



Junior Goldfins Registration Guide

SASKATOON GOLDFINS SWIM CLUB

Online Registration Opens Monday, August 15, 2023

Training Starts Monday, September 11, 2023

23-24



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PRESIDENT'S MESSAGE

Dear Goldfins Community, Welcome!

Thank you for registering with the Saskatoon Goldfins Swim Club for the 2023-24 Swim Season as we celebrate 45 years of incorporation!

During the 2022-23 swim season, the Goldfins Board of Directors, presented the long term strategic goals of the Club with the [2023-2026 Strategic Plan](#), and further, developed and continue to work within the Goldfins Operations Plan. These 2 Plans - together - support the Vision, Mission, and Values of the Goldfins Board and Coaching staff, Goldfins families and athletes, Community, and Stakeholders.

On behalf of the Board, thank you to the swimmers, coaches, parents, officials, volunteers, suppliers, as well as community sponsors and stakeholders who support the Saskatoon Goldfins Swim Club.

Welcome and may the 2023-24 swim year offer swimmers the opportunity to develop lifelong skills, friendships, and achievements.

Randall Keays, President
Saskatoon Goldfins Swim Club





HEAD COACH MESSAGE

Welcome to the 2023–24 Swim Season!

I want to thank everyone for a terrific 2022-23 season! The move to have all our groups at the Shaw Center was not without its challenges. I am proud about how we all worked together as a team to make the situation work until the Harry Bailey renovations are complete. Throughout the summer the full-time coaching staff and I will be working to update our Club Coaches Manual and Coach Resources to bring the staff up to date on the latest developments and knowledge in the coaching world. Goldfins Coaches will continue to deliver an inclusive and progressive program for all ages and abilities. The mission for the Club is to provide growth and development opportunities, to teach life skills through the sport of swimming. Our successes are celebrated by the excellence we achieve in and out of the pool.

This coming season will be the fifth with the new club structure, one that continues to be worked on and adjusted based on member feedback. With the strategic plan now complete, the 2023-24 season will see the initial steps towards the implementation of the strategic plan. Swimmers will move through our White (LTAD Learn to Train), Blue (LTAD Train to Train) and Gold (LTAD Train to Train/Train to Compete), with each stage having a dedicated curriculum to best fit each stage of athlete development.

The Goldfins Swim Club continues to offer the best educated and NCCP certified coaches in the country with two coaches on staff that are Senior Coach Certified, two that are Age Group Trained and all staff with a minimum of 101 Coach Trained. This past season Coach Gary has joined me as a graduate of the Advanced Coach Diploma program through the Canadian Sport Institute. As part of our NCCP training all coaches must go through the Making Ethical Decisions module that helps to ensure you are getting the highest standards from the staff as we coach and mentor your child(ren).

I am looking forward to seeing you on the pool deck and thank you for choosing the Saskatoon Goldfins Swim Club as your sport provider.

Yours in Swimming,

Steven Hitchings, ChPC NCI Advanced Coach
Head Coach
Saskatoon Goldfins Swim Club





JUNIOR GOLDFINS PROGRAM ADMINISTRATOR MESSAGE

Hello & Welcome to the 2023–2034 Swimming Season!

My name is Nicole Soloduik, and I will be taking on the role of Junior Goldfins Program Administrator. I have been a part of the Goldfins Swim Club since childhood, beginning as a swimmer and developing into a coach. I am nervously excited to be moving forward in my journey with the swim club.

My love for swimming began at a young age and has never wavered. I have also always had a love for children and teaching and graduated with my Bachelor of Education Degree and have been teaching for over ten years. These two passions are the reason I have continued coaching with the program for so long and why my knowledge of the program, love for teaching, and wanting to offer the highest quality of teaching makes me very well suited for the job.

I look forward to continuing working with the swimmers and their families by helping them build their strengths and technique, celebrate their successes and living up to their full potential. I look forward to working closely with my Junior Goldfin Coaches as a colleague and mentor to ensure our coaches are of the best quality and can offer high teaching standards. Finally, I look forward to working with everyone as a whole to make the Junior Goldfins Program the best it can be!

See you this season!

Nicole Soloduik, Junior Goldfins Program Administrator
Saskatoon Goldfins Swim Club





VISION, MISSION, VALUES

VISION

Excellence in sport, excellence in life.

