



# SASKATOON LASERS 2024-2025

# WELCOME TO THE LASERS 2024 -2025 SWIM SEASON

This package contains essential information for the upcoming season. All details are also available on our updated website, which we encourage you to review.

We look forward to a successful season together.

## Payment information

- You can pay for the entire year upfront. This can be paid by E-transfer to [treasurer@laserswimming.ca](mailto:treasurer@laserswimming.ca)
- Monthly Fees-Monthly fees should be paid through Pre-Authorized Debit directly from your bank account. Payments for Ignite dryland must be included. You are encouraged to increase your monthly fee to cover anticipated meet entry fees, which range from \$50 - \$100 per meet, depending on the meet and number of events entered. Please provide these by Sept. 21, so that they can be entered for the Oct. 1 withdrawal.

### **Withdrawal Notice:**

- We have a 30-day withdrawal notice period. Therefore, we need to be advised before the start of the last month of swimming, or fees for the following month will be charged. For example, notice given on March 10 will result in fees for April being charged. The swimmer is free to swim to the end of April, since fees are paid for that period. There is an exception for supported medical reasons.

### **Sibling Discount:**

- If you have registered more than one swimmer in our Competitive Program (this does not apply to Pool School or Para registrations), the 20% sibling discount for the second and subsequent swimmers will be applied by the Registrar after your registration has been submitted. You will be informed by email of the correct amount of swim fees (with the proper discounts) to be paid for all your swimmers. The discount is not applied to the SwimSask fee.

## Payment information Continued

### **Meet fees:**

- If you haven't increased your monthly payment amount to account for meet fees, please check your account balance regularly to make additional payments. We cannot adjust your PAD amount for any additional changes each month. If you are unable to attend a meet and withdraw after the registration deadline, we may not be able to have your fees refunded, depending on the meet and host club. All extra changes (swim meets, clothing, etc.) will be added to your account. If you have any questions about your account or how to make a payment, please contact our treasurer at [treasurer@laserswimming.ca](mailto:treasurer@laserswimming.ca)

### **Clothing and Equipment:**

- Clothing and Equipment Clothing can be ordered at any time through the link found on the website. (<https://saskatoonlasers.itemorder.com/shop/home/>) It is an online store through Sandstar Graphics. Equipment and suits can be ordered online through All Tides by Aquam at [www.alltides.com](http://www.alltides.com). Our club discount code is LASERS25 to receive 25% off your order. (Does not apply to sale items.)

## Optional Fundraising

Below, you'll find some ways you can earn personal credits to offset fees.

**Gift Card Program:** We purchase various gift cards at a bulk discount. When you buy them, you get a corresponding credit on your account. For example, if you purchase a \$100 Tim Hortons gift card, it costs you \$100, and you get a \$5 credit on your swimmer account. You get the full value of the card you purchased, plus a bonus credit on your account. It truly is free money!

Each year, we also apply for Co-op gift cards. This is done in January/February. We need to see if we are accepted into their program, and for what amount, before we offer those cards. Historically, we have received \$20,000 in cards to sell with a 10% credit rate. We are hopeful we will get these again.

If you are interested in purchasing gift cards, please email Kathy Jo at [vicepresident@laserswimming.ca](mailto:vicepresident@laserswimming.ca) to arrange to get the cards. Payment is required by email transfer in advance. Cards may be passed to your child at the pool. If so, you will be notified to look for them.

Your account will be credited every few months for our in-house program, and twice a year for the FundScrip program discussed on the next page.

## Optional Fundraising Continued

### **FundScrip Program:**

In addition to the cards noted above, we are also providing a Fund- Scrip program with access to many different types of cards. This can be accessed on our website under the Fundraising and Bingo tab. The details of how to sign up and access our specific program are provided. You pay for the cards you want directly, and they are shipped to your house or other address of your choosing. Twice a year, we will receive a report from FundScrip and apply the credits to your account. This will likely be in January/February and again in May/June.

### **Bingos:**

While we do not require bingos to be worked, you have the option of working bingos should you choose. This will result in a \$75 credit being applied to your account. Each bingo session is about 6 hours long, and you need to work the full session. You need to sign up at least one week in advance. No shows will result in a charge of \$150 on your account. If interested in participating in bingos contact Sheryl at [office@laserswimming.ca](mailto:office@laserswimming.ca).

