

2023-2024

DASC Competitive Handbook



Contents

Durham Artistic Swimming Club Mission, Vision and Values.....	2
Regional League, Provincial & National Streams.....	3
Coaching Team, Responsibilities & Safety	4
Swimmer Evaluations, Commitment & Absenteeism.....	6
Code of Conduct	7
Athletic Training, Pool Time & Information	9
Artistic Swimming Basics.....	10
Competitions.....	11
Fee Structure & Payment Schedule.....	14
Competitive Apparel & Equipment Needs.....	16
Additional Expenses.....	18
Special Events, Volunteering & Fundraising.....	19
Team Parent & Executive Membership	21
Registration Materials	24
Contact Durham Artistic Swimming Club.....	25
A Final Note.....	25

Welcome to Durham Artistic Swimming Club's 2023 - 2024 Competitive Season!

Durham Artistic Swimming Club (DASC) is a non-profit, incorporated organization that continues to enhance its Competitive Program each year as part of our ongoing strategic plan of creating a "Centre of Excellence" for swimmers in the Durham Region and the Eastern corridor of Toronto and Ontario.

Our teams and swimmers continue to have success at competitions at the Regional League (previously known as Novice) Provincial levels. We're looking forward to a new and exciting season, as we continue to build on our successes of last year and improve our programs. Our Coaching and Executive teams are actively working and preparing for the new season.

As outlined by Ontario Artistic Swimming, team structure will be based strictly by age groups. For this reason, specific teams will be assigned based on age and previous experience in artistic swimming. In order to place your child on the appropriate team your child's age as of December 31, 2024 will be required upon registration.

The information contained within this handbook is a guide to the operations, procedures and regulations for swimmers competing on the competitive level with DASC. Please keep this book handy. For further information please contact any member of the DASC Executive or Coaching Staff.

Looking forward to a terrific year ahead! "Synch for Success"!

Christina Baker Sutton, President

Catherine Switzer, Vice-President

Holley Lundmark, Head Coach

Durham Artistic Swimming Club Mission, Vision and Values

Provide a motivating atmosphere that inspires swimmers to achieve their maximum potential through discipline, skill building, teamwork and perseverance.

- To promote overall health and physical fitness while fostering goodwill and sportsmanship.
- To provide opportunities and training for self-development, leadership, and team work in a recreational and competitive environment.
- To inspire and enable our athletes to achieve excellence in the sport of artistic swimming and in life.
- To offer coaches that support athletes to develop self-awareness through discipline, hard work, and preparation.

Regional League, Provincial & National Streams

Regional League Stream Athletes

The Regional League is a program based on inclusion, fun, skill development, and fairness of competition. This level is a great option for those who are new to the sport but want to gain the most important basic skills in a fun and engaging way that will help them excel in future levels, or for those looking to remain active in our sport.¹

	TEAMS (Based on average age of swimmers as described)
8 Years & under	Blended team whose average age is 8.4 years or lower
10 Years & under	Blended team whose average age is 10.4 years or lower
11-12 Years	Blended team whose average age is 10.5 – 12.4 years
Youth (13-15) Years	Blended team whose average age is 12.5 - 15.4 years

Provincial Stream Athletes

Durham Artistic Swimming Club's Provincial level programs focus on skill and routine development, with emphasis on participation and team building. The goals of the program are to encourage the swimmers to make a commitment to participate and train to their fullest. They will compete with, and against, other Provincial level teams. Suggested age groupings are as follows:

	TEAMS (Based on average age of swimmers as described)
10 Years & under	Blended team whose average age is 10.4 years or lower
11-12 Years	Blended team whose average age is 10.5 – 12.4 years
Youth (13-15) Years	Blended team whose average age is 12.5 - 15.4 years
JR	Blended team whose average age is 15.5 or higher
Adaptive Athletes/Mixed Abilities	
Masters 18 Years & Over	

National Stream Athletes

Some season there may be a National Stream team. This stream is a High Performance team that has emphasis on a higher degree of performance and competition with more intense training. The main objectives of this program include building independence, discipline, goal setting, confidence, team commitment, time management, and self-growth as an athlete. National level teams will compete with and against other Canadian teams, across the country. National Stream is for Youth and JR age groups

Team placement is determined by the age the swimmer will be by December 31, 2024

¹ Program descriptions are taken directly from Ontario Artistic Swimming's Website

Coaching Team, Responsibilities & Safety

2023 - 2024 Coaching Staff (anticipated)

Club Head Coach	Holley Lundmark	
Competitive Coaches	Julia Thornton	Cathy Veldhoen-Smith
	Meagan Caulfield	Megan Gomes
	Beth Koster	Abigayle Switzer
	Jenilee Tisi	Heather Beveridge
	Sophia Lawrence	
Rec Head Coach	Meagan Caulfield	

Coaching Responsibilities

The Coaching team is responsible for selecting the members of the teams. Coaches are expected to:

- Support the Constitution & Bylaws of the Club and adhere to the Policies and Procedures of the club, and [OAS/CAS](#) and Code of Ethics – Coaches.
- Develop individual and team goals with athletes.
- Select music and develop choreography.
- Supervise/administer training programs for the team.
- Have direct input into the choice of headpieces and routine suits.
- Teach and perfect figures.
- Maintain regular and clear communication with athletes and their parents/guardians providing updates on a monthly basis.
- Endorse Team Parent nomination and coordinate as needed in his/her role as liaison for the team.
- Provide written monthly schedules in advance for all practices to athletes and ensure that any changes to those schedules are communicated promptly.
- Provide written schedules in advance of all competitions, with expectations for arrival and departure times and equipment needs outlined.
- Help to create a positive safe environment for all athletes, coaches, parents and volunteers.

