



25-26 SEASON HANDBOOK



Last Updated: March 14th 2026

A S M A L L N O T E


This handbook was created to support and inform parents & athletes of all levels and experience about all applicable policies, guidelines and procedures, unless otherwise specified.

We hope this handbook aids our athletes and families to be informed, successful and have a great season!

Please note the information in this handbook is subject to change if there are any discrepancies between executive motions or coaches decisions and the policies and procedures defined in the handbook, the most recent executive motion will take precedence.

Please refer to the club's website swimmasa.com and our club newsletter "The Splash" often for updates, and other resources you may find helpful. Show your support by connecting with us on our social media accounts.

For any questions or concerns please contact info@swimmasa.com.

 swimmasa.com

 [@swimmasa](https://www.instagram.com/swimmasa)


 [swimmasa](https://www.facebook.com/swimmasa)





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01 /

**OUR MISSION
OUR OBJECTIVES
+ CLUB VALUES**





OUR MISSION

To provide a positive environment for the development of synchronized swimming that is enjoyable for both swimmers and coaches who are striving for excellence.

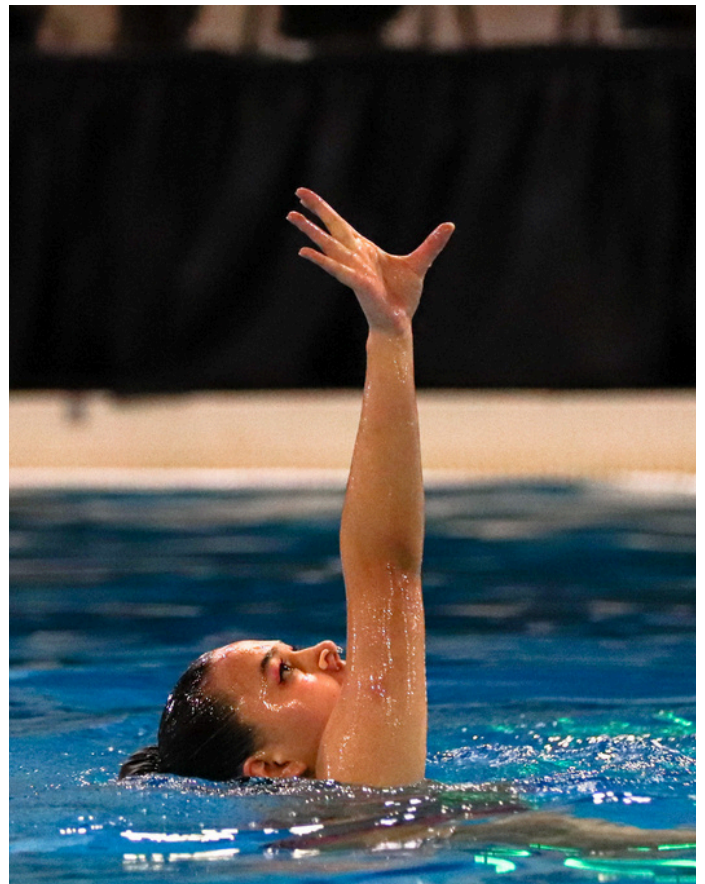
OUR OBJECTIVES



provide opportunities for the education and training in the sport of synchronized swimming, and



foster a positive atmosphere for swimmers to reach their potential in competitive and recreational programs.



01 / 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

02 /

ABOUT





CANADA ARTISTIC SWIMMING (CAS)



Canada Artistic Swimming serves as the national governing body of artistic swimming in Canada inspiring provincial and territorial bodies to achieve excellence in all aspects of Artistic Swimming in Canada.

artisticswimming.ca



ONTARIO ARTISTIC SWIMMING (OAS)



Ontario Artistic Swimming, the Provincial Sport Organization (PSO), is the sport body that oversees artistic swimming in the province of Ontario. They work with Canada Artistic Swimming to inspire athletes through swimming fundamentals, artistic expression and movement to embrace a lifestyle of sport. Their mission is to develop, promote and support the pursuit of excellence in artistic swimming throughout Ontario.

ontarioartisticswimming.ca



WORLD AQUATICS

WORLD AQUATICS



World Aquatics, formerly known as the Fédération Internationale de Natation (FINA), is the sole and exclusive world governing body for all Aquatics and is based in Lausanne, Switzerland. World Aquatics oversees six aquatic sports: swimming, water polo, diving, artistic swimming, open water swimming and high diving.

www.worldaquatics.com

03 /

**25-26 SEASON
TEAMS, SOLOS,
DUETS & PRACTICES**



03 / REGIONAL TEAMS

Our coaches have devised tentative team lists. However, 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 the summer sessions of AquaGO! to give opportunities for new swimmers to join the MASA family.

11-12 ORANGE

Coach: Paige Liu-Ernsting

Laila AbdulLatif
Kaelyn Dembie
Maia Marroquin
Amelia Muskaj
Meera Lobo

YOUTH (13-15) YELLOW

Coach: Joy Yang & Emily Jones

Joneer Attia
Stephanie Eng
Joyce Gayed
Jacqueline Xu
Dilara Emam
Wassan Mustafa Al-Jarah

YOUTH (13-15) GREEN

Coach: Myra Jin

Meriam Michael
Olivia Raymond
Klara Hocevar
Taima Samara
Mary-Anne Nakhla

16-20 BLUE

Coach: Katherine Sheng

Iveta Rimasauskas
Maddy Green
Clara McMurdo
Laura Kolcun
Lily Gleadow

MASTERS MAGENTA

Coach: Emily Jones

Ana Carolina Paz Bustos

03 / REGIONAL PRACTICE SCHEDULE

TEAM	SUN	MON	TUES	WEDS	THURS	FRI	SAT
11-12			7-9pm	7-9pm			
13-15	5:30-7:30pm			8-10pm			
13-15	5:30-7:30pm		7-9pm				
16-20	4:30-7pm			7-8:30pm			
Masters					8-10pm		

HURON PARK

ERIN MEADOWS

03 / PROVINCIAL TEAMS

Our coaches have devised tentative team lists. However, 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 the summer sessions of AquaGO! to give opportunities for new swimmers to join the MASA family.

10U PURPLE

Coaches: Naomi Bowman
& Alyssia Leithwood

Dahlia Farkas
Maya Fahmy
Lorelei Delaney
Maya Mukerji
Farida Bahnasawy
Kvitoslava Yalovetska
Diana Borovyy
Serena Aujla

11-12 PINK (HP)

Coaches: Tia Annis,
Morgan Armstrong

Sage Markou
Mariam Lund

YOUTH (13-15) TURQUOISE

Coach: Katherine Sheng
Maya Delia Mihailescu
Angela Francis
Katelyn Sotnick
Mikaella Rutgers Moreno
Sahana Gandhi
Shanaya Gawri
Anna Maria Kravchenko

JR TRAINING GROUP

Coach: Alyssia Leithwood
& Emily Jones
Joy Yang
Sadye Metherel
Paige Liu-Ernsting
Chantal Gad
Molly Lacktin
Tiffany Lin

03 / NATIONAL TEAM & EXTRA ROUTINE EXCEPTIONS

YOUTH (13-15) LILAC

Coaches: Alyssia
Leithwood & Naomi
Bowman

Natasha Thomas
Isabel King
Maddie Wynne
Liliana Garcia Couture
Kya Turner
Caterina Da Costa
Raelyn Bai
Linda Liu
Linna Liu
Kara Takata
Ana Alabina

EXTRA ROUTINE EXCEPTIONS

Coaches: Alyssia
Leithwood, Sherry Riley,
Morgan Armstrong,
Katherine Sheng, Naomi
Bowman, Myra Jin, Kaelyn
Riley, Iryna Grebennikova,
Tia Anis

Naomi Bowman
Morgan Armstrong
Katherine Sheng
Aryan Mohanty
Myra Jin
Tia Anis
Erin Drury
Kaelyn Riley
Ana Alabina

03 / PROVINCIAL & NATIONAL PRACTICE SCHEDULE

TEAM	SUN	MON	TUES	WEDS	THURS	FRI	SAT
10U	4:30-7:30pm		6:30-9pm		6:30-9pm		
11-12	5:30-9pm		6:30-9:30pm		5:30-9pm		7-10am
13-15	7-10pm		8-10:30pm		5:30-8pm		7-10am
JR					5:30-8:30pm		6-10am
13-15	9 am-3pm		6:30-9pm		5:30-9 pm		6-10am

HURON PARK

McMASTER UNIVERSITY

03 / PROVINCIAL & MASTERS ADDITIONAL ROUTINES

10U Provincial Duet

Dahlia Farkas & Lorelei Delaney - Coached by Alyssia Leithwood

12U Provincial Duet

Linda Liu & Linna Liu - Coached by Naomi Bowman

Youth Provincial Solo

Aryan Mohanty - Coached by Myra Jin

Youth Provincial Solo

Tiffany Lin - Coached by Katherine Sheng

Youth Provincial Duet

Maya Delia Mihailescu & Katelyn Sotnick - Coached by Tia Anis

Junior Provincial Free Solo

Myra Jin - Coached by Morgan Armstrong

Junior Provincial Solo

Sadye Metherel - Coached by Alyssia Leithwood

Junior Provincial Solo

Paige Liu-Ernsting - Coached by Kae Riley

Junior Provincial Free Solo

Tia Anis - Coached by Sherry Riley

Junior Provincial Free Duet

Chantal Gad & Molly Lacktin - Coached by Kae Riley

Masters Solo

Kaelyn Riley - Coached by Sherry Riley

03 / NATIONAL ADDITIONAL ROUTINES

Youth National Mixed Ability Duet

Isabel King & Erin Drury - Coached by Katherine Sheng

Youth National Solo

Maddie Wynne - Coached by Alyssia Leithwood

Youth National Solo

Ana Alabina - Coached by Iryna Grebennikova

Youth National Duet

Kya Turner & Natasha Thomas - Coached by Alyssia Leithwood

Junior National Free Solo

Joy Yang - Coached by Morgan Armstrong

Senior National Free Solo

Katherine Sheng - Coached by Sherry Riley & Alyssia Leithwood

Senior National Free Duet

Katherine Sheng & Joy Yang - Coached by Alyssia Leithwood

Senior National Tech Duet

Katherine Sheng & Morgan Armstrong - Coached by Sherry Riley

Senior National Tech Solo & Free Solo

Naomi Bowman - Coached by Alyssia Leithwood



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.
- 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.