MISSION

Saskatoon Goldfins provides growth and development opportunities to teach life skills through the sport of swimming. Our successes are celebrated by the excellence we achieve in and out of the pool.

VALUES

COMMUNITY

We are stronger when we support each other through our challenges and celebrate our successes.

COMMITTED

We show up for ourselves and for our team.

INCLUSIVE

We provide opportunities and pathways for all ages, abilities, cultures, and identities.

EXCELLENCE

We work to achieve our best as an organization and as individuals.

STRATEGIC PLAN SASKATOON GOLDFINS SWIM CLUB

2023 - 2026

The Saskatoon Goldfins Swim Club Board of Directors proudly approved our Strategic Plan (2023-2026) in January of 2023. Click on the image above to view the plan!



BOARD OF DIRECTORS

The Saskatoon Goldfins Swim Club is governed by a Board of Directors, which is elected by the membership. The current Board members are listed below as well as on our website under Coaches and Board.

Board meetings are usually held the third Tuesday of the month during the swim season. All club members are entitled to attend regular board meetings, and are encouraged to attend the Annual General Meeting, usually held in November, and the Spring General Meeting, usually held in May. Each member family is entitled to vote at the Annual and Spring meetings.

OFFICERS

President	Randall Keays
Vice-President	Taylor Dubiel
Treasurer	Amanda Anderson
Secretary	Michelle Jarcan

DIRECTORS

Registrar	Jay Magus
Public Relations	Tracey Kennedy
Officials	Tanya Gokavi & Kelly Kozak
Meet Manager	Kelly Burke
Team Manager	Belinda Bilous

COORDINATORS*

Bingo	Vacant
Equipment	Tina Zimonick
Fundraising	Shawna Dubiel
Sponsorship	Kae-Lynn Gebhardt

HEAD COACH*

Steven Hitchings

*Coordinators and Head Coach are not voting board members



SEASON WELCOME

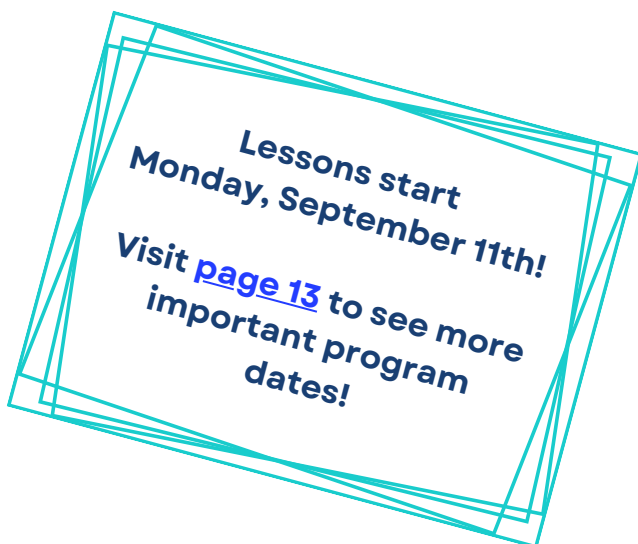
The Saskatoon Goldfins Swim Club welcomes you to another exciting season of swimming. As many of you know, the closure of the Harry Bailey Aquatic Centre has presented limited space for Goldfins programming. The Goldfins Swim Club's coaching staff have been working diligently behind the scenes to attempt to create space to admit as many interested members as possible.

During the month of September 2023, the Goldfins coaching staff will be assessing swimmers to determine if proper swimmer placement in the program has taken place. If changes need to be made to ensure your swimmer is being properly challenged, you will be contacted to consider moving to appropriate level placement, more advanced lessons, or your swimmer will receive an invitation to join the competitive swim club - Goldfins White 1 level (3X/week).

Please ensure you are bringing your swimmer to the Junior Goldfins lessons you have registered your swimmers to attend i.e., correct days/times. The Club does not have space to accommodate swimmers in lessons that they have not pre-registered in. Therefore, if you are unsure of which day/time you have registered your child please contact Nicole to confirm their program placement. Please have your swimmer arrive on pool deck for their lesson, no more than five (5) minutes prior to the start of their scheduled lesson. This will help to keep the Goldfins' deck space available for dryland programming.

Please direct all Junior Goldfins program/lesson inquiries to Nicole Soloduik - Junior Goldfins Program Administrator, by emailing nicole@goldfins.ca.

