

August 2023 NEWSLETTER



@swimmasa

info@swimmasa.com



artswimmasa

Club Values

At the Mississauga Artistic Swimming Club, we are more than just a team; we are a community bound by shared values and a passion for artistic swimming.

1. Unity and Teamwork: We believe that our strength lies in our unity. We work together as a synchronized whole, supporting each other both in and out of the water. Through collaboration and trust, we create a bond that elevates our artistry and achieves remarkable results.

2. Respect and Sportsmanship: We treat everyone with respect, including teammates, coaches, parents, competitors, and officials. We embrace the spirit of fair play and demonstrate good sportsmanship in victory and defeat, knowing that our actions reflect not only ourselves but also our team and community.

3. Creativity and Artistry: We celebrate the beauty of artistic swimming as an expressive art form. By pushing artistic boundaries, we transform our performances into captivating displays of innovation and grace.

4. Continuous Growth and Learning: We recognize that growth is a lifelong journey. We are dedicated to improving our skills, techniques, and understanding of artistic swimming. We embrace challenges as opportunities for development, always seeking to learn from experiences and one another.

5. Empowerment and Leadership: We empower each team member to lead by example, regardless of their role. We value the unique strengths and perspectives that each individual brings, and we encourage each other to take initiative, contribute ideas, and inspire positive change.

6. Resilience and Adaptability: We face challenges with resilience and adaptability. Just as water flows around obstacles, we find ways to overcome. By staying adaptable and maintaining a positive attitude, we turn adversity into triumph.

7. Inclusivity and Diversity: We celebrate the diversity within our team. We embrace different backgrounds, experiences, and viewpoints, recognizing that they enrich our collective journey and contribute to a vibrant community.

8. Joy and Celebration: We approach our practices, competitions, and performances with joy and enthusiasm. Our love for artistic swimming is infectious, and we share this excitement with our teammates and audience, creating a positive and uplifting atmosphere.

9. Integrity and Accountability: We hold ourselves accountable for our actions and decisions. We act with honesty and integrity in all that we do, maintaining a strong sense of responsibility for upholding the values of our team and the sport.

10. Lifelong Connections: We believe that the bonds we form in the pool last a lifetime. We prioritize building strong friendships and connections that extend beyond our time on the team, ensuring that the memories and experiences we share become cherished lifelong treasures.



One Team. One Beat. One Goal

Registration is Open!

Registration is now available. All resources for families will be posted at swimmasa.com/23-24, please bookmark this site to keep current on the upcoming season.

There are three requirements to complete your initial registration with Mississauga Artistic Swimming Club. For any questions on registration, please contact Julie Takata (admin@swimmasa.com)

- 1) Register your swimmer with Mississauga Artistic Swimming Club via the TeamSnap link <https://go.teamsnap.com/forms/377456>. This will allow MASA to roster your swimmer onto one of MASA's regional or provincial teams. Coach Alyssia should have already contact you about the season placements, if she has not please contact her at headcoach@swimmasa.com. Please submit the registration fee via e-transfer to finance@swimmasa.com

Fee schedules have been drafted based upon projections regarding the number of swimmers per team. The fee tables for each team are included at the end of this newsletter. Submit payment for the 2023-2024 season with MASA at the Parent Information Session, either through post-dated cheques or preauthorized monthly withdrawal.

- 2) Register your swimmer and one parent volunteer with Ontario Artistic Swimming via [H2Oreg](https://h2oreg.com/#!/memberships/ontario-artistic-swimming-2023-2024). <https://h2oreg.com/#!/memberships/ontario-artistic-swimming-2023-2024>
This new online registration process will include signature of all relevant waivers as well as payment of your 2023-24 CAS and OAS registration fees.
- 3) Attend the Parent Information Session and Club Social on September 10th (more information below).

Parent Meeting

MASA's Family Information Session will take place on **Sunday September 10th, 2023, at 11:30a – 12:45p at the Huron Park Community Centre**. **All club Families are requested to attend** as important updates and information will be shared, registration will be finalized (**bring your post-dated cheques or complete the preauthorized withdrawal form!**), and questions will be answered.

MASA will be hosting our new Welcome Social from **1:00 pm – 4:00pm at Huron Park in Area B** across from the tennis courts. **All families should** plan on attending as this is a great opportunity for all families to meet our new Head Coach, Board and for new teammates and families to get ready for the coming season.

