



*National Age Group
Registration Package 2009 – 2010*

A High Performance Long Term Athlete Development Program

The Aquabelles believe in and have adopted the program

“Promoting a Positive Sport Environment” developed by Canadian Sport Centre Calgary

MESSAGE FROM THE HEAD COACH

Welcome to what is guaranteed to be yet another great year with the Calgary Aquabelles Synchronized Swimming Club! We are all looking forward to a fantastic 2009/2010 season.

This year we will have many familiar faces returning to both swim and coach at the Belles. Of course, we will have many new faces as well and we wish to welcome you with open arms to our club. This year we will continue our focus on excellence in the sport of synchronized swimming, while having lots of laughs and creating great memories.

In 2008/2009 we had to make some adjustments to our program after many of our senior athletes left the club to swim at the Centre of Excellence in Montreal. We are very proud of these athletes and wish them the best of luck in the future with their careers on the National Team. These athletes are Alison McKenny, Claire Friesen, Cassidy Beaver-Nicol and Sandy Gill. They have spent the past season representing Canada at many international competitions.

We are looking forward to continuing our goals of technical and artistic improvements at all levels, from pre-competitive to national team athletes. As with every year, we will also instill life skills into the training. The girls learn daily, which helps them become the well-rounded athletes they are. Working as a team and in a positive sport environment is the primary focus of the Club, and adhering to this has allowed us to achieve our goals and excellence for the athletes at all levels.

This year the season will get a kick start with our annual SHAPE Camp. The camp will run from Friday, August 21st to Monday, August 24th. Regular training will begin on Tuesday, September 8th for the National Age Group at Talisman and on Wednesday, September 9th for Wildrose at Inglewood.

I am looking forward to another great year with the Belles and seeing what our girls are able to achieve by the end of the year. Every year they amaze me with their levels of improvement! Keep up the good work girls!

Sincerely,

Jenn Tregale

Head Coach
Calgary Aquabelles

National Age Group Registration Package

A checklist for your daughter's registration

- A Copy of Birth Certificate
- Alberta Health Care Number
- Forms
 - Swimmer Information
 - Emergency Medical Information and Treatment Authorization
 - Registration Agreement
 - Fee Schedule & Terms
 - Commitments
 - Volunteer & Fundraising
 - Bingo Commitment Information
 - Release, indemnification and consent (for swimmer)
 - Synchro Canada Doping Control Testing
- Cheques payable to Calgary Aquabelles Synchronized Swim Club
 - One cheque or eight monthly cheques for team fees
 - Four post dated travel deposit cheques
 - Either a bingo buy-out cheque or bingo deposit cheque
 - Either a volunteer/ fund raising buy-out cheque or volunteer / fund raising deposit cheque.

See Calgary Aquabelles Hand Book for policies and schedules, this information is available from the office and once a member you can access the Hand Book on our website - www.aquabelles.com.

Swimmer basic information

For the swimmer

Team	}	CASSA Number
Senior 18 & over		See Handbook (www.aquabelles.com) for detailed information on our programs. Contact the office for information from the Hand Book
Junior 15 & over		
Espoir 15 & under		
Espoir 16 & over		

_____	_____	_____
Last name	First name	Birthday (yyyy-mm-dd)

Home address (for normal correspondence)

_____	_____	_____
City	Province	Postal Code

_____	_____
Home phone	Swimmer's email

Calgary Aquabelles Synchro Club 2009 – 2010 Registration Forms (NAG)

Mother

Father

Name (Last, first)

Name (Last, first)

Street address

Street address

City, Province, Postal code:

City, Province, Postal code:

Cell phone

Home phone

Cell phone

Home phone

Work phone

Work phone

Email

Email

Email

Email

Emergency medical information and authorization

In the event of an emergency involving,

Last name

First name

Alberta Health Care #

When I cannot be reached at the numbers provided on the Swimmer Basic Information form or the alternate emergency contact below is not reachable, I authorize the coach or the aide to seek medical attention for the swimmer. I understand that it is my responsibility to provide a new Swimmer Basic Information form when the contact information changes. This permission is effective for the swim year from August 1st, 2009 to July 31st, 2010 while the swimmer is under the supervision of an Aquabelles coach.

Alternate emergency contact

Last name

First name

Relationship to swimmer

()

Phone #1

()

Phone #2

Family doctor's contact

Dr.

