



NEW SEASON PARENT ORIENTATION

2025/26 Season

Sept 14, 2025



AGENDA

1. Club Mission and Philosophy
2. Coaches and Board of Directors
3. Volunteer Requirements
4. Team Gear and Equipment
5. Swim Meet Basics
6. Live Website Orientation
7. Communication Channels & Codes of Conduct
8. Key Dates



CLUB MISSION & PHILOSOPHY



The Calgary Patriots fosters long term growth and dev't of the athlete as a person, not only as a swimmer

We achieve this by:

- Encouraging the process of achieving excellence, not simply the attainment of the goal
- Developing strong personal characteristics, such as an appreciation for the value of hard work, teamwork, self-discipline, and strong self-esteem
- Realizing growth has many different aspects

We value:

- Commitment to the pursuit of excellence.
- Dedication and hard work focused toward achieving individual and team goals.
- Fun, friendship, and sportsmanship with honesty and fair-mindedness.
- Physical fitness and a healthy lifestyle.
- Responsible behaviour, independence, and adaptability.
- Family support and parental involvement.



Excellence is an Attitude



2025/26 COACHING TEAM

FULL-TIME COACHES

Head Coach	Kevin Coulman	Bronze, Steel, Silver, Gold Squads
Assistant Head Coach	Chad Michie	White, Grey, Black, Red Squads
Sr Lead Coach	Marit Anderson	

SQUAD COACHES

Gold Squad	Kevin Coulman	kevin.coulman@gmail.com
Silver Squad	Marit Anderson	marit@calgarypatriots.com
Steel Squad	Richard McGill	richardmcgill255@gmail.com
Bronze Squad	Jamie Connors	jm_connors@hotmail.com
Red Squad	Brent Bester	brent@calgarypatriots.com
Black Squad	Lauren Siarkowski	lauren@calgarypatriots.com
Grey Squad	Chad Michie Julia Pigott (Assist.)	chad.michie@calgarypatriots.com
White Squads	Alex Pellettier Elsie Whitney	alex@calgarypatriots.com elsie@calgarypatriots.com
Strength and Conditioning	Richie Stokes	



2025/26 BOARD MEMBERS & STAFF

BOARD OF DIRECTORS

President	Aaron Swanson	president@calgarypatriots.com
Vice-president, Swimming	Ryan Thompson	swimming@calgarypatriots.com
Vice-president, Finance	Noreen Hoffman	treasurer@calgarypatriots.com
Secretary	Natalie Campbell	secretary@calgarypatriots.com
Sponsorship & Gaming	Tania Amador	sponsorship@calgarypatriots.com
Officials Coordinator	Nadine Sauder	officials@calgarypatriots.com
Meet Manager	Brent Ford	meet_management@calgarypatriots.com
Communications Manager	Sheri Bolitho	communication@calgarypatriots.com
Social Coordinator	Christina Abbadi-MacIntosh	functions@calgarypatriots.com

ADMIN

Team Administrator	Martina Lee	office@calgarypatriots.com
--------------------	-------------	--



VOLUNTEER COMMITMENTS

The Calgary Patriots is supported by an active, dedicated, and engaged parent community



REQUIRED: All members are required to participate

- Officiating or volunteering at hosted swim meets



BUY-OUT: All members are required to participate OR can opt-out for a fee

- Casino fundraising



OPTIONAL: Opportunities to volunteer and become more actively involved

- Bingo fundraising, chaperone, squad parent, Board of Directors, committees



REQUIRED VOLUNTEER COMMITMENTS



Families of the Calgary Patriots Swim Club are required to officiate at all club-hosted swim meets and must obtain and maintain the necessary training as meet officials.

WHY?

- Club hosted swim meets contribute a significant amount of revenue to support our swim program, allowing the club to minimize monthly squad fees.
- It takes many volunteers to run a successful swim meet.

The Club hosts four swim meets per season:

Meet (# of days)	Minimum Volunteer Shifts	Meet Name	Meet Date (subject to change)
1-day meet	1 session (shift) per family	Team Champs	Sept 27, 2025
2-day meet	2 sessions (shifts) per family	Summer Classic	June 19-20, 2026
3-day meet	3 sessions (shifts) per family	Pugsley's Plunge Chinook Invitational	Jan 16-18, 2026 Apr 24-26, 2026

Club hosted volunteer requirements apply whether your swimmer attends the meet or not



REQUIRED VOLUNTEER COMMITMENTS

SWIM MEET VOLUNTEER POSITIONS:

1. **Meet Official** – Timer, Stroke and Turn Judge, Clerk of Course, Electronics, Recorder
2. **Other** – Hospitality, Meet Runner, Gate Monitor



OFFICIAL CERTIFICATION PATHWAY

Each swim family is expected to have at least one member complete an officials' training clinic and become certified as an official.