Team Placement

The club will be holding another Team Placement session in August to help coaches assess swimmer abilities and devise teams that would perform well together. This is intended for those swimmers who wish to participate on our provincial or regional teams but who missed the Team Placement sessions in June. The session will be held on **Thursday August 31st, 2023 5:00-6:30pm at Erindale Outdoor Pool**.
<https://go.teamsnap.com/forms/391774>

Tentative Team Lists

Our coaches have devised tentative team lists. Note however that a final team placement session is occurring on August 31st. As such, *changes may be made to these team lists in order to create better team composition*. Regional teams, especially the 10U age group, will remain open until after August Try Synchro session to give opportunities for new swimmers to join the MASA family.

10U Regional

Lead Coach: Morgan

Assistant Coaches: Sophia, Tia & Katherine

- Eleanor Langford
- Grace Patterson
- Mia Wolff
- Kiara Singhal
- Mikayla Shao

10U Provincial

Lead Coach: Alyssia

Assistant Coaches: Tia, Sophia

- Raelyn Bai
- April Shao
- Emily Xu
- Linda Liu
- Linna Liu
- Marilyn Lee

Junior Provincial

Lead Coach: Alyssia

Assistant Coach: Morgan

- Rhea Anand
- Christy Ayoub
- Katherine Sheng
- Tia Anis
- Joy Yang
- Paige Liu-Ernsting

11-12 Regional

Lead Coaches: Sophia & Morgan

Assistant Coaches: Tia & Katherine

- Sahana Gandhi
- Mary-Anne Nakhla
- Ishaanvia Arora
- Shanaya Gawri
- Riley Tai
- Caterina Da Costa
- Lily Gleadow

11-12 Provincial

Lead Coach: Alyssia

Assistant Coaches: Morgan, Sophia, Tia

- Natasha Thomas
- Alyson Ge
- Tiffany Lin
- Kara Takata
- Julia Tan
- Maddie Wynne

Youth Regional

Lead Coach: Tia & Morgan

Assistant Coach: Rhea & Katherine

- Ashleigh Legge
- Clara McMurdo
- Iveta Rimasauskas
- Gianna Ianiero
- Maddy Green
- Samantha Thornbury
- Chantal Gad
- Laura Kolcun
- Molly Lacktin

Youth Provincial

Lead Coach: Alyssia

Assistant Coaches: Morgan, Sophia

- Amelia Delaney
- Zeina Saleh
- Sadye Stasiuk

Additional Routines

10U Duet:

- Linda & Linna Liu (*coached by Alyssia*)

11-12 Duets:

- Alyson Ge & Tiffany Lin (*coached by Morgan*)
- Kara Takata & Maddie Wynne (*coached by Morgan*)
- Natasha Thomas & Julia Tan (*coached by Alyssia*)

Youth Duet:

- Amelia Delaney & Maddy Green (*coached by Alyssia*)

Junior Solos:

- Katherine Sheng (*coached by Alyssia*)
- Myra Jin (*coached by Morgan*)

Junior Duets:

- Paige Liu-Ernsting & Joy Yang (*coached by Alyssia*)
- Tia Anis & Myra Jin (*coached by Morgan*)

Practice Schedule

The tentative 2023-2024 practice schedule is as follows:

2023 – 2024 Mississauga Artistic Swimming Club Schedule								
	Team	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Go	Teal	5:30 – 7 pm						
	Red				7–8:30 pm			
Regional	10U	5:30 – 7:30 pm				6 – 8 pm		
	11-12	6:30 – 8:30 pm				6 - 8 pm		
	Youth	7:30 – 9:30 pm			7–9pm			
Provincial	10U	4:30-7:30 pm	7– 8 pm (optional)		7–9 pm	5:30 – 8:30 pm		
	11-12	4:30-7 pm	7– 8 pm	6:30-9:30 pm				6:30-9:30 am
	Youth	6:30-10 pm	7– 8 pm	7:30-10 pm	7–10 pm			
	Junior		7 – 8 pm		7–10 pm	6:45 – 10 pm		6:30 – 9:30 am

	Huron Park
	Erin Meadows
	Virtual

A few notes about practices:

- Attendance at practice is essential for an individual's skills to improve but is also crucial for routine development and team cohesion. Artistic Swimming is a team sport, with each individual swimmer playing a crucial role in the patterns and flow of a routine. Competitive swimmers should plan absences outside of the practice schedule for the team.
- 100% attendance at practice is the goal.
- Practices will be mandatory for all athletes 2 weeks before a competition.
- Swimmers are expected to be ready and on-deck five minutes before the practice start time. Swimmers should be ready to dive into the pool as the clock changes to their practice start time.
- If your swimmer misses practice, for any reason, please be sure to notify your team's coach ahead of time so that they can plan accordingly.
- If some practice times are particularly difficult for parents to manage, we encourage you to investigate carpooling options.
- As a supplement to regular practices and to ensure that our swimmers practice their routines and skills in pools like those used in competitions, Deep Water practices will be scheduled in addition to regular practices. The schedule for these practices has not yet been finalized (pending pool availability) but will be communicated to families as soon as bookings are made.