See you at the pool!





PROGRAM DESCRIPTION & GOALS

The Junior Goldfins Swimming Lesson Program is designed to prepare swimmers to graduate into the Saskatoon Goldfins Swim Club competitive program. The Saskatoon Junior Goldfins program serves as an excellent preparation step for those swimmers who look forward in taking the next step in perfecting swimming technique and building endurance skills.

Swimmers focus on improving technical execution of the four competitive strokes and accompanying competitive skills, while building endurance and speed technique. Swimmers register for appropriate age/stage lesson levels; Novice, Bronze, Silver and Gold.

Endurance and speed requirements increase as swimmers move through the four groups beginning with single 5 – 25M stroke/skill execution, progressing into continuous 100M Freestyle and Backstroke event completion.

Swimmers are taught competitive skills: flip turns, transitions from one stroke into another and dive starts. Although this program is pre-competitive, the program features opportunities for swimmers to embrace competition; learning to race in skill testing events and at the Little Caesars Fun Meets (November 2023, March 2024 and June 2024).

All four stroke segments are introduced in a progressive manner: Freestyle, Backstroke, Breaststroke and Butterfly.

Swimmers are provided with an introduction to the rules of competitive swimming. This program provides a progressive learning scheme to bridge the step between “learning to swim” to “learning to race”!

**OUR GOAL IS
GRADUATION!**





PROGRAM LEVELS

Checklist for choosing the appropriate level of Junior Goldfins swimming lessons for your child
Register your swimmer for the highest level for which they can meet the listed requirements



- Can put face in the water
- Can float on front & back assisted
- Minimum age 4 years
- Level equivalency
 - Red Cross: Sea Otter, Salamander, or Swim Kids 1
 - YMCA: Ray



- Can swim on front & back 10M with arm action
- Can enter water unassisted
- Is comfortable in deep water (2.0M)
- Approximate ages 6 - 7 years
- Level equivalency
 - Red Cross: Sunfish or Swim Kids 2-3
 - YMCA: Starfish or Guppy



- Can complete 25M Freestyle stroke breathing to the side
- Can complete 20M Backstroke with arm and kick action
- Is comfortable in deep water (2.0M)
- Approximate ages 7 - 9 years
- Level equivalency:
 - Red Cross: Swim Kids 4-5
 - YMCA: Minnow or Guppy



- Can complete 50M Freestyle stroke breathing to the side
- Can complete 25M Backstroke with arm and kick action
- Can perform Breaststroke Kick
- Is comfortable in deep water (2.0M)
- Approximate ages 8 - 10 years
- Level equivalency
 - Red Cross: Swim Kids 6-7
 - YMCA: Flying Fish or Shark



NOVICE

TENTATIVE WEEKLY TRAINING SCHEDULE

2x per week

Monday & Wednesday	
Start	End
4:30	5:00
5:00	5:30
5:30	6:00
6:00	6:30

Tuesday & Thursday	
Start	End
3:00	3:30
3:30	4:00
4:00	4:30
4:30	5:00

 \$70.00 per month



All lessons are 30 minutes in duration



All lessons will be at the Shaw Centre



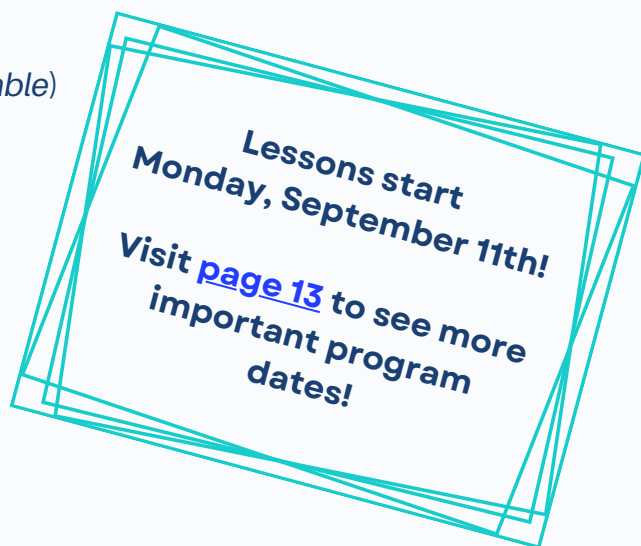
Schedules are subject to change, based on facility availability



- Junior kickboard
- Goggles (*swimming style, not scuba*)
- Tight-fitting swimsuit (*Royal Blue is preferable*)
- Swim cap (*recommended*)

Visit [Al Anderson's Source for Sports](#).