Athlete Safety

In keeping with city standards and contractual obligations with local pools, as well as standards set by Canada Artistic Swimming and Ontario Artistic Swimming, each of our coaches hold a current NL (National Lifeguard) certification. Each year, DASC coaches are contractually required to submit a copy of their NL certification. NL certification is valid for two years and coaches are responsible to recertify and ensure their credentials are valid and current. This is monitored by the DASC VP and DASCRegistrar. For more information, please see Ontario Artistic Swimming's [Policies](#).

Rowan's Law & Concussion

Rowan's Law legislation was passed by the Ontario Government in 2018. This legislation is named in memory of Ontario rugby player Rowan Stringer who died tragically in 2013 at just 17 years of age of Second Impact Syndrome, the result of suffering multiple concussions playing rugby three times in six

Competitive Handbook



days. Rowan's Law is applicable to 65 sports in Ontario as well as educational institutions. Information about Rowan's Law can be found on the government's new concussion [website](#).

In alignment with Rowan's law, Ontario Artistic Swimming/Canada Artistic Swimming has a [concussion policy, protocol and resources available](#). The purpose of this policy is to contribute to a safe and positive sport environment through education and by making individuals aware of artistic swimming specific resources to assist in recognizing and managing a concussion injury.

All athletes, coaches and parents must also abide by the Concussion Code of Conduct put forth by Ontario Artistic Swimming/Canada Artistic Swimming.

Swimmer Evaluations, Commitment & Absenteeism

Swimmer Evaluation and Team Selection

The Competitive Team Selection days are used to evaluate Regional League, Provincial and National swimmers in order to finalize their assignment to programs and teams. This process allows a swimmer to try out for a new program and for the coaches to help swimmers and parents decide which program is the “best fit” for the swimmer.

The actual team assignment will be based on the swimmers’ evaluations, age and receipt of their completed Durham Artistic Swimming Club Registration Package (online submission available at www.durhamsynchro.com).

Swimmer Commitment/Absenteeism

In a team sport, such as artistic swimming, it is important that ALL MEMBERS of the team be available for ALL PRACTICES and ALL COMPETITIONS throughout the year. A great deal of time is required to prepare for figure and routine competitions. Because of this reason, **Durham Artistic Swimming has made it MANDATORY for all swimmers to attend ALL practices and has an expectation that swimmers are punctual.**

Athletes who need to miss a practice due to illness or injury must inform their coach in *advance* as soon as possible. Depending on the nature of the illness or injury, coaches may still be able to include the swimmer in the practice with modifications to the program. Medical notes are required for swimmers requiring sustained program modifications to ensure proper healing and recovery from an injury.

A club calendar will be issued at the beginning of the season. Please review the dates carefully as some competitions will require travel and time out of school.

Depending upon the Competitive schedule, swimmers may be required to train or compete during the Christmas and/or March Break school holidays. For this reason, please plan accordingly. Parents are respectfully asked to request permission from the Coach for an athlete to miss practice(s) during scheduled holidays far in advance of the missed practice(s). Parents and athletes must be aware that should missed practice(s) occur in close proximity to a competition it is the coach’s discretion to move the athlete to an alternate position for the competition. **The Head Coach/Executive has the authority to remove a swimmer from a routine if attendance is a problem.**

Your child has chosen an exciting and demanding sport. Try to arrange your family schedule so that they are able to handle school work, sport, have some leisure time and get sufficient rest.

Code of Conduct

Ontario Artistic Swimming has established [a code of conduct for parents, athletes and coaches as well as a social media policy](#). The code is summarized here and is to be considered the official policy of the Durham Artistic Swimming Club Inc.

GUIDELINES FOR ATHLETES

- Practice and compete for the love of the sport, not just to please your parents or coach.
- Demonstrate sportsmanship. Cheer for all performances, whether your team or competitors.
- Support all teams/duets/solos within the club as applicable.
- While representing DASC, all swimmers will abide by the rules and behave in a manner that will bring credit to themselves and their team and the club.
- Swimmers will abstain from the use of banned substances (smoking, drugs and alcohol) as per Canada Artistic Swimming standards.
- Keep all interactions positive. Do not engage in bullying or negative conversations between yourself and others.
- Keep social media posts positive and not engage in bullying or negative or critical conversations online.

Guidelines for Parents

- Do not force an unwilling child to participate in sports.
- Remember, children are involved in organized sports for their enjoyment, not yours.
- Teach your swimmer that honest, reasonable effort is as important as victory.
- Turn a temporary setback into victory by helping a swimmer work towards good sportsmanship while still improving.
- Never ridicule or yell at your swimmer or any other swimmer for making a mistake or losing a competition.
- Encourage your swimmer to always play by the rules.
- Remember that swimmers learn best by example.
- Do not publicly question a Coach, Judge or Official's judgment and never their honesty.
- Do not attempt to recruit swimmers from another club or discredit other persons in order to persuade swimmers to leave their club.
- Recognize the value, effort and gift of time given by volunteers, officials and administrators.
- Recognize the value and importance of our coaches and the expertise they offer.
- Lend positive support to all members of the club.
- Support all efforts to remove verbal and physical abuse from children's sporting activities.
- Keep social media posts positive and not engage in bullying or negative or critical conversations online.
- Respect all members of the club and ensure if you are not happy with a decision made by to please take a 24 hour "cooling off" period and then politely state your concerns with the decision. If you are unhappy with the decision that has been made by the Executive Committee, please remember the executive members are all volunteers and are there to help guide the club so that it is around for many

years.