03 / EQUIPMENT

What does a swimmer need to swim with MASA?

Training:

Swimmers should arrive at each practice with:

- One-piece swimsuit
- Goggles (two pairs ideally in case of loss or breakage)
- Club swim cap
- Nose clips (3-4 should always be in the swimmer's bag)
- Refillable water bottle to have on deck & to keep hydrated
- Attire for stretching (ie-shorts & t-shirt)
- Footwear (crocs, flip flops, etc. for deck and change room)
- Towel(s)

Equipment:

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

- TheraBand or similar resistance bands
- 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.



Competitions:

- Club training suit & club cap
- Figures suit: A plain black training swimsuit with minimal logo marks for figure competitions.
- White swim cap: this is a requirement for all figure competitions
- Goggles: for warm-ups and figures, but not to be worn during routine
- Routine suit(s): athletes will require a routine suit for every routine event they compete in
- Nose clips
- Hair gelling supplies
- Headpieces (bun covers and/or headpieces) used in competitions.
- Club uniform
- Refillable water bottle & healthy nut-free snacks.

03 / CLUB WEAR



	PODIUM JACKET	CLUB SHIRT	CLUB PANTS	CLUB SWIMSUIT	CLUB SWIM CAP	CLUB BACKPACK
NATIONAL	REQUIRED	REQUIRED (PROVIDED BY CLUB)	REQUIRED	REQUIRED (PROVIDED BY CLUB)	REQUIRED (PROVIDED BY CLUB)	REQUIRED
PROVINCIAL	REQUIRED	REQUIRED (PROVIDED BY CLUB)	REQUIRED	REQUIRED (PROVIDED BY CLUB)	REQUIRED (PROVIDED BY CLUB)	REQUIRED
REGIONAL	REQUIRED	REQUIRED (PROVIDED BY CLUB)	OPTIONAL	REQUIRED (PROVIDED BY CLUB)	REQUIRED (PROVIDED BY CLUB)	OPTIONAL

**Club shirt, Club swimsuit & Club swim cap are included in your registration fee. All other items must be purchased through the club. Further information will be provided at the Parent Information Session at the Kickoff BBQ.

03

CLUB WEAR - SIZING GUIDES & CHARTS

Kukri Club Store

(orders must be placed no later than September 14th) optional items will be fulfilled as long as the minimum quantity order has been achieved. You will be reimbursed for any optional items that will not be fulfilled.

[Place Order with Kukri Club Store](#)

Kukri - (Club & Spirit Wear) - [How to Measure for Size Guide](#)

Kukri - (Club & Spirit Wear) - [Sizing Chart Guide](#)

QSwimwear - Club Swimsuits - [Sizing Guide & Chart](#)

[How to Size the Adult Bingo Shirts](#)

Adult Bingo Shirts - [Men's Sizing Charts](#)

Adult Bingo Shirts - [Women's Sizing Charts](#)

**Club shirt, Club swimsuit & Club swim cap are included in your registration fee. All other items must be purchased through the club. Further information will be provided at the Parent Information Session at the Kickoff BBQ.

03 / COMPETITIONS SUITS



In addition to clubwear, specific swimsuits 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 swimsuit as well as a solid white swim cap. These two items are mandatory for individual figures competitions and should be purchased prior to the athletes' 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.

**VOLUNTEERING,
FUNDRAISING**



04 / PARENT VOLUNTEERS

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:



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 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.

04 / PARENT VOLUNTEERS

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 RAMA Gaming House in 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 2025-2026 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 – 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).

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 Jolyn 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.

04 / FUNDRAISING

mabel's labels

MABEL'S LABELS

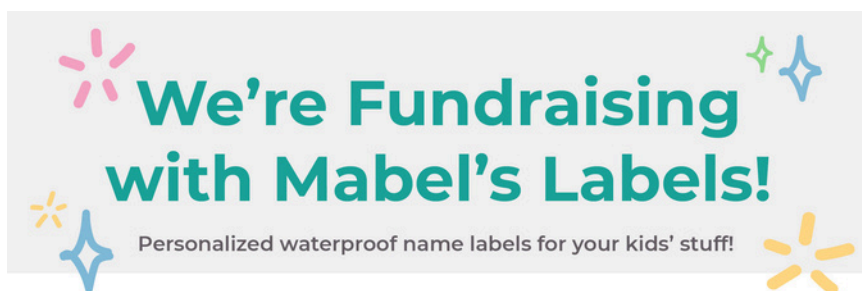
FUNDRAISING

New to MASA this year. ! If you're not familiar with Mabel's Labels, they are personalized, durable, waterproof labels.

They are great for everything from shoes, crocs, towel & clothing tags, water bottles, yoga mats and backpacks. You can customize them with your name and a design, and they are dishwasher, laundry and microwave safe. ** They will also be making a custom club design featuring our logo available to us!

Mabel's Labels also offers clothing stamps, silicone bands for water bottles and medical alert labels. This is a great way to ensure your children's items don't end up in the lost & found or mixed up. To support our fundraiser, visit campaigns.mabelslabels.com and select Mississauga Artistic Swimming Club (MASA). You can pick out whatever labels or product you want, and it will ship for free directly to your house! Thank you for supporting us! All monies will be used towards enhancing our club offerings.

 **VISIT:** <https://campaigns.mabelslabels.com>



**We're Fundraising
with Mabel's Labels!**
Personalized waterproof name labels for your kids' stuff!



1 Visit campaigns.mabelslabels.com
and search for our organization



2 **Mississauga Artistic Swimming Club (ON)**
Purchase your labels



3 Labels ship right to your door!

 You get labels, we raise funds. 

mabel's labels
FUNDRAISING

04 / FUNDRAISING

mabel's labels
FUNDRAISING

mabel's labels
FUNDRAISING

MISSISSAUGA ARTISTIC SWIMMING CLUB

is partnering with Mabel's Labels



Go to campaigns.mabelslabels.com and choose our organization from the list!

04 / FUNDRAISING

mabel's labels
FUNDRAISING

Support Our Organization

Get your kid's labels with our logo on them!



mabel's labels
FUNDRAISING

HOW TO ORDER:

1. Head over to campaigns.mabelslabels.com
2. Search for our organization, Mississauga Artistic Swimming Club (ON)
3. Click Shop Now, and **Logo Label Pack** will be one of the first options

Go to campaigns.mabelslabels.com and choose our organization from the list!

04 / FUNDRAISING



FLIPGIVE

New to MASA this year! If you're not familiar with FlipGive it is similar to how you earn points with your speciality credit cards (ie-Aeroplan,

Airmiles, etc.). You continue to earn points for purchases processed through your credit card program, there's but when you pair it up and use the FlipGive MAX browser extension, you'll power up your regular purchases. For example, you already shop online at many of the brands found in the FlipGive program, but you might be surprised to find your favourites paired up with FlipGive! When you join FlipGive and make sure you're logged in to our team (you can be a part of more than one), your qualifying purchases will earn between 1-17% back towards our fundraising efforts! All monies will be used towards enhancing our club experiences.

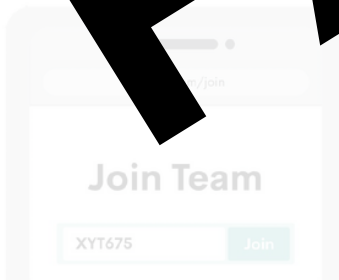
PAUSED

1 VISIT: <https://flipgive.com/join> - IN THE TEAM

2 VISIT: <https://flipgive.com/max> - THE BROWSER EXTENSION (for desktop/laptop Only)

3 SHOP & EARN

easy to use



Join

On the app or at flipgive.com/join enter our code.

»» 7FFKHB ««



Shop

Buy a gift card or shop online.



Earn

Receive up to 17% cash back on every purchase.

04 / FUNDRAISING



FLIPGIVE

Top Tips & Ideas to help you get started...

Do you prefer to shop in person? Or like to buy gift cards for others? Buy a giftcard first for your preferred retailer through FlipGive OR buy an "AnyCard" giftcard through FlipGive to access brands that aren't partnered up directly with FlipGive and then shop as usual by redeeming in store.

PRO TIP: Create a wishlist from your favourite stores when you're there in person next time. Then, use the gift cards you bought through FlipGive and shop online. Take advantage by double dipping your fundraising efforts!!

Here are few more ideas to get you started:

Plan your Christmas shopping - buy the gift cards you need during Black Friday/Cyber Monday events to take advantage of the sales - a perfect for Sephora and Lego lovers alike!

Eating out? Buy a restaurant gift card ahead of time!

Heading to a competition? Buy your gas through FlipGive (if they are a partner) or buy a gas gift card.

Date night or treating a friend? Buy a gift card for your local movie theatre!

More of a bookworm? Get your next read at low-cost through Book Depot, enjoy a good read and earn points.

