

OTTAWA SWIM CLUB

Registration Package and Forms



FEE SCHEDULE

It is very important to be aware that the Ottawa Swim Club does not require members to commit to any fund raising activities, subscribe to any sponsorship programs, there are no Grocery Store Coupons or Gas coupons to purchase. There are no Bingos to work etc. that are no mandatory fund raisers to participate in or buy your way out of. It is not necessary for members to seek out any corporate sponsorship as individuals. Taking this into consideration the Ottawa Swim Club by far has the most competitive swim fees in the Ottawa area.

There are no additional fees other than those related to registration with the various swim bodies, (Swim Canada, Swim Ontario, EOSA), those necessary to cover swim meet entries for the swimmer and any travel costs associated with out of town swim meets for the swimmer.

Fees are based on the number of sessions the swimmer is appropriately able to participate in:

Program	Monthly Payment (11 months)	Annual Payment
Pre-Competitive	\$60.00	\$660.00
Competitive I	\$100.00	\$1,100.00
Competitive II	\$150.00	\$1,650.00
Junior	\$200.00	\$2,200.00
Senior	\$250.00	\$2,750.00

For those families that have multiple swimmers with the Club a 10% reduction in the second swimmers fees is applied, a 15% reduction for the third swimmer and for those families so fortunate to have a fourth swimmer the fourth fee is free, cause you deserve it. Typically members receive a statement of their account from the club three times a year, December, May and July.

HOW TO CONTACT THE CLUB

The club can be contacted by the following means:

By E-mail: headcoach1@sympatico.ca

By telephone: (613) 233-0411

By mail:

**Ottawa Swim Club
6359 St Louis Drive
Orléans ON
K1C 2X9**

VISION

The vision of the Ottawa Swim Club is to be the number one competitive swim club in the Ottawa area for competitive, high performance swimming. Therefore, the vision is stated as follows:

To be the centre of excellence for competitive, high performance swimming in the Ottawa area.

MISSION

In keeping with the vision statement, the mission of the Swim Club is to develop and produce competitive swimmers of the required capability and knowledge to swim at the Provincial and National Levels. Therefore, the mission statement is as follows

To produce high performance, competitive swimmers at all levels

To achieve the principles set out in the mission statement, the following club goals have been established:

- To forge a high-level elite program, recognized for excellence in the Ottawa area swim community;
- To help our swimmers define, set and achieve their own personal goals for their swimming;
- To help our swimmers respect, encourage and celebrate the goals and successes of their teammates;
- To teach our swimmers, through the use of goals, the life skills, of self-discipline, mutual respect, teamwork, organization, dedication, commitment and self-motivation;
- To provide members of the club with a safe, respected environment in which to learn and develop their swimming capabilities;
- To encourage parent support and participation in the success of their children;

CLUB PHILOSOPHY

In order to achieve the goals of the club, the following key elements form the overriding philosophy of the organization:

- Each swimmer will be allowed to develop at his or her own development pace;
- Each swimmer shall be given the opportunity to learn the aspects of being a member of a swim team with respect to technique, training, and competing;
- Each swimmer will be given the opportunity to train for and compete to their maximum potential;
- The emphasis will be on developing a strong competitive, high performance club at all levels with appropriate feeder system;

- The Club will ensure that the coaching is of the highest quality available;
- Each swimmer shall be taught good sportsmanship and practice team spirit;
- Full participation by the swimmers and parents is encouraged to better enable the Club to meet its goals;
- Each swimmer competes individually for his/her own success but in relays, they swim in the order to field the strongest possible team for Club points. The coach will have the final say in this matter and his decision will be based on fastest times.

CLUB ORGANIZATION

Club Swim Programs

The Ottawa Swim Club has one pre-competitive and four competitive programs available for all ages. These programs are:

Program	Description
Pre-Competitive	Primarily a teaching program for new swimmers who want to improve their swim capability and to understand the sport of competitive swimming. The program focuses on instructing stroke basics, developing strength and stamina, and preparing the swimmer for Competitive Level I. There are 2 pool sessions per week at the Ray Friel Center located on the Tenth Line in Orleans and at the Jack Purcell Center off of Elgin Street.
Competitive Level I	Consists of 4 sessions per week, 2 sessions pre-competitive and 2 sessions competitive. This program integrates and eases the swimmer into the competitive nature of the sport.
Competitive Level II	Consists of up to 6 sessions per week. At this level, the swimmer has attained or is near Regional Swim Standard, and is interested in or committed to competitive swimming. This part of the program comprises of up to 6 pool sessions per week, with increased intensity and training level.
Junior	Consists of up to 8 sessions per week. At this level, the swimmer has attained or is near Ontario Provincial Swim Standards, is committed to the competitive swimming and is capable of participating in a regimented training program. There are up to 8 pool sessions per week. Dry land training is introduced.
Senior	Consists of up to 10 sessions per week. At this level, the swimmer has attained or is near National Swim Standard, is committed to the highest competitive swimming level of training and is learning to race. This program incorporates dry land training and has up to 10 pool sessions per week.