In addition to the above, all parents are expected to abide by the following Code of Behaviour:

- Make sure that all required fees are paid on time. Fees are non-refundable. A late fee of 2% may be applied for fees submitted past the required due date.
- Volunteer time to help improve the club and the sport of artistic swimming.
- Take an active role in the fundraising activities of the Club, ie taking additional BINGO shifts, assisting swimmers in safe selling of product fundraisers, provide club ideas with new fundraisers.
- Realize that many people are required to do the various club-related jobs. Offer your assistance whenever possible so that the workload is shared by all members.
- Ensure that your swimmer has all the necessary equipment to participate properly.
- Attend all competitions whenever possible to give support and encouragement.
- If a parent has conflict with a parent or swimmer, after the 24 hour “cooling off” period, the parent should contact the team coach for assistance in resolving the conflict and seeking a solution. If no solution is able to be found then, the team coach and parent should speak with the Head Coach. If there is still no solution, the Head Coach and parent should contact the VP (or President).
- If a parent has conflict with a team coach, after the 24 hour “cooling off” period, the parent should contact the coach directly to discuss in a positive manner, if a solution cannot be found then the team coach and parent should go to the Head Coach for assistance. If no solution can be found with the Head Coach’s assistance the parent and Head Coach should contact the VP (or President).
- If a parent has conflict with the Head Coach, after the 24 hour “cooling off” period, the parent should contact the Head Coach directly in a positive manner to discuss. If a solution cannot be found, the parent and Head Coach should contact the VP (or President).

SupportZone

Ontario Artistic Swimming (OAS) is committed to wellbeing in sport. Part of that commitment is the NEW initiative of SupportZone. This is where anyone involved in Artistic Swimming in the Province of Ontario can share and ask questions about issues including questions about harassment, abuse, bullying or discrimination.

DASC supports this new OAS initiative. We encourage all our athletes to speak with their coach(es) if they are not understanding something, need different support, are unsure or not feeling safe. We also encourage parents to speak with DASC coaches, the Head Coach, or any member of the Executive if there is an issue that has come up so we can work together on a solution. However, if an athlete, parent, or coach does not feel comfortable we encourage them to [visit SupportZone](#). It is our goal at DASC to create and foster a safe positive environment to swim.

Athletic Training, Pool Time & Information

Dry Land Training

For all Provincial and National competitive levels, our competitive training program includes dry land training modules such as core training, flexibility and cardio vascular training. The dry land training is programmed and led by a artistic swimming expert with particular training and knowledge in dry land training. Details of these components will be communicated as part of the overall practice schedule. Depending on current public health measures and in efforts to keep cost as low as possible for membership dry land training may commence in a virtual model over the Zoom platform.

Pool Information

Durham Artistic Swimming operates out of two municipalities (Whitby and Oshawa). The locations of the facilities used by the Club are noted below. The club operates seven days a week at various locations in order to give all our swimmers' ample training time. Times, days and pool locations are not fully confirmed at this time but we will be attempting to keep very similar schedules for the upcoming season. Once teams have been finalized and municipality pool contracts have been secured, swimmers will be notified of the finalized practice times and locations. DASC is currently working on securing water space in other areas of Durham Region. If this is successful we will let members know.

Facility	Address	Telephone
Centennial Pool, Oshawa Civic Auditorium Complex	99 Thornton Rd S Oshawa, ON L1J 5Y1	(905) 436-5454
BGC Durham (Eastview Boys and Girls Club)	433 Eulalie Ave. Oshawa, ON L1H 2C6	(905) 728-5121
Iroquois Sports Complex	500 Victoria Street West Whitby, ON L1N 9G4	(905) 668-7765

The Durham Artistic Swimming Club continues to search for adequate pools that facilitate the uniqueness of this sport. Like other clubs in Ontario, we continue to lose the battle in convincing municipalities to build appropriate World Aquatics size pools. Most pools being built today are for recreational use only. In spite of this weakness, our Club performs admirably; however, we continue to suffer judging consequences because we need to be more effective in our use of large pools that are used for competitions. In the event that we are able to secure deep water pool time (e.g., at the Pan Am Pool in Markham), the Head Coach will communicate to families practice times and any additional fees.

Artistic Swimming Basics

Land-drilling

Land-drilling is a form of mental practice and reinforcement of the artistic swimming routine, but done on land. All artistic swimmers are taught this important basic skill, and use it to learn a routine. Each arm and hand movement represents a certain artistic swimming figure or movement in the water, and is really a form of “artistic swimmers sign language”. Your child may be raising their arms, but they may actually be thinking of raising their legs. Hand and arm signs are carried out to repetitive counts of eight, and each movement is executed or held on a particular count. The counts of eight always match to a certain point to the music, and this is how the complex task of learning a routine is mastered.

In practice, teams will land-drill many times before they get into the water and work on their routine and synchronization in a way that they would not have the physical energy to do if they were repeating this task (of doing the actual routine) in the water. Land-drilling is a technique that is used throughout the season.

Figure and Routine Competitions

All competitions include both figures and routines for 8 and under up to youth (13-15). Individual figures and routine are combined (50% figures, 50% routine) for a championship score, which is why figures and routine are equally important. At the Junior, Senior and Masters level, they no longer have figures, only routines. Typically a tech and free routine, but athletes can choose to do one or both. Hilton Invitational competition is routine only and happens in April.

For figure competitions, swimmers complete 2 figures at each competition; figures are technical skills and each one has a unique name. Competitors wear plain black one-piece suit, white caps and clear or black goggles, all of which shall avoid of identifying marks. Jewelry such as earrings or nail polish are not permitted. Each figure also has a difficulty mark. Each competitor is assigned a random number. The list of those numbers is called the “order of draw”. Two or four judging panels are set up around the pool and swimmers will rotate and perform in front of each panel.