## Swim Meets

Various swim meets will take place throughout the year. The majority of these meets will be held in Saskatchewan, however, depending on the level of your swimmer, there may be some out of province meets.

Check the website under your child's group to see which meets their group is eligible to attend. Please be aware of the deadline to register for each swim meet! We are not able to register swimmers after the deadline has passed.

Not every meet is for every swimmer. Some meets will have different sessions for different age groups. Some meets require time standards for swimmers to attend. Time standards can be found in the description of the meet listed on our website.

Swim meets typically move at a rapid pace. The coaches will try to ensure that your child makes it to their race on time. However, it is the **responsibility of every swimmer to know when they race, and to be at that race on time.** Please remind your child that they represent the Saskatoon Lasers Swim Club, so be sure to act appropriately.

After your swimmer races, they should go directly to their coach to discuss the race. Your swimmer's coach will debrief the race with them and inform them of their next steps.

# What to bring to a Swim Meet

## **BATHING SUIT, LASERS SWIM CAP AND GOGGLES**

Bring 2 of each of these just in case!

## **A WATER BOTTLE**

it is extremely important to keep hydrated during meets.

## **SMALL LIGHT HEALTHY SNACKS**

Fruits, Vegetables, Energy balls, Goldfish crackers or roasted potatoes with no seasoning or salt are good examples.

## **TWO TOWELS**

## **WARM CLOTHES TO PUT ON AFTER RACING**

It is very easy to get cold after racing to keep your muscles warm is important for success in your next race. Bring items such as sweatpants, sweaters, swim jackets, socks and shoes etc.

## **LASERS TEAM CLOTHING**



# Volunteer Requirements

**Jag 1**

Intro to Swimming and Safety Marshall

**Jag 2**

Intro to Swimming and Safety Marshall  
Inspector of Turns and Judge of Strokes

**TAG 3/4 +  
TAG 1**

Intro to Swimming and Safety Marshall  
Inspector of Turns and Judge of Strokes  
And one of either:  
Starter  
Clerk of Course  
Chief Timer  
Meet Manager  
Trio of Computers

**TAG 2 +  
HP**

Intro to Swimming and Safety Marshall  
Inspector of Turns and Judge of Strokes  
AND two of either:  
Starter  
Clerk of Course  
Chief Timer  
Meet Manager  
Trio of Computers

After you take these courses, you will be required to work these positions a minimum of two times to be considered trained in them. If you do not have these courses and are not able to help officiate at these levels at swim meets, you will be charged \$500.00 and your swimmer may not be allowed to participate in swim meets. If you have any questions about officiating, how to sign up for clinics, or how to be signed off on courses you have taken, please contact Jody Hanson at: [officials@laserswimming.ca](mailto:officials@laserswimming.ca)

## Head Coach - Ryan Jones



Ryan began his coaching career in Toronto at the Variety Village Flames Swim Team. He progressed from volunteer to grassroots coach to Head Coach where he worked with athletes at all levels. During his time, he also developed a para program which developed athletes from early entry into water to the national team. Ryan was also the lead coach at the Ontario Para Swim Academy and completed his Bachelor of Science degree in Kinesiology.

Ryan has coached three athletes who made it on the podium at the World Para Swimming Championships and four athletes who have made paralympic teams.

In July of 2020, he began working with the Saskatoon Lasers Swim Club as the assistant coach, where he continued to further develop the Lasers' para program as well as putting his passion and creativity toward helping the swimmers in the Olympic stream to set goals, improve their technique and enjoy the process of what they are doing. Some of his swimmers have broken multiple Canadian records, put in all-time best swims and have won medals on the national stage.

He coached for Team Canada's 2023 World Para Swimming Championship team in Manchester. This summer, he is headed to the 2024 Paralympic Games in Paris, alongside three members of the Lasers, Shelby Newkirk, Nikita Ens and Hannah Ouellette.

One of Ryan's passions as a coach is problem-solving: he loves analyzing a stroke and coming up with creative ways to improve it. Ryan's adaptability and open-mindedness are two of his greatest strengths as a coach.

