

# **NORTHUMBERLAND AQUATIC CLUB**

**2024 – 2025 SEASON**

(Revised September 4, 2024, preliminary information)



## **Competitive Swimming in Northumberland County At its Best**

**Welcome To the Northumberland Aquatic Club**

**If you have any questions or concerns,**

**Please do not hesitate to contact the Head Coach, registrar, or a member of the Board of Directors.**

*\*This edition of the NORAC Handbook is focused on sharing relevant information that pertains to the preliminary stages of the competitive season. Additional information will be shared once the swimmers and coaching staff have confirmed registration after the preliminary assessment period.*

### **Coaching Staff and Board of Directors**

#### **Coaching Staff**

Head Coach

Steven Taylor

[norac.headcoach@gmail.com](mailto:norac.headcoach@gmail.com)

## **BOARD OF DIRECTORS**

<b>Position</b>	<b>Name</b>	<b>Contact</b>
<b>President</b>	Jessica Fraser-Thomas	<a href="mailto:noracchair@gmail.com">noracchair@gmail.com</a>
<b>Vice-President</b>	Jill Andrus	<a href="mailto:jillandrus@hotmail.ca">jillandrus@hotmail.ca</a>
<b>Secretary</b>	Victoria Steeves	<a href="mailto:noracsecretary@gmail.com">noracsecretary@gmail.com</a>
<b>Treasurer</b>	Rasha Rashid	<a href="mailto:noractreasurer@gmail.com">noractreasurer@gmail.com</a>
<b>Dispute Resolutions Officer</b>	Anthony Dew	<a href="mailto:anthony@stalwoodhomes.ca">anthony@stalwoodhomes.ca</a>
<b>Director of Officials</b>	Katrina Read	<a href="mailto:northaquaticcofficials@gmail.com">northaquaticcofficials@gmail.com</a>
<b>Director of Bingo</b>	Ryan Goodall	<a href="mailto:noracbingo1@gmail.com">noracbingo1@gmail.com</a>
<b>Director at Large</b>	Getu Tsgai	<a href="mailto:getu_tsgai@yahoo.com">getu_tsgai@yahoo.com</a>
<b>Past President</b>	Carla Ring-Herron	<a href="mailto:carlaring@gmail.com">carlaring@gmail.com</a>

Open Board Positions: Director of Social, Director of Fundraising, Director at Large

**Registrar:** Jennifer Kahn

**Contact:** [noracregistrar@gmail.com](mailto:noracregistrar@gmail.com)

### **Northumberland Aquatic Club**

We are looking forward to seeing everyone back at the pool for the upcoming swim season, as well as welcoming our new Head Coach, and new swimmers to the Club! This package contains pertinent information about the upcoming competitive team structure, new schedule, and the transition to the TeamUnify sports system.

The Northumberland Aquatic Club is a non-profit organization providing professional swim instruction, training and coaching for swimmers of Northumberland County. The operations of the club are overseen by a volunteer Board of Directors elected annually by the membership.

## **Mission Statement**

Our mission is to be recognized as a premier competitive swim club supporting swimmers of all ages and abilities within a professional, respectful, and inclusive environment.

## **Vision Statement**

Our Vision is to:

- ❖ To provide a safe and informed environment that will facilitate the growth and development of all swimmers.
- ❖ To ensure that all coaches possess the knowledge and skills required for swimmers to reach their highest potential.
- ❖ To establish and maintain active involvement with NORAC members and promote participation towards the overall success of the Club.

## **NORAC Program Structure**

Not all swimmers participate for the same reasons, as not all swimmers have the same goals and objectives. Each swimmer should therefore be treated in such a way as to allow them to achieve their personal goals and objectives. After Pre-Season, the Head Coach will confirm the appropriate level for your swimmer to be registered. Please see below for a brief description of each of our program levels:

### **Novice**

- 3 swims per week
- Ages 7-12
- This group is for swimmers who have begun their competitive journey. They are looking to now develop the sport's fundamental skills and technique that will be crucial to their continued development through the groups.

### **Junior**

- 4 swims per week
- Ages 10-14
- Swimmers in the Junior group will continue to refine their fundamental skills and begin work on more advanced skills. They will also be introduced to different types of conditioning in the water and strength training.