For routine competitions, routines can be team, duet, solo, combo, or acro. Athletes must precisely execute a series of movements be it transitions, hybrids and highlights which is set to music that the swimmers can hear underwater. It is judged on three parts: execution, difficulty and artistic impression. Before each competition, coaches have to submit a coach card and the routine is judged on what is put on the coach card and how the athletes perform it. All hybrids are judged on the level of difficulty each figure contains. Likewise, highlights are judged based on their level of difficulty as well. Transitions, which are your arm sections and ballets legs etc. are judged artistically. Penalties can happen if athletes do not execute what is on the coach card. Before every routine, swimmers have up to ten seconds for deck work, which is now judged, before the athletes enter the water. The pool bottom and sides of the pool are off-limits during performances. Touching the bottom results in a penalty. If a swimmer leaves the water during the routine portion of a swim, the team will be disqualified. In the event of an injury or illness, a swimmer should swim to the side of the pool where the lifeguard can assess them and take action. Goggles are forbidden for competitions, unless a medical bye allows the athlete to wear goggles. Swimmers keep their eyes open even underwater to stay in patterns. Swimmers gel their hair (with Knox Gelatin) and may wear headpieces or bun-covers that complement their routine suit in keeping with their musical theme. Removal of gel is not permitted in pools and Clubs will be fined in the event this occurs; gel removal should only take place in designated areas at competitions^[1].

Competitive Handbook



It is a good idea for new and seasoned parents alike to review the [Canada Artistic Swimming – Ontario Addendum Rulebook](#) each season as there are typically yearly updates.

Competitions

Competitions

Scheduled competitions will be included on the club calendar provided at the beginning of the season. **Attendance at competitions is MANDATORY.** Detailed competition schedules can be also found on the [Ontario Artistic Swimming](#) and [Canada Artistic Swimming](#) websites. Check frequently as they are updated regularly.

One week prior to the event, coaches will provide a schedule of when swimmers will need to be at the pool, what they need to bring, expectations for cheering on other teams, etc. **Swimmers MUST adhere to the schedule provided by the coaches.**

Please make sure that if you are travelling to a location that you are not familiar with that you give yourself plenty of extra time for unexpected traffic, to find the pool, and to secure parking.

Some general competition etiquette to keep in mind:

- Remain seated during events, and wait until swimmers have completed their routine before entering or exiting the stands so as to not block other spectators' views.
- Turn cell phones to silent mode.
- **No flash photography.**
- During figures event, spectators should be silent so that scores can be heard and recorded.
- During figures and routine events, parents should not be communicating from the stands to their swimmer on deck (i.e. leaning over the rail and speaking to them).
- There are fees for spectators' entrance and programs – typically this is cash only.
- **Parents are not allowed on deck at competitions. The club may be fined by Ontario Artistic Swimming or Canada Artistic Swimming if anyone other than registered coaches or athletes are on deck, and this fine will be passed on to the individual involved.**
- During awards presentations at all competitions, swimmers are to have their hair tied back or up and club jackets on over bathing suits or club pants as suitable unless instructed by their coach.

Athletes should be wearing their team uniform while representing the club, and parents and fans are encouraged to wear the club's bright pink colours so they are visible in the stands. DASC fan t-shirts will be available for sale at various times through the year.

Out of Town Competitions

Some competitions will require travel out of town (greater than a day-trip) and overnight hotel stays. Travel for coaches, swimmers and chaperones will be arranged by the club's Travel Coordinator and costs will be split among the athletes for coaching fees. These costs will include a share of the coaches' and chaperones' (if applicable) room costs. Expect that athletes will be required to arrive the night before a competition begins to avoid any weather related delays and ensure athletes are well rested and at their best to perform. Head Coach can designate additional coaches to assist on deck when required. Athletes will wear their team

Competitive Handbook



uniform when travelling to and from competitions, and while representing the club as requested by their coach.

Some out of town competitions may include a spacing option. Spacing is important when swimming at a different pool to allow the swimmers to get a feel for the pool before they start the competition. Although all competition pools are similar in terms of being a square and usually deep water, where the changerooms are, pool temperature, walk on area, deck space and even where the stands are in relation to the pool deck can all have an effect on a swimmer. If spacing is an option for a competition, the Head Coach will provide this information to the families as soon as possible, there might be an additional cost for spacing.

Regional League Teams

- For Regional League, parents are expected to arrange transportation to and from the meet for themselves and the athlete. Carpooling amongst the team is recommended, if public health measures allow for it.
- Should overnight stay be required, swimmers will stay with their parents and will share coaches' room costs; room sharing is at the discretion of families if public health measures allow for it.
- Athletes must adhere to the schedule provided by their coach with respect to arrival times, competition activities, free time, and bedtime.
- Parents are responsible for athletes at all times when the athletes are not under the supervision of the coach at the pool.
- Meals and activity planning should be done in advance and with agreement of the whole team and the coach.
- Athletes must remain with their team and attend meet events and dinners as scheduled by their coach. Parents should not expect to take their child away from the team to attend other activities (sightseeing, family events) during the meet, unless granted specific permission from the Head Coach. Coaches may request impromptu meetings or land-drill practices at the hotel, and swimmers should be available for this.

Adaptive Program/Mixed Abilities (previously Athletes with Disabilities/AWD)

- Adaptive Program athletes will remain with their parents unless under supervision by their coach.
- Rooms will be arranged by the club Travel Coordinator, but costs will be the responsibility of the Adaptive Athlete's parent. Parents will arrange their own transportation.

