



Vancouver Pacific Wave Synchronized Swim Club
Suite 642 - 3495 Cambie Street
Vancouver, BC, V5Z 4R3
604.216.7444
www.vpw.bc.ca
vpwssc@gmail.com

2011-2012 Early Registration Information

To facilitate planning for next year (pool scheduling, coaches, etc.), we are asking for your commitment to next year's swim season. To encourage this, VPW is offering a discount on Synchro BC registration fees, which all swimmers, recreational and competitive, are required to pay to Synchro BC for the 2011/2012 season. Please review this information and complete the form at the end of this package to save your spot for next season. Or early register online at http://www.vpw.bc.ca/registration/early_registration.html

What team will my child swim on next year?

Your child's placement for next season will depend on both their age, and their ability. Your coach will have the best idea where your child is best placed for the upcoming season, and we encourage you to talk to them about this, if you haven't done so already. Feel free as well to contact Terri McCulloch, Board Chair for administrative questions: 604-872-6264, imterri@shaw.ca.

June Training for High Performance Swimmers

If your child is considering moving up to High Performance ("National Stream") next year, either as a 13-15 year old, 16-18, junior or senior, they need to come to June Training to be assessed. This is also a great chance for them to get to know our high performance coaches and get a feel for the training expectations.

June training takes place Tuesday and Thursday mornings from 6:00am-8:00am at Vancouver Aquatic Centre and Sunday mornings from 8:00am-11:30am at UBC Indoor Pool (dry land from 10:30-11:30). June training costs \$225 and begins June 5th*. Please mail this fee in advance to the above address if your child will be participating.

Back to Business August Training

VPW is offering two "Back to Business" Training Camps for VPW swimmers this August. The camps will be a combination of land and pool so girls will need workout and swim gear. We are doing online registration for these camps at www.vpw.bc.ca.

- August 22 – 25, 2011. Open to all VPW swimmers. Monday-Thursday evenings, Steveston Outdoor Pool, Richmond 6-9 pm (including dry land and pool time), \$100
- August 29 – Sept 1, 2011. All VPW swimmers welcome, **mandatory for all High Performance swimmers.** Monday-Thursday evenings, Steveston Outdoor Pool, Richmond 5-9 pm (including dry land and pool time), \$140

*\$140 for 13-15 National Team members who will begin a week later due to Espoir.

Summer Camps

VPW will be holding a variety of summer camps for younger and brand new swimmers, too. Please help us spread the word! Registration online at

www.vpw.bc.ca

- Lord Byng Pool:
 - July 11 - 14, 1:00 - 4:00 \$120.00
 - July 18 - 21, 1:00 - 4:00 \$120.00
- Ladner Outdoor Pool:
 - August 15 - 19, 9:00 - 12:00 pm \$150.00
- Steveston Outdoor Pool:
 - August 22 - 25, 5:30 - 7:00 pm \$75.00
- St. George's Senior School:
 - July 4 - 8, 9:00 - 3:30 \$215.00
 - August 8 - 19, 9:00 - 12:00

Volunteering: We need your help!

Vancouver Pacific Wave is a parent run community club, and as such, we rely heavily on volunteers to keep things running smoothly. The following is **a very short list** of some of the jobs that need to be filled for 2011-2012. We will be implementing a Family Commitment Plan again this coming year to encourage involvement. If you already know how you would like to contribute next year, or wish to share your ideas, please contact Ann Lacey at aquagirllacey@gmail.com or (604) 948-0128.

- Sponsorship Coordinator
- Fund Raising Committee Chair
- Meet Manager
- Team Parents
- Travel Coordinators
- Equipment Manager
- Watershow Coordinator

Fall Registration and VPW AGM

Please take note of the following important fall dates:

National (High Performance) Stream

- Thursday September 1, 5:00 pm, Steveston Pool:
High Performance Stream Registration Night
 - Registration Form due (either online or hard copy, both available on website)
 - Synchro BC Registration Fee due (\$120, or pay \$100 by June 30)
 - \$500 September club fees**
 - No swimmer will be allowed to enter the pool September 11 without these forms and paid fees, as per Synchro BC regulations
- Note: First September training day for high performance swimmers TBA
- Monday September 26, 4:00-5:30 pm, Hillcrest Pool:
High Performance Payment Night
 - Remaining fees due (postdated cheques for the season)
 - Extra routine dues to be paid in full
 - Family Commitment Plan cheques due
- Tuesday October 4, 7:00 pm, Watermania (tentative)
 - Annual General Meeting
 - One parent per family must attend

**Please note that this is not the monthly fee amount, it is a deposit towards your yearly fees. Monthly payment amounts will be available in September.

