



NEPEAN



**Recreational
Parent**



Handbook



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What is Artistic Swimming?

Artistic swimming (formerly known as synchronized swimming, or commonly referred to as “synchro”) can be a hard sport to understand for new parents! The sport is a combination of dance, gymnastics, and cheerleading, all in the water! Athletes will learn positions and movements in the water and put all the skills together to make a choreographed routine to music. Routines are judged on a number of factors including synchronization, execution of the movements, artistic impression, and difficulty. At the younger levels, swimmers also compete in "figures," which are short combinations of skills performed individually without music for the judges.

Common Terms

Eggbeater: the leg motion that swimmers use in the water to keep themselves up while they do arm movements

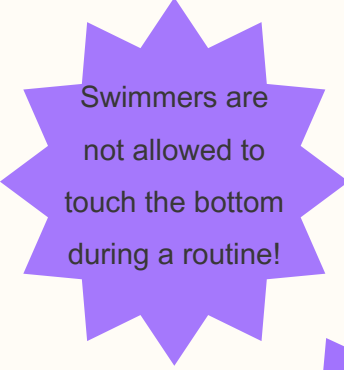
Sculling: movement of the arms to help move the swimmers across the pool or keep them up when performing movements upside down (there are a bunch of different types of sculling!)

Figures (or “hybrids”): any combination of movements performed upside down with the legs in the air

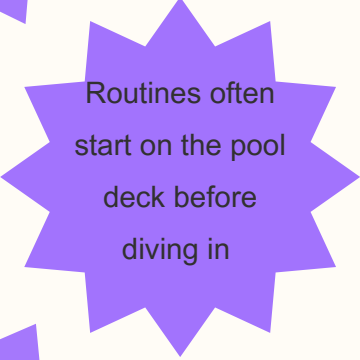
Pattern: the formations that the swimmers are in while performing their routine

Landdrill: when swimmers review their routine on land using only their arms


Fun Facts



Swimmers are not allowed to touch the bottom during a routine!



Routines often start on the pool deck before diving in



As of 2024, men are now allowed to compete in the Olympics!

What Recreational Programs do we Offer?

Orange Program



90mins, 1x per week

A program for swimmers ages 6-9 who are new to the sport or have previous recreational program experience. Includes development of swimming strokes, artistic swimming skills, flexibility, and a routine presented at our club's season-end Watershow. Swimmers should be comfortable swimming independently in deep water prior to joining.

Yellow Program



90mins, 1x per week

A program for swimmers ages 9-12 who are new to the sport or have previous recreational program experience. Includes development of swimming strokes, artistic swimming skills, flexibility, and a routine presented at our club's season-end Watershow. Swimmers should be comfortable swimming independently in deep water prior to joining.

Teen Rec



2 hours, 1x per week

A program for swimmers ages 12-17 who are new to the sport or have previous recreational program experience. Includes development of swimming strokes, artistic swimming skills, flexibility, and a routine presented at our club's season-end Watershow. Swimmers should be comfortable swimming independently in deep water prior to joining.

Precomp Program



90min-2 hours, 2x per week

A full year program for athletes age 7-9 with previous recreational experience. This program is designed for artistic swimming athletes that are interested in pursuing the competitive stream in future seasons. Athletes will continue to work on refining their skills as well as a routine that is presented at the year-end Watershow.

Full Season Programs

Run from September-May. Swimmers will be with the same teammates and coach for the whole season. These programs include a routine bathing suit and a performance at the season-end watershow!

What Recreational Programs do we Offer?

Red Program



60min, 1x per week

A program for swimmers ages 4-7 who are new to the sport or have previous recreational program experience. Includes development of swimming strokes, artistic swimming skills, flexibility, and a routine presented at the final practice. Swimmers should be comfortable swimming independently prior to joining.

12-Week Session



90mins, 1x per week

A program for swimmers ages 8-11 who are new to the sport. Includes development of swimming strokes, artistic swimming skills, flexibility, and a routine presented at the final practice. Swimmers should be comfortable swimming independently in deep water prior to joining.

Half Season Programs

Run twice in the season, from Sep-Dec and Jan-April. These programs do not include a routine suit or watershow, but the routine will be presented to parents on the final day!

Pool Time

While pool time is subject to city and facility availability each season, here are some of our typical pool times that the recreational program uses:

Walter Baker Sports Centre: Mondays, Wednesdays, Thursdays, and Fridays 4:30-6pm

Nepean Sportsplex: Saturdays 11-1pm and 3-6pm

Jewish Community Centre: Saturdays 4:30-6pm

What Recreational Programs do we Offer?