The official equipment supplier for the Saskatoon Goldfins Swim Club!





BRONZE

TENTATIVE WEEKLY TRAINING SCHEDULE

2x per week

Monday & Wednesday

Start	End
4:15	5:00
5:00	5:45
5:45	6:30

Tuesday & Thursday

Start	End
3:00	3:45
3:45	4:30
4:30	5:15
5:15	6:00

Friday & Sunday

Start	End
4:30 (Fri)	5:15 (Fri)
1:00 (Sun)	1:45 (Sun)
5:15 (Fri)	6:00 (Fri)
1:45 (Sun)	2:30 (Sun)

\$100.00 per month

1x per week

Sunday

Start	End
2:30	3:15
3:15	4:00

\$70.00 per month



All lessons are 45 minutes in duration



All lessons will be at the Shaw Centre



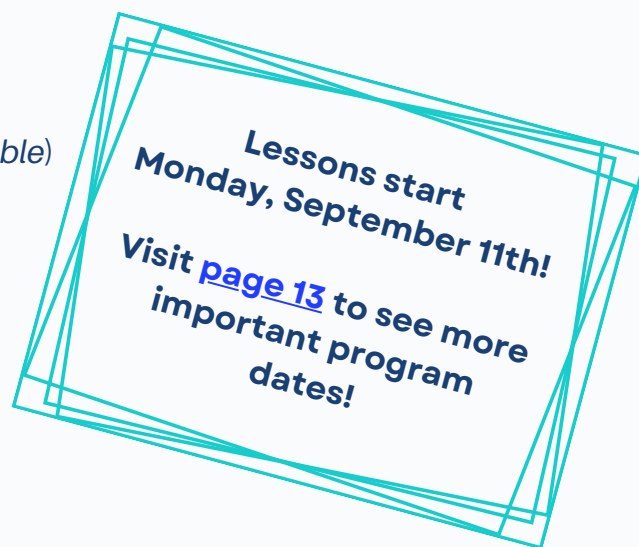
Schedules are subject to change, based on facility availability



- Junior kickboard
- Fins (*short-blade recommended*)
- Goggles (*swimming style, not scuba*)
- Tight-fitting swimsuit (*Royal Blue is preferable*)
- Swim cap (*recommended*)

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SILVER

TENTATIVE WEEKLY TRAINING SCHEDULE

2x per week

Monday & Wednesday

Start	End
4:15	5:00
5:00	5:45
5:45	6:30

Tuesday & Thursday

Start	End
4:30	5:15
5:15	6:00

Friday & Sunday

Start	End
4:30 (Fri)	5:15 (Fri)
1:00 (Sun)	1:45 (Sun)
5:15 (Fri)	6:00 (Fri)
1:45 (Sun)	2:30 (Sun)

\$100.00 per month

1x per week

Sunday

Start	End
2:30	3:15
3:15	4:00

\$70.00 per month



All lessons are 45 minutes in duration



All lessons will be at the Shaw Centre



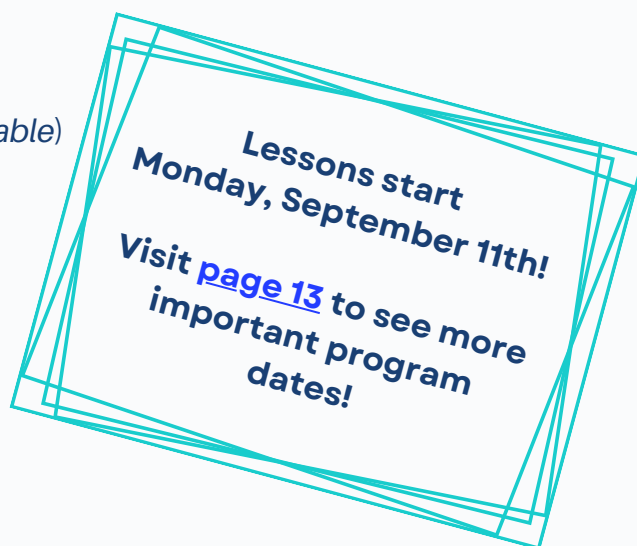
Schedules are subject to change, based on facility availability