10U and 12U Provincial Teams

- It is expected that swimmers will be staying with a parent or guardian, room sharing with other families is at the discretion of families.
- It is expected that meets are within driving distance. Parents are expected to arrange transportation to and from the meet for themselves and the athlete. Carpooling with other families may be an option depending current public health measures.
- Athletes must adhere to the schedule provided by their coach with respect to arrival times, competition activities, free time, and bedtime.
- Rooms will be held by the Club Travel Coordinator, and parents will be financially responsible for their room costs as well as coaches' rooms and coaching fees for the meet.
- Parents are responsible for athletes at all times when the athletes are not under the supervision of the coach at the pool or banquet.
- Meals and activity planning should be done in advance and with agreement of the whole team and

the coach.

- Athletes must remain with their team and attend meet events and dinners as scheduled by their coach. Parents should not expect to take their child away from the team to attend other activities (sightseeing, family events) during the meet, unless granted specific permission from the head coach. Coaches may request impromptu meetings or land-drill practices at the hotel, and swimmers should be available for this.

13-15 nd JR Provincial Teams + National Stream Teams

- These teams may use parent chaperones for meets. Parent chaperones will be selected by each team and endorsed by the coach. As per Ontario Artistic Swimming policy, all chaperones are required to have a current Criminal Record Vulnerable Sector Check, submitted to the designated club officer in confidence, prior to the first overnight meet. A 'volunteer letter' is available from the club to support this request through Durham Police Services. As per Ontario Artistic Swimming policy, a record of the check will be held on file and is valid for a 5 year period. 13/15 Provincial Team and JR Athletes will have sleeping arrangements explained prior to the competition. If parent chaperones are being used. The cost of the Chaperone's share of the hotel room will be shared by the team, however transportation costs to and from the meet are the responsibility of the chaperone. If parent chaperones are not being used then teams would follow the normal policy of that parents stay with their swimmers
- For meets that are within driving distance. Parents are expected to arrange transportation to and from the meet for themselves and the athlete. Carpooling amongst the team is suggested, depending.
- Athletes must adhere to the schedule provided by their coach with respect to arrival times, competition activities, free time, and bedtime.
- Rooms will be booked by the Club Travel Coordinator, and parents will be financially responsible for their room costs as well as coach's rooms.
- Guardians/Chaperones are responsible for athletes at all times when the athletes are not under the supervision of the coach at the pool or banquet.
- Chaperones are responsible for meals, activities and transportation while out of town and will collect money for expenses from the team. Menus and activity planning should be done in advance and with agreement of the whole team and the coach.
- Athletes must remain with their team and attend meet events and dinners as scheduled by their coach. Non-chaperone parents may be included in team events and dinners, but they should not expect to take their child away from the team to attend other activities (sightseeing, family events) during the meet, unless granted specific permission from the head coach. Coaches may request impromptu meetings or land-drill practices at the hotel, and swimmers should be available for this.
- Athletes will wear their team uniform when travelling to and from competitions, and while representing the club as requested by their coach.

Virtual Competitions

Due to the COVID-19 Pandemic the 2020-21 season saw a shift to virtual competitions as travel was not allowed, or needed to be limited throughout the province. Mass gatherings were also not allowed.

Virtual competitions were set up for athletes to use the Zoom platform to demonstrate a live land skill and/or for clubs to submit videos of athletes, either as individuals or teams/duets. Both ways were judged lived. At the time of this revision, DASC is unsure if there will be virtual competitions or assessments for the 2023-24 session. We ask families and swimmers to be prepared for any model that OAS sets out.

Fee Structure & Payment Schedule

Projected Fees

The table below outlines the number of training hours and practices a competitive swimmer should anticipate and provides a range for the yearly fees associated with either the Regional League, Provincial or National level programs.

Age Level	Training Hours per Week	Training Practices per Week	Projected Fees (approximate)	Payment Period <i>(post-dated cheques are to be dated for the 15th of each month)</i>
REGIONAL LEAGUE: Based on an 8 swimmer team. <i>*NOTE: If less than 8 swimmers per team higher costs may result.</i>				
8U, 10U 11-12, 13-15, JR	4	2	\$1700 - \$2500	Sept. 15 – April 15
PROVINCIAL: Based on an 8 swimmer team. <i>*NOTE: If less than 8 swimmers per team higher costs may result.</i>				
10U	6-8	3	\$3100-\$4000	Sept. 15 – May 15
12U	8 -12	3 -4	\$4200 - \$5100	Sept. 15 – May 15
Youth (13-15)	12 -15	4 -5	\$5400 - \$6300	Sept. 15 – May 15
JR	10- 15	3-4	\$5200 - \$6100	Sept. 15 – May 15
Adaptive Program: Solo, Duet or Team				
Please contact the club treasurer for more information about pricing.				
MASTERS:				
Masters	1.5-2	1	\$1300-\$1800	Sept 15 – April 15

Explanation of Fees

Monthly payment amounts will be finalized and communicated to parents mid-January once the current Executive has approved the fees and following the Annual General Meeting (AGM). Fees are finalized after the start of the season to allow time to ensure all fees from OAS meets as well pool fees are set. AGM agenda items include Introduction of the Executive, a President's Report, and updates on the club's financial position, including fees. The AGM is open to all members and parents are encouraged to attend.

The fees include all pool time, coaching, banquets/parties, team photos, music, development program costs, dry land training, basic competition suit (not including additional embellishments and headpieces), some competition meet fees. This represents a swimming season of over 36-38 weeks for the period of September to May/June. Each team completes their season at a different time. Upon registration families will also need to register their swimmer and a parent volunteer with OAS through their registration portal. Fees to OAS and CAS are paid directly to OAS through the registration portal.