PAUSED

https://shop.flipgive.com/storefront/all_brands

Shop with **hundreds** of top brands



05 /

25-26 EVENTS



05 / CLUB CALENDAR

AS OF MAR 14TH, 2026 - PLEASE SEE SWIMMASA.COM FOR MOST CURRENT CALENDAR

DATE	EVENT	LOCATION	TIME/DETAILS
Sept. 6 th 2025	Parent Information Session & Club Kick-Off Social	Huron Park Recreation Centre, Picnic Area D	11:30 AM - 4PM
Sept. 8 th 2025	Practices Begin	As scheduled	All swimmers
Sept. 8 th 2025	Extra Routine Practices Begin	As scheduled	All extra routines
Sept. 30 th 2025	Truth & Reconciliation Day - No practice	-	All programming cancelled
Oct. 12 th -13 th 2025	Thanksgiving - No practice	-	All programming cancelled
Oct. 31 st 2025	Halloween - No practice	-	All programming cancelled
Dec. 14 th 2025	Erin Meadows Pool Closed, alternate practice location for affected teams	Practice will be held at Huron Park Recreation Centre	Same practice times but held at Huron Park Pool
Dec 17 th 2025	Erin Meadows Pool Closed - No practice	-	Practice cancelled for Regional Teams: Orange, Yellow and Blue as well as affected solos, duets & exceptions normally scheduled thisnight.
Dec. 18 th 2025	Holiday Show & WOW Party	Huron Park Recreation Centre	All swimmers
Dec. 19 th 2025 - Jan. 2 nd 2026	Winter Break - No practice	As scheduled	All swimmers

05 / CLUB CALENDAR

AS OF MAR 14TH, 2026 - PLEASE SEE SWIMMASA.COM FOR MOST CURRENT CALENDAR

DATE	EVENT	LOCATION	TIME/DETAILS
Jan. 3 rd 2026	Practices Resume *Deep Water Only*	Etobicoke Olympium Pool, Etobicoke, ON	All swimmers
Feb 16 th 2026	Family Day - no practice	-	All programming cancelled
Mar. 13 th - 21 st 2026	Spring Break - no practice	-	All programming cancelled
Mar. 22 nd 2026	Practices Resume	As scheduled	All Teams
Apr. 5 th - 6 th 2026	Easter Sunday & Monday - No practice	-	All programming cancelled
May 18 th 2026	Victoria Day - No practice	-	All programming cancelled
May 30 th 2026	Swim Show Rehearsal & Annual General Meeting	Etobicoke Olympium Pool, Etobicoke, ON	ALL CLUB –Swimmers – Photos, finale & routine rehearsal Parents – AGM
May 31 st 2026	Swim Show	Etobicoke Olympium Pool, Etobicoke, ON	ALL CLUB
Jun. 6 th 2026	MASA Year End Banquet	Waterside Inn, Port Credit (Mississauga), ON	All competitive (national, provincial & regional) swimmers and their families

05 / DEEP WATER TRAINING CALENDAR

AS OF MAR 14TH, 2026 - PLEASE SEE SWIMMASA.COM FOR MOST CURRENT CALENDAR

Please note that the time slots are general, your team will receive its own start and end time from the coach (posted in TeamSnap). For now, please reserve this timeframe in your calendars.

DATE	EVENT	LOCATION	TIME/DETAILS
Nov. 22 nd 2025 3:30pm-8:30pm	Deep Water Practice	Etobicoke Olympium Pool, Etobicoke, ON	ALL swimmers (Regional, Provincial, National & Masters)
Dec 6 th 2025 3:30pm-8:30pm	Deep Water Practice	Etobicoke Olympium Pool, Etobicoke, ON	ALL swimmers (Regional, Provincial, National & Masters)
Jan. 3 rd 2026 3:30pm-8:30pm	Deep Water Practice	Etobicoke Olympium Pool, Etobicoke, ON	ALL swimmers (Regional, Provincial, National & Masters)
Feb 28 th 2026 3:30pm-8:30pm	Deep Water Practice	Etobicoke Olympium Pool, Etobicoke, ON	ALL swimmers (Regional, Provincial, National & Masters)
Mar. 7 th 2026 3:30pm-8:30pm	Deep Water Practice	Etobicoke Olympium Pool, Etobicoke, ON	ALL swimmers (Regional, Provincial, National & Masters)
Apr. 4 th 2026 5:30pm-10:00pm	Deep Water Practice	Wilfrid Laurier University (Laurier Athletic Complex), Waterloo, ON	ALL swimmers (Regional, Provincial, National & Masters)
May 16 th 2026 3:30pm-8:30pm	Deep Water Practice	Etobicoke Olympium Pool, Etobicoke, ON	ALL swimmers (Regional, Provincial, National & Masters)

05


CLUB MONTHLY TRAINING CALENDAR (TENTATIVE)

AS OF MAR 14TH, 2026 - PLEASE SEE SWIMMASA.COM FOR MOST CURRENT
CALENDAR

DATE & TIME	EVENT	LOCATION	DETAILS
Sep. 27 th 2025 12pm-1pm	Nutrition Workshop	Virtually Online	Link provided to members via email
Oct. 25 th 2025 9am-10am	Synchro Skills with Sheilagh Croxon from Sync Effect	Huron Park Recreation Centre	All competitive (national, provincial & regional) swimmers
Nov. 29 th 2025 12pm-1pm	Mental Health Performance	Virtually Online	Link to be provided closer to date
Dec. 13 th 2025 9am-10am	Creative Expression with Karen O'Meara	Huron Park Recreation Centre	All competitive (national, provincial & regional) swimmers
Jan. 17 th 2026 As assigned	Combine Testing	Latitude Performance, Brampton, ON	All competitive (national, provincial & regional) swimmers
Feb. 7 th 2026 9am-10am	Clip Making Fun	Huron Park Recreation Centre	All competitive (national, provincial & regional) swimmers
Mar. 28 th 2026 9am-10am	Creative Expression with Karen O'Meara	Huron Park Recreation Centre	All competitive (national, provincial & regional) swimmers
Apr. 18 th 2026 As assigned	Pelvic Health Workshop	Latitude Performance, Brampton, ON	All competitive (national, provincial & regional) swimmers
May. 16 th 2026 12pm-1pm	Mental Health & Performance Virtual Workshop	Virtually Online	Link will be provided to members via email

05 / 25-26 OAS COMPETITION SCHEDULE

PLEASE SEE [HTTPS://ONTARIOARTISTICSWIMMING.CA/EVENTS-HOME/](https://ontarioartisticswimming.ca/events-home/) FOR MOST CURRENT CALENDAR

 **NOTE** – MASA falls into the “West” & “Central/West” Region.

REGIONAL LEAGUE COMPETITIONS

EVENT	DATES	LOCATION
Winter Regional League & Masters Meet (Central/West)	Feb. 21-22 2026	Wayne Gretzky Sport Centre, Brantford, ON
Spring Regional League Meet (Central/West)	Apr. 25 2026	Wayne Gretzky Sport Centre, Brantford, ON
Ignite Invitational	May 9 th 2026	Burlington, ON

REGIONAL LEAGUE COMPETITIONS - MASTERS

EVENT	DATES	LOCATION
Winter Regional League & Masters Meet (Central/West)	Feb. 21-22 2026	Wayne Gretzky Sport Centre, Brantford, ON
Jolyn Invitational	Apr. 8-12, 2026	Markham Pan Am Centre, Markham ON

05 / 25-26 OAS COMPETITION SCHEDULE

PLEASE SEE [HTTPS://ONTARIOARTISTICSWIMMING.CA/EVENTS-HOME/](https://ontarioartisticswimming.ca/events-home/) FOR MOST CURRENT CALENDAR


 **NOTE** – MASA falls into the “West” & “Central/West” Region.

PROVINCIAL LEAGUE COMPETITIONS

EVENT	DATES	LOCATION	NOTES
Lisa Alexander Skills & Figures Meet - West	Dec. 7, 2025	Wilfrid Laurier University (Laurier Athletic Complex), Waterloo, ON	All provincial levels
January Routine Meet	Jan. 9-11, 2026	Nepean Sportsplex, Ottawa ON	10U Provincial DOES NOT take part in this meet.
Leslie Taylor Ontario Cup	Feb. 11-15, 2026	Markham Pan Am Centre, Markham ON	All provincial levels
Ontario Winter Games	Feb. 26 - Mar. 1, 2026	Orillia Recreation Centre, Barrie ON	Participation will be confirmed by Alyssia - Provincial Level Only
Jolyn Invitational	Apr. 8-12, 2026	Markham Pan Am Centre, Markham ON	Schedule released approx. 1-2 weeks before
Ontario Championships	May 20-24, 2026	Markham Pan Am Centre, Markham ON	Schedule released approx. 1-2 weeks before

05 / 25-26 OAS / CAS COMPETITION SCHEDULE

PLEASE SEE [HTTPS://ONTARIOARTISTICSWIMMING.CA/EVENTS-HOME/](https://ontarioartisticswimming.ca/events-home/) & [HTTPS://ARTISTICSWIMMING.CA/EVENTS-RESULTS/EVENT-CALENDAR/](https://artisticswimming.ca/events-results/event-calendar/) FOR MOST CURRENT CALENDAR

 **NOTE** – MASA falls into the “West” & “Central/West” Region for OAS events.

NATIONAL LEAGUE QUALIFIERS & COMPETITIONS

EVENT	DATES	LOCATION
Lisa Alexander Skills & Figures Meet - West	Dec. 7 th 2025	Wilfrid Laurier University (Laurier Athletic Complex), Waterloo, ON
January Routine Meet	Jan. 9-11, 2026	Nepean Sportsplex, Ottawa ON
Leslie Taylor Ontario Cup	Feb. 11-15, 2026	Markham Pan Am Centre, Markham ON
National Qualifiers	Mar. 17-21, 2026	Quebec City, QC
Jolyn Invitational	Apr. 8-12, 2026	Markham Pan Am Centre, Markham ON
Canadian National Championships	May 5-9, 2026	Saskatoon, SK