- Junior kickboard
- Fins (*short-blade recommended*)
- Goggles (*swimming style, not scuba*)
- Tight-fitting swimsuit (*Royal Blue is preferable*)
- Swim cap (*recommended*)

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GOLD

TENTATIVE WEEKLY TRAINING SCHEDULE

2x per week

Monday & Wednesday

Start	End
4:15	5:00
5:00	5:45
5:45	6:30

Tuesday & Thursday

Start	End
4:30	5:15
5:15	6:00

Friday & Sunday

Start	End
4:30 (Fri)	5:15 (Fri)
1:00 (Sun)	1:45 (Sun)
5:15 (Fri)	6:00 (Fri)
1:45 (Sun)	2:30 (Sun)

\$100.00 per month

1x per week

Sunday

Start	End
2:30	3:15
3:15	4:00

\$70.00 per month



All lessons are 45 minutes in duration



All lessons will be at the Shaw Centre



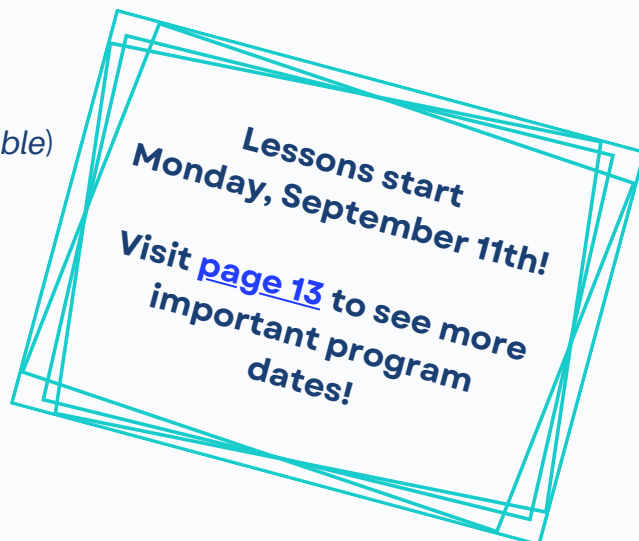
Schedules are subject to change, based on facility availability



- Junior kickboard
- Fins (*short-blade recommended*)
- Goggles (*swimming style, not scuba*)
- Tight-fitting swimsuit (*Royal Blue is preferable*)
- Swim cap (*recommended*)

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The official equipment supplier for the Saskatoon Goldfins Swim Club!





2023 - 2024 PROGRAM CALENDAR

Date	Event
September 11, 2023	Program Start-Up
October 8 & 9, 2023	PROGRAM IS CANCELLED
October 27 - 29, 2023	PROGRAM IS CANCELLED
November 12, 2023	PROGRAM IS CANCELLED
November 24, 2023	Little Caesars Fall Fun Meet (Regular Lessons are Cancelled)
December 17 - 19, 2023	Report Card Distribution
December 24 - 31, 2023	PROGRAM IS CANCELLED
January 1 - 4, 2024	PROGRAM IS CANCELLED
February 2 - 4, 2024	PROGRAM IS CANCELLED
February 18 - 23, 2024	PROGRAM IS CANCELLED
March 7 - 10, 2024	PROGRAM IS CANCELLED
March 22, 2024	Little Caesars Winter Fun Meet (Regular Lessons are Cancelled)
March 29 - April 5, 2024	PROGRAM IS CANCELLED
April 21 - 23, 2024	Report Card Distribution
May 3 - 5, 2024	PROGRAM IS CANCELLED
May 19 & 20, 2024	PROGRAM IS CANCELLED
June 21, 2024	Little Caesars Spring Fun Meet (Regular Lessons are Cancelled)
June 23 - 25, 2024	Report Card Distribution
June 27, 2024	Final Day of the 2023 - 2024 Junior Goldfins Program



EQUIPMENT

Please have your swimmer bring the following equipment to their first lesson:



- Junior kickboard
- Goggles (*swimming style, not scuba*)
- Tight-fitting swimsuit (*Royal Blue is preferable*)
- Swim cap (*recommended*)



- Junior kickboard
- Fins (*short-blade recommended*)
- Goggles (*swimming style, not scuba*)
- Tight-fitting swimsuit (*Royal Blue is preferable*)
- Swim cap (*recommended*)

[Al Anderson's Source for Sports](#) has partnered with the Saskatoon Goldfins Swim Club to assist our members with their equipment/team gear purchases. Visit Al Anderson's Source for Sports to purchase your equipment and to order team clothing.