### **Junior Performance**

- 6 swims per week
- Ages 11-14
- The Junior Performance group is in place to support swimmers who are aspiring to become high performance athletes. They will work closely with the Junior group in development of their skills as well as work with the Senior Performance group as an introduction to higher level training.

## **Senior**

- 6 swims per week
- ages 14+,
- Athletes in the senior group are highly committed to the sport of swimming. They will work to improve their swimming in all aspects with a focus on training and performance.

## **Senior Performance**

- 8 swim per week
- ages 14+
- Senior Performance is our high-performance group. This group is in place to assist swimmers that are at or aspiring to reach high levels in the sport. Senior Performance will work to refine technique and improve fitness and strength both in and out of the pool.

## **Senior Rec**

- Ages 14+
- 2-3 swims per week
- The structure and schedule of this group are still in development. Please reach out to the Head Coach if this seems like the fit for your athlete so we can create a group that best suits those swimmers.
- This group will train with the senior group for the Pre-season.

## **Training Practice Etiquette**

- ❖ Be prepared for practice.
- ❖ Arrive on deck at the scheduled time.
- ❖ Demonstrate respect towards coaching staff and fellow swimmers.
- ❖ Be responsible for personal belongings.
- ❖ Maintain a clean and safe environment, on and off the deck.
- ❖ Be mindful that the Jack Burger pool is being shared with other community members.
- ❖ Follow the rules and regulations of NORAC and the Jack Burger Sports Complex.
- ❖ Support a positive inclusive team environment; negative or aggressive behaviour is not tolerated.
- ❖ Communicate with the coaching staff. Ask questions and clarify any concerns.

## Preliminary Training Schedule

Please review details about the preliminary assessment schedule. NORAC has shifted the group structure and group names. For the preliminary assessment schedule, swimmers will participate in the same group as the 2023/2024 season.

- Novice
- Junior (formerly Youth and Youth Plus)
- Junior Performance (formerly Junior Development)
- Senior A (formerly Senior Development)
- Senior B (formerly Senior Star or Senior Modified)
- Senior Performance (formerly Senior Elite)
- Senior Recreational \*To be discussed with Head Coach

The preliminary schedule will begin on September 16, 2024 and end on September 29, 2024. This period will allow for Steven Taylor, the assistant coaches, and swimmers to assess swimmer development, establish shared goals of competitive swimming, and to facilitate the growth of team relationships.

### Pre-Season Practice Schedule

Week 1 Practice Schedule: Sep 16-22

Senior & Senior Performance						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM			5:30-7:30 Swim			6:30-8:30 Swim
PM Group A	4:00-5:45 Swim				3:30-5:15 Swim	
PM Group B	5:45-7:30 Swim				5:15-7:00 Swim	

  

Junior & Junior Performance						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						6:30-8:30 Swim
PM			4:30-6:00 Swim		5:15-7:00 Swim	

  

Novice						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM			6:00-7:30 Swim		5:00-6:15 Swim	

Week 2 Practice Schedule: Sep 23-29

Senior						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM			5:30-7:30 Swim		5:30-7:30 Swim	6:30-8:30 Swim
PM Group A	4:00-5:45 Swim				3:30-5:15 Swim	
PM Group B	5:45-7:30 Swim				5:15-7:00 Swim	

  

Senior Performance						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM			5:30-7:30 Swim		5:30-7:30 Swim	6:30-8:30 Swim
PM	4:00-5:45 Swim	3:30-5:30 Swim			3:30-5:15 Swim	

  

Junior Performance						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:30-7:30 Swim					6:30-8:30 Swim
PM		3:30-5:30 Swim	4:30-6:00 Swim		5:15-7:00 Swim	

  

Junior						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:30-7:30 Swim					6:30-8:30 Swim
PM			4:30-6:00 Swim		5:15-7:00 Swim	

  

Novice						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM		5:30-7:00 Swim	6:00-7:30 Swim		5:00-6:15 Swim	