Dr. Name

Phone number

Alberta Health Care #: _____

Allergies for swimmer: (Circle one) **Yes No** If yes please list below:

Does the swimmer have any medical problems, which should be known?

Yes No Please list:

List any medications currently being taken:

Are there any concerns you would like your coach to be made aware of? **Yes No**

If yes your coach will contact you directly for further discussion.

Parent's name (please print)

Swimmer (if over 18)

Signature

Swimmer signature (if over 18)

Date

Date

Registration Agreement

Swimmer

Last name

First name

In consideration for the Calgary Aquabelles Synchronized Swimming Club (the “Club”) agreeing to provide a position on a team for the above athlete, this is to confirm that I/we (the undersigned) have read and understand the Calgary Aquabelles Hand Book and Registration Package and agree to comply with the policies there in.

Specifically, I/we agree to the following:

- To accept financial responsibility for the full fees of the above named athlete.
- To pay the Travel, Wardrobe and Other costs that occur and are charged to the athlete’s account
- To accept responsibility for the bingo, casino, volunteer and fundraising obligations as set out in the Calgary Aquabelles Hand Book.
- To ensure the athlete attends all practices leading up to the required competitions as set out in the Calgary Aquabelles Hand Book.
- To ensure the athlete attends all competitions as set out by the club.
- To pay in full the previous season balance of the athlete’s account, prior to the beginning of the next season. It is agreed that the complete registration package and payments are received prior to the beginning of the season in August.
- I have read and agree to abide by all the policies as set out in the AQB Hand Book.

Overdue accounts will be charged at 2% per month interest (24% per annum), plus any collection or legal costs to collect the account will be charged to the account.

Mother’s name (please print)

Father’s name (please print)

Signature

Signature

Date

Date

Fee schedule & terms

Important things to note:

➤ **Fees do not include duets and solos.**

These are extra, and will be charged in October once selections by coaches have occurred and approved by parents.

➤ **Payment terms must be adhered to.**

- Payment deadlines in your selected payment option are firm, with payment to be received by the Aquabelles in all cases, on or before the payment dates.
- 5% discount for full payment of team fees when paid on or before the first day of swimming.
- Bingos credits will be applied to your account in October, January, April and July after the bingos are worked. For any bingos worked approx. \$70 will be applied directly to the athlete's account.

Part 1 – Team fees					Please complete applicable lines	
	Train to Win Senior 18 & Over	Train to Compete Junior 18 & Under	Train to Train Espoir T6 16 & Over	Train to Train Espoir T6 15 & Under		
Basic Team fee	\$6,950	\$6,120	\$3,885	\$4,570		
June training fee	\$150	\$150	\$150	\$150		
Flex/Strength Training	\$500	\$500	\$500	\$500		
TOTAL TEAM FEES	\$7,600	\$6,670	\$4,535	\$5,220	Line 1	\$

Part 2 Payment Options

1. Full payment (5% discount option)

Full payment on first day of practice 5% discount?	Line 1 x .05	Line 2	\$	()
Sub-Total Amount owing after full-payment discount	Line 1 - Line 2	Line 3	\$	
Pay by credit card - add 3%	Line 3 x .03	Line 4	\$	
Amount owing after full payment discount & credit card fee	Line 3 + Line 4	Line 5	\$	

2. Monthly Payments Option

Deposit owing	This amount is due with the registration package (plus monthly post dated Cheques)			
Deposit is non-refundable See our refund policy	Train to win Senior 18 & over	Train to Compete Junior 18 & under	Train to Train Espoir T6 15 & under/T6 16 & over	
	\$1,000	\$750	\$500	Line 6 \$
Optional - Pay deposit by credit card - add 3%	Line 6 x .03		Line 7	\$
Deposit owing with credit card fee	Line 6 + Line 7		Line 8	\$
Monthly payment				
Basic team fee	From Line 1		Line 9	\$
Less deposit	From Line 6 or 8		Line 10	\$
Total owing	Line 9 – Line 10		Line 11	\$
Eight equal instalment payments (Sept 1 - Apr 1)	Line 11 ÷ by 8		Line 12	\$
Optional - Pay by credit card - add 3%	Line 12 x .03		Line 13	\$
Monthly amount owing	Line 12 + 13		Line 14	\$