## Assistant Head Coach - Chris Henderson



Chris has been involved in swimming his entire life: from local swimming lessons as a baby, to swimming in lakes and rivers as a young child, to age group swimming at the age of 11, to swimming for his high school team, to involvement with varsity swimming at the University of Waterloo. He made finals and won medals at the regional, provincial (Ontario) and national level. His strongest events were sprint/middle distance backcrawl and front crawl. He continues to swim and run as he is passionate about fitness, nutrition and bringing out the best in oneself.

His coaching career started in 2008 as an assistant Head Coach with the Halton Hills Blue Fins in Georgetown, Ontario. In 2013, he took over as Head Coach and stayed with the club through the 2023-2024 swim season. He has coached athletes at all levels, from swim school to Trial's medalists, as well as Para athletes competing internationally and achieving a Canadian record. He has put over 20 athletes onto university teams over the last 9 years and he hopes to continue that trend going forward alongside Coach Ryan and the amazing coaching staff here in Saskatoon.

He loves athletics, chasing goals and helping young athletes work toward their goals. He loves to help athletes along their path of development and success. His coaching philosophy can be reduced to: "HAPPY, HEALTHY SWIMMERS SWIM FAST!" His goal is to help each athlete find a passion for training and racing and set them up with the opportunity to join a varsity team by the time they graduate high school.

# Our Coaches

**RYAN JONES - HEAD COACH**

Ryan@laserswimming.ca

**CHRIS HENDERSON - ASSISTANT HEAD COACH**

Chris@laserswimming.ca

**JAEL BASARABA**

Jael@laserswimming.ca

**EMMA SCHAAN**

Emma@laserswimming.ca

**JILL OLORENSHAW**

Jill@laserswimming.ca

**LOGAN NEUDORF**

Logan@laserswimming.ca

**POOL SCHOOL**

**COORDINATOR**

Rhyse Wiebe  
poolschool@laserswimming.ca

**PARA LEARN TO SWIM**

**COORDINATOR**

Shelby Newkirk  
shelby@laserswimming.ca

# Our Board

- **RYAN SPILLER - PRESIDENT**  
president@laserswimming.ca
- **KATHY-JO NEWKIRK - VICE PRESIDENT**  
vicepresident@laserswimming.ca
- **JODEE OUELLETTE - TREASURER**  
treasurer@laserswimming.ca
- **SHERYL HARLTON - OFFICE MANAGER**  
office@laserswimming.ca
- **RANDI-LEE WENINGER - SOCIAL COORDINATOR**  
events@laserswimming.ca
- **BRANDY PETERSEN - CLOTHING AND EQUIPMENT**  
equipment@laserswimming.ca
- **JESSICA GIBSON - MEET MANAGER**  
meetmanager@laserswimming.ca
- **JODY HANSON - OFFICIALS COORDINATOR**  
officials@laserswimming.ca
- **PAIGE LINKS - SECRETARY**  
secretary@laserswimming.ca
- **MARCIA DACOSTA - FUNDRAISING COORDINATOR**  
fundraising@laserswimming.ca
- **KRISSY MORRISON - MEMEBER AT LARGE**

# JAG 2/3

Group Goals: Building a passion and love for the sport of swimming. JAG 1 will strive to teach and improve strokes (back, breast, free, fly) and skills (turns, dives, kicking, pulling, breathing) as well as improving their training habits, (reading pace clocks, following sets, training in a group etc.) with the intention of preparing them for the training in the JAG 2 group.



Sundays 5:00-6:30 pm at the Shaw Centre



Thursdays 6:30-7:30pm at the Shaw Centre

**Season → \$1,650**

# JAG 1

Group Goals: Building a passion and love for the sport of swimming. JAG 1 will strive to teach and improve strokes (back, breast, free, fly) and skills (turns, dives, kicking, pulling, breathing) as well as improving their training habits, (reading pace clocks, following sets, training in a group etc.) with the intention of preparing them for the training in the JAG 2 group.



