

**AUR  RAS**

# Pre-Competitive Handbook 2021-2022



Purpose, Passion, Performance

# Training Locations

## **Kinsmen Sport Centre**

9100 Walterdale Hill,  
Edmonton



World class facility  
Deep tank is warm  
Located in the River Valley  
Close to Whyte Ave  
Close to downtown  
Workout or explore while  
your child has lessons.

## **Terwillegar Community Recreation Centre**

2051 Leger Rd NW,  
Edmonton



Warm pool  
Workout or play at the  
fitness centre, gymnasium or  
indoor playground while  
your child has class.





# Pre-Competitive Overview

	Kinsmen	Kinsmen	Terwillegar
	1x Week	2x Week	
Ages	6-10 (2012-2016)		
Uniform (water)	Club suit (optional)		
Practice Clothing (land)	Black shorts & club shirt		
Practices	Wednesday 5:00-7:00pm OR Saturday 9:00-11:00am	Wednesday 5:00-7:00pm AND Saturday 9:00-11:00am	Saturday 9:00-10:30am
Events	Fall session ~ Water show December  Winter session~ Water show April		
Travel	None		
Judging & Ranking	None at this level		
Cost	1x Week Kinsmen	2x Week Kinsmen	1x Week TCRC
	Fall session- \$350.57 Winter Session- \$467.43  PLUS* Registration fee- \$55	Fall session- \$701.14 Winter session- \$934.86  PLUS* Registration fee- \$55	Fall session- \$263.04 Winter Session- \$350.72  PLUS* Registration fee- \$55
* Only pay the registration fee once per season.			



# Club Gear



Required on Land:

1. Club shirt (\$16)- [Purchase from this link](#)
2. Black shorts or leggings- your choice

Required in the Water:

1. Suit of your choice
2. Club Cap
3. Nose plug
4. Goggles- your choice





# Important Training Dates

	Times	Important Program Dates
Fall Program	Kinsmen Wed 5:00-7:00pm	Start October 6 End December 15  Water show December
	Kinsmen Sat. 9:00-11:00am  Terwillegar Sat. 9:00-10:30am	Start October 2 End December 11  Water Show December
	Kinsmen Wed 5:00-7:00pm & Sat. 9:00-11:00am	Start October 2 End December 15  Water show December
Winter Program	Kinsmen Wed 5:00-7:00pm	Start January 5 End April 27  No Swimming March 28 Water show April
	Kinsmen Sat. 9:00-11:00am  Terwillegar* Sat. 9:00-10:30am	Start January 8 End April 30  No Swimming April 2 Water show April
	Kinsmen Wed 5:00-7:00pm & Sat. 9:00-11:00am	Start January 5 End April 30  Water Show April No Swimming March 28 or April 2

# Other Fees

## **Security Fee- \$500.00**

One-time payment taken at the END OF THE SEASON if the member account is NOT balanced/paid in full.

It is a Split Payment available at Checkout

- \$1.00 Today
- \$499.00 on or after Wednesday, June 29, 2022





# How to Register

Please note the following when registering:

- All members will be required to set up an account with RAMP, which you will use to register, pay and view your account invoices.
- If you already use the RAMP interface (perhaps through another sport) you will be expanding your profile when you log in, but you do not need to create a new account.
- You are required to have a Respect in Sport for Parents certificate number.  
<https://synchrono-canada-parent.respectgroupinc.com>
- If you want to register for both the fall and winter program you will need register separately for each.

There are a few steps to register:

1. <https://www.rampregistrations.com/login?v3=902c9a74>
  - Register a participant.
  - Choose the 2021-2022 Season
  - Fill out participant info and include Respect in Sport for Parents certificate #
  - Choose program
    - > Fall 1x week
    - > Fall 2x week
    - > Winter 1x week
    - > Winter 2x week
  - Check out
  - Go back into account and register for the security fee to complete registration
2. <https://h2oreg.com/#!/memberships/alberta-artistic-swimming>
  - Click purchase a membership
  - You will need to create an account
  - Choose recreational athlete
  - Fill out the forms and pay the AAS/CAS registration fee