Mandatory: Post-dated cheques are required with the registration package

Part 3. Optional buy out – for those that do not want to or are unable to volunteer their time

	Senior 18 & over	Junior 18 & under	Espoir T6 15 & under /T6 16 & over		
Casino (Non-Refundable)	\$2,000	\$2,000	\$2,000	Line 15	\$
Bingo (Non-Refundable)	\$1,400	\$1,200	\$1,000 (15 & under)/\$900 (16 & over)	Line 16	\$
4 Dinner Theatre tickets and Silent Auction donation	\$200	\$200	\$200	Line 17	\$
	Total Buyouts			Line 18	\$
Pay buyout by credit card – add 3%	Line 18 X .03			Line 19	\$
Total Buyout owing	Line 18 + Line 19			Line 20	\$

Part 4 - Type of payment

Cheque

Attach cheque(s) payable to Calgary Aquabelles
NSF charges will be charged back to accounts

OR Visa or Master Card authorization

Credit card type - Visa or MasterCard _____

Name on the Card _____

Card number _____

Expiry date _____

Signature (for credit card) _____

<p>To be determined and billed at a later date</p> <p>Full Payment or Post Dated Cheques will promptly be required once extras are determined.</p> <p>Solo's & Duet's are conditional upon Head Coach approval</p>	<p align="center"><i>Senior</i> 18 & over</p>	<p align="center"><i>Junior</i> 18 & under</p>	<p align="center"><i>Espoir</i> 15 & under/16 & over</p>
Combo (per Athlete)	\$750	\$750	\$750
Solo (Season fees charged per hour)	\$1,150	\$1,150	\$1,150
Duet (Season fees charged per hour per athlete)	\$610	\$610	\$610

Competition fees	To be billed once the club has been registered in meets. Fees are determined by Synchro Alberta and Synchro Canada.
Travel fees (this includes athlete's accommodations, travel costs, and food for out of town meets. Coaches and chaperones' costs are allocated amongst the team. This will be billed at a future date.)	To be determined once Synchro Alberta/Canada announces location of meets. A parent meeting will be held shortly after all of the competitions have been announced. Travel requirements, options and estimated costs will be discussed at this time. Currently, we expect that all competitions, except the Michelle Cameron Invitational, will be hosted outside of Calgary due to the closure of Talisman Centre.
Clothing and swim suits	Swim suits and Aquabelles clothing will be available in September. You will be provided with a list of clothing on the clothing order night.
Music	Digitizing costs of mastering the CD for each routine will be billed to your account once team selections are made.

Bingo Commitment Information Sheet

Please note that your swimmer account will be credited with the applicable amount, currently \$70 per bingo, for each bingo that you work. This applies to mandatory and extra bingos. For example, if you work 10 bingos, you will receive a credit of \$700 which will be applied against fees and travel costs.

Swimmer's name

_____ Last name _____ First name

Please check one:

We would like to work only the mandatory bingos.	We would like to buy out the bingos this year	We would like to work the mandatory bingos plus any extra available.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		How many extra? _____

The Bingo year is from July 1, 2009 to June 30, 2010

For families who are doing bingos, please indicate the number of bingo workers who can be available for:

Sat - Sun daytime _____ Sat - Sun evenings _____

Mon - Fri daytime _____ Mon - Fri evenings _____

Please list all names of those who are 18 and older who will be working bingos, and indicate if they are members or associates of the club. Also, please indicate if the workers want to be listed on the bingo substitute list.

Name:	Phone	Email	Member/ Parent Member/ Associate Member	Sub list (Y/N)
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Bingo credit information

You have three choices:

- 1) Work your mandatory bingos
- 2) Buy out your mandatory bingos
- 3) Work your mandatory bingos plus extra bingos

TEAM EVENT ONLY			
	Mandatory bingos	If you work bingos, the yearly credit is:	If you buy out bingos, the additional cost is:
Espoir 16 & over	9	\$630	\$900
Espoir 15 & under	10	\$700	\$1,000
Junior	12	\$840	\$1,200
Senior	14	\$980	\$1,400
Additional routines (all levels)			
Solo	1	\$70	\$100
Duet	1	\$70	\$100
Note: All Bingo credits and buy outs are non-refundable			

Volunteer Commitments

Volunteering and fundraising are important and necessary activities to the Calgary Aquabelles Synchronized Swim Club. Without them we would not be able to offer your athlete this great program and the life experiences that she will gain as an Aquabelle. All members of the club are required to participate in fundraising and volunteer events.