Session for Competitive 1 on up through to the Senior Level swimmers are held at Ray Friel, Orleans Recreation Complex and Sawmill Creek

Typical Pre-competitive Practice

Ray Friel Centre Practice Times - East

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>**This will be the regular weekly practice schedule unless indicated differently**</i>						
7:00-8:00am Orléans Recreation	am: no practice	am: no practice	pm: no practice	am: no practice	am: no practice	pm: no practice
pm: no practice	5:00-6:00pm Ray Friel Centre	pm: no practice	4:00-5:00pm Ray Friel Centre	pm: no practice	5:00-6:00pm Ray Friel Centre	pm: no practice

Jack Purcell Centre Practice Times - Central

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>**This will be the regular weekly practice schedule unless indicated differently**</i>						
pm: no practice	am: no practice	am: no practice	pm: no practice	am: no practice	am: no practice	pm: no practice
pm: no practice	pm: no practice	4:00-5:00pm Jack Purcell Centre	pm: no practice	4:00-5:00pm Jack Purcell Centre	pm: no practice	pm: no practice

Typical practice schedules for the Competitive 1, Competitive 2, Junior and Senior Swimmers

Competitive 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>This is the COMPETITIVE I regular weekly practice schedule starting September 7th, 2007.</i>						
7:00-8:00am Orléans Recreation	am: no practice	am: no practice	am: no practice	am: no practice	am: no practice	am: no practice
pm: no practice	5:00-6:00pm Ray Friel Centre	pm: no practice	4:00-5:00pm Ray Friel Centre	pm: no practice	5:00-6:00pm Ray Friel Centre	pm: no practice

Competitive 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>This is the DEVELOPMENT II regular weekly practice schedule unless indicated differently</i>						
6:00-8:00am Orléans Recreation Centre	am: no practice	5:30-7:30am Sawmill Creek	5:30-7:30am Sawmill Creek	am: no practice	5:30-7:30am Sawmill Creek	6:00-8:00am Sawmill Creek
pm: no practice	pm: no practice	pm: no practice	pm: no practice	pm: no practice	pm: no practice	6:00-8:00pm Sawmill Creek

Junior

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>This is the JUNIOR regular weekly practice schedule unless indicated differently</i>						
6:00-8:00am Orléans Recreation Centre	5:30-7:30am Sawmill Creek	5:30-7:30am Sawmill Creek	5:30-7:30am Sawmill Creek	am: no practice	5:30-7:30am Sawmill Creek	6:00-8:00am Sawmill Creek
4:30-6:30pm Ray Friel Centre	pm: no practice	pm: no practice	pm: no practice	pm: no practice	pm: no practice	6:00-8:00pm Sawmill Creek

Seniors

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>This is the SENIOR regular weekly practice schedule unless indicated differently</i>						
6:00-8:00am Orléans Recreation Centre	5:30-7:30am Sawmill Creek	5:30-7:30am Sawmill Creek	5:30-7:30am Sawmill Creek	am: no practice	5:30-7:30am Sawmill Creek	6:00-8:00am Sawmill Creek
4:30-6:30pm Ray Friel Centre	pm: no practice	4:30-5:30pm OSSC (Dryland) Seniors	pm: no practice	4:30-5:30pm OSSC (Dryland) Seniors	pm: no practice	6:00-8:00pm Sawmill Creek

OTTAWA SWIM CLUB
Competitive and Pre-Competitive Registration Form
www.ottawaswimclub.ca
Swim Year 2008/09

Swimmer's Name: Last Name: _____ First Name: _____ Male: _____ Female: _____ Date of Birth: <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;">Day</td> <td style="width: 10%;"></td> <td style="width: 10%;">Month</td> <td style="width: 10%;"></td> <td style="width: 10%;">Year</td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> </tr> <tr> <td style="height: 20px;"></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table> Swim Ontario Number: <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> </tr> </table> Health Card Number: <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> </tr> </table>	Day		Month		Year																																		Mother's Name: Last Name: _____ First Name: _____ Phone # (H) _____ Phone # (O) _____ Cell # _____ Fax # _____ E-mail _____	Father's Name: Last Name: _____ First Name: _____ Phone # (H) _____ Phone # (O) _____ Cell # _____ Fax # _____ E-mail _____
Day		Month		Year																																				

Street No: _____	Street Name: _____	Apt # _____								
Postal Code										
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Swim Group	Number of Swims Per Week	
Pre-Competitive	Up to 2	Please come prepared with sufficient
Competitive Level - I	Up to 4	cheques to be able to fill them out
Competitive Level - II	Up to 6	during the information session to
Junior	Up to 8	cover the swim season.
Senior	Up to 10	

I give the Ottawa Swim Club permission to enter required personal information on the Swim Direct database for the purposes outlined in Swim Ontario's policy. I understand that I may withdraw consent at any time upon written notice to the swim Ontario Executive Director, and my personal information will be purged from the database. Withdrawal constitutes deregistration.

Parent or Guardian Signature: _____

In case of medical emergency, I give permission to the health care provider selected by the official in charge, to secure proper treatment for the child named above.