Become certified in an official's position:

1. Register and create a [Swim Canada Officials Account](#)
 2. Take the clinic for the position (online or in-person)
 3. Shadow an experienced official a minimum of 2 shifts
 4. Achieve a successful deck evaluation
- If you are new to officiating, you should take the **Introduction to Swimming Officiating** and **Safety Marshal** clinics. After taking this training, you can sign up to be a Timer Shadow.
 - Sign-up takes place online on the CP website, under *Meets & Events > Upcoming Meets & Events*

**There will be a detailed in-person Volunteer Orientation on Oct 6 & 7.
Please plan on attending this presentation.**



REQUIRED VOLUNTEER COMMITMENTS

Penalties for Not Meeting Requirements:

Penalty	Fine
If a swim family does not register to volunteer at a Club hosted meet by the deadline communicated by the Club	\$400
If a family registers for fewer than the minimum required sessions	\$250
If a volunteer shift is cancelled within 48 hours of the start of the meet and the family fails to find a qualified replacement to fulfill their duties.	\$200
If a volunteer does not show up for their assigned shift and fails to find a qualified replacement to fulfill their duties.	\$200



These fines apply to each meet hosted by the Club, regardless of whether your swimmer attends. Fines will be automatically charged to the family's CP account.

NEW PARENTS: Please aim to have your Official's training completed by Team Champs. If spots are full for your qualified position, you must sign up on the waitlist.



BUY-OUT VOLUNTEER COMMITMENTS



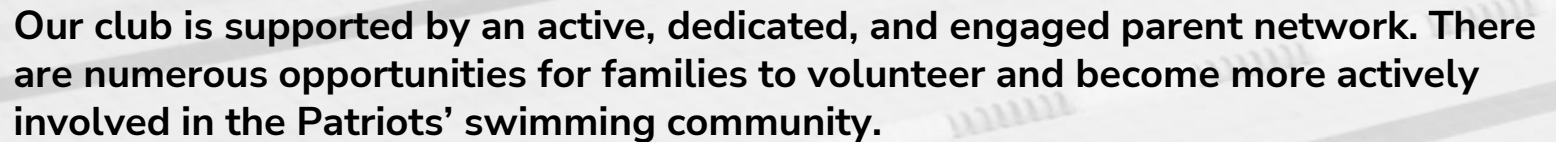
All members are required to participate in Casino Fundraising, OR you can opt-out for a fee

OPTION 1 - work one casino shift (4-9 hours) over a scheduled two-day period

OPTION 2 - pay a \$250 annual buyout fee; elected during annual registration and billed in September.

Penalty	Fine
Families who choose to work a casino shift but: <ul style="list-style-type: none">• fail to sign up when required,• withdraw from a scheduled shift, or• do not show up for a scheduled shift	\$400
Families who elected to work a casino shift will be provided the opportunity to amend their election within 7 days of the dates for the casino being conveyed to the membership.	Families who amend their election will be billed the \$250 buyout fee to their Patriots account.

The next casino is expected to take place during the 2026–27 season. As a result, there will be no casino volunteer commitments or buyout fee for the 2025–26 season



- Bingo fundraising
- Squad parent
- Team Travel Chaperone
- Board of Directors
- Committees
- Other fundraising initiatives





OPTIONAL VOLUNTEER COMMITMENTS

FUNDRAISING



BINGOS

- There is no requirement for families to work bingo shifts. In return for their time and support, a Member will receive a \$75 credit per shift worked towards their Patriots account.
- The 2025/26 bingo season dates are posted to the CP Website where you can also sign up.

Contact: bingo@calgarypatriots.com for more information



BENEVITY

- Your employer may support charitable organizations through Benevity
- Employees volunteer with eligible non-profits - such as officiating at our swim meets or other roles within the Club - and track their hours using their company's system. Once approved, the employer donates to the non-profit based on the hours logged (e.g. \$500 for 50 hours).
- On Benevity, the Calgary Patriots Swim Club's identifier is 50229990

Contact: sponsorship@calgarypatriots.com for more information



SKIP THE DEPOT

- Skip the Depot will collect, count, and transfer the money from refundable containers to the Club or the account of your swimmer. Simply schedule a pick-up time.

