

Orcas Parent Meeting September 14, 2022

Coaches this year:

- **Tyler Bailer**
- **Candice Elliot**
- **Amilia Brens**
- **Leah Effert**
- **Sydney Heichert**
- **Lilly Frebel**

What to bring to Practice:

Locks – Unfortunately theft is a problem with open lockers, so we highly recommend that everyone locks their stuff up. We have locks available for purchase at the front desk for \$6.25.

Water Bottles – It is important to stay hydrated throughout practice and every swimmer should be bringing a water bottle to practice and drinking water not only during the practice but also during the day.

Goggles and Swim caps – It is mandatory that every swimmer brings a pair of goggles and a swim cap to practice. Goggles and team swim caps can be purchased at the front desk.

Attendance:

If you or your child is not feeling well or develops any symptoms of COVID-19 do not come in for practice, stay home until symptoms subside. If you are unable to make a practice let us know through one of the following ways:

- Private Message us through our Facebook Page (Wetaskiwin Orcas Lifesaving Club) (www.facebook.com/WetaskiwinOrcasLifesavingClub/)
- Email us at Orcas@wetaskiwn.ca
- Or phone the pool office @ (780) 361 4411 and ask to speak with Tyler if he is unavailable, please leave a voicemail or a message with a member of staff.
- **There will be no Orcas on September 30th.**

Parent Meetings:

Parent Meetings will be scheduled, when necessary, by the Head Coach. All parent meetings will start at 5:30pm on either a Monday or Wednesday. When a parent meeting is scheduled, we will inform you via Facebook post, Email and/or Parent Newsletters.

Parent Newsletters:

A Parent Newsletter will be sent out at the beginning of each month through email and posted to our Facebook group along with an updated parent calendar. Every month we will update the parent calendar with the most up to date information on events.

Orca Website:

For more information on all things Orcas please visit our website by going to:

<https://manlukcentre.ca/ORCAS>

For parent newsletters go to:

<https://www.wetaskiwin.ca/Parent-Newsletters>

Volunteer commitment:

Everyone registered in a competitive squad will automatically have a \$200.00 volunteer invoice generated for their family at the beginning of the season. You may choose to pay this invoice right away if you cannot or do not wish to volunteer during the season. There are a few opportunities to fulfill this requirement throughout the season, but the most important and largest commitment is our home swim meet in January of each year. Running a successful swim meet requires many volunteers. When you volunteer, the volunteer invoice will be satisfied and will no longer be owing on your account. If by the end of the season, you have not fulfilled your volunteer commitment, the invoice will remain owing and will need to be paid to clear your account. This is a mandatory requirement for each family involved in a competitive squad.

Junior Coaching

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

Please reach out to the head Coach if you have a swimmer interested in becoming a Junior Coach.

Standard First aid & Bronze Courses:

We encourage all swimmers to take the opportunity to achieve the Lifesaving Society's Bronze Medallion and Cross Courses. Separate registration for these courses will be taken at Front Desk or Online. *All Orca members will receive a 10% discount on their registration for these courses.* It is highly recommended that all Orca members over the age of 13 take these courses.

These Courses develop the fitness, skills, and knowledge to perform a water related rescue and respond to a non-aquatic emergency. Bronze medallion is a prerequisite for any athlete looking to compete in SERC. Bronze Cross are prerequisites for the National Lifeguard (NL) award

- Standard First Aid – October 12, 2022
 - No prerequisites required
- Bronze Cross – October 28-30, 2022
 - Prerequisites:
 - Workplace approved Standard First Aid
 - Bronze Medallion
- National Lifeguard – November 6-10, 2022
 - Prerequisites:
 - Workplace approved Standard First Aid
 - Bronze Cross

Online Logins:

For those of you who have swimmers registered in a competitive squad program you should now have access to your online account. Simply type in the Email you filled out on the registration form at the beginning of the season and request a new password. (If you don't know yours already) The online Log-in can be used to register for upcoming competitions and for volunteers to register for swim meets. It can also be used to register for next seasons Orca program.

Go to: www.manlukcentre.ca

Lifesaving Code of Conduct:

Everyone should receive an email from the lifesaving society containing a link to fill out a code of conduct. This must be completed before your swimmer is allowed to compete at any competition. If you did not receive this email please let us know. The First competition is in Cochrane on October 26, 2019.

