

**WELCOME TO THE  
Wetaskiwin ORCAS  
2025/2026 Season**



# 2024-2025 Season Recap

In the 2024-2025 Season of Lifesaving Sport the Wetaskiwin Orcas:

**\*Had 45 Swimmers Register and Enroll in the Program.\***

**\*Broke 3 Provincial Records\***

**\*Placed 2nd in the Province within the Junior Category out of 14 Teams at Provincials, and 8th in the Senior Category with only 5 swimmers\***

# **2025-2026 Season**

**This year we currently have 52 total swimmers registered across all Orcas Programs!!**

# Meet the Coaches

**Head Coach- AJ**

**Assistant Head Coach (Competitive)- Raya**

**Assistant Head Coach (Recreation)- Leah**

**Coach Tyler**

**Coach Lilly**

**Coach Sophia**

**Coach Sydney**

**Coach Ethan**

**Coach Kat**

**Coach Jaedyn**

# Head Coach- AJ

- ▶ How many years have you been coaching?

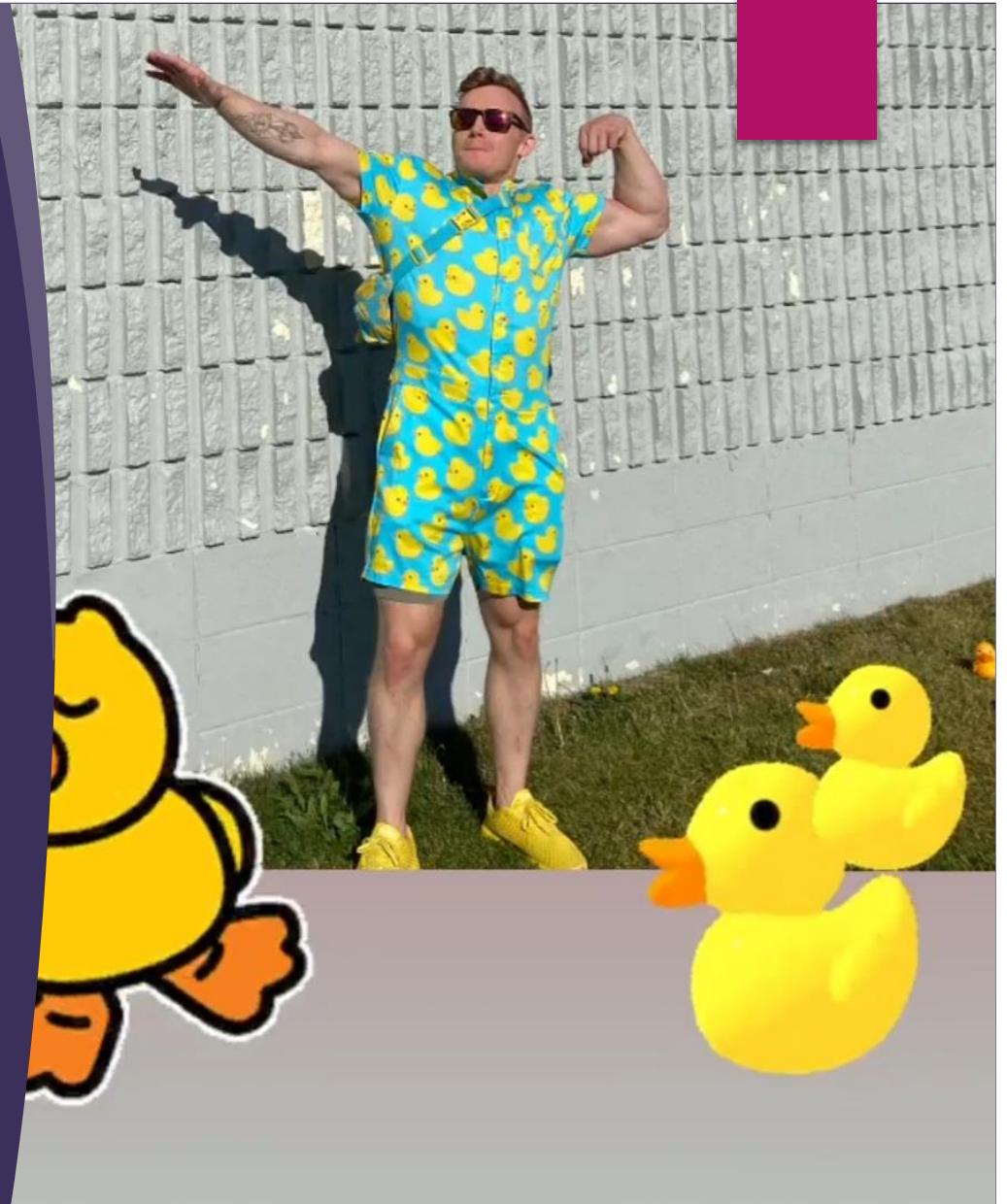
**Coaching Orcas for 2 Years, Coaching Lifesaving Sport for 10 Years**