05 / 25-26 SEASON CALENDAR

DATE	EVENT	LOCATION	TIME/DETAILS
Sept. 6 th 2025	Parent Information Session & Club Kick-Off Social	Huron Park Recreation Centre, Picnic Area D	11:30 AM - 4PM
Sept. 8 th 2025	Practices Begin	As scheduled	All swimmers
Sept. 8 th 2025	Extra Routine Practices Begin	As scheduled	All extra routines
Sept. 27 th 2025	Nutrition Workshop	Virtually Online	12pm-1pm Link provided via email
Sept. 30 th 2025	Truth & Reconciliation Day - No practices	-	All programming cancelled
Oct. 12 th -13 th 2025	Thanksgiving - No practices	-	All programming cancelled
Oct. 25 th 2025	Synchro Skills with Sheilagh C from Sync Effect	Huron Park Recreation Centre	9am-10am All competitive (national, provincial & regional swimmers)
Oct. 31 st 2025	Halloween - No practices	-	All programming cancelled
Nov. 22 nd 2025 3:30pm-8:30pm	Deep Water Practice	Etobicoke Olympium Pool, Etobicoke, ON	ALL swimmers (Regional, Provincial, National & Masters)
Nov. 29 th 2025	Mental Health Performance	Virtually Online	12pm-1pm Link provided closer to date
Dec 6 th 2025 3:30pm-8:30pm	Deep Water Practice	Etobicoke Olympium Pool, Etobicoke, ON	ALL swimmers (Regional, Provincial, National & Masters)
Dec. 7 th 2025	Lisa Alexander Skills & Figures Meet - West	Wilfrid Laurier University (Laurier Athletic Complex), Waterloo, ON	National & Provincial Levels

05 / 25-26 SEASON CALENDAR

DATE	EVENT	LOCATION	TIME/DETAILS
Dec. 13 th 2025 9am-10am	Creative Expression with Karen O'Meara	Huron Park Recreation Centre	ALL swimmers (Regional, Provincial, National & Masters)
Dec. 14 th 2025	Erin Meadows Pool Closed, alternate practice location for affected teams	Practice will be held at Huron Park Recreation Centre	Same practice times but held at Huron Park Pool
Dec. 17 th 2025	Erin Meadows Pool Closed - No practices for select swimmers	-	Practice cancelled for Regional Teams: Orange, Yellow and Blue as well as affected solos, duets & exceptions normally scheduled this night.
Dec. 18 th 2025	Holiday Show & WOW Party	Huron Park Recreation Centre	All swimmers
Dec. 19 th 2025 - Jan. 2 nd 2026	Winter Break - No practice	As scheduled	All swimmers
Jan. 3 rd 2026	Practices Resume	Deep Water Practice only, no regular practice	All swimmers
Jan. 3 rd 2026 3:30pm-8:30pm	Deep Water Practice	Etobicoke Olympium Pool, Etobicoke, ON	ALL swimmers (Regional, Provincial, National & Masters)
Jan. 9-11, 2026	January Routine Meet	Nepean Sports Complex, Ottawa, ON	National & Provincial Level, 10U Provincial DOES NOT take part in this meet.
Jan. 17 th 2026 As assigned	Combine Testing	Latitude Performance, Brampton, ON	ALL swimmers (Regional, Provincial, National & Masters)
Feb. 7 th 2026 9am-10am	Clip Making Fun	Huron Park Recreation Centre	ALL swimmers (Regional, Provincial, National & Masters)

05 / 25-26 SEASON CALENDAR

DATE	EVENT	LOCATION	TIME/DETAILS
Feb. 11-15, 2026	Leslie Taylor Ontario Cup	Markham Pan AM Centre, Markham ON	All provincial levels. National league qualifier
Feb 16 th 2026	Family Day - no practice	-	All programming cancelled
Feb. 21-22, 2026	Winter Regional League & Masters Meet (Central/West)	Wayne Gretzky Sport Centre, Brantford, ON	Regional Level Only
Feb. 26 th - Mar. 1 st 2026	Ontario Winter Games	Orillia Recreation Centre, Barrie ON	Participation will be confirmed by Alyssia - Provincial Level Only
Feb. 28 th 2026 3:30pm-8:30pm	Deep Water Practice	Etobicoke Olympium Pool, Etobicoke, ON	ALL swimmers (Regional, Provincial, National & Masters)
Mar. 7 th 2026 3:30pm-8:30pm	Deep Water Practice	Etobicoke Olympium Pool, Etobicoke, ON	ALL swimmers (Regional, Provincial, National & Masters)
Mar. 13 th - 21 st 2026	Spring Break - No practice	-	All programming cancelled
Mar. 17 th -21 st 2026	National Qualifiers	Quebec City, QC	National Level Only
Mar. 22 nd 2026	Practices Resume	As scheduled	All Teams & Swimmers
Mar. 28 th 2026 9am-10am	Creative Expression Workshop with Karen O'Meara	Huron Park Recreation Centre	ALL swimmers (Regional, Provincial, National & Masters)
Apr. 4 th 2026 3:30pm-8:30pm	Deep Water Practice	Wilfrid Laurier University (Laurier Athletic Complex), Waterloo, ON	ALL swimmers (Regional, Provincial, National & Masters)
Apr. 5 th - 6 th 2026	Easter Sunday & Monday - No practice	-	All programming cancelled

05 / 25-26 SEASON CALENDAR

DATE	EVENT	LOCATION	TIME/DETAILS
Apr. 8-12, 2026	Joylyn Invitational	Markham Pan Am Centre, Markham ON	Provincial & National Level
Apr. 18 th 2026 As assigned	Pelvic Health Workshop	Latitude Performance, Brampton, ON	ALL swimmers (Regional, Provincial, National & Masters)
Apr. 25 th 2026	Spring Regional League Meet (Central/West)	Wayne Gretzky Sport Centre, Brantford, ON	Regional Level Only
May 5 th - 9 th 2026	Canadian National Championships	Saskatoon, SK	Nationals Level Only
May 9 th 2026	Ignite Invitational	Burlington, ON	Regional Level Only
May 16 th 2026 3:30pm-8:30pm	Deep Water Practice	Etobicoke Olympium Pool, Etobicoke, ON	ALL swimmers (Regional, Provincial, National & Masters)
May 16 th 2026 12pm-1pm	Mental Health & Performance Virtual Workshop	Virtually Online	ALL swimmers (Regional, Provincial, National & Masters)
May 18 th 2026	Victoria Day - No practice	-	All programming cancelled
May 20-24, 2026	Ontario Championships	Markham Pan Am Centre, Markham ON	Provincial Level Only
May 30 th 2026 Time TBD	Swim Show Rehearsal & Annual General Meeting	Etobicoke Olympium Pool, Etobicoke, ON	ALL CLUB -Swimmers- Photos, finale & routine rehearsal, Parents - AGM
May 31 st 2026 Time TBD	Swim Show	Etobicoke Olympium Pool, Etobicoke, ON	ALL CLUB
Jun. 6 th 2026 Time TBD	MASA Year End Banquet	Waterside Inn, Port Credit (Mississauga), ON	All competitive (national, provincial & regional) swimmers & their families

05 / CONTACTS

COACH EMAILS

Head Coach – Alyssia Leithwood headcoach@swimmasa.com

Coach Morgan - Morgan Armstrong coach_morgan@swimmasa.com

Coach Katherine - Katherine Sheng coach_katherine@swimmasa.com

Coach Joy - Joy Yang coach_joy@swimmasa.com

Coach Paige - Paige Liu-Ernsting coach_paige@swimmasa.com

Coach Chantal - Chantal Gad coach_chantal@swimmasa.com

Coach Myra - Myra Jin coach_myra@swimmasa.com

Coach Sherry - Sherry Riley coach_sherry@swimmasa.com

Coach Naomi - Naomi Bowman coach_naomi@swimmasa.com

Coach Tia - Tia Anis coach_tia@swimmasa.com

Coach Kae - Kaelyn Riley coach_kae@swimmasa.com

Coach Emily - Emily Jones coach_emily@swimmasa.com

Coach An Ping - An Ping Yang coach_anping@swimmasa.com

Coach Iryna - Please direct all inquiries through Head Coach, Alyssia

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 – Stephanie Markou marketing@swimmasa.com

Director of Events – Donna Da Costa events@swimmasa.com

Pool Coordinator – Jasmina Farkas pools@swimmasa.com

Bingo Coordinator – Ling Liu bingo@swimmasa.com

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

General inquiries - info@swimmasa.com

06 /

**25-26 SEASON
REGISTRATION**



06 /

25-26 SEASON MASA REGISTRATION



Registration is now available.

All resources for families will be posted at <https://swimmasa.com/>, 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) Registering your swimmer with Mississauga Artistic Swimming Club through TeamSnap.
- 2) Registering your swimmer and one parent volunteer with Ontario Artistic Swimming + paying your 25-26 CAS and OAS registration fees.
- 3) Attending the Parent Information Session and Club Social on September 6th (more information included later).



06 / 25-26 SEASON MASA REGISTRATION



STEP 1:

Register your swimmer with Mississauga Artistic Swimming Club via the TeamSnap link <https://go.teamsnap.com/forms/486489>
If you're new to TEAMSNAPE, simply create an account then continue your swimmer's registration.

Mississauga Artistic Swimming

Competitive Team Registration 2025-2026 Season

Welcome to TeamSnap's Club & League Registration

Please create an account to continue, or log in with your TeamSnap account.

Don't Have a TeamSnap Account? [Sign Up](#)

Log in With TeamSnap

Email

Password

[Forgot Password?](#) [Login](#)

Copyright © 2025 TeamSnap & Mississauga Artistic Swimming
powered by
teamsnap

This will allow MASA to roster your swimmer onto one of MASA's regional or provincial teams. Coach Alyssia should have already contacted 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 handbook.