Practice Equipment

Swimmers should arrive at each practice with:

- One-piece swimsuit
- Goggles
- Swim cap
- Nose plug
- Water bottle
- Towel

Each swimmer is also required to bring their own training equipment for use during dryland and water practices. The necessary equipment is:

- Collapsible Water Container - >5 GAL capacity (2)
- TheraBand or similar resistance band
- Yoga Mat
- Yoga blocks (2)
- *Additional practice equipment can be purchased at local stores or online. For any assistance to find equipment, please feel free to contact your Team Parent for any recommendations or questions.*

Clubwear

Provincial and regional swimmers represent the Mississauga Artistic Swimming Club at competitions throughout the province.

	Podium Jacket	Hat	T-Shirt	Swim Cap	Club Swimsuit	Club Backpack
Provincial	Required	Required	Required	Required	Required	Required
Regional	Required	Optional	Required	Required	Required	Optional
Aqua Go	Optional	Optional	Optional	Required	Optional	Optional

❖ Further information will be provided at the Parent Information Session.

Competition suits

In addition to clubwear (above), specific bathing suits are required for those competing in regional and provincial meets. Each competitive team member will be measured for their custom team routine suit(s) this fall. Designed by our coaches, in collaboration with the seamstress, these suits will be fitted to each individual swimmer and will help enhance the visual appeal of our teams' routines.

Younger swimmers (Youth category and younger) will also need to acquire a solid black one-piece bathing suit as well as a solid white swim cap. These two items are mandatory for individual figures competitions and should be purchased prior to the athlete's first competition. Prior to purchasing these items, however, families should consult with their coach to ensure that the items are a) needed, and b) meet Ontario Artistic Swimming requirements.

Further information will be provided at the Parent Information Session.

Shark Card

As a member of MASA's teams, you can receive a 20% discount on all regular priced merchandise at the Team Aquatic Supplies Store (both in store and online at www.team-aquatic.com). Note that the discount is not valid on sale items, during sales, or in conjunction with any additional coupon codes.



Parent Volunteering

MASA is a non-profit organization that relies on its members to help the club run smoothly and affordably. As such, every family is required to volunteer in club roles to make this experience everything that we can for our swimmers.

Key roles

Some specific volunteer roles are required to ensure the club's operation. For instance, our pool coordinator works with the City of Mississauga and other entities to ensure our athletes have pools and rooms in which to practice. Our equipment coordinator makes sure our sound systems are functional and ready when we need them.

Additional volunteers are needed this year to help ensure the club's success. We are seeking parent volunteers for the following roles:

- **Bingo Volunteer Coordinator** – this role works with the Director of HR to schedule Bingo Volunteer requirements with parents at the club
- **Team Parents** – each competitive team requires a parent liaison to communicate with coaches and club executives on behalf of the families. The team parent is also responsible for coordinating team events and organizing the team volunteer activity for any assigned club events.

Should any of the above positions interest you, please speak with either Sonal (president@swimmasa.com) or Victoria (hr@swimmasa.com)

Club Event Volunteering

To ensure the smooth delivery of the club's social events (WOW Night, Swim Show, Banquet, etc.), each regional and provincial team is also assigned an event that they will need to plan, coordinate & run. Team projects will be assigned once swimmer team placement is complete. Participation in their team's assigned project is mandatory for all families, with financial penalties if volunteering is not completed.

More information will be shared at the Parent Information session.

MCGA Bingo Volunteering

In addition to helping coordinate club events and tasks, all regional and provincial families are expected to volunteer with the Mississauga Charity Gaming Association (MCGA) at the Mississauga – Battleford location. The funds we earn by "working the Bingo" help pay our pool and dryland rental fees – thereby keeping membership fees much lower than they would be otherwise.

