

Orcas Parent Newsletter

Killer Whales and Beginner Rec Session 2:

Practices Start January 11, 2023.

- Killer whales swim Wednesday and Friday 4:00-4:30pm
- Beginner Rec swim Wednesday and Friday 4:30-5:15pm.
- Reminder that when there is no school (WRPS) there is no swimming.

Sydney is the main coach for the second session of Killer Whales and Beginner Rec.

If you have any questions for the coach, please speak with her before the practice of killer whales or at the end beginner rec practice. All other inquires can be sent to the head coach or to Orcas@wetaskiwin.ca.

Home Swim Meet January 21, 2023:

The registration deadline for our Home Meet is January 15th, 2023, at 11:59pm. As this is our home meet no payment is needed, but we look forward to seeing you all there and fulfilling your volunteer commitment. Warmups will start at 7:00am, so please be on deck ready to go in your swimsuit by 6:45am. We are so excited to see all our swimmers compete in our home pool!

Register online at [Manlukcentre.ca/register](https://manlukcentre.ca/register) and use activity code 6145

Volunteers Needed

Volunteers, please register online by going to manlukcentre.ca/wetaskiwinchill

Officials Training Course:

We are offering the Lifesaving Society's *Community Official* and *Pool Official* courses to anyone who wants to learn how they can help and volunteer at our meet and beyond. These courses are completely FREE to any of our club members and is valuable information for parents to learn.

The course will take place on January 20th from 4-9pm in the Party Room of the Manluk Centre.

Register online at [Manlukcentre.ca/register](https://manlukcentre.ca/register) and use activity code 6133.

Picture Day:

Will be February 15, 2023, from 4:30-5:30pm. More information will be shared next month but mark your calendars.

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.

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.

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@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 January 30th.**

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.

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				



**Wetaskiwin Orcas
Lifesaving Club**

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

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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