Payments are divided into equal monthly amounts after the AGM presentation of fees. There is a non-refundable Registration fee and then the September, October, November, December and January installments are deducted.

These postdated equal monthly cheques will be dated for the 15th of each month. Cheques are to be made payable to Durham Artistic Swimming Club Inc.

For additional information or any inquiries/concerns please contact an Executive Member.

NOTE: As per the Payment Policy (DSC 1-20), the registration fee is not refundable. Other fees paid are refundable on a pro-rated basis prior to October 15th, subject to the applicable deductions and conditions and less training hours incurred up till the date of the notice of withdrawal. All fees payable for the full year and are non-refundable for any withdrawal after October 15 for any reasons.

Competitive Apparel & Equipment Needs

All competitive swimmers must have Durham Artistic Swimming Club apparel (club uniform and bag) as well as a one piece black swimsuit (aka figures suit), white bathing cap, nose clips, goggles, water jugs, binder, paper and tubing which **are not included** in the competitive fee amount. This would be a one-time cost of approximately \$400.00-\$500.00 and will be available for purchase in late September of the new season. A Durham Artistic Swimming Club swim cap, club swimsuit (aka spacing suit) and routine suit (aka custom competition suit) are however, **included** in the competitive fees. At the discretion of coaches, there may be minor costs associated with additional embellishments for routine suits (e.g. glitter, crystals, glue). All required equipment is available through the club's Equipment Manager – see below for details and information on the annual swap.

Equipment List for New Competitive Swimmers (anticipated costs)

Nose Clips \$7

It is suggested that your swimmer have 3 nose clips on hand. One to practice and compete with, and the others in case of loss or breakage.

Goggles \$25

You will need a black or clear pair to compete figures in. Coloured goggles are fine for practices.

Durham Cap \$10

One is provided free by the club, and we suggest at least one extra to have in case of loss or breakage. The swimmers will wear these during warm up at competitions, and are welcome to use them throughout the year.

Black figures suit \$80

The swimmers have to wear an all-black swim suit for figures competitions.

White Cap \$10

The swimmers have to wear a white cap for figures competitions. One extra is advised in case of loss or breakage.

Backpack \$120

This is the official club backpack used by all swimmers for practices and competition. The fee includes first name embroidery on the bag.

Spacing suit (Included in fees)

All swimmers will receive the same patterned suit that can be worn as a practice suit, and will be used during warm up at competitions.

Club Uniform

All swimmers are required to wear the full DASC uniform at competitions. This consists of a jacket (\$135) with club name and logo, leggings (\$70), T-Shirt (\$20), and shorts (\$50). These must be purchased through the club so that we are all uniform, and represent our club well and with pride.

Competitive Handbook



Weight Belt \$70

These are used by swimmers on some 12U teams, 13-15 Teams, and Jr. Team. They are weights that clip around the waist and are used in the pool to help the girls strengthen.

Tubing and Therabands \$6

Used in the water or land to strengthen splits and sculling.

Parka (optional) \$120-\$140

This is a long warm jacket that can be worn between figures to stay warm, as well as traveling to and from the pool in the winter. It includes club name and logo. Price is dependent on type ordered, and name option.

Items that are required to order through the club

Durham Cap

Club Speedo Backpack

Club Uniform

Parka (if desired)

All other items can be purchased elsewhere should you choose. We offer all items needed for the sport for ease of purchase. The prices listed include tax are based on the previous year, so may be adjusted slightly if needed. An exact price will be given in September when ordering. Please note that prices are all at cost and have not been inflated. They have merely been rounded for ease of payment. Our cost is your cost for all equipment and mandatory uniform pieces.

Additional Expenses

Travel

Travel costs are additional. Depending on the location of the particular Provincial or National competition, these travel costs can include transportation (ground, air, rail), hotels, meals, etc. DASC takes great effort to economize where possible while maintaining a certain standard of comfort and quality for the swimmers. Typically, there are at least three to four meets per season, all within driving distance in the province for Provincial stream competitive teams. National swimmers may have up to 2 out-of-province competitions. Extra meets may be scheduled if available. All travel is done through the club's Travel Coordinator.

Extra Routines *(Not applicable to Regional League Teams)*

Durham Artistic Swimming Club takes the position that "teams come first". Opportunities to swim extra routines (duets and solos) will be based on the coaches' assessment of the swimmers' ability, commitment, and motivation.

Privates/Semi-private Figure Lessons

As pool time and coaching availability permit, OPTIONAL private or semi-private figure lessons may be arranged at either the request of a parent or a recommendation of a coach, and scheduled as needed. Fees are an hourly rate that will vary based on the level of the coach providing the lesson, and will be paid directly to the coach at the time of the lesson. Please note that while privates/semi-privates that are provided during club-paid pool time are covered by our insurance policy, any lessons taking place at a public swim or in a private pool are not considered a "regular practice" and are **not** covered. If booking these private lessons, please ensure you have open communication with the coach providing the lessons and if you need to cancel with less than 24 hours' notice that you still pay for that lesson unless the coach is able to book in someone else.

Team photos

In the past, DASC engages Amanda's Photography to take professional photos of each team, duet, and solo as well as an individual shot of each swimmer. These photos are used in competition programs and each swimmer is provided with a printed copy. **Costs of the photographs are included in the fees.** A Club Photo Day will be held as a special event and organized by an assigned team. Swimmers are required to wear their routine suits and to have their hair pulled back in a ponytail or bun as set by their coach. More information will be given later about this event.

There is also an option for additional prints or photo keychains as well as a water layout of photos taken during a practice; these are additional costs and at the discretion of families.