Provincial Stream and Recreational Teams

- Sunday September 11, 8:00 am, Templeton Pool:
Provincial Stream and Rec Registration
 - First regular training day for provincial stream and rec swimmers
 - Registration Form due (either online or hard copy, both available on website)
 - Synchro BC Registration Fee due (\$100, or pay \$75 by June 30, \$17.50 for rec)
 - \$100 September club fees, \$50 for rec**
 - No swimmer will be allowed to enter the pool without these forms and paid fees, as per Synchro BC regulations
- Sunday September 25, 8:00 am, Templeton Pool:
Provincial Stream and Rec Payment Day
 - Remaining fees due (postdated cheques for the season)
 - Any extra routine dues to be paid in full
 - Family Commitment Plan cheques due
- Tuesday October 4, 7:00 pm, Watermania (tentative)
 - Annual General Meeting
 - One parent per family must attend

Recreational South Teams

- Saturday September 10, 8:00 am, Winskill Pool:
Rec South Registration
 - First regular training day for rec south swimmers
 - Registration Form due (either online or hard copy, both available on website)
 - Synchro BC Registration Fee due (\$17.50)
 - \$50 club fees **
 - No swimmer will be allowed to enter the pool without these forms and paid fees, as per Synchro BC regulations
- Saturday September 24, 8:00 am, Winskill Pool:
Rec South Payment Day
 - Remaining fees due (postdated cheques for the season)
 - Any extra routine dues to be paid in full
 - Family Commitment Plan cheques due
- Tuesday October 4, 7:00 pm, Watermania (tentative)
 - Annual General Meeting
 - One parent per family must attend

**Please note that this is not the monthly fee amount, it is a deposit towards your yearly fees. Monthly payment amounts will be available in September.

Tentative 2011-2012 Training Schedule

On the reverse page is the **TENTATIVE** in-pool training schedule for next year, beginning September 27. **Please note that we will be running a modified schedule until September 26** to accommodate Watermania's September closure. Stay tuned for details.

VPW Tentative 2011-2012 Pool Training Schedule (effective Sept. 27, subject to change)

Please note that we will be running a modified schedule until September 26 to accommodate Watermania's September closure. Stay tuned for details.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	total pool hours
VAC				VAC	Winskill	UBC	
<u>HP JR</u> 6-8 am (2 hrs)				<u>HP JR</u> 6-8 am (2 hrs)	<u>Rec south</u> 8 - 9 am (1hr)	<u>HP JR / 13-15</u> 6:30-10:30am (4 hrs)	
					<u>Star Plus Winskill</u> 8 – 9 am (1.0 hrs)	<u>Star Plus UBC</u> 9 -10 am (1.0 hrs)	
Hillcrest	Watermania	Watermania	Watermania	Lord Byng		Templeton	
<u>HP JR / 13-15</u> 4-8 pm (4 hrs)	<u>HP JR / 13-15</u> 7-9:30 pm (2.5 hrs)	<u>HP JR / 13-15</u> 8-9:30 pm 1.5 hr	<u>HP JR / 13-15</u> 7-9:30 pm (2.5 hrs)	<u>Rec Byng/Tmpl</u> 3:30-4:30pm (1 hr)		<u>Prov – all teams</u> 8-11 am (3 hrs)	HP JR=18.5
	<i>9:30- 10:00 pm Club X/extra routines</i>	<i>9:30- 10:00 pm Club X/extra routines</i>	<i>9:30- 10:00 pm Club X/extra routines</i>			<u>Star Plus Tmpl</u> 10 -11 am (1.0 hrs)	HP 13-15=14.5
<u>Rec Hill/Byng</u> 5:30-7 pm (1.5 hrs)	<u>Prov 12& U</u> 7-8:30 pm 1.5 hrs <u>Prov 13-15</u> 7-8:45pm 1.75 hrs <u>Prov 16-18</u> 7-9pm (2 hrs)		<u>Prov 12 & U</u> 7-8:30 pm 1.5 hrs <u>Prov 13-15</u> 7-8:45pm 1.75 hrs <u>Prov 16-18</u> 7-9pm (2 hrs)			<u>Rec Byng/Tmpl</u> 8-9:30am (1.5 hrs)	Prov 16-18 =7 Prov 13-15= 6.5 Prov 12&U=6.0
<u>Star Plus Hill</u> 4 – 5 pm (1.0 hrs)	<u>Rec south</u> 7:00-8:30 pm (1.5 hr)		<u>Star Plus Rich</u> 7:00 – 8:00pm (1.0 hrs)				Rec=2.5
	<u>Rec Richmond</u> 7 – 8:30 pm (1.5 Hr)		<u>Rec Richmond</u> 7 – 8 pm (1.0 Hr)				
	VAC		VAC			Watermania	
	<u>Star Plus VAC</u> 7-8 pm (1.0 hrs)		<u>Rec VAC</u> 7 – 8:00 pm (1 Hr) <u>Prov ?</u> 7-8pm 1 hr			<i>7-10 pm Club X/extra routines</i>	
	<u>Rec VAC</u> 7 – 8:30 pm (1.5 Hr)		Lord Byng				
	<u>Prov ?</u> 7-8pm 1 hr		<u>Rec Hill/Byng</u> 4:00 – 5:00pm (1 hour)	<u>Star Plus</u> = new half year introductory courses for new swimmers who will work towards performing a routine at the winter or year end watershow.			



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2011-2012 Early Registration Form

Swimmer's Name: _____

Parent's Name: _____

Telephone #: _____

E-mail: _____

Registration Fee:

High Performance National Stream Early Registration **\$100.00**

Provincial Stream Early Registration **\$75.00**

Recreational **\$17.50**

The deadline for Early Registration is June 30, 2011. Please pay according to your child's 2010-2011 stream. If she moves up we will collect the difference in September.

Please make cheque payable to VANCOUVER PACIFIC WAVE and mail to:

VPW
642 – 3495 Cambie Street
Vancouver, B.C.
V5Z 4R3

If you have any questions on the registration process please call or email:

Terri McCulloch (VPW - Chair)

604-872-6264

imterri@shaw.ca

P.S.: You can also complete this form and online pay via PayPal at

http://www.vpw.bc.ca/registration/early_registration.html