- ▶ What is your favorite Lifesaving Sport event?

**SERC**

- ▶ What is your go to coffee order?

**Vanilla Iced Coffee**



# Assistant Head Coach (Competitive)- Raya

- ▶ How many years have you been coaching?

**3 Years**

- ▶ What is your favorite Lifesaving Sport event?

**Tow with Fins**

- ▶ What is your go to coffee order?

**Iced Vanilla Latte**



# Assistant Head Coach (Recreation)- Leah

- ▶ How many years have you been coaching?

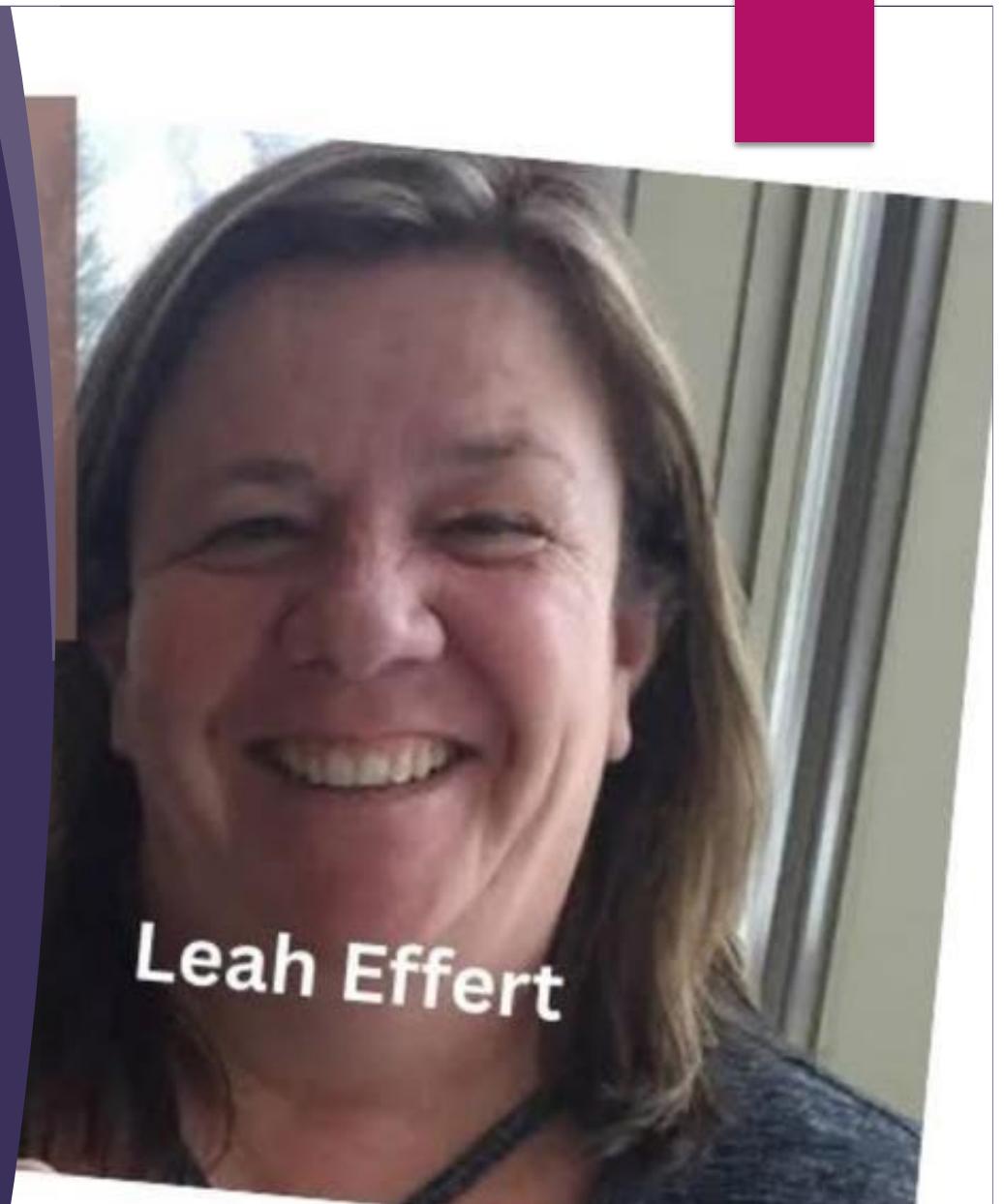
**15 Years**

- ▶ What is your favorite Lifesaving Sport event?

**I love all of the events!**

- ▶ What is your go to coffee order?

**Chai Tea Latte, Lactose Free, No water, No Foam,  
extra pump**



**Leah Effert**

# Coach Tyler

- ▶ How many years have you been coaching?

**11 Years**

- ▶ What is your favorite Lifesaving Sport event?

**Manikin Tow**

- ▶ What is your go to coffee order?

**Iced Cap from Tims**



# Coach Lilly

- ▶ How many years have you been coaching?