Additional Programs

Athletes with Disabilities (AWD)

We believe that everyone should have an opportunity to participate in synchro! If you have an athlete with special needs, reach out to headcoach@nepeansynchro.com to see what programming may be best for them. Often, our AWD swimmers practice one on one with a coach at a practice time that works for them.

Masters

Most seasons, we also offer recreational masters once a week for those who are looking to learn the sport or stay involved! Information about registration will be posted on our website throughout the season. Email headcoach@nepeansynchro.com with any questions about this program!

Summer Synchro

During the summer, our recreational programs are dependent on summer pool time offered by the City of Ottawa and coach availability. Usually, we are able to run a few 3-4 week recreational sessions throughout the summer with classes on evenings and weekends. For these classes, recreational swimmers are grouped by their age and experience level. Information for summer recreational classes usually comes out in May with registration following shortly after.

Try-Synchro!

We hold 1-hour free "Try-Synchro" sessions at various points throughout the season- often in the summer, late Fall, and Spring. This is a great chance to come give synchro a try before signing up for a full session! Registration for these sessions is advertised on our Instagram and Facebook accounts as well as on our website.

How Does Registration Work?

Registration Q&A

<p>What swimming level is required to join?</p>	<p>We recognize that many swim lessons were interrupted by the pandemic and swimmers come from a variety of swimming backgrounds. For all programs, we ask that swimmers are able to swim independently (without any aids) in deep water prior to joining.</p>
<p>How do I know that my spot is confirmed?</p>	<p>If you've completed the form and sent the payment, your spot is confirmed! Your receipt of payment and copy of the form responses sent to you upon completion is your confirmation- if you do not receive a copy of your form responses, try filling out the form again.</p>
<p>I registered a while ago and haven't heard anything?</p>	<p>All swimmers will be emailed by the club after registration closes, which may be a few weeks later depending on how early you register. If your class starts in less than one week and you haven't heard anything, reach out to reccoach@nepeansynchro.com</p>
<p>What is my CAS number?</p>	<p>If you are a new swimmer, your CAS number will be created for you when you do the final insurance steps. If you are returning and do not know your number, reach out to clubadmin@nepeansynchro.com.</p>
<p>What happens if I selected waitlist only?</p>	<p>If you selected waitlist only, you do not need to pay until your spot is confirmed. You will still receive an email from the club when registration closes informing you that you are on the waitlist and will be contacted if a spot opens up!</p>

What Does my Swimmer Need for Practice?



Bathing Suit

One piece bathing suits are preferred, but not mandatory at the recreational level

Water Bottle

It's very important for swimmers to stay hydrated at practice!



Goggles

Can be purchased at any sports store or online

Noseclip

Can also be purchased at any sports store or online



Swim Cap

Not mandatory for the recreational level, but helps keep hair out of the face!

The club will also send out an order form early in the season for those who wish to purchase caps or noseclips directly from NASC!

What will my swimmer do at practice?

Each team (4-8 swimmers) is led by one coach and one assistant coach. Our recreational coaches are often current or former athletes and have taken their AquaGO certification as well as attend monthly meetings for coach development. Assistant coaches are younger athletes (13-15) who are looking to volunteer, get involved, and are interested in coaching as they get older!

Flexibility and Land Training

Flexibility and strength are both very important athletic abilities in artistic swimming. Classes will spend a portion of each lesson stretching, working on their knee and toe extension, and doing some warmup and simple strength exercises to develop the muscles they need in the water!

Stroke Development

Artistic swimmers need to be comfortable in the water and able to move themselves across the pool quickly! A portion of each class will be spent working on basic swimming strokes, kicks, and sculls

Synchro Skills

Throughout the session, swimmers will learn a variety of positions and transitions (moving from one position to another) in the water. They will also work on their eggbeater, dives, and how to count to different types of music.