Each swimmers' families will need to represent MASA during Bingo/E-gaming sessions on a few occasions during the 2023-2024 season – the precise number of sessions will depend on the number of competitive swimmers in the club and the number of sessions allocated to MASA by MCGA. Participation in Bingo volunteering is mandatory for all families, with financial penalties incurred if volunteering is not completed.

- ❖ Note that the Bingo Volunteering Requirement is waived for any family with a member that chooses to take the Canada Artistic Swimming Officials Introductory Course with a goal of becoming an artistic swimming official (ie. judge).

OLG rules stipulate that those who volunteer at Bingo must attend a mandatory training session (organized and scheduled by OLG). The next training session will take place on **Saturday, September 23, 2023 at 10:30 a.m. at Rama Mississauga**. Please mark your calendars!

Bingo volunteers are also required to wear a distinctive club shirt while volunteering.

Details will be discussed at the Parent Information Session.

OAS Event Volunteering

In addition to organizing competitions, Ontario Artistic Swimming (OAS) are the official hosts for two key events on the synchro calendar: the Skills Testing event & the Hilton Invitational. Each artistic swimming club in Ontario will be assigned a certain number of tasks for these events, and MASA will need to identify volunteers to fulfill certain roles during those competitions. The number and nature of the volunteer roles is determined, in part, by the size of each club. Once MASA's assignments are known, we will put a call out for volunteers.

Club Calendar (draft) as of 8/14/23

Head to www.swimmasa.com for any updates.

Date	Event	Location	Times / Details
August 31 st , 2023	Team placement / Try Art Swim	Erindale Outdoor Pool	5:00-6:30pm Registration & Fee payment required
September 10 th , 2023	Parent Information Session & Club Kick-Off Social	Huron Park Community Centre	11:30 am – 4:00 pm
September 12 th , 2023	Practices begin	As scheduled	All swimmers
October 1 st , 2023	Extra Routine Practices Begin	As scheduled	All extra routines
October 7-9 th , 2023	Thanksgiving - No Practices	-	All programming cancelled
October 22 nd , 2023	October Expert: Sheilagh Croxon with SYNC Effect	Huron Park Community Centre	All regional and provincial athletes
October 31 st , 2023	Halloween – No Practices	-	All programming cancelled
December 9 th , 2023	Deep Water Practice	Etobicoke Olympium	3:00-9:00pm (TBD) Provincial Swimmers Only
December 19 th , 2023	Holiday Show & Party	Huron Park Recreation Centre	All swimmers – club party 6:30-7:30, show 8-9:30pm
December 20 th – January 3 rd , 2024	Winter Break - No practice	-	ALL Programming Cancelled – Provincial Swimmers Only
December 20 th - January 6 th , 2024	Winter Break – No practice	-	ALL Programming Cancelled – Regional Swimmers Only
January 4 th , 2024	Practices Resume	As scheduled	All provincial swimmers

January 7 th , 2024	Practices Resume	As scheduled	All regional swimmers
February 9 th -12 th , 2024	Family Day Weekend – No practices	-	All programming cancelled
March 11 th -15 th , 2024	Spring Break - no practice	-	All Programming cancelled
March 16 th , 2024	Practices Resume - ALL Programming	As scheduled	All Teams
March 29 th – April 1 st , 2024	Easter Weekend - no practice	-	All Programming Cancelled
May 28 th & May 30 th , 2024	Swim Show Rehearsal & Annual General Meeting (May 30 th)	TBD	ALL CLUB – 5:30-9:00 p.m. Swimmers – Photos, finale & routine rehearsal Parents – AGM
June 2 nd , 2024	Swim Show	TBD	ALL CLUB
TBD	MASA End of Year Banquet	TBD	All competitive (provincial & regional) swimmers and their families

2023-2024 OAS Competition Schedule [Not released yet]