CLICK HERE



We realize that some of the equipment orders will not arrive until later September 2023. Coaches will be aware of this situation and will make accommodations until all swimmers receive their equipment.

Please ensure that your swimmer's equipment is marked with a **permanent marker** with their name as to prevent loss.

Goldfins Swim Caps can be purchased through the club's Equipment Manager, Tina Zimonck. Please contact Tina to arrange cap purchases at equipment@goldfins.ca.



FEE SCHEDULE

	Novice	Bronze		Silver		Gold	
Lesson Schedule (x/week)	2	2	1	2	1	2	1
Lesson Duration (minutes)	30	45		45		45	
Monthly Fee*	\$70	\$100	\$70	\$100	\$70	\$100	\$70

*A one-time SNC registration fee of \$25.00 will be applied at registration.

PAYING YOUR ACCOUNT

The Club does not accept cash payments. There are three methods to pay monthly swim fees:

- 1 Credit Card:** Is the preferred method of payment. If you choose to pay by credit card, the card must remain on file throughout the season.
- 2 Postdated Cheques:** If paying by postdated cheques, all cheques must be received in the office before registration is approved for swimming. If there are any additional charges added to the account during the month, an additional cheque or e-transfer must be received in the office by the 7th day of the billing month. Please check your account online at month end for any outstanding charges not covered by the postdated cheque.
 - Date cheques for the 1st of the month, starting with September 1 and ending with June 1
 - Make cheques payable to the *Saskatoon Goldfins Swim Club*
 - Mail cheques to: Saskatoon Goldfins Swim Club
122 Bowlt Crescent
Saskatoon, SK S7M 0L1
 - Or you can put the cheques in an envelope labelled Goldfins and leave it at the Shaw Centre front desk. Do not give cheques to the coaches as they will not accept them.
- 3 E-transfer:** If paying monthly fees by e-transfer, the e-transfer must be received by the Club Administrator by the 1st of the month. If the e-transfer is not received by the 1st of the month, the non payment of fees will be treated the same as a "NSF Cheque or Declined Credit Card".

There will be a \$30 service charge per transaction on all NSF cheques, declined credit cards, and e-transfers (not received by the 1st of the month).



WITHDRAWAL POLICY

To withdraw a Junior Goldfin swimmer, “official notice to withdraw” must be emailed to the Goldfins Office at: administration@goldfins.ca

- Withdrawal requires 30 days written notice, received on the 1st of the month, with a minimum attendance of 2 months.
- Your account will be charged for 30 days after notice has been given.
- If minimum attendance of 2 months has not been reached, full fees will be charged for the months not attending.

Please do not give either written or verbal notice to the Coach(es) as this will not constitute “official notice” received by the Goldfins Office.

If during the season a swimmer moves from Junior Goldfins to competitive Goldfins, there is a 30-day window that if a swimmer reverts back to Junior Goldfins that there is no financial penalty. After the 30-day window, if a swimmer chooses to remain in the competitive program, the Competitive Withdrawal Policy will apply.

POOL AND DECK RULES

Every swimmer must take a shower prior to entering the pool. Outdoor footwear may not be worn on the pool deck. Outdoor shoes must be removed before entering the pool area. Food is not permitted on the pool deck. Glass is not permitted anywhere in the pool area. No exceptions. Bad behaviour will not be tolerated. We ask that parents to monitor their children during the lesson. The instructors are there to instruct every swimmer and cannot do that if a child is being disruptive. The instructors have a 3 strike rule. The child will be asked to leave the lesson if they are being disruptive and not fully participating in the class to the best of their ability.

PHOTOGRAPHS

By registering in the Junior Goldfins Swim School, I give permission to the Saskatoon Goldfins Swim Club to publish (post) photographs of my child(ren) on the bulletin boards at Harry Bailey Aquatic Centre and the Shaw Centre, Website, Newsletter/Flash and promotional materials.



Thank you

2022-2023 SPONSORS & PARTNERS

The Saskatoon Goldfins would like to thank our sponsors and partners from this past season, for their invaluable support and commitment to our club and our swimmers.



FUNDED BY