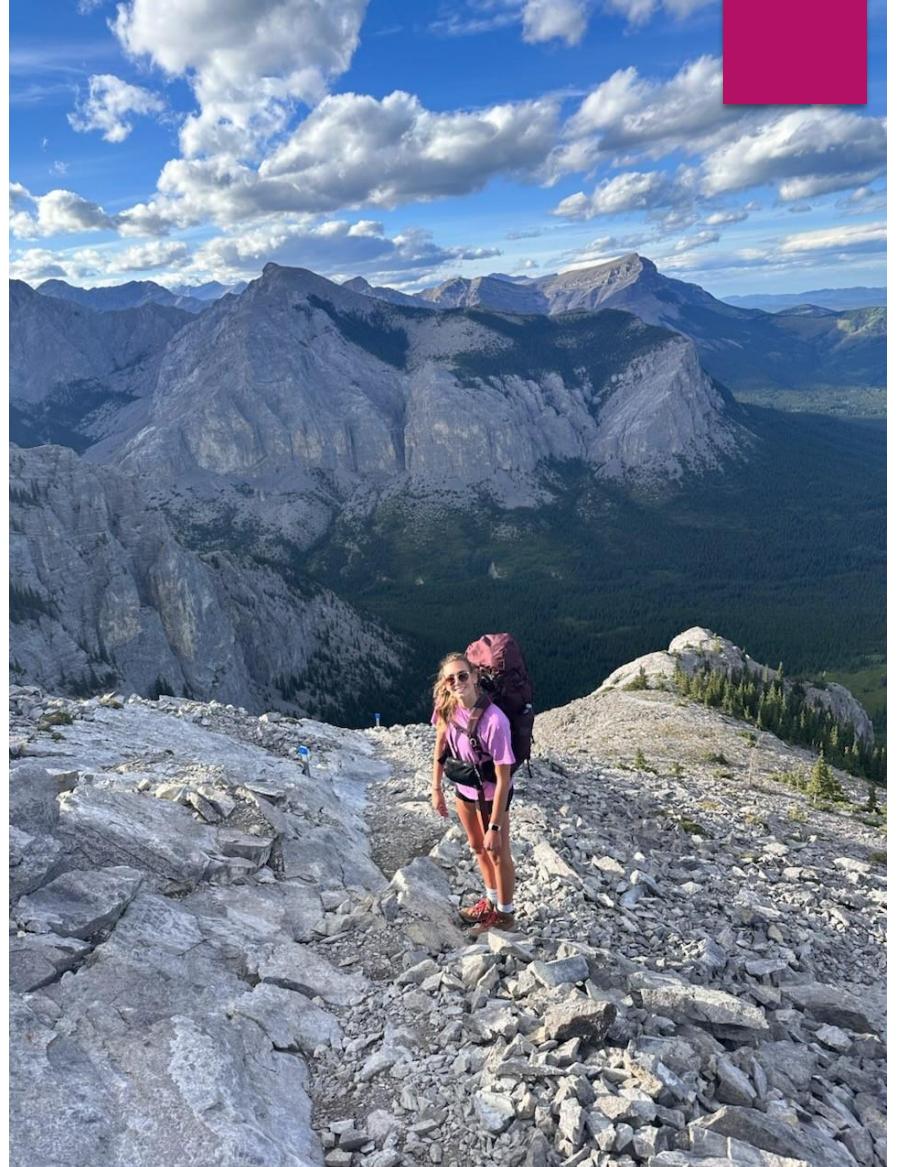
**4 years**

- ▶ What is your favorite Lifesaving Sport event?

**Manikin Tow w Fins**

- ▶ What is your go to coffee order?

**Iced vanilla latte**



# Coach Sophia

- ▶ How many years have you been coaching?

**It is my first year coaching.**

- ▶ What is your favorite Lifesaving Sport event?

**Manikin Carry**

- ▶ What is your go to coffee order?

**Caramel macchiato!**



# Coach Sydney

- ▶ How many years have you been coaching?

**8 Years**

- ▶ What is your favorite Lifesaving Sport event?

**Obstacle Swim**

- ▶ What is your go to coffee order?

**More sugar and cream then coffee**



# Coach Ethan

- ▶ How many years have you been coaching?

**It is my first year coaching.**

- ▶ What is your favorite Lifesaving Sport event?

**50m Manikin Carry**

- ▶ What is your go to coffee order?

**Ice Capp from Tim's**



# Coach Kat

- ▶ How many years have you been coaching?