Sundays 5:00-6:30 pm at the Shaw Centre



Tuesdays 5:00-6:00pm at the Shaw Centre



Thursdays 6:30-7:30pm at the Shaw Centre

**Season → \$2,350**

# JAG 2

Group Goals: Building a passion and love for the sport of swimming. JAG 2 will strive to improve fitness, technique of all 4 strokes as well as many racing skills. A big focus will also be placed on improving their training habits including introducing them to test sets, all with the intention of preparing them for TAG 3/4.



Sundays 4:30-6:00 pm at the Shaw Centre



Mondays 6:00-7:30pm at the Shaw Centre



Wednesday 6:00-7:30pm at the Shaw Centre

**Season → \$2,750**



# TAG 3/4

Group Goals: Building a passion and love for the sport of swimming. TAG 3/4 is a transition between JAG and TAG groups. This group will strive to improve fitness and technique (strokes and skills) and introduce training skills and habits. Swimmers will also strive to qualify and compete at Regional & Provincials in the short course and long course settings.



Sundays 4:30-6:00 pm at the Shaw Centre



Mondays 4:30-6:00 pm at the UofS



Wednesdays 4:30-6:00 pm at the UofS



Thursdays 4:30-6:00pm at the Shaw Centre

**Season → \$3,450**

# TAG 1

Group Goals: Building a passion and love for the sport of swimming. TAG 1 will strive to improve fitness, technique (strokes and skills) as well as improving their training habits and test set times, preparing them for the TAG 2 group. They will also strive to qualify and compete at Regionals & Provincials in the short course and long course settings.



Sundays 4:30-6:30 pm at the Shaw Centre



Tuesdays 4:00-6:00pm at the Shaw Centre



Wednesdays 4:00-6:00 pm at the Shaw Centre



Fridays 4:00-6:00pm at the Shaw Centre

**Season → \$4,250**

# TAG 2

Group Goals: Building a passion and love for the sport of swimming. TAG 2 will strive to improve; fitness and technique (strokes and skills) as well as training test sets in order to qualify and compete at Regional and Provincial meets in the short course and long course settings.



Sundays 4:30-6:30 pm at the Shaw Centre



Mondays 4:00-6:00 pm at the Shaw Centre



Tuesdays 4:00-6:00pm at the Shaw Centre



Wednesdays 4:00-6:00 pm at the Shaw Centre



Fridays 6:00-8:00am at the Shaw Centre

**Season → \$4,600**

# HP 1

Group Goals: Maintaining a passion and love for the sport of swimming. HP1 will strive to improve; fitness and technique (strokes and skills) as well as training test sets in order to qualify and compete at higher level championship meets. We are preparing these athletes to swim at University on their Varsity TEAMS and have them return as Alumni swimmers to compete with Lasers at Provincials and Nationals.



Sundays 4:30-6:30 pm at the Shaw Centre



Mondays 4:00-6:00 pm at the Shaw Centre



Tuesday 6:00-7:30am at the Shaw Centre  
Tuesdays 4:00-6:00pm at the Shaw Centre



Wednesdays 4:00-5:30 pm at the Shaw Centre



Thursdays 6:00-7:30 am at the Shaw Centre



Fridays 6:00-8:00am at the Shaw Centre

**Season → \$4,900**

# HP 2

Group Goals: HP2 athletes are at a National level, or returning from University and continuing their training with Lasers. They will train with the intention to race and win!



Sundays 4:30-6:30 pm at the Shaw Centre



Mondays 4:00-6:00 pm at the Shaw Centre



Tuesday 6:00-7:30am at the Shaw Centre  
Tuesdays 4:00-6:00pm at the Shaw Centre



Wednesdays 4:00-5:30 pm at the Shaw Centre



Thursdays 6:00-7:30 am at the Shaw Centre  
Thursdays 4:00-5:30pm at the Shaw Centre



Fridays 6:00-8:00am at the Shaw Centre

**Season → \$5,200**

**It is important that swimmers are on deck 15 minutes prior to the start of each practice for pool set up and most importantly, activation.**

Here's a link to our activation:

[Click here!](#)

Please ensure that your swimmer practices this at home so they are familiar with the routine when they arrive on deck.

If your child ends up swimming more times per week than they should, based on their registration group, please let Sheryl (office@laserswimming.ca) know as soon as the change happens, so that we can adjust your monthly fees accordingly.