Go to: <https://app.skipthedepot.com/register?tab=customer>



OPTIONAL VOLUNTEER COMMITMENTS

VOLUNTEERING



SQUAD PARENT

Being a Squad Parent is a simple and social way to support your child's team. You'll help organize holiday and year-end celebrations, keep parents connected through a group chat, coordinate coach thank-you gifts, and serve as a friendly point of contact for new families.

Contact: office@calgarypatriots.com if interested



CHAPERONE

Team travel chaperones are an essential part of the team, providing supervision, organization, and support for the swimmers outside of the water.

The Calgary Patriots endeavours to provide a safe environment for swimmers at out of town meets. All volunteer Chaperones must have a criminal record check on file with the Calgary Patriots Swim Club Board of Directors.

Contact: office@calgarypatriots.com for more information



BOARD OF DIRECTORS + COMMITTEES

The Board of Directors meets on a regular basis and is made up of the Patriots community.

Contact: president@calgarypatriots.com for more information



TEAM GEAR & EQUIPMENT



REQUIRED EQUIPMENT - Your swimmer's coach will provide the mandatory equipment list for your swimmer's specific squad at the start of the season



ORDERING TEAM GEAR - We recommend all swimmers have a Patriots team-branded swim cap and t-shirt

- First year swimmers will receive a Patriots T-Shirt as part of their registration
- Patriots branded gear can be ordered on the website through the [Pro Shop](#)
- See the full list of available Patriots gear here: [Equipment List](#)

Can be ordered throughout the season, pending availability:

Patriots branded gear - swim cap, t-shirt, hoodie, girls and boys training suit, sweatpants, toque, ball cap, backpack, parka, officials polo (red & white)

Must be ordered at the beginning of the season before the deadline:

Personalized gear - swim cap, hoodie, swim parka

Deadline for Fall start-up orders: Sept 16th

Contact Martina at office@calgarypatriots.com for current inventory





TEAM GEAR & EQUIPMENT

- **PATRIOTS BUY & SELL** - A private online group to buy, sell, or swap swim gear, suits, or clothing from Calgary Patriots' families.

[Link to Patriots Buy & Sell Facebook Page](#)

- **NON-PATRIOTS BRANDED EQUIPMENT PURCHASES** - You can also purchase gear and equipment directly from swim supply stores.

IN-PERSON + ONLINE

[Team Aquatics Supplies](#)

- Patriots' members receive a 20% team discount with their Shark Card (emailed at the beginning of the season)

[Tri-Hub](#)

ONLINE (Canadian retailers):

[All Tides](#)

[Ly Sports](#)

[Ontario Swim Hub](#)

[Brown's Sport & Cycle](#)





SWIM MEET BASICS



PARTICIPATION IN SWIM MEETS IS HIGHLY ENCOURAGED

- Swim meets give athletes the chance to connect with teammates, build friendships, and share the ups and downs of competition. They also develop resilience, confidence, and leadership skills that extend beyond the pool.
- It's a fun way to see progress, celebrate achievements, and grow both as swimmers and individuals.

- Swimmers and squads will attend swim meets that are aligned with their competition profile
- Meet timing and locations depend on the swimmer's squad and qualifying standards
- Your swimmer's coach will inform you of which meets they will attend throughout the season





SWIM MEET BASICS

**Meet declaration is done by the parent on the CP Website.
Specific swim events will be populated by the Coach.**

Reminder: Update information on your swimmer's REMS account (see Coach Kevin's email)

WHAT TO EXPECT

- Swimmers are expected to wear their Patriots t-shirts or clothing on deck and a Patriots branded swim cap during swim meets.
- [Swim Meet Essentials Checklist](#)
 - Swimsuits, goggles, swim caps, towels, deck shoes, warm-up clothing, extra clothes, team apparel, water, healthy snacks, books and games
- Swimmers can wear their suit of choice during swim meets. Some provincial level meets have tech suit restrictions for 12&U swimmers.
- Are race suits and tech suits necessary?.....
- Swimmers will usually be expected to be ready, and on deck 15 mins before warm-up. Swimmers will typically swim 2-3 races per session and will stay on deck for the duration of their swims. **READ COACH'S EMAIL!**





SWIM MEET BASICS

SWIM MEET TIPS

- Meet Packages and Session Reports can be found on the CP website under the specific event page, usually a few days before the meet
- Your swimmer's race events will also be posted to the event page.
- A list of tentative meet dates for the upcoming season can be found in the registration package. All dates are tentative. Schedules will be updated regularly on the Club's website throughout the season.