## 2024-2025 Training Schedule\*

<b>Senior Performance</b>						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:30-7:30 Swim		5:30-7:30 Swim		5:30-7:30 Swim	6:30-8:30 Swim
PM	4:00-5:45 Swim 5:45-6:15 Dryland	3:30-5:30 Swim 5:30-6:00 Dryland		3:30-5:15 Swim 5:15-5:45 Dryland	3:30-5:15 Swim	

<b>Senior</b>						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM			5:30-7:30 Swim		5:30-7:30 Swim	6:30-8:30 Swim
PM Group A	4:00-5:45 Swim 5:45-6:15 Dryland			3:30-5:15 Swim 5:15-5:45 Dryland	3:30-5:15 Swim	
PM Group B	5:15-5:45 Dryland 5:45-7:30 Swim			4:45-5:15 Dryland 5:15-7:00 Swim	5:15-7:00 Swim	

<b>Junior Performance</b>						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:30-7:30 Swim		5:30-7:30 Swim			6:30-8:30 Swim
PM		3:30-5:30 Swim 5:30-6:00 Dryland	4:30-6:00 Swim		4:45-5:15 Dryland 5:15-7:00 Swim	

<b>Junior</b>						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:30-7:30 Swim					6:30-8:30 Swim
PM			4:30-6:00 Swim		4:45-5:15 Dryland 5:15-7:00 Swim	

<b>Novice</b>						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM		5:30-7:00 Swim	6:00-7:30 Swim		5:00-6:15 Swim	

\* Schedules are subject to change based on pool capacity and numbers registered in groups

## **Fees And Fundraising Structure**

- Fees for competitive swimmers consist of Swim Ontario Fees and local club fees. Swim Ontario Fees are not reflected in the overall NORAC annual Fees, and are an additional fee requirement for all registered swimmers.
- Members may participate in fundraising initiatives to offset swimming fees. Funds raised by participating in fundraisers will be credited to member accounts and applied to future monthly/quarterly payments.
- Members are also encouraged to assist with bingos. Member accounts will be credited \$80 for each bingo worked with the exception of the runner position which will be credited \$60.00 (this is due to not working the entire shift of a bingo - 2-3 hours max).
- Family Participation Points Policy will be initiated once registration of all members is confirmed.

## **Swim Ontario Fees 2024-2025**

Swim Ontario fees are no longer based on age. Current swimmers with NORAC fall into the competitive registration class. Payment of Swim Ontario fees will be forwarded as swimmer registration is completed. You will receive an email from Swim Ontario and NORAC Registrar by **September 20th, 2024**.

**REGISTRATION CLASS: COMPETITIVE** (one category regardless of age)

**Class Type SNC Fee:** \$73.00

**Swim Ontario Fee:** \$85.00

**HST:** \$11.05

**TOTAL:** \$169.05

## **NORAC Fees**

***\*NORAC Annual fees will not be due until group registration is confirmed with members. This will take place towards the end of the second week of assessment (by September 29th).***

- The annual fee for this program can be paid in full or divided into monthly or quarterly payments and must be paid according to one of these 3 payment options .
- The fee is for the *annual* program in its entirety; ***\*The preliminary deposit of \$150.00 will be subtracted from the annual fee amount.***
- Make up training time will not be provided for sessions cancelled due to statutory holidays, inclement weather or unplanned facilities emergencies.
- For families who participate in fundraising or bingos, monthly or quarterly instalments will be adjusted the month following the completed activity.

<b>Training Group</b>	<b>Annual NORAC fee</b>	<b>Participation points per family</b>
Novice	\$1,240	250
Junior	\$1,780	450
Junior Performance	\$2,500	
Senior	\$2,500	
Senior Performance	\$3,620	
Senior Rec	TBD	

## **Moving Forward**

The full edition of the NORAC Handbook will be sent to all members prior to the official start of the 2024-2025 training season.

This will include:

- Fee structure and payment options (detailed)
- Swim Ontario Registration expectations and requirements
- Membership Termination Policy
- Rate changes for swimmers that transition to another development group
- Family Participation Points system
- Fundraising opportunities
- Swim-a-thon
- NORAC Code of Conduct
- Safe Sport training recommendations for swimmers and members