Submit payment for the 2025-26 season with MASA by completing the preauthorized monthly withdrawal form that was sent in your registration email. If you completed one last season, you do not need to submit a new form unless your banking information has changed.



06 / OAS / CAS REGISTRATION



STEP 2:

Register your swimmer and one parent volunteer with Ontario Artistic Swimming (see next pages for instructions). This online registration process will include the digital signature of all relevant waivers as well as payment of your 2025-26 CAS and OAS registration fees.

Every athlete and one parent must register with Ontario Artistic Swimming and Canada Artistic Swimming through their online system RAMP Interactive using this link: MississaugaASC.rampregistrations.com

Athletes cannot swim with MASA nor compete in any OAS/CAS events if they are not registered **by Sept. 30th, 2025.**

FOR 2025 - This is a new system. You will need to create an account.

Once you create an account you then need to create member accounts for your child and for yourself under "My Account Members".

You will then register your swimmer under the Participant Tab. Once you select the Division, please choose the appropriate category for your swimmer.

All Regional Swimmers should choose Regional League Competitive.

National and Provincial Swimmers should choose a category based on age and level.

Select the Competitive OAS/CAS package. This will calculate the OAS/CAS fees owed based on your division. Continue to the payment page.

Any swimmer that is 14 or older must also complete the Safe Sport Module through [Safe Sport Training | Coaching Association of Canada | Association canadienne des entraîneurs](#) If you or your swimmer completed this within the last 3 years, you do not need to do this again.

OAS requires that one parent or guardian of ALL Competitive athletes (including Regional League) under 18 years of age at the date of registration register in the Volunteer role. After completing your swimmer's registration, you can complete your own registration under the Volunteer Registration Tab. The fee for this is \$2.00.

Please reach out to Julie (admin@swimmasa.com) if you have any questions about this process.

06 / SEASON START CHECKLIST

- Register Your Swimmer through TeamSnap
- Submit the registration fee via e-transfer to finance@swimmasa.com.
- If you are new or your banking information has changed, please complete the preauthorized monthly withdrawal form that was sent in your registration email.
- Register your swimmer with OAS/CAS through the RAMP system no later than September 31st or they won't be able to swim.
- Register an adult volunteer with OAS/CAS through the RAMP system.
- Measure your swimmer, and family members according to the sizing guides posted on the website (look for the current year season)
- Place your order online through the Kukri store for any mandatory (refer to handbook) or optional items desired no later than September 14th.
- Wait for the email from us requesting you to fill out the form so you can submit: your swimmer's swimsuit size, backpack order (refer to the handbook to determine if this is mandatory or optional for your swimmer) and Adult Bingo Shirt order (if needed).

06 / SIZING INFORMATION

You will find all the links available on the website as well, please refer to the current season web page.

Kukri Club & Spirit Wear - [How To Measure Guide](#)

Kukri Club & Spirit Wear - [Sizing Guide](#)

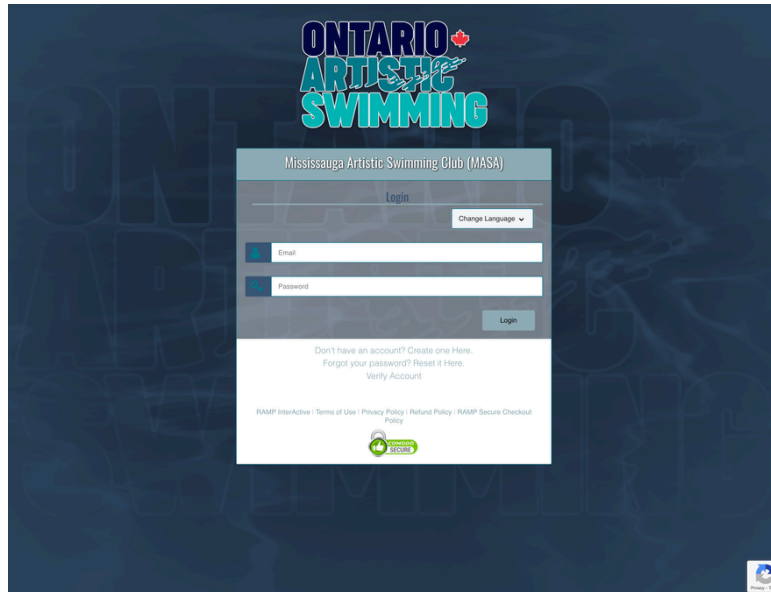
QSwimwear - [Fitting Guide](#)


Adult Bingo Shirt - [Men's Sizing Guide](#)

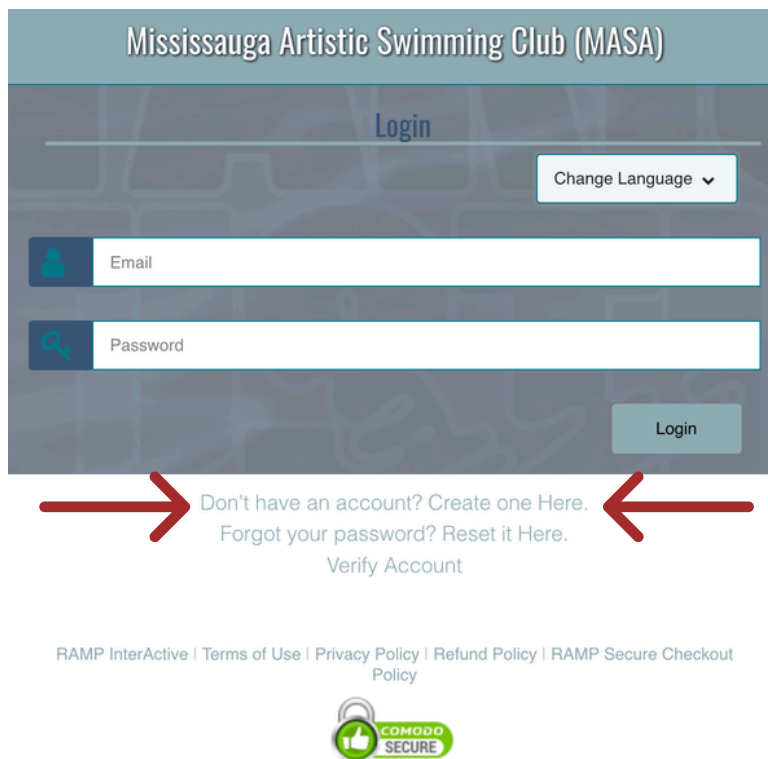
Adult Bingo Shirt - [Women's Sizing Guide](#)

OAS / CAS REGISTRATION WALKTHROUGH


 **STEP 1:** Copy/Paste Into Browser: MississaugaASC.rampregistrations.com

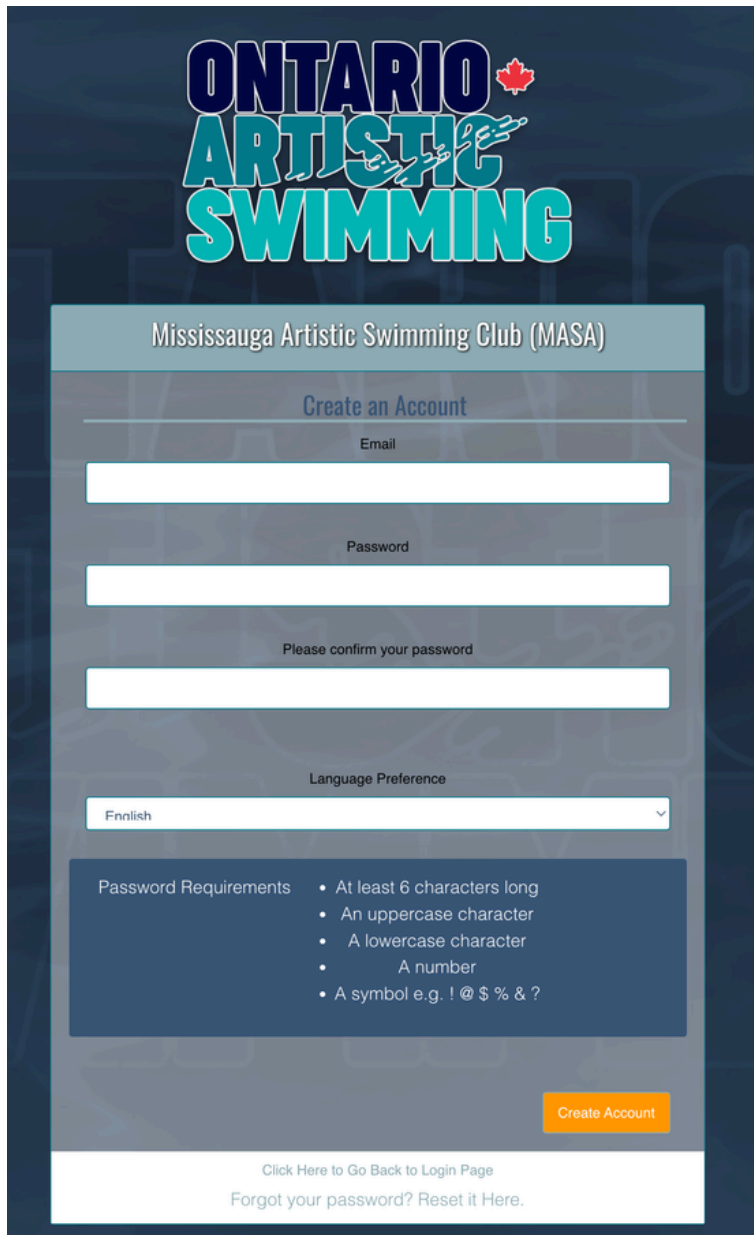


 **STEP 2:** Create an account. Click “Don't have an account? Create one Here.”



OAS / CAS REGISTRATION WALKTHROUGH

-  **STEP 3:** Fill out the details, once you hit submit, you will be taken back to the login page. An email will have been sent to you providing you with a code you will need to verify your account when you login for the first time. **Please check SPAM.** The email will be from **RAMP Registrations** - mailer@rampmx.com with the subject line: RAMP Registrations Account Verification. *Please mark the sender as safe/whitelist them to receive future emails.*



ONTARIO ARTISTIC SWIMMING

Mississauga Artistic Swimming Club (MASA)

Create an Account

Email

Password

Please confirm your password

Language Preference

English

Password Requirements


- At least 6 characters long
- An uppercase character
- A lowercase character
- A number
- A symbol e.g. ! @ \$ % & ?