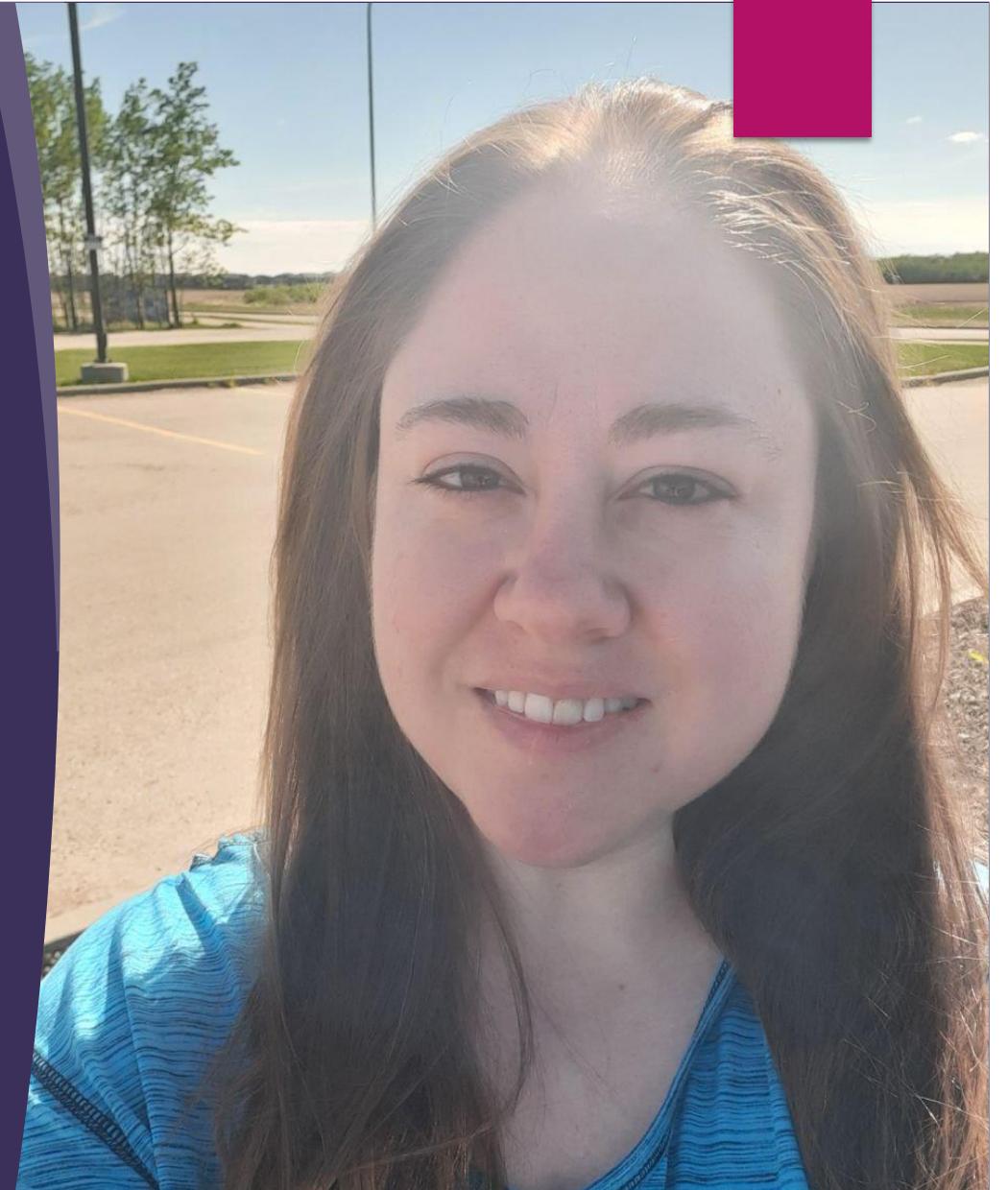
**2nd Year Coaching Orcas, many years of coaching experience in other sports.**

- ▶ What is your favorite Lifesaving Sport event?

**Medley Relay**

- ▶ What is your go to coffee order?

**Green Tea w Honey**



# Coach Jaedyn

- ▶ How many years have you been coaching?

**Second Year coaching Orcas, but fourth year coaching swimming**

- ▶ What is your favorite Lifesaving Sport event?

**Obstacle, because of the singular fly stroke off the the obstacle**

- ▶ What is your go to coffee order?

**Vanilla Iced Coffee from Tims**



# Programs Offered this Season:

## **Competitive:**

- Competitive 4-Day: Monday-Thursday (4pm-5:30pm)
- Competitive 2-Day A: Monday/Wednesday (4-5:30pm)
- Competitive 2-Day B: Tuesday/Thursday (4-5:30pm)
- Focus Plus: Monday-Friday (Mon./Wed.- 4-5:30pm, Tues./Thurs-5:30pm-7:30pm, Fridays- 4pm-6pm)

## **Recreation:**

- Killer Whales: Wednesday/Friday (4-4:30pm)
- Beginner Rec: Wednesday/Friday (4:45pm-5:30pm)
- Advanced Rec: Tuesday/Thursday (4-5pm)

