

## Orcas Parent Newsletter October 12, 2022

### 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 Store now live:

Our team store is now open, you can purchase team shirts, hoodies, and sweatpants from this online platform. Online store closes October 23, 2022, so order soon.

Link to store: <https://orcas2022-1.itemorder.com/>

### Lethbridge swim meet:

Registration now open, go to [manlukcentre.ca/register](http://manlukcentre.ca/register)

search Activity number: **6070**

Hosting Pool:

Max Bell Regional Aquatic Centre

Address:

4401 University Drive W

Lethbridge, AB

Athletes aged 14 years may choose to participate in either short or long course. They cannot be entered in both. (The Head Coach will Decide if swimmers are placed in short course or long course)

The Simulated Emergency Response Competition (SERC) tests the initiative, judgment, knowledge, and abilities of up to four (4) lifesavers (14 and up) who, acting as a team, apply lifesaving skills in a simulated emergency situation unknown to them prior to the start.

Dates:

Friday November 18 (SERC Only)

Saturday November 19

Sunday November 20

Short Course Warm ups

Saturday - 7:15am please be on deck by 7:00

Sunday - 7:15am please be on deck by 7:00

Long Course Warm ups:

Saturday - 12:00pm please be on deck by 11:45am

Sunday - 12:00pm please be on deck by 11:45am

Entry Fee:

\$85.00

Entry Deadline:

November 8, 2022

### **Short Course and Long Course:**

Lethbridge offers Short Course and Long Course events. For Short Course the pool is set up as a 25m pool and the events are what we normally practice. For Long Course the pool is set up as a 50m pool and events are slightly altered to accommodate this change. Athletes aged 14 and 15 may choose to participate in either short course or long course; they cannot be entered in both. Athletes aged 16 and up and those that are in the Focus Plus squad are required to do Long Course.

### **SERC – Simulated Emergency Response Competition:**

Lethbridge is also offering SERC on Friday November 18, 2022. The Simulated Emergency Response Competition (SERC) tests the initiative, judgment, knowledge, and abilities of up to four (4) lifesavers (14 and up) who, acting as a team, apply lifesaving skills in a simulated emergency unknown to them prior to the start.

This competition is judged within a 2-minute time limit. All teams respond to the identical situation and are evaluated by the same judges. The Simulated Emergency Response Competition will be conducted without male and female categories. Teams may consist of any combination of males and females. The winning team will be the team that accumulates the greatest number of points.

Swimmers who are interested please speak with the Head Coach.

### **Hinton Swim meet:**

Registration now open, go to [manlukcentre.ca/register](https://manlukcentre.ca/register)

search Activity number: **6070**

Waiting on information from the meet manager, will open registration once we have the appropriate information.

### **Volunteers needed for swim meets:**

If you can volunteer, please email [tyler.bailer@wetaskiwin.ca](mailto:tyler.bailer@wetaskiwin.ca) with the name of the meet you would like to volunteer for and the position.

### **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/](http://www.facebook.com/WetaskiwinOrcasLifesavingClub/))
- Email us at [Orcas@wetaskiwn.ca](mailto: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 30<sup>th</sup>.**

### 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](http://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.

### 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](http://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/](http://www.facebook.com/WetaskiwinOrcasLifesavingClub/))
- Email us at [Orcas@wetaskiwn.ca](mailto: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.