall hold an annual meeting on or before the first of October in each year, of which, notice in writing to the last known address of each member shall be delivered in the mail eight days prior to the date of the meeting or notice can be given by telephone 5 days prior to the date of the meeting. At his meeting there shall be elected a President, Vice-President, Secretary, Treasurer, all of whom shall be Directors and a minimum of three Directors at large. The Directors so elected and the immediate Past President shall form the Board, and shall serve until their successors are elected and installed. Any vacancy occurring during the year may be filled by appointment by the Board provided that is confirmed by a majority vote at the next general meeting and that the vote on the confirmation is stated in the notice calling such Meeting. Any member in good standing shall be eligible to any office in the Club.

17. General meetings of the Club may be called at any time by the Secretary upon the instructions of the President or Board by notice in writing to the last known address of each member, delivered in the mail eight days prior to the date of such meeting or notice can be given by telephone 5 days prior to the date of the meeting. A special meeting shall be called by the President or Secretary upon receipt by her of a petition 'signed by one-third of the members in good standing, setting forth the reasons for calling such meeting, which shall be by letter to the last known address of each member, delivered in the mail eight days prior to the meeting.

18. Ten members in good standing, including three members of the Board, shall constitute a quorum at any membership meeting.

Voting

19. Any member who has not withdrawn from membership nor has been suspended nor expelled as herein provided shall have the right to vote at any meeting of the Club. Such

votes must be made in person and not by proxy or otherwise. Voting shall be by show of hands unless the meeting by resolution otherwise decides.

Remuneration

20. Unless authorized at a general meeting of the Club and after notice for the intended authorization has been given, no officer or member of the association shall receive any remuneration for her services,

Powers

21. Subject to the provisions of these by-laws and the Societies Act, the Board of Directors shall manage the Club and exercise all powers of the Club as are not required to be exercised by the members of the Club, and without limiting the generality of the foregoing the Board of Directors:

a. May from time to time for the purpose of carrying out the objects of the Club borrow money on the credit of the Club, issue, sell, or pledge securities of the Club, and charge, mortgage, or pledge all or any part of the real and personal property of the Club including book debts, rights, powers, franchises or undertakings to secure any securities or any monies borrowed or other debt, or any other obligation or liability of the Club, provided that such undertaking is sanctioned by a special resolution of the Club;

b. May from time to time appoint such officers and agents and authorize the employment of such persons as they deem necessary to carry out the objects of the Club, and without limiting the generality of the foregoing shall engage a head coach and additional coaching staff to carry out the day to day aquatic activities of the Club and administrative staff to carry out the day to day aquatic activities of the Club, and such officers, agents and employees shall have such authority and perform such duties as from time to time may be prescribed by the Board of Directors or these by-laws. Such officers, agents and employees need not be Directors of the Club or members of the Club;

c. May institute and amend policies, procedures and standards for the conduct of its business and affairs, provided that such policies, procedures and standards or any amendments thereto shall not be inconsistent with anything herein contained;

d. May open one or more bank accounts for the Club, designate signing officers in accordance with the provisions of these by-laws, execute all documents and do all things incidental to or in connection with the transaction of the business of the Club and with its chartered bank, credit union, trust company or treasury branch. All cheques, bills of exchange: and other orders for the exchange of money, notes or other evidence of indebtedness issued in the name of the Club shall be signed by those persons as are designated by the Board of Directors from time to time or in any other manner as shall from time to time be determined by resolution of the Board of Directors;

e. May establish such committees, standing or otherwise, as in its discretion it deems necessary or desirable to carry out the business and objects of the Club, and delegate to such committee any of the powers of the Board of Directors, provided however that each such committee shall have at least one Director of the Club as a member.

Bylaws

22. The by-laws may be rescinded, altered or added to by a special resolution of the Club.

The objects of the society are:

- a. To encourage and promote amateur games and exercises.
- b. To encourage and promote the sport of synchronized swimming in Alberta.
- c. To provide the opportunity for people to experience the enjoyment of strenuous physical activity, to develop self discipline, and to develop the kinship that develops from coordinated team effort.

THE CLUB WAS REGISTERED AS A SOCIETY IN MARCH OF 1995