Orca Merchandise:

Orca Suits and Swim caps can be purchased at the front desk of the Manluk Centre. Suit sizing is available for those who do not know their swimmers suit size. Talk to Tyler or the Front Desk after practice so we can get your proper sizing. Team shirts are not available at the moment; we will let you know when they become available.

Confirmed Competition Dates:

The Lifesaving Society sanctions a variety of Lifesaving Sport Competitions throughout the season. For a list of competitions that the society has approved (confirmed dates) please visit their website.

<https://sport.lifesaving.org/>

Once more information becomes available for each meet, we will open registration to our members via online through the Manluk Centre website (manlukcentre.ca) or in person at the front desk of the facility. An email will go out to all Orca members when registration opens for a specified swim meet including important information such as warm up times. Competition dates will also be posted in the parent calendar.

What to bring to a competition:

- Water Bottles
- And/or Gatorade
- Towels
- Lots of snacks (of the healthy variety)
- A Lunch (that doesn't need to be warmed up)
- Team Swimsuit
- Team Shirt
- Team Caps (bring extras)
- Goggles (bring extras)
- Blanket/something to sit on
- Card/board games

To encourage team bonding and a focus on their events we ask that swimmers not bring and be playing on any electrical devices (phones, Nintendo switch, ETC). Swimmers are encouraged and permitted to listen to music to help them focus on their events.

Paperwork:

We still need some parents to finish filling out some paperwork. Please come and talk to Tyler at the end of the meeting to see if you still need to fill something out.

Questions or Concerns:

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

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

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12 2 Day GA/4 Day/Focus Plus First Day	13 2 Day Group B First Day	14 Parent Meeting	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30 No Swimming	



**Wetaskiwin Orcas
Lifesaving Club**

Head Coach – Tyler Bailer
Lifeguard Office
(P) (780) 361 4411
(E) tyler.bailer@wetaskiwin.ca

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Advanced Rec/Masters First Day	5 Killer Whales/Beginner Rec First Day	6 Parent Newsletter	7 No Swimming	8
9	10 No Swimming	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



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November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 No Swimming	2	3	4	5
6	7 No Swimming	8 No Swimming	9 No Swimming	10 No Swimming	11 No Swimming	12
13	14 Parent Newsletter	15	16	17 Swim Meet Practice (All Squads)	18 No Swimming (SERC) Lethbridge Swim Meet	19 Lethbridge Swim Meet
20 Lethbridge Swim Meet	21	22	23	24	25 No Swimming – Travel Day	26 (Tentative) Hinton Swim Meet
27	28	29	30			



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December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Spruce Grove Swim Meet
4	5 Parent Newsletter	6	7	8	9 No Swimming	10 Cochrane Swim Meet
11	12	13	14	15	16	17
18	19	20	21 Jellybean Meet KW/BR Last Day	22	23 No Swimming	24
25	26 No Swimming	27 No Swimming	28 No Swimming	29 No Swimming	30 No Swimming	31



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January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 No Swimming	3 No Swimming	4 No Swimming	5 No Swimming	6 No Swimming	7
8	9 Parent Newsletter	10	11 Killer Whales S2 & Beginner Rec S2 First Day	12	13	14
15	16	17	18	19	20 Officials Course (4:00-9:00pm)	21 Home Swim Meet
22	23	24	25	26	27	28
29	30 No Swimming	31				



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February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Parent Newsletter	7	8	9 No Swimming	10 No Swimming	11
12	13	14	15 Picture Day (4:30-5:30)	16	17 No Swimming	18 (Tentative) Drayton Valley Swim Meet
19	20 No Swimming	21	22	23	24	25
26	27	28				



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Drayton Valley has not confirmed a date for their swim meet and the day listed above may change. This is all dependent on if their new pool opens on time in November. Delays to there opening may Cancel this swim meet.

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Parent Newsletter	7	8	9	10	11
12	13	14	15	16	17 No Swimming	18
19	20	21	22 Jellybean Meet KW/BR Last Day	23 Advanced Rec Last Day	24 No Swimming	25
26	27 Provincial Prep Week	28 Provincial Prep Week	29 Provincial Prep Week	30 Provincial Prep Week	31 Provincial Prep Week	



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April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 (Tentative) Provincials
2 (Tentative) Provincials	3	4	5	6	7 No Swimming	8
9	10 No Swimming	11	12 2 Day GA Last Day	13 2 Day GB/4 Day Last Day	14 Focus Plus/ Masters Last Day	15
16	17	18	19	20	21	22
23	24 (Tentative) Focus Plus Extended Season START	25	26	27	28 PD Day	29
30						



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