



Aquatica Synchro Club Travel

CPC- Regina, May 2024

Overview

Based on feedback from families and in an attempt to lower costs of individual families we plan on traveling “family style” for CPC 2024. Please note that these changes do not apply to National Stream travel, only travel to CPC.

Travel Fees for 2023/2024 Season: ~\$300 per competitive athlete. If total expenses below are greater than that of athletes travel costs the remainder will be covered by families. Or, (which is more likely), if total expenses below are less than that of athletes travel costs families will be reimbursed the remainder.

These expenses vary based on # of athletes traveling so we have made an estimate on the high end to ensure things are covered appropriately.

Travel Costs are due: At the start of the season via cheque*

*paying by cheque allows Aquatica to process travel fees without having to use our online system. The online system comes with fees, and as we want to keep our travel fees as low as possible for families we collect them via cheque instead.

What this includes:

The \$300 travel fee per athlete essentially covers coaches costs and banquet costs. This includes:

- Transportation of coaches to the event
- Coaches honorariums (they do not get paid an hourly rate during away competitions but receive an honorarium)
- Coaches per diem
- Coaches hotel costs
- Banquet fees for athletes and coaches

It is important for our athletes that their coaches are at the competition and as a club we need to make sure that we are covering these expenses.

What this does NOT include:

The travel fees this year DO NOT include athletes' transportation to the event or during it, their food (except for the evening of the banquet) or accommodations at the event.



Expectations:

Of Coach:

- Coach athletes from our club of all levels when at the pool. For example, if one coach usually only coaches a 13-15 team, they might be asked to help with 10&U figures during the competition as the schedule allows.
- Communicate with parents on team when they are required to have athletes at the pool each day and when they are to be picked up. Depending on the schedule, athletes may have a 'break' during the day with their families.
- Supervise athletes during the time that they are at the pool

Of Parents/Guardians*:

- Parents/guardians are expected to get their athlete to the competition OR arrange for their athlete to travel with another parent. This includes ensuring:
 - Athletes are at the pool for spacing on the Thursday evening before the competition. We will not know the spacing time until closer to the competition, but that information will be communicated to the families traveling as soon as it becomes available.
 - Athletes are at the pool ~15mins before the time that the coach communicates with the team. There is nothing more stressful than an athlete arriving late for a competition!
 - Athletes are at the pool to cheer on their teammates. Coaches will indicate when this is.
- Supervise athlete(s) when not at the pool and overnight
- Provide athletes with nutritious meals during the competition (and send lunch / snacks with them as necessary). NO fast food or junk food please. The girls are competing and need to fuel their body appropriately.
- Knox or Assist athlete in knoxing as needed
- Ensure athletes are in bed at a reasonable time and well rested for competition.
- If there is down time, 'touristy' activities are OK, as long as athletes get time to rest as well and are able to focus at competition.
- Ensure that athletes are at the practices leading up to the competition (i.e. do not leave a few days early to extend a family vacation and miss practice. If you hope to extend your trip please do it post-competition).

*Please note that you do not have to be the parent that is there with your daughter! We encourage families to carpool and have a few athletes travel together with one parent. We do not expect every parent to be at the competition by any means.

Of Team Parent*

- Ensure or designate someone to ensure that all athletes have a family to travel / stay with at the competition



- Assist coaches in communicating when they need athletes at the pool and making sure that all parents have this information.

*Team parents are selected at the start of the year and act as a 'team manager' to assist coaches.

Of Athletes

- Be professional in and out of the pool, you are representing our club!
- Cheer on and support Aquatica members
- Come to the pool prepared just as you do at local competitions and practices.
- Maintain healthy habits while at competition. This includes eating well, getting to bed on time (this will vary athlete to athlete based on age), and being safe.

Recommendations

Although we aren't traveling together as a club we do have some recommendations to ensure we have a successful experience!

- The club will have a recommended hotel for families to stay at. Obviously this may not work for everyone, but all are encouraged to stay there. Location of hotel will be shared with families closer to date.
- Athletes (especially older athletes) are encouraged to travel in groups instead of each individually with their parents. This may include the athletes sharing a room like they would do before at competitions.
 - This especially applies to athletes who are interested in swimming at qualifiers / Nationals in the future. We do not want the athletes' first competition away from mom/dad to be at a national level competition.
- Athletes will be notified of who is competing from Aquatica and there will be some events that coaches expect them to be at the watch. Even if they are not expected to watch certain events, it can be a great learning experience and athletes are encouraged to check out other events.