HEAT SHEETS & RESULTS



- [Download the Meet Mobile App](#) onto your mobile device
- View live results, heat sheets, lane assignments, and event progress during meets
- Small yearly subscription fee





WEBSITE LIVE ORIENTATION



The Calgary Patriots website will be your go-to resource for most club-related activity

- Your Account
- Live squad calendars
- Event dates and sign-up
- Meet information
- Volunteer sign-up
- Equipment pro-shop

<https://cp.poolq.net/>



COMMUNICATION CHANNELS

THE CALGARY PATRIOTS EMPHASIZES NUMEROUS CHANNELS FOR COMMUNICATION:

- **In-Person Coach Communication**
 - Coaches make themselves available after each practice to chat with parents
- **Email**
 - It is extremely important for parents to read emails communicated by the Club and Coaches
 - All information regarding Club operations (volunteering commitments, deadlines, sign-ups, club-wide events) are communicated by email
 - Coach emails and monthly updates for squad and meet related communications
- **In-Person and Virtual Meetings**
 - Coaches will be scheduling a parent start-up meeting with their squads for mid-Sept
 - Head Coach Club-wide updates occur at least twice a year, typically over Zoom
 - AGM and Semi-AGM meetings are scheduled twice a year, in-person and virtually
- **Quarterly Club Newsletters**
 - The Club publishes quarterly newsletters
 - View archived newsletters here: [Newsletter Archive](#)



PARENT CODE OF CONDUCT

The Club is committed to providing an abuse-free and respectful environment that supports the pursuit of individual and team excellence

- Respect is the foundation of our Patriots community. Any form of abuse, harassment, or disrespect will not be tolerated.
- When completing your registration, you agreed to adhere to the CP Parents' Code of Conduct
- Your swimmer's coach should be the first point of contact for any questions or concerns (athlete to coach, then parent to coach). Our Head Coach and Assistant Head Coach are the next points of contact with Chad responsible for White, Grey, Black, and Red Squads, and Kevin responsible for Bronze, Steel, Silver, and Gold Squads.
- Club-level operational questions or concerns can be directed to president@calgarypatriots.com

To review all Codes of Conduct, Policies, and Procedures, click on the links below:

[Code of Conduct and Ethics](#)
[Coaches Code of Conduct](#)
[Parents Code of Conduct](#)

[Swimmers Code of Conduct](#)
[Calgary Patriots Policies and Procedures](#)



PARKING

MOUNT ROYAL UNIVERSITY



- Parking at MRU is paid parking
- First 30 mins are free in Lot 2 (north of Rec centre entrance)
- Use QR code to pay or download the HotSpot parking app (Lot 2 is Zone 1000 on the app)
- YOU MUST REGISTER YOUR VEHICLE EVERY TIME

MNP CENTRE

- First 3 hrs are free
- Designated Event Officials and Participant parking areas
- Event Overflow parking at the Indigo Parking Lot #286 near the Elbow River Casino
- Parking instructions will accompany meet packages

CARPOOLING

- Squad Parents set up a WhatsApp chat – many parents connect over this group chat to arrange carpooling





KEY DATES

Club-Wide Events for the 2025/26 Season

EVENT	DATE
Patriots Welcome BBQ	Sept 14, 2025
Club Hosted Meet – Team Champs	Sept 27, 2025
Short Course Season Withdrawal Date	Sept 30, 2025
Squad Holiday Parties	December TBD
Christmas Break Begins	Dec 19, 2025
Long Course Season Withdrawal Date	Dec 31, 2025
Club Hosted Meet – Pugsley's Plunge	Jan 16-18, 2026
Parent Social	February TBD
Spring Break	March 23-29, 2026
Club Hosted Meet – Chinook Invitational	April 24-26, 2026
Year-End Squad Parties	June TBD
Club Hosted Meet – Patriots Summer Classic	June 19-20, 2026
Year-End Banquet	June TBD

* All dates are tentative. Schedules will be updated regularly on the Club's website throughout the season.



RESOURCE LINKS

PARENT HANDBOOK – COMING SOON!

THE TEAM

[Coaches and Staff](#)

[Board of Directors](#)

CLUB INFORMATION

[FAQs](#)

[About Us](#)

[Registration Package 2025/26](#)

[Squad Descriptions](#)

DATES AND EVENTS

[Squad Calendars](#)

[Upcoming Meets and Events](#)
[\(SIGN-UP PAGE\)](#)

EQUIPMENT

[Pro Shop](#)

[Equipment List](#)

[Swim Meet Checklist](#)

VOLUNTEERING

[Officiating Information and Requirements](#)

[How to Sign-up and Take Training](#)

[Volunteer Opportunities](#)

[Fundraising](#)

CONTACT

Team Admin: Martina Lee
office@calgarypatriots.com