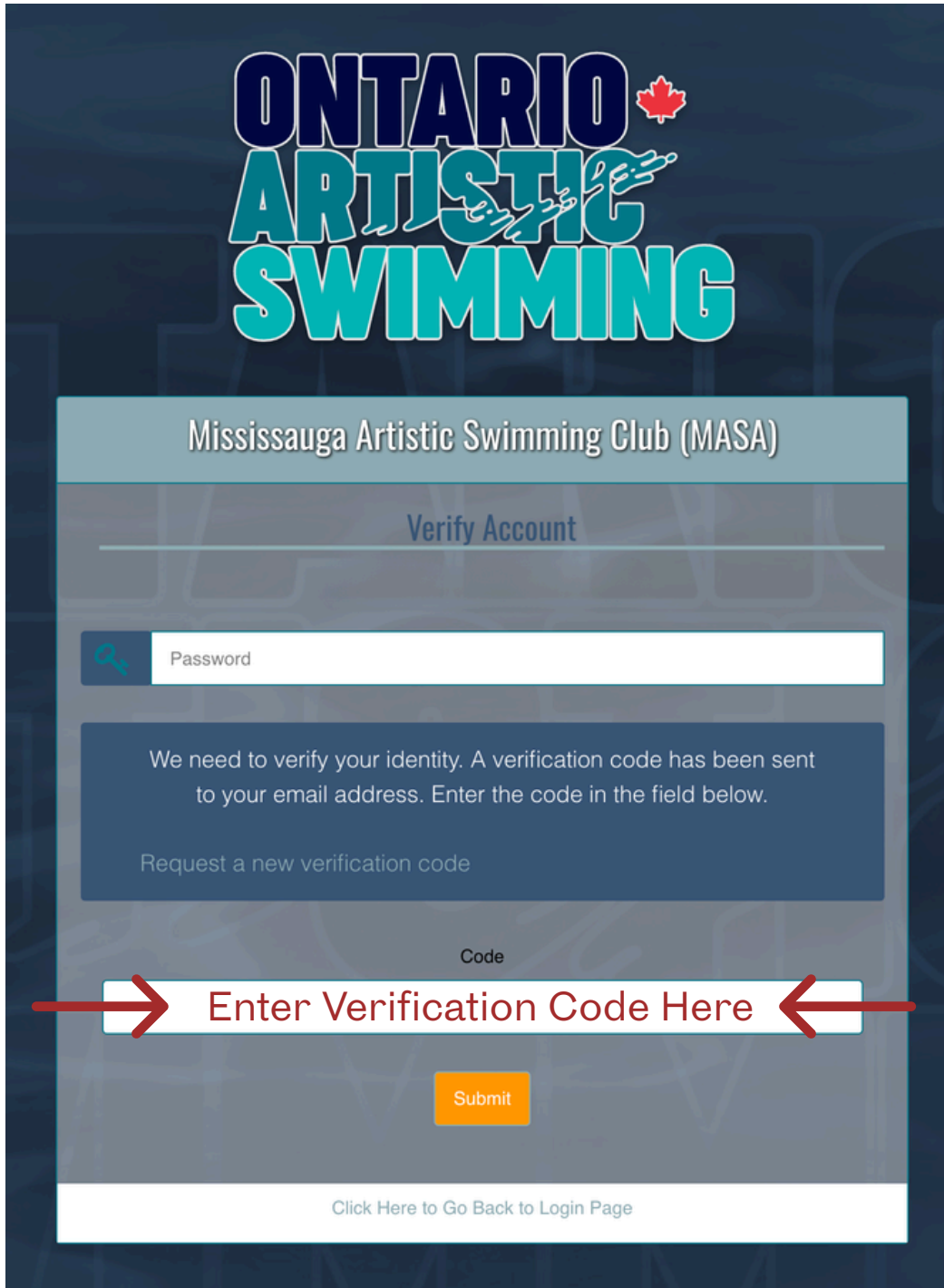
Create Account

[Click Here to Go Back to Login Page](#)

[Forgot your password? Reset it Here.](#)

OAS / CAS REGISTRATION WALKTHROUGH

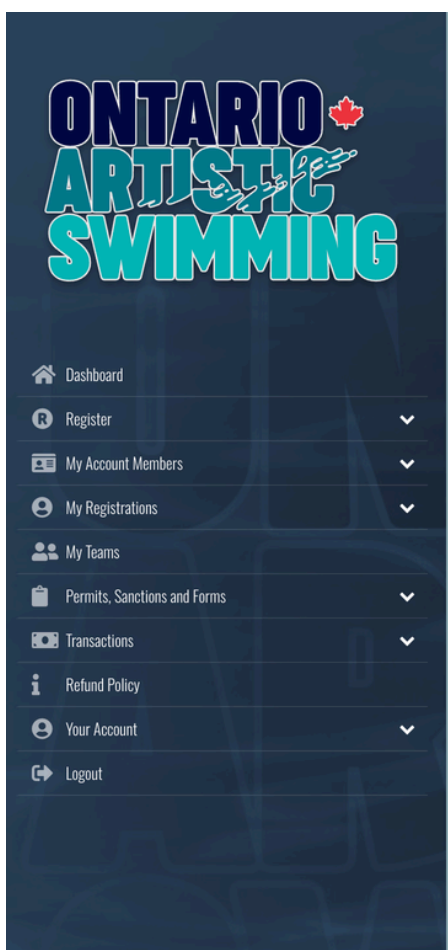
-  **STEP 4:** Once you login for the first time you will be prompted to re-enter your password along with the verification code you received via email.



The screenshot shows the 'Verify Account' page for the Mississauga Artistic Swimming Club (MASA). At the top, the logo for 'ONTARIO ARTISTIC SWIMMING' is displayed in blue and teal, with a red maple leaf. Below the logo, the club name 'Mississauga Artistic Swimming Club (MASA)' is shown in a light blue box. The main heading is 'Verify Account'. There is a password input field with a magnifying glass icon and the label 'Password'. Below this is a message: 'We need to verify your identity. A verification code has been sent to your email address. Enter the code in the field below.' Underneath the message is a link that says 'Request a new verification code'. Below that is a 'Code' label and a large white input field with red arrows pointing to it from both sides, containing the text 'Enter Verification Code Here'. At the bottom of the form is an orange 'Submit' button. At the very bottom of the page is a link that says 'Click Here to Go Back to Login Page'.

OAS / CAS REGISTRATION WALKTHROUGH

 **STEP 5:** Once successfully logged in you will land on your dashboard.



Mississauga Artistic Swimming Club (MASA)

 Participant

[Register as a Participant >>](#)

 Coach/Staff Registration

[Register as a Coach or Staff Member >>](#)

 Executive/Volunteer Registration

[Register as an Executive/Volunteer >>](#)


 Camp and Clinic Registration

[Search & Register to Camps and Clinics >>](#)

 Group Competition Registration

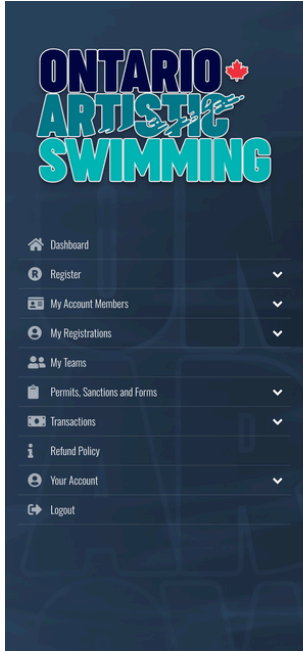
[Register as a group for a competition >>](#)

English

 **STEP 6:** Continue through with registration of your swimmer by selecting “Participant”. Once your swimmer is registered, continue through with the steps for your volunteer registration by selecting “Executive/Volunteer Registration”.

OAS / CAS REGISTRATION WALKTHROUGH

 **STEP 7:** Fill out the fields for your swimmer's details.



Mississauga Artistic Swimming Club (MASA)

Participant

First Name	Middle Name	Last Name	Former Last Name
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Birthdate	Gender	Nickname	
Jan <input type="text"/> DD <input type="text"/> YYYY <input type="text"/>	Female <input type="text"/>	<input type="text"/>	
Address		City	
<input type="text"/>		<input type="text"/>	
Country	Province	Postal Code	
Canada <input type="text"/>	ON <input type="text"/>	<input type="text"/>	
Cell Phone	Other Phone		
<input type="text"/>	<input type="text"/>		
Email		Secondary Email	
<input type="text"/>		<input type="text"/>	
RAMP ID			
Respect In Sport Parent Certificate #	Respect In Sport Coach Certificate #	NCCP #	
<input type="text"/>	<input type="text"/>	<input type="text"/>	

Photo

Photo

Choose File No file chosen

Birth Certificate

Birth Certificate

Choose File No file chosen

Government Issued ID

Government issued ID

Choose File No file chosen

VSS File

Date Completed

MM/DD/YYYY

VSS File

Choose File No file chosen

CRC File

Date Completed

MM/DD/YYYY

Confirmation Code

CRC File

Choose File No file chosen

Proof of Residency

Proof of Residency

Choose File No file chosen


Treaty/Status/Métis Card

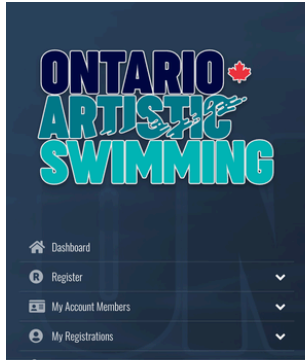
Treaty/Status/Métis Card

Choose File No file chosen

English

OAS / CAS REGISTRATION WALKTHROUGH

 **STEP 8:** Continue with the process.



Mississauga Artistic Swimming Club (MASA)

THIS IS ONLY THE MEMBERSHIP PAY PAGE. ONCE SUBMITTING YOUR MEMBERSHIP PAYMENT BELOW, YOU MUST CONTINUE ON WITH THE REST OF YOUR CLUB REGISTRATION CONCLUDING WITH THE CLUB PAY PAGE. FAILURE TO COMPLETE THE ADDITIONAL CLUB REGISTRATION STEPS WILL RESULT IN NO REGISTRATION TO YOUR CLUB. YOU WILL NOT BE ABLE TO PARTICIPATE WITHOUT COMPLETING THESE STEPS. Please submit your membership payment(s) below.

