

December 21 Jellybean Meet:

Registration now open, go to manlukcentre.ca/register

Jellybean meet Activity number: 6136

What is a Jellybean Meet?

Open to all squads, Jellybean Meets are a meet we hold at the Manluk Centre. They are a way to introduce lifesaving sport to the Recreation squads by doing so in a familiar and friendly environment. This also allows our competitive squads to practice the events in a more competitive environment during our normal practice time. At these meets swimmers will participate in a variety of lifesaving events including relays.

Pizza will be available to everyone after the meet is finished. All we ask is that if you are wanting pizza, please pay \$5 per person to either Angela or Tyler.

To run the Jellybean meet we need volunteers. Below are registration pages for Timing and Equipment Handler.

Event will start at 4:30pm.

Timer Registration, Activity number 6139

A timer is responsible for timing each event by stopping the stopwatch when a swimmer finishes the race.

Equipment Handler Registration, Activity number 6140

An Equipment Handler is responsible for setting up each race and ensuring each swimmer has the equipment needed for each race.

Hinton Swim meet:

Registration now open, go to manlukcentre.ca/register

search Activity number: 6136

Hosting Pool:

Dr. Duncan Murray Swimming Pool,

Address:

805 Switzer Dr

Hinton, Ab

T7V 1V1

Start Date:

Saturday, Nov 26, 2022

Warm up Time:

7:00am, Please be on deck ready to go in your swimsuit by 6:45am

Meet Fee:

\$55 per athlete

Entry Deadline:

November 17th, 2022, at 11:59pm

Spruce Grove Swim Meet:

Registration now open, go to manlukcentre.ca/register
search Activity number: 6143

Hosting Pool:

Trans Alta Tri-Leisure Centre,

Address:

221 Jennifer Heil Way,

Spruce Grove, AB

T7X 4j5

Start Date:

Saturday, December 3, 2022

Warm up Time:

7:30am, Please be on deck ready to go in your swimsuit by 7:15am

Meet Fee:

\$50 per athlete

Entry Deadline:

November 28th, 2022, at 11:59pm.

Cochrane Swim Meet:

Registration now open, go to manlukcentre.ca/register
search Activity number: 6146

Hosting Pool:

Spray Lakes Sawmills Family Sports Centre

Address:

800 Griffin Road East

Cochrane, AB

Athletes aged 14 years and older may choose to participate in either the morning AGE GROUP Category or afternoon OPEN Category. They cannot be entered in both. (The Head Coach will Decide if swimmers are placed in the AGE GROUP Category or OPEN category)

Dates:

Saturday December 10, 2022

Age group Warmups

Saturday - 7:00am please be on deck by 6:50am

OPEN category Warmups:

Saturday - 1:15pm please be on deck by 1:00pm

Entry Fee:

\$55.00

Entry Deadline:

November 30, 2023, at 11:59pm

Volunteers needed for swim meets:

If you can volunteer, please email tyler.bailer@wetaskiwin.ca with the position you are volunteering for.

Attendance:

We are testing out a new attendance software, please ensure your swimmers are checking in at the front desk before heading to the changerooms for practice.

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@wetaskiwin.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 December 9th, and December 23-January 6 for Christmas Break.**

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://manlukcentre.ca/orcanewsletter>

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.

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. Please reach out to the Head coach directly to register.* 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

- CPR-C & Bronze Medallion
 - January 13-15, 2023
 - Activity Code 6121
 - Prerequisites:
 - Minimum 13 years of age
- Standard First Aid
 - January 30, 2023
 - Activity Code 6123
 - Prerequisites:
 - Minimum 13 years of age
- Bronze Cross
 - February 9-11, 2023
 - Activity Code 6120
 - Prerequisites:
 - Workplace approved Standard First Aid
 - Bronze Medallion
- National Lifeguard
 - November 6-10, 2022
 - Activity Code 6122
 - Prerequisites:
 - Workplace approved Standard First Aid
 - Bronze Cross

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.

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.

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.