Special Events, Volunteering & Fundraising

With the exception of coaches, DASC is run entirely by volunteers. Without dedicated support from each family, we cannot operate. Like other competitive sports, a **Fundraising Security Deposit is required (\$100 for Provincial/National swimmers; \$50 for Regional League/Master swimmers)**, over and above the Competitive Fees, **to be held on deposit in the event that a fundraising commitment is not met.** This will be collected from all new swimmers with the Registration Package. This is not necessary for any returning swimmers, as this has already been collected and held on deposit unless a fundraising penalty had to be collected due to missed BINGOs or other fundraising activities during the past season, in which case, a new deposit will be required.

Mandatory BINGO Volunteering Regional League, Provincial and National Swimmers

Each Regional League family will be required to volunteer a minimum of 10 hours per season for special events, participate in Fundraising and is responsible for a minimum of 2 BINGO sessions per year, per swimmer, depending on the number of families registered and the number of BINGO time slots granted to the Club.

Each Provincial and National family will be required to volunteer a minimum 20 hours per season for special events, participate in Fundraising and is responsible for a minimum of 4 BINGOs per year, per swimmer depending on the number of families registered and the number of BINGO time slots granted to the Club.

BINGOs are currently held at the Red Barn BINGO Hall in Oshawa. The time commitment is typically around 5 hours per BINGO session and our BINGO captains provide all training required. BINGO sessions may take place in the morning, afternoon or evening depending on the time slot.

The monthly BINGO schedule will be issued for the season in September for October 2023 through to August 2024 (or as BINGO dates are received). The specific dates and times of the BINGOs will be communicated three times per year in the Fall, Winter and Spring/Summer. **If you are unable to attend your assigned BINGO, you are responsible for switching with another family or paying \$150 for someone to take your spot.**

We are always looking for provincial and national family members who are willing to volunteer to act as Captains during our BINGO sessions.

Mandatory Volunteering, Fundraising and BINGO Expectations for Masters Swimmers (

Each **Masters swimmer is responsible for a minimum of 2 BINGOs per year** depending on the number of swimmers registered and the number of BINGO time slots granted to the Club. Master swimmers may also be required to volunteer in the event that DASC is hosting a Competition or special event.

Mandatory Volunteering for Special Events and Competitions for Regional League, Provincial and National Swimmers

Our annual events (like Water Shows and Club Wide Parties) require a lot of organization and assistance from all competitive families. For these particular events, we will require volunteer hours. Teams will be assigned to organize one of these events, and they will be communicated on the club calendar to be issued at the beginning of the season. Team Parents will play a role in coordinating the event assigned to their

team and all families of the team are expected to volunteer for the event.

As a special note, the Winter and year-end Water shows require a large number of volunteers to help with admissions, manage spectators, sell 50/50 tickets, etc. Although one team will be assigned to organize the show, all families will be asked to volunteer to help these shows run smoothly.

Parents/Guardians may also be required to volunteer at Meets (e.g., Hilton Invitational, Early Bird) as requested by Ontario Artistic Swimming or other host clubs, including ours. These hours will be coordinated by a member of the Executive.

All events will be dictated by current public health measures. At this time it is unsure of what events will be able to run and what measures will be required.

Mandatory Club Fundraising for Regional League, Provincial and National Swimmers

Parents/guardians of swimmers will be asked to participate in mandatory fundraising activities. Because Durham Artistic Swimming Club is a non-profit, incorporated organization; fundraising is a critical component of reducing the overall fees for all swimmers. Fundraising activities will be confirmed at the start/near the start of the season and will be based on public health measures.

There may also be other fundraising activities throughout the year and these events will be decided by the Executive as opportunities arise. Suggestions and volunteers for fundraising activities are always welcome. Additionally, there may also be an individual (optional) sales fundraising campaign (e.g., cookie sales, yard waste bags) that allows athletes to raise money to offset their individual travel costs or other club fees. These funds are held by the Club in a 'travel account'.

Hosting Events

Each year, Durham Artistic Swimming reviews opportunities to bid among other clubs to host a scheduled Ontario Artistic Swimming competition. If we are successful, it can be a significant fundraiser for the club. Hosting an event requires a significant number of volunteers and all competitive athletes' families will be expected to participate. Swimmers in Grade 9 or higher can earn volunteer hours as part of their academic requirements.

Team Parent & Executive Membership

Team Parent

At the beginning of the season each team, Regional League, Provincial and National streams, with the support of their coach, will select a parent representative to be the Team Parent. This is a critical role for keeping parents up to date. They will be the team's liaison between parents and coaches, as well as parents and the Executive. They should be someone who is positive, very organized and has good communication skills. Interested parents can self-nominate; in the event that more than one parent is interested, the team can vote through the coach.

Their responsibilities within their team include:

- Engaging parents to co-plan and coordinate the event that is assigned to their respective team.
- Ensuring that all planning required for competition and/or out of town travel is completed, agreed to, and communicated as directed by the Coach and Travel Coordinator.
- Supporting planning of team building events with input from swimmers and parents (e.g., fun activities for girls to get to know their team members such as a team sleepover, movie night, etc).
- Supporting new artistic swimming families in learning the ropes (e.g., organizing a 'hair gelling' night, sharing proper 'pool etiquette' for competitions).
- Collecting fees for registration and travel, and any money or orders for fundraising activity, if applicable.
- Bringing forward any team concerns during designated Team Parent meetings facilitated by the President and Vice-President.