# Housekeeping:

- ▶ Any child in the Orcas Program under the age of 8 is to be under adult supervision before and after the program. The adult supervising must remain in the facility during the program. If a bathroom break is required it is the adults responsibility to escort the child to and from the bathroom not the coaches. Outside circumstances where kids are walking from school to the swimming pool will be considered.
- ▶ The only contact info provided this season will be the Orcas email ([orcas@wetaskiwin.ca](mailto:orcas@wetaskiwin.ca)) and the email of the Head Coach ([alexander.beard@wetaskiwin.ca](mailto:alexander.beard@wetaskiwin.ca)). Or contact through the Facebook Group on messenger & Constant Contact. If you have any questions or concerns please use these emails as contact. Or call 780-361-4411. **Personal number use is not permitted this season to contact the coaches/Head Coach. Please use the above forms of contact.**
- ▶ Please pick up both parent calendars for the season on your way out today as well as a copy of the 'Concussion Protocol for Parents/Caregivers'. It is a requirement in Lifesaving Sport for all clubs to provide parents with concussion information.

# House-Keeping Contd.

- ▶ The Coaches at the beginning of the season will NOT be doing walkthroughs of the changerooms. The lifeguard will do their standard rotations through. However, if issues arise the coaches will resume walking through before and after practice.
- ▶ Please communicate all concerns and questions to the Head or Assistant Head Coach on shift. Please do not approach the coaches while conducting practice.

# Swim-Tests: Swimmer Guidelines

- At our facility children until the age of 16 are required to do a swim test to go in the deep-end of our Competition Pool when it is open. Orcas program participants have the privilege with authorization from the Head Coach that if they ask a coach who is on shift (guarding) for a swim test, they can receive the wristband without having to complete the actual test. However:

## **Athletes will have to do the swim-test under these circumstances:**

- If the athletes do not use their manners, they will be doing the swim test.
- If the athletes ask for a wristband, they will complete the test.
- If the athlete is with other children who are not in the Orcas program, they will be completing the swim test with that group.
- If it is not a coach they are asking, they will be required to do the swim-test unless a coach is on shift and gives them the pass. Lifeguards who are not coaches cannot give out wristbands to athletes.

# Our Goals: Competitive Squads

To provide a fun and positive team experience

To promote physical literacy and physical fitness

To teach the skills needed to perform Lifesaving Sport Events

To introduce athletes to the sport of Lifesaving and Competition

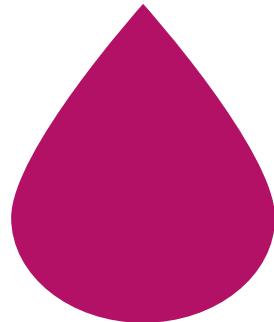
# Our Goals: Recreation Groups



To provide a fun  
and positive team  
experience



To promote  
physical literacy  
and physical fitness



To gain  
confidence in the  
water



To introduce the  
swimmers to  
Lifesaving Sport

# Expectations for Swimmers

Respect other athletes, coaches, lifeguards, and others using the facility

To represent the club in a positive manner in the lobby, changerooms and pool deck, and at all events they attend

To use acceptable and appropriate language in all these areas

To bring a positive attitude to practice

Arrive on time with all required equipment ready (5 minutes prior to practice)

# Behavior Consequence Protocol

1<sup>st</sup> incident – Sit out for part or all of practice.

2<sup>nd</sup> incidence – Sit out and the parent will be notified.

3<sup>rd</sup> incidence – Meeting will be set up with coach/parent/athlete to find a resolution. At this point, the swimmer will not be allowed back in the pool until a solution is agreed upon. It is encouraged for the swimmer to come to practice and watch what is being taught.

Please note if the behavior is a major offense (fighting/vandalism of property) it may jump to step 3 immediately.