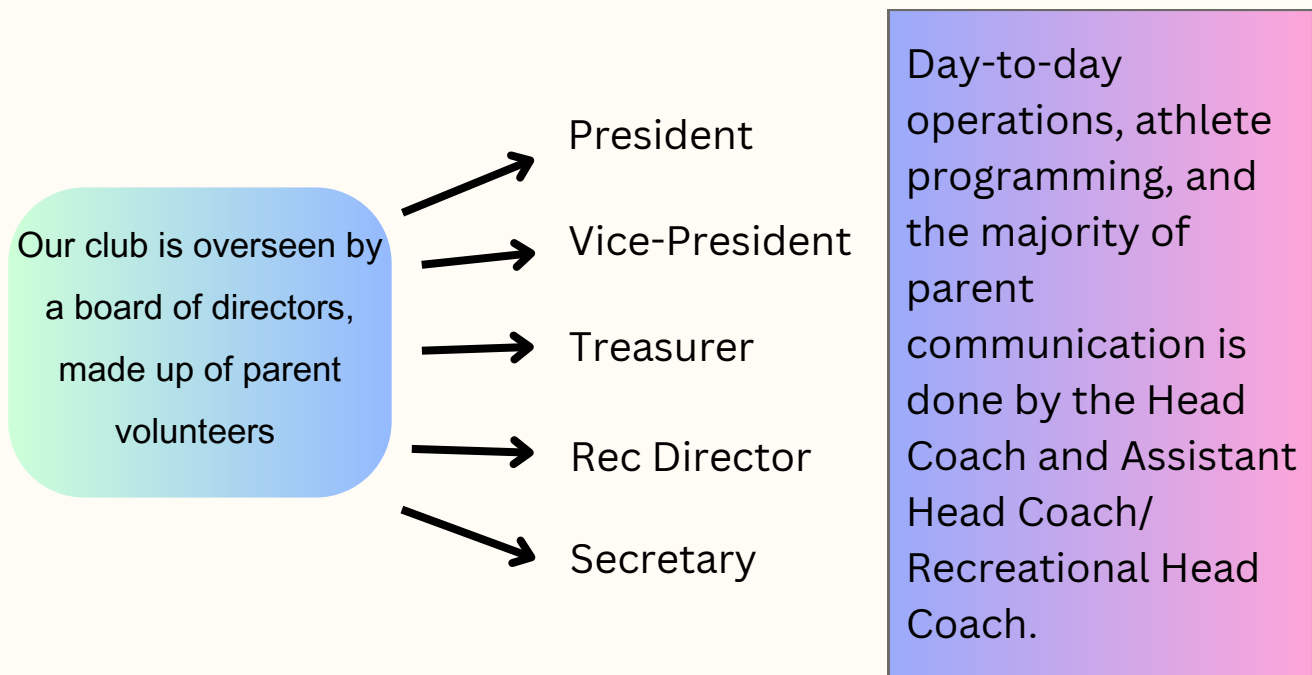
Routine!

Once swimmers have learned their basic skills, the coach will start to choreograph the routine! Teams might spend some time reviewing and learning on land before trying routine parts in the water with counts or music

What is the Watershow?

For our full-season recreational teams, the watershow is held in early May and includes all of our club's routines! Swimmers will get the full synchro experience- matching suit, gelled hair, and a chance to perform their routine for the crowd!

How does the club operate?



I have a question- who should I ask?

Role	Answers Questions About	Email
Rec Team Coach	<ul style="list-style-type: none"> • Issues relevant to daily practices • Schedule questions 	Sent to teams at start of session
Assistant Head Coach/ Rec Lead Coach	<ul style="list-style-type: none"> • Issues that are not resolved at the team coach level • Class suggestions for your athlete 	reccoach@nepeansynchro.com (will cc rec director when needed)
Club Admin	<ul style="list-style-type: none"> • Registration help 	clubadmin@nepeansynchro.com
Treasurer	<ul style="list-style-type: none"> • Fees and payment questions 	treasurer@nepeansynchro.com

How do I move up to a competitive program?

If your swimmer is enjoying synchro, a more competitive program may be for them! Our club offers two options: novice and competitive.

Competitive

A program for artistic swimmers ages 8-18 that wish to experience competition, increased team bonding, and advanced skill development. Entry into the competitive program happens between 7 and 10 years old. These swimmers are selected from our recreational program by the Rec coaching team, and participate in assessment sessions before being accepted onto one of the Competitive teams. Swimmers train 2-5 times a week depending on their age group and can also participate in solos and duets.

Novice

A program for artistic swimmers ages 12 and up that wish to experience competition, increased team bonding, and further skill development. Entry into the novice program happens between 11 and 14 years old. These swimmers are selected from our recreational program by the Rec coaching team, and participate in assessment sessions before being accepted onto one of the Novice teams. Novice swimmers train twice a week from September to May.

What do we look for at assessments?

- Love and enthusiasm for synchro!
- Ability to do basic skills (positions, counting, movements, flexibility)
- Respect for teammates and coaches
- Ability to apply feedback

If you have questions, take a look at the flowcharts on our website or ask your swimmer's coach!

Appendix A: Pool Locations



Nepean Sportsplex

1701 Woodroffe Avenue, Nepean, Ontario

Major intersection: Woodroffe & Hunt Club



Walter Baker

100 Malvern Avenue, Barrhaven, Ontario

Major intersection: Malvern & Greenbank



Jewish Community Centre

21 Nadolny Sachs Private, Ottawa, Ontario

Major intersection: Carling & Broadview

In the case of a pool closure, we may look for pool time at other facilities in the Nepean/Barrhaven/Kanata/Ottawa West area.