Durham Artistic Swimming Club Executive

Durham Artistic Swimming Club is operated by the assistance of many parent/guardian volunteers whose children swim with the Club at the Regional League, Provincial and National competitive levels. All parents/guardians are invited to volunteer their time with the Executive to maintain a high level of integrity and to continue to build capacity at the volunteer level. All Executive members are requested to have a Criminal Record Check.

Parents are reminded that the Executive is made up of volunteers who are giving their time freely to support the general interest of the club. You are encouraged to provide respectful, supportive feedback but please remember that we are unable to provide individual exceptions or programs.

Anyone interested in volunteering as part of the Executive or on any committees is invited to speak to any of DASC's executive members for more information on available positions during the upcoming season.

Durham Artistic Swimming Club Executive Positions Descriptions

The following table contains descriptions of the various elected executive positions:

<p>President president@dasc.ca</p>	<ul style="list-style-type: none"> • all positions in the club report to President • hires coaches along with the head coach and VP • prepares coaches' contracts with VP • all dealings with Ontario Artistic Swimming and Canada Artistic Swimming • runs Annual General Meeting and all executive meetings • mediates conflict resolution
<p>Vice President vp@dasc.ca</p>	<ul style="list-style-type: none"> • works with coaches • deals with all competitive issues • supports President • hires coaches and prepares contracts with President • runs Annual General Meeting and all executive meetings
<p>Secretary secretary@dasc.ca</p>	<ul style="list-style-type: none"> • prepares agenda for executive meetings, takes minutes and distributes minutes • prepares Dates to Remember/Parent Contact Sheet • scheduling of teams/volunteers for hosted events and Water shows • scheduling/monitoring volunteers for events • liaise with professional photographer and the team assigned to coordinate Team Photo Day
<p>Treasurer treasurer@dasc.ca</p>	<ul style="list-style-type: none"> • prepares budget • conducts financial statements and tax returns • prepares fee structure yearly for swimmers • accounts receivable and payable
<p>Registrar registrar@dasc.ca</p>	<ul style="list-style-type: none"> • registers all members with Ontario Artistic Swimming and Canada Artistic Swimming, including short-term summer camp • registers all coaches and swimmers for competitions • registers swimmers with Durham Artistic Swimming Club • manages club member criminal record checks • manages all waivers with COVID Coordinator
<p>Health and Safety Coordinator health@dasc.ca</p>	<ul style="list-style-type: none"> • manages all waivers with Registrar • stays up to date with ever changing COVID protocols • updates screening forms • tracks any COVID cases and informs OAS • communicates to executive, coaches, families of any changes to protocols that need to happen

Competitive Handbook



<p>Recreational Program Coordinator recreation@dasc.ca</p>	<ul style="list-style-type: none"> • sets up programs and locations with Lead Recreational Coach and Head Coach • in charge of collecting registrations and places swimmers on proper teams • sets up distribution lists and communicates with parents • organizes 4-day summer camp program (August)
<p>BINGO Coordinator bingo@dasc.ca</p>	<ul style="list-style-type: none"> • co-ordinates with City of Oshawa • co-ordinates with BINGO hall • gets BINGO license • trains BINGO captains and schedules parents for BINGOs • prepares monthly BINGO reports
<p>Fundraising Coordinator fundraising@dasc.ca</p>	<ul style="list-style-type: none"> • investigates fund raising opportunities • coordinates club and individual fundraising activities, as approved by Executive
<p>Equipment Coordinator equipment@dasc.ca</p>	<ul style="list-style-type: none"> • investigates prices of and orders all equipment • co-ordinates with Head Coach on items to purchase • orders custom competition suits and is liaison between coaches and seamstress • organizes uniform/equipment swap and sells/distributes all seasonal equipment requirements to families
<p>Sponsorship & Promotional Coordinator sponsorship@dasc.ca</p>	<ul style="list-style-type: none"> • preparation of ads and booking of advertising • preparation and publishing of articles and other communications • maintains website • pursues donations and sponsorship from corporations, local companies and organizations • responsible for staffing booths at promotional events
<p>Travel Coordinator travel@dasc.ca</p>	<ul style="list-style-type: none"> • co-ordinates all travel at Regional League, Provincial and National levels • sends emails to team parents to collect money • books flights, hotel accommodations and auto rentals • calculates all costs associated with travel



Registration Materials

Registration

The Durham Artistic Swimming Registration Package contains all the forms and waivers necessary to enroll your child into the DASC Competitive Artistic Swimming Program. It will be sent to you by the Club Registrar.

In addition to online registration, postdated cheques are required to secure your child's spot. Please include your swimmer's name and team information on the back of the cheque or subject line. Cheques should be made out to Durham Artistic Swimming Club Inc.

Swimmers new to Durham Artistic Swimming will be required to show proof of birthdate to the Club Registrar. Swimmers transferring from another club will also be required to inform us of this information at the time of registration to ensure they are in good standing with their 'home' club.



Contact Durham Artistic Swimming Club

Durham Artistic Swimming Club Inc.
P.O. Box 80057
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Whitby, ON
L1R 0H1

Web: www.durhamsynchro.com
Facebook: Durham Synchro Club
Instagram: [durhamsynchro](#)
[#godurham](#) [#durhamsynchro](#)

Email: president@dasc.ca

Other information:
www.ontarioartisticswimming.ca
www.artisticswimming.ca

A Final Note

Members of the Executive are available to answer any questions you may have, please don't hesitate to reach out (using the contact information provided) if you require more information.

Durham Artistic Swimming is a warm and welcoming community! We were all parents of 'new swimmers' once. Many of our families have been with the club for years as their swimmers have transitioned from our recreation program to the competitive stream. Don't be afraid to say hello and introduce yourself – our veteran parents are more than willing to share tips and tricks of the artistic swimming world with you!