THE NEXT WAVE

Happy Weekend!

Thanks to everyone who popped by to our Team Aquatic Supplies Night and parent drop in! It was so great to see everyone! For those that we didn't get to connect with, there will be more opportunities like this one, and we are planning to initiate regular parent meetings for all of our groups soon.

Thank you once again for your patience and understanding as we navigate this period of uncertainty together. We recognize that many of you have questions about what happened, how we're ensuring your swimmers continue to receive quality programming this season, and what steps the Board is taking to find a new head coach. To keep everyone informed, we will be hosting a Virtual Town Hall on Wednesday, September 24th, from 7:30 to 8:30 pm. Please keep an eye on your email and our website for the link.

To help us tailor the Town Hall to what you want to know, we invite you to share your thoughts through our feedback form. This invitation is open not only to parents and guardians but also to our swimmers and the wider KCS community: KCS Town Hall feedback form

Change can feel challenging for some and energizing for others. Our coaches are actively engaging with swimmers on deck—listening, being curious, and building trust—so they can support each individual through whatever they're experiencing. Whether it's anxiety, a desire to rise to the occasion, or simply the love of swimming, we're committed to meeting each swimmer where they are.

As parents and guardians, we all play a vital role in guiding our kids through this transition. Encouraging their resilience, acknowledging their feelings, and reminding them of their strengths can truly make a difference.

PROGRAMMING UPDATES - SEPTEMBER 22 - OCTOBER 3, 2025

This upcoming week we will start to gear up to our regular programming. For our competitive swimmers, dryland and morning practices are still on hold. There will be no programming on September 30 while we observe the National Day for Truth and Reconciliation. Programming will also be cancelled on October 3 and 4 so that our coaches can attend the 2025 Swim BC

<u>Congress</u>. Specific details for each roster group can be found below. If you have any questions, please reach out to KCS operations at <u>info@swimkamloops.com</u> or pop by the office on deck.

Novice / Junior

(Click your group for the training schedule and expectations)

- Regular practices start on September 22nd
 - No practice on September 30th
 - No practice on October 3rd
- Members of our Board of Directors will be on deck to provide information to our new families. While your swimmers have fun in the pool, come learn what swim club is all about!
- Swimmers will meet at the bottom of the stairs in the shallow end on the first day. A
 coach will guide your swimmer to the correct location
- Coach Isabela joins us on October 6th and we can't wait to see her on deck. Until October 6th, the coaching schedule is as follows:
 - o Coach Abby: Junior
 - Coach Elyssia and Coach Berke: Novice

AG 1 / AG 2 / Tiers 1/ Tier 2 / Tier 3

(Click your group for the training schedule and expectations)

- Regular practices start on September 22nd
 - No practice on September 30th
 - No practice on October 3rd
- No morning practices until the week of October 6th
- Coach Isabela joins us on October 6th and we can't wait to see her on deck. Until October 6th, the coaching schedule is as follows:
 - Coach Abby while mentoring Coach Lia: AG 1 / AG 2 together for two weeks
 - Coach Berke and Coach Elyssia: Tier 1-3
- Everyone will meet at the bottom of the stairs in the shallow end on the first day. A coach will guide your swimmer to the correct location

Masters / Swim X

(Click your group for the training schedule and expectations)

- Regular practices start on September 22nd
- Saturday morning practices will start on October 11th for Masters
- Coach Abby will be running the practices until Isabela begins on October 6th
- Meet in the shallow end near the stairs at your scheduled time
- No practice on September 30th (Swim X)

Swim Skills

- Starts on Oct 1st (Wed/Fri) or Oct 2nd (Tues/Thurs).
 - No swim class on Sept 30th

 Swimmers should meet at the top of the shallow end stairs a few minutes before their scheduled time. There will be fold-out signs on the ground. The coaches will come up to greet your swimmer(s)

Novice Prep - Trains Monday / Wednesday / Friday from 3:30-4:30pm

- Starts on September 22nd
- Coach Lia will meet your swimmers upstairs in the shallow end the first day. After the first day, the swimmers will meet her on deck at the bottom of the stairs

SWIMMING GEAR AND CLOTHING

For anyone who missed the Team Aquatic Supplies Night, order <u>online</u> with our discount code - KAM151DX20 (<u>https://blob.poolq.net/kcs/files/2026-sk.JPG</u>)

KCS shirt & swimsuit orders - please fill out <u>this form</u> to order (or change an order). Existing orders placed through the registration package link will be honoured. **Order deadline is October 4th at 5pm.**

GET INVOLVED!

Check out our new <u>Board manual</u> to learn about ways you can get involved in the Kamloops Aquatics Club! At our AGM on November 5th, we will hold elections for five 2-year and one 1-year Director positions, and we will also be looking for volunteers for our various committees. Many hands make light work! If you're interested in being part of the governance of this amazing organization, fill out <u>this questionnaire</u> and our Policy & Governance Committee will be in touch!

Other volunteer opportunities will be shared soon, as well as information on signing up as an official or volunteer for our first swim meet of the year - the KCS Fall Festival!

BUILDING OUR COMMUNITY

In order to facilitate communications with our members, we will have multiple channels for sharing important information. We don't want to overwhelm anyone, but understand that everyone has preferred methods of keeping in touch and don't want anyone to be missed!

KCS Website

We are working hard to get our new website, www.swimkamloops.com fully functional and up to date! We have switched to a new management software this year (Pool Queue) and are currently updating the website with all of the information for swimmers, parents, officials and more. Training calendars have been added for all competitive groups, Swim X and Masters, and will be updated regularly.

We will be offering an online session to help guide you through the website, your account, event confirmation & volunteer signups in early October. If you have trouble accessing anything, have questions or need help, please email volunteers@swimkamloops.com.

WhatsApp!

We're excited to streamline our updates and announcements through the **Kamloops Classic WhatsApp General Community**. Please use the link below to join and stay connected.

While we prepare for the full transition, **please keep SLACK active** for now—we'll notify everyone once WhatsApp becomes our primary channel. After all members have joined, we'll organize parents into the appropriate subgroup(s). Keep an eye out for a message asking you to confirm your swimmer's group(s).

Facebook

We have created a new FB group <u>"Kamloops Classic Swimming"</u> for everyone in our community to share info, photos, gear & more!

See you on deck!

KAC Board of Directors and KCS Operational Staff