2023 – 2024 Season Fees

2023-2024 Mississauga Artistic Swimming Club Competitive Fees							
Fees are subject to change based on final registration. As of August 15, 2023							
	Regional		Provincial				Notes
	10U/12U	Youth	10U	12U	Youth	Junior	
OAS Fee	\$ 35.00	\$ 35.00	\$ 110.00	\$ 110.00	\$ 110.00	\$ 110.00	OAS and CAS Fees are payable directly through h20reg site.
CAS Fee	\$ 34.00	\$ 34.00	\$ 56.00	\$ 56.00	\$ 56.00	\$ 56.00	Check swimmasa.com/23-24 for more details.
Club Fees							
Annual Training Fee	\$ 2,200.00	\$ 2,300.00	\$ 2,800.00	\$ 3,400.00	\$ 3,600.00	\$ 3,650.00	
Registration Fee	\$ 400.00	\$ 400.00	\$ 400.00	\$ 400.00	\$ 400.00	\$ 400.00	Event participation, Swimsuit, Shirt, Awards
Competition suit deposit	\$ 100.00	\$ 100.00	\$ 100.00	\$ 100.00	\$ 100.00	\$ 100.00	Remaining fee for suit deliverable upon delivery
Total	\$ 2,700.00	\$ 2,800.00	\$ 3,300.00	\$ 3,900.00	\$ 4,100.00	\$ 4,150.00	
Payment Schedule (inclusive of HST)							
Cheques to be dated:							
E-transfer by Aug 31, 2023 - MASA Registration Fee + Suit Deposit*	\$ 500.00	\$ 500.00	\$ 500.00	\$ 500.00	\$ 500.00	\$ 500.00	*E-transfer registration fee to finance@swimmasa.com. 50% of fee non-refundable at payment. Fee non-refundable after September 30, 2023.
September 1, 2023	\$ 220.00	\$ 230.00	\$ 280.00	\$ 340.00	\$ 360.00	\$ 365.00	
October 1, 2023	\$ 220.00	\$ 230.00	\$ 280.00	\$ 340.00	\$ 360.00	\$ 365.00	
November 1, 2023	\$ 220.00	\$ 230.00	\$ 280.00	\$ 340.00	\$ 360.00	\$ 365.00	
December 1, 2023	\$ 220.00	\$ 230.00	\$ 280.00	\$ 340.00	\$ 360.00	\$ 365.00	
January 1, 2024	\$ 220.00	\$ 230.00	\$ 280.00	\$ 340.00	\$ 360.00	\$ 365.00	
February 1, 2024	\$ 220.00	\$ 230.00	\$ 280.00	\$ 340.00	\$ 360.00	\$ 365.00	
March 1, 2024	\$ 220.00	\$ 230.00	\$ 280.00	\$ 340.00	\$ 360.00	\$ 365.00	
April 1, 2024	\$ 220.00	\$ 230.00	\$ 280.00	\$ 340.00	\$ 360.00	\$ 365.00	
May 1, 2024	\$ 220.00	\$ 230.00	\$ 280.00	\$ 340.00	\$ 360.00	\$ 365.00	
June 1, 2024	\$ 220.00	\$ 230.00	\$ 280.00	\$ 340.00	\$ 360.00	\$ 365.00	
Commitment/Promise Cheques (refundable upon completion of volunteer requirements)							
Oct 1, 2023 - MASA Core E-gaming/Volunteer #1	\$ 250.00	\$ 250.00	\$ 500.00	\$ 500.00	\$ 500.00	\$ 500.00	Promise cheques are a 'deposit' against a family's commitment to fulfill their volunteer commitments. MASA will only cash promise cheques if commitments are not fulfilled and will do so only with email notification and/or discussion beforehand.
Feb. 1, 2024 - MASA Core E-gaming/Volunteer #2	\$ 250.00	\$ 250.00	\$ 500.00	\$ 500.00	\$ 500.00	\$ 500.00	
May 15, 2024 - MASA Fundraising Promise							
(\$25 refund for attendance at Town Hall Meeting & AGM - Dec/June)	\$ 50.00	\$ 50.00	\$ 50.00	\$ 50.00	\$ 50.00	\$ 50.00	

Club Executive

The Club's executive is comprised of parent volunteers who work year-round to ensure that our athletes can participate in the sport they love. Their work & responsibilities are described in the club bylaws and handbook. Should you have any questions about the club or its activities, do not hesitate to contact them. They can be reached via email (at the addresses below) or in person at club events and in the pool viewing galleries during many practices.

President – Sonal Thomas president@swimmasa.com

Director of Finance – Diana Tao finance@swimmasa.com

Director of Administration & Communication – Julie Takata admin@swimmasa.com

Director of Human Resources – Victoria Wynne hr@swimmasa.com

Director of Marketing – Cassey Tan marketing@swimmasa.com

Pool Coordinator – Amy Stasiuk pools@swimmasa.com

Bingo Coordinator - Vacant

Employee member - Head Coach – Alyssia Leithwood headcoach@swimmasa.com

General inquiries - info@swimmasa.com