**\* The swimmer has signed a code of conduct that they must adhere to.\***

# Expectations Parents

Respect other athletes and coaches and adhere to the Code of Conduct

To bring concerns to the head coach before or after practice

Be your child's #1 cheerleader, **NOT** their coach

Be an active volunteer when needed (i.e. jellybean meets/fun meets & Home Swim Meet)

# Medical Information

- ▶ Please inform the Head Coach of any a medical conditions and medications.
- ▶ You can update this information on your account through our website.  
[manlukentre.ca](http://manlukentre.ca)

**\*If your athlete has an inhaler or any other medication needed on site please make sure it is brought to every practice & swim competition\*- Failure to do so will result in your swimmer being unable to swim at practice or swim meets.\***

**There will be no exceptions to this rule.**

**In order to keep your athlete safe all medical conditions need to be communicated to the Head Coach. (This includes allergies)**

# Equipment – Competitive/Recreation

- ▶ Well fitting 1 piece suit – girls
- ▶ Jammers preferred – boys
- ▶ Googles – 2 pairs
- ▶ Towel
- ▶ Team Swim Cap (each athlete will get one cap at the beginning of the season)
- ▶ Team caps and Swimsuits area available for purchase at the front desk of the Manluk Centre
- ▶ Tester suits are also available to determine the best size for your swimmer.

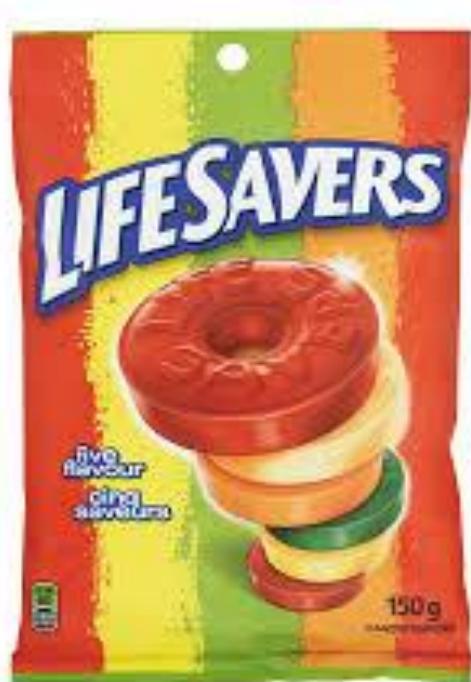


# Swim Meets

- ▶ All swimmers are encouraged to participate at our Home Swim meet.
- ▶ There will be one Jellybean meet on December 11<sup>th</sup> for recreation athletes to try before our home swim meet.
- ▶ **Home Meet:** If your athlete is in the rec program, they must compete in the Dec. Jellybean Meet in-order to register for the Home Meet in January. Their registration must also be approved by the Head Coach.
- ▶ Our Home Meet is **FREE** registration for all Orcas Swimmers. (excluding the \$50 activation fee for the LSS Swimmer Registration)
- ▶ Swim meets are the events in which athletes get to experience the results of their hard work and build friendships within the Lifesaving Sport community.
- ▶ The Thursday before a swim meet will always be meet prep, meaning if you are going to the swim meet and are in Monday/Wednesday crew you are allowed to swim on this day.



# Super lifesaver award



- ▶ This is awarded daily to the Swimmer(s) that:
  - ▣ work hard to improve in practice
  - ▣ Show motivation for themselves and others
  - Exhibit sportsmanship throughout the practice
  - If your swimmer has any allergies or you would not like them receiving candy please inform the Head Coach

# Year End Awards



- ▶ **Most Dedicated Male/Female**
- ▶ **Most Improved Male/Female**
- ▶ **Super-lifesaver**
- ▶ **Sportsmanship**
- ▶ **Most Dedicated Male Volunteer (this is a Caregiver Award)**
- ▶ **Most Dedicated Female Volunteer (this is a Caregiver Award)**

# Important Dates

**Practice Dates are subject to change at Head Coaches discretion.  
Practices may also be added at Head Coaches discretion**