Membership Fees

Organization	Fee Name	Amount
Ontario Artistic Swimming	OAS 2025-26 Membership Fees	\$114.00 (CAD)
Ontario Artistic Swimming	Administration Fee	\$2.85 (CAD)
Canada Artistic Swimming	CAS Member Fees 2025-2026	\$59.00 (CAD)
Canada Artistic Swimming	Administration Fee	\$1.48 (CAD)

Payment Information

Membership Promo Code

Ontario Artistic Swimming Membership Payment Type

Membership Promo Code

Canada Artistic Swimming Membership Payment Type

Membership Fees can be paid by credit card even if you do not pay your registration fees by credit card.

Name on Card

Credit Card Number

Visa Debit or Mastercard Debit are accepted

Month

Year

CVV

Ontario Artistic Swimming (OAS 2025-26 Membership Fees): \$116.85 Credit Card Balance

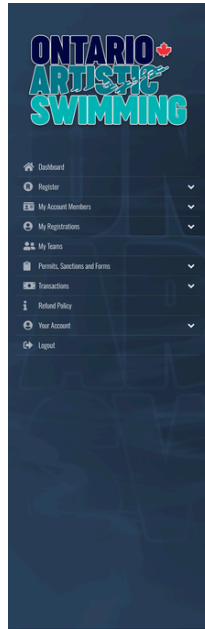
Canada Artistic Swimming (CAS Member Fees 2025-2026): \$60.48 Credit Card Balance

[Back](#)

English

OAS / CAS REGISTRATION WALKTHROUGH

STEP 8: Continue with the process.



Mississauga Artistic Swimming Club (MASA)

Waivers/Consent/Acknowledgment

We All Swim Together - Elevating Ourselves and Our Teammates

By signing below, I confirm that I have read and understand the [We All Swim Together - Elevating Ourselves and Our Teammates resource](#) (click the linked text to open the PDF), and I commit to upholding its principles as part of creating a safe, inclusive, and respectful sport environment.

Please Sign Here - We All Swim Together - Elevating Ourselves and Our Teammates

Clear Signature

Medical Consent

MEDICAL CONSENT

I give permission to the Organization to make decisions concerning my/my child's medical care and treatment, and where necessary to authorize such care and treatment in emergency situations. I understand the Organization to mean Ontario Artistic Swimming, its affiliated clubs, and their respective directors, officers, employees, contractors, coaches, officials, members, chaperones, volunteers, agents and representatives. I understand that the Organization will make every reasonable effort, in the circumstances, to contact the emergency contact regarding my/my child's medical status in the event an emergency arises. In the event that the emergency contact cannot be reached in an emergency I hereby give my permission for any emergency care and also give permission to the licensed physician, dentist, athletic therapist, nurse, or other medical professional whose services might be required to provide medical care and treatment to my/my child. I also authorize the release of my/my child's personal health information to the appropriate people as deemed necessary. By signing here, I indicate that I have the understanding and capacity to communicate health care directives for myself/for my child and that I am fully informed as to the contents of this document and understand the full import of this grant of powers to the Organization.

Please Sign Here - Medical Consent

Signatory Legal Name

Clear Signature

Concussion Code of Conduct for Athletes (under 18)

Concussion Code of Conduct for Athletes under 18

1. I will help prevent concussions by:

- Respecting the rules of artistic swimming and understanding my responsibilities in contributing to a safe environment
- My commitment to fair play and respect for all including respecting other athletes, coaches, and officials
- Developing my skills and strength so that I can participate to the best of my ability

2. I will care for my health and safety by taking concussions seriously and I understand that:

- A concussion is a traumatic brain injury that can have both short- and long-term effects
- A bump, blow or jolt to the head, face, neck, or body that causes the head and brain to move rapidly back and forth may cause a concussion
- I don't need to lose consciousness to have had a concussion
- I have a commitment to concussion recognition and reporting. If I think I might have a concussion I should tell a coach, official, parent or another adult I trust and stop participating in training, practice, or competition immediately
- I should tell a coach, official, parent or another adult I trust if I think another athlete has a concussion
- Continuing to participate in training, practice or competition with a possible concussion increases my risk of more severe, longer lasting symptoms, and increases my risk of other injuries

3. I will not hide concussion symptoms. I will speak up for myself and others.

- I will not hide my symptoms. I will tell a coach, official, parent, or another adult I trust if I experience any symptoms of concussion
- If someone else tells me about concussion symptoms, or I see signs they might have a concussion, I will tell a coach, official, parent or another adult I trust so they can help
- I understand that if I have a suspected concussion, I will be removed from sport and that I will not be able to return to training, practice, or competition until I undergo a medical assessment and have been medically cleared to exercise
- If I am diagnosed with a concussion, I understand that letting all of my other coaches and teachers know about my injury will help them support me while I recover
- I will take the time I need to recover because it is important for my health
- I understand that my coach or a designated person such as a Head Coach or lead team coach will submit an incident report through the Ontario Artistic Swimming Injury Tracker if a concussion is suspected
- I will follow the Ontario Artistic Swimming Return-to-sport Protocol
- I understand I will have to be medically cleared by a medical professional as defined in the CAS Concussion Policy before returning to training, practice, or competition
- I will respect my parents and coaches, officials and medical and other health-care professionals regarding my health and safety

I ACKNOWLEDGE THAT I HAVE REVIEWED THE ONTARIO CONCUSSION AWARENESS RESOURCES RELEVANT TO MY PARTICIPATION (OR THE PARTICIPATION OF MY CHILD) AND HAVE READ AND COMMIT TO THIS CONCUSSION CODE OF CONDUCT FOR ATHLETES

Parent/Guardian Please Sign Here - Concussion Code of Conduct for Athletes (under 18)

Signatory Legal Name

Clear Signature

OAS / CAS REGISTRATION WALKTHROUGH

STEP 8: Continue with the process.

Informed Consent and Assumption of Risk Agreement (under 18)

INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT (under 18)

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a participant in the sport of artistic swimming and the spectating, orientation, instruction, activities, competitions, programs, and services of Ontario Artistic Swimming and affiliate Organizations (collectively the "Activities"), the undersigned, being the Participant and the Participant's Parent/Guardian (collectively the "Parties"), acknowledge and agree to the terms outlined in this document.

Disclaimer

2. Ontario Artistic Swimming, affiliate Organizations, and their respective Directors, Officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the "Organization") are not responsible for any injury, property damage, death, expense, loss of income, damage or loss of any kind suffered by the Participant during, or as a result of, the Activities.

Description and Acknowledgement of Risks

3. The Parties understand and acknowledge that:

- a) The Activities have foreseeable and unforeseeable inherent risks, hazards, and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis, and loss of life;
- b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training), which have different foreseeable and unforeseeable risks than in-person programming;
- c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the Participant's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction.

4. The Participant is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers, and hazards. The risks, dangers and hazards include, but are not limited to:

- a) Privacy breaches, hacking, technology malfunction or damage;
- b) Executing strenuous and demanding physical techniques;
- c) Dryland training including weights, Pilates, running, dance, bands, circus school and massage;
- d) Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
- e) Exerting and stretching various muscle groups;
- f) Physical contact with other participants including spotters whose role is to enhance safety and learning;
- g) Failure to act safely or within my own ability or designated areas;
- h) Colliding with the pool, pool bottom, walls, stands, equipment, or with other participants;
- i) Entering the water by either diving or jumping;
- j) Artistic swimming techniques including boosts and lifts;
- k) Extended time underwater;
- l) Spending extended times in chlorinated water, which may lead to bacterial infections or rashes;
- m) The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- n) Serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of my body, or to my general health and well-being;
- o) Abrasions, sprains, strains, fractures, or dislocations;
- p) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;
- q) Spinal cord injuries which may render me permanently paralyzed;
- r) Negligence of other persons, including other spectators, participants, or employees; and
- s) Travel to and from competitive events and associated non-competitive events, which are an integral part of the Activities.

Terms

5. In consideration of the Organization allowing the Participant to participate in the Activities, the Parties agree:

- a) That when the Participant practices or trains in their own space, the Parties are responsible for the Participant's surroundings and the location and equipment that is selected for the Participant;
- b) That the Participant's mental and physical condition is appropriate to participate in the Activities and the Parties assume all risks related to the Participant's mental and physical condition;
- c) To comply with the rules and regulations for participation in the Activities;
- d) To comply with the rules of the facility or equipment;
- e) That if the Participant observes an unusual significant hazard or risk, the Participant will remove themselves from participation and bring their observations to a representative of the Organization immediately;
- f) The risks associated with the Activities are increased when the Participant is impaired, and the Participant will not participate if impaired in any way;
- g) That it is their sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity;
- h) That they are responsible for the choice of the Participant's safety or protective equipment and the secure fitting of that equipment.