Deposit Requirements (Post Dated to June 1, 2010 unless otherwise noted)	<i>Espoir Train To Train</i>	<i>Junior Train To Compete</i>	<i>Senior Train To Win</i>
Volunteer and Fundraising Deposit <ul style="list-style-type: none"> Destroyed upon volunteer and fundraising commitments as outlined in the Aquabelles Hand Book. Dinner Theater tickets and Silent Auction donation – you are required to purchase 4 tickets to the event and provide a silent auction donation that must be provided by October 15, 2009 Donations of food will be required for all competitions that the Aquabelles are hosting. And other fundraisers as presented 	\$500	\$500	\$500
Bingo Deposit (Team) <ul style="list-style-type: none"> Destroyed upon fulfillment of Bingos 	\$200	\$200	\$200
Travel Deposit It is very difficult to determine travel costs prior to the competitive season, as all meet locations have not been finalized and transportation/accommodations can vary depending on the location and time of booking. A parent meeting will be held shortly after all competitions are announced where we will discuss the travel requirements, options and estimated costs. At this point, we expect that all competitions, except the Michelle Cameron Invitational, will be outside of Calgary due to the closure of Talisman Centre. Please postdate cheques as follows; <ul style="list-style-type: none"> one for January 1, 2010, one for February 1, 2010 one for March 1, 2010, and one for April 1, 2010. The cheques will be applied to your account once the travel costs have been determined. Any remaining cheques will be returned or destroyed. If the travel expenses are less than the cheque amounts, your account will be credited the difference.	4 - \$500 Cheques (does not include going to Vegas)	4 - \$800 Cheques	4 - \$800 Cheques

I have read understood and agree to the Fundraising, Bingo, Volunteer and Travel policy as detailed in the Calgary Aquabelles Hand Book.

Print Name

Signed

Date

Volunteer Opportunities

The Club has a number of areas where your support and time is required to ensure a successful program for the athletes, parents and coaches. A mandatory meeting to discuss the various committees and projects will be held in September requiring all families to be represented and to sign up for the duties for which you are best suited. These can include:

- Travel committee
- Dinner theatre and silent auction committee
- Volunteer at competitions
- Maintenance of stereo and video equipment
- Wardrobe committee
- Fundraising committee – co-op certificates, bottle drives, other projects
- Grant committee
- Social committee – Welcome Back barbeque, Year End banquet, Halloween party, Christmas party
- Membership Development committee
- Finance committee

Release, indemnification and consent (for swimmer)

I, the undersigned hereby acknowledge that participation in the Calgary Aquabelles Synchronized Swimming Club might result in personal injury, property damage or loss, and possibly death. I fully understand these risks and hereby agree to participate voluntarily and at my own risk.

In consideration of the Calgary Aquabelles Synchronized Swimming Club accepting my entry into the programs and activities organized thereby, I and my heirs and executors, administrators and assigns agree not to hold the Calgary Aquabelles Synchronized Swimming Club, their servants, agents, sponsors, volunteers or employees responsible for any personal injury, property damage, loss or death resultant from or arising in connection with my participation with the programs initiated, conducted or organized by the Calgary Aquabelles Synchronized Swimming Club.

I have carefully read this Release, Waiver and Assumption of Risk agreement, fully understand same and am freely and voluntarily executing same.

Dated at the City of Calgary, in the Province of Alberta,

Swimmer's name (please print)

Witness's name (please print)

Signature

Signature

Date

Date

Synchro Canada Doping Control Testing

Parents/Coaches:

Please have a copy of the following signed by each athlete entered in the 2009/2010 Canadian Synchronized Championships (Tier 6 and 7 only)

This form is critical and is required for any swimmer attending Tier 6 and Tier 7 swim meets. Failure to comply to complete this form will prevent an athlete from entering the Canadian Synchronized Swimming Championships.

FOR ATHLETES 18 AND OLDER

I, _____, HEREBY AGREE TO DOPING CONTROL TESTING

Print Name

ATHLETE'S SIGNATURE

DATE

FOR ATHLETES UNDER 18

I, _____, HEREBY AGREE TO DOPING CONTROL TESTING

Print Name of Swimmer

PARENT'S SIGNATURE

DATE