# NO PRACTICE DAYS (2025-2026)

- ▶ All dates on this list are based on the WRPS School Calendar (NO SCHOOL = NO PRACTICE)
- ▶ Like last season Killer Whales and Beginner Rec will still have practice on Travel Days for the Competitive Squads swim Meets unless otherwise stated.
- ▶ **Current NO PRACTICE DAYS:** September 30<sup>th</sup>, October 10-13<sup>th</sup> Thanksgiving Weekend) , November 10<sup>th</sup>-14, December 22- January 4<sup>th</sup> (Christmas Break), January 30<sup>th</sup>, February 5<sup>th</sup>-6<sup>th</sup>, February 16<sup>th</sup>, March 6<sup>th</sup>, March 30- April 6.
- ▶ **Please take a Parent Calendar when you leave today.**

# COMPETITIVE SWIM MEET DATES (Current)

- ▶ These are the current dates for the Lifesaving Sport 2025-2026 Season
- ▶ Less than 4 and we will not send a coach (Head Coach will organize with other coaches to look after the athletes at the swim meet and will communicate with parents.). With 4-9 Athletes one coach will attend, and with 10+ two coaches will attend.
- ▶ We would like to send minimum two coaches to each meet so let's beat our registration numbers from last season! ☺

## Current Dates:

- ▶ November 22<sup>nd</sup>- Hinton
- ▶ November 29-30<sup>th</sup> – Cochrane
- ▶ December 6<sup>th</sup> – Spruce Grove
- ▶ January- Jasper (TBD)
- ▶ January 24<sup>th</sup>-25<sup>th</sup>- Wetaskiwin (HOME MEET)
- ▶ February 7-8<sup>th</sup> – Calgary (YMCA)
- ▶ February 21-22<sup>nd</sup> – Camrose
- ▶ March 7<sup>th</sup> – Drayton Valley
- ▶ March 27-29<sup>th</sup> – Provincials (Kingsman, Edmonton)

# The Lifesaving Society

Website: <https://www.lifesaving.org/lifesaving-sport>

\*Waiver Form: <https://www.lifesaving.org/public/download/files/218868>

**\*If your athlete is competing at any Swim Meets this season please print out, fill out, and return a signed Waiver Form to the Head Coach\***

**\*The Waiver Form is REQUIRED for your swimmer to go onto our Lifesaving Sport Roster and be registered in any swim meet over the course of the Season.**

# Parent Communication/Volunteering

**Monthly Parent Newsletters sent through email (Constant Contact), please ensure your email is up to date in our system and follow the Facebook 'Wetaskiwin Orcas Parent Page'.**

**Email** – Orcas@wetaskiwin.ca

**Facebook Page** - Wetaskiwin Orcas Page

**Facebook Group** - Wetaskiwin Orcas Parent Page- **Please request to join this one.**

**Website** – [manlukcentre.ca/orcas](http://manlukcentre.ca/orcas)- Monthly Newsletters will be put on the website in PFD format

- ▶ Reminder that we do use these tools to communicate closures, last minute no practice times (ex. Mechanical issues/Chemical issues, and Swim Meet information for those attending swim meets (ex. Swim time changes, specific site information)

## **Volunteering (Competitive Squads)**

- ▶ Volunteering is mandatory in some capacity (i.e. Jellybean Meets, Swim Meets, or fundraisers). If you do not volunteer for the entire season there will be a \$200 charge placed on your account. We highly encourage volunteering at our Home Swim Meet January 24<sup>th</sup>-25<sup>th</sup>.

# Questions

- ▶ If you have any questions after the Parent Meeting do not hesitate to ask the Head Coach or email [orcasmwetaskiwin.ca](mailto:orcasmwetaskiwin.ca)
- ▶ **Reminder that Competitive Orcas Season starts- Sept. 8, 2025**
- ▶ **Reminder that Recreation Orcas Season starts- Oct. 7, 2025**
  - Advanced Rec STARTS- Oct. 7, 2025
  - Killer Whales/Beginner Rec STARTS- Oct. 8, 2025