6. In consideration of the Organization allowing the Participant to participate, the Parties agree:

- a) That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in brochure or advertisement or in individual conversations, to agree to participate in the Activities;
- b) That the Organization is not responsible or liable for any damage to the Participant's vehicle, property, or equipment that may occur as a result of the Activities; and
- c) That this Agreement is intended to be as broad and inclusive as is permitted by law of the Province of Ontario and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Jurisdiction

7. The Parties agree that in the event that they file a lawsuit against the Organization, they agree to do so solely in the Province of Ontario, and they further agree that the substantive law of the Province of Ontario will apply without regard to conflict of law rules.

Acknowledgement

8. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

Parent/Guardian Please Sign Here – Informed Consent and Assumption of Risk Agreement (under 18)

Signatory Legal Name

OAS / CAS REGISTRATION WALKTHROUGH

STEP 8: Continue with the process.

Acknowledgement of CAS & OAS Policies (under 18)

ACKNOWLEDGEMENT OF CAS & OAS POLICIES - under 18

The Canada Artistic Swimming (CAS) Safe and Welcoming Sport Policy Suite describes the standards of conduct required of all athletes, coaches, officials, volunteers, employees, and other individuals involved in artistic swimming activities and events. All Ontario Artistic Swimming (OAS) registrants must acknowledge annually that they have read and understood the CAS Safe and Welcoming Sport Policy Suite that includes the following Policies:

- Conduct Policy
- Conflict of Interest Policy
- Discrimination, Harassment, and Maltreatment Policy.

You can review these Policies in detail [here](#).

Commitment to Non-retaliation: Individuals are expected to raise any concerns about behaviour, to report any maltreatment, and to work together to ensure a positive, safe, and respectful work and sport environment. There will be no retaliation for speaking up and making a truthful report of actual or possible breach of CAS or OAS policies and procedures, for participating in an investigation, or for exercising one's legal rights.

Obligation to Report: It is a violation of the CAS Conduct Policy if an individual knows of maltreatment but takes no action to intervene on behalf of the athlete, coach, official, volunteer, employee, or other individual. Failure to report such maltreatment may result in disciplinary action.

I HAVE READ AND UNDERSTOOD THE STANDARDS OF CONDUCT CONTAINED IN THE CAS SAFE AND WELCOMING SPORT POLICY SUITE THAT INCLUDES THE FOLLOWING POLICIES

- CONDUCT POLICY
- CONFLICT OF INTEREST POLICY
- DISCRIMINATION, HARASSMENT, AND MALTREATMENT POLICY

I AM AWARE THAT I MUST ABIDE BY THE STANDARDS OF CONDUCT CONTAINED IN THE CAS SAFE AND WELCOMING SPORT POLICY SUITE, AND I AGREE TO DO SO

I UNDERSTAND THAT ANY VIOLATION OF THE CAS SAFE AND WELCOMING SPORT POLICY SUITE OR ANY OTHER CAS OR OAS POLICY OR PROCEDURE IS GROUNDS FOR DISCIPLINARY ACTION, UP TO AND INCLUDING EXPULSION FROM REGISTRATION OR MEMBERSHIP

IF I BECOME AWARE OF MALTREATMENT OR SUSPECTED MALTREATMENT, I WILL IMMEDIATELY REPORT IT BY CONTACTING THE OAS SAFE SPORT OFFICER AT [ITP SPORT INC](#)

Parent/Guardian Please Sign Here - Acknowledgement of CAS & OAS Policies (under 18)

Signatory Legal Name

Clear Signature

Please Sign Here

Clear Signature


I am the Age of Majority or am a Parent/Guardian to the Registrant and Agree to the Terms and Conditions Above

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OAS / CAS REGISTRATION WALKTHROUGH

 **STEP 8:** Continue with the process.

Mississauga Artistic Swimming Club (MASA)

Questions

Canada Artistic Swimming

I will complete the Pre-season Education Concussion form provided to me by my club and submit it back to my club when completed.

Canada Artistic Swimming Pre-Season Concussion Education

Ontario Artistic Swimming

NCCP#, if applicable

Information on NCCP number can be found [here](#)

Number Field

I, the Participant and/or Parent/Guardian of the Participant, agree to receive electronic communications from Ontario Artistic Swimming and its affiliated organizations. Electronic communications include newsletters, promotions, and program and event information that may contain information of a commercial nature.

Ontario Artistic Swimming is committed to keeping your personal information confidential and secure and has developed a Privacy Policy that sets out what type of information is collected, how this information is used, and with whom the information is shared. We recommend that you review this document periodically as it may be altered or updated from time to time. The OAS Privacy Policy can be viewed [here](#)

I, the Participant and/or Parent/Guardian of the Participant, grant permission to Ontario Artistic Swimming and its affiliated organizations to photograph or record the Participant's image or voice on still or motion picture film or audio tape, and to use this material to promote the sport of artistic swimming or OAS or its affiliated organizations through the media of newsletters, websites, television, film, radio, print and/or display form and waive any claim to remuneration for use of audio/visual materials used for these purposes.

I, the Participant and/or Parent/Guardian of the Participant understand that I may withdraw such consent at any time by contacting a person in leadership at Ontario Artistic Swimming or the affiliated organization, as applicable (subject to legal and contractual restrictions and reasonable notice). OAS or the affiliated organization will comply with your request as quickly as possible but there may be certain uses of personal information that the organization may not be able to stop immediately.

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OAS / CAS REGISTRATION WALKTHROUGH

STEP 8: Continue with the process.

Mississauga Artistic Swimming Club (MASA)

Member Questions

Canada Artistic Swimming

How do you identify?

- Female/girl
- Male/boy
- Non-binary, gender fluid and/or two-spirit
- Prefer to self-describe
- Prefer not to disclose

If you Prefer to Self Describe please enter your text here

Do you identify as a person with a disability?

- Yes
- No
- Prefer not to disclose

Do you identify as a person of colour or belong to an ethnic minority group?

- Yes
- No
- Prefer to self-describe
- Prefer not to disclose

If you Prefer to Self Describe please enter your text here

Do you identify as belonging to any of the following potentially underserved populations? (Select all that apply)

- Black community
- Indigenous community
- Racialized community
- 2SLGBTQ+ individuals
- Persons with disabilities
- People with low incomes
- Newcomers
- None of the above
- Prefer not to disclose

Ontario Artistic Swimming

Emergency Contact Name

Emergency Contact Phone Number

Emergency Contact Relationship

Emergency Contact Email Address (parent/legal guardian's email)

Email Field

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OAS / CAS REGISTRATION WALKTHROUGH

STEP 8: Continue with the process.

Mississauga Artistic Swimming Club (MASA)

Confirm Details and Submit Registration

Sage Byony Markou Edit

6/27/2015, Female
2666 Birch Cres
Mississauga, ON L5J 4K1
sage.markou@icloud.com
stephanie.markou@me.com
Cell Phone: 647822728

Stephanie Markou Edit

Parent/Guardian/Emergency Contact

2666 Birch Cres
Mississauga, ON Postal Code
stephanie.markou@me.com
Cell Phone: 647822728

Elias Markou Edit

Parent/Guardian/Emergency Contact

2666 Birch Cres
Mississauga, ON L5J 4K1
emarkou@mpaebalcanca.com
Cell Phone: 416848347
Other Phone: 905693865

Mississauga Artistic Swimming Club (MASA)

Email: t_admin@swimmasa.com

2025/2026 Ontario Artistic Swimming Edit

12U Provincial Competitive

Competitive Registration - OAS & CAS
\$0.00 (CAD)

Select to register with Ontario Artistic Swimming and Canada Artistic Swimming

Questions Edit

"Canada Artistic Swimming Pre-Season Concussion Educator?"

Yes

"NCCPE, if applicable?"

"I, the Participant and/or Parent/Guardian of the Participant, agree to receive electronic communications from Ontario Artistic Swimming and its affiliated organizations. Electronic communications include newsletters, promotions, and program and event information that may contain information of a commercial nature?"

I do consent

"I, the Participant and/or Parent/Guardian of the Participant, grant permission to Ontario Artistic Swimming and its affiliated organizations to photograph or record the Participant's image or voice on still or motion picture film or audio tape, and to use this material to promote the sport of artistic swimming or CAS or its affiliated organizations through the media of newsletters, websites, television, film, radio, print and/or display form and waive any claim to remuneration for use of such/visual materials used for these purposes?"

I do consent

"I, the Participant and/or Parent/Guardian of the Participant understand that I may withdraw such consent at any time by contacting a person in leadership of Ontario Artistic Swimming or the affiliated organization, as applicable (subject to legal and contractual restrictions and reasonable notice). CAS or the affiliated organization will comply with your request as quickly as possible but there may be certain uses of personal information that the organization may not be able to stop immediately."

Yes

Member Questions Edit

"How do you identify?"

Female/girl

"Do you identify as a person with a disability?"

No

"Do you identify as a person of colour or belong to an ethnic minority group?"

No

"Do you identify as belonging to any of the following potentially underserved populations? (Select all that apply)"

None of the above

"If you Prefer to Self Describe please enter your text here"

"If you Prefer to Self Describe please enter your text here"

"Emergency Contact Name"

Stephanie Markou

"Emergency Contact Phone Number"

647822728

"Emergency Contact Relationship"

Mother

"Emergency Contact Email Address (parent/legal guardian's email)"

stephanie.markou@me.com

Pricing Details

Item	Price
Competitive Registration - OAS & CAS	\$0.00 (CAD)
Total	\$0.00 (CAD)

Payment Information

There is no outstanding amount to pay. After confirming the registration details, you can submit the registration below.

[Back](#) [Submit Registration](#)

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