



Competitive and Competitive Development

Team Bulletin Start Up 2026

"The secret of getting ahead is getting started." –Mark Twain

Welcome:

- Welcome to the 2026-2027 season!. Lots of stuff coming your way that will be presented over the next few weeks. In the meantime welcome our new coaches to the team.
 - Coach Nikolai - A former world class swimmer and coaching a wide variety of levels, he will bring his expertise to the Senior Red group and assist multiple other groups over the season.
 - Coach Gamer (Coach "G") - Has coached swimmers at international levels including the youth Asian Games, European Championships and World juniors. Coach Gamer will lead Junior Black, Junior Red and Youth Black groups
 - Coach Justin - Our dedicated dryland coach, he is a certified strength and conditioning coach that will lead our greatly revised dryland program for competitive swimmers.
 - Coach Valeria - coming over from Vancouver Island for school, Valeria will be leading our weekend development groups.
 - Coach Neriah, a guard from Hjorth Road, and Coach Ryan, a current SKSC swimmer, will be joining as Junior coaches.
- And finally a big welcome to all our new and returning swimmers.

Start Up Dates and Shutdown Schedule:

- **Competitive Program - starts as of Tues, Sept 8th**
 - (Senior Red/Black, Junior Red/Black, Youth Red/Black, LMR 10/12/14, High School, Regional)
- **Competitive Development - starts as of Thurs, Sept 10th**
 - (Gold SSLC/GLFD/Weekend/11, Silver SSLC/GLFD/Weekend/11, Bronze SSLC/GLFD/Weekend)
- **September Schedule:** a quick reminder that we are on a modified schedule for the next 6 weeks ([information here](#)) through to October 19th due to the Guildford maintenance closure. Workouts have either been relocated to SSLC or the Hjorth Road Outdoor pool.
- Hjorth Road is outdoors, so please be prepared for workouts rain or shine.
 - Sun - dark or mirrored goggles, sunscreen, water
 - Rain - warm clothes, extra towel, garbage bag to put over top of bag (pool water is warm!)

Training Equipment:

- Make sure that you are getting the [required training gear](#) for your group.
- Already have equipment? Make sure it still fits and isn't mouldy! When's the last time you cleaned your snorkel?
- Team Aquatic Supplies Discount Card - when visiting in store or online, the club has a [discount card here](#).

[Welcome Party Saturday, Sept 19th 2:30-4:30pm](#)

- Where: Hjorth Road Outdoor Pool
- Come join us for a Start of Season Party! Bring your own chairs and snacks. This is a great time to socialize and mingle with other teammates and parents. A very casual event with pizza! Please make sure you are signing up as we need to staff the event with lifeguards and coaches and ensure we have enough food.
- What to Bring: bathing suit, towel, sunscreen
What we will bring: pizza, juice boxes, some snacks
- Note, there are still workouts running before the party as scheduled

[Team Aquatic Supplies Night: Tuesday, September 22nd 4:30-7:00pm](#)

- Where: Surrey Sport and Leisure Complex - upstairs lobby
- TAS Team Aquatics will be at SSLC selling training equipment, such as flippers, kickboards, swim suits, goggles, bags, etc....
- Not sure what to get - check the website or ask your coach

Billing Reminders:

- Only registration fees were processed during registration. No training fees or volunteer assessments were billed.
- Billing for training fees will occur monthly during the first 5 days of the month through the credit card you have on file, along with any incidental charges from the preceding month (swim meets, replacement caps, etc...). We will process September on Friday.
- Multi-swimmer discounts have been adjusted.
- Surrey Athletics for our Divisional/Provincial stream swimmers will be processed in October once the full schedule is finalized.

Account Updating:

- Keep your account information up to date on the website, key items include:
 - Medical information - any important changes let your coach know!
 - Email addresses
 - Contact information - important for emergencies, including Guardian names
 - Credit card (please NEVER email card information!)
- Email is everything. This is our primary way of communicating with you. Please check it often to ensure you don't get left out or miss a deadline.



Social Media/Facebook Group Coordinators

- We are looking for someone with social media experience who would like to oversee our club's Social Media. Experience with Instagram and Facebook required.
- We are also looking for a few parents to administer the parent facebook group that was created last season.
- Interested parents please email Coach Amber (coachamber@surreyknights.com).

Volunteer Assessment and Official's Registration:

<https://www.surreyknights.com/menu/volunteer-assessment-explanation>

- A reminder, all members of our Competitive Development and Competitive Programs have a volunteer assessment that can be earned off. Unearned portions are processed in July. We will be manually adjusting the volunteer assessments for additional siblings through September. Thank you for your patience.
- Shannon will be emailing out more details shortly but in the meantime, to receive points you must be registered as an official. All volunteers must fill out the following form each season for each volunteer: [Official's Registration](#).

Policy Reminders:

Watching Workouts

- Parents are permitted to watch workouts from the upstairs viewing gallery at each facility.
- Parents are not permitted to watch workouts on deck. It's a distraction for both swimmers and coaches.

Filming in Workouts:

- facility policy prevents parents/public from the use of video, pictures, etc for any one in the building. This policy applies to SKSC parents as well.
- If you are wondering why coaches are allowed - Coach Reg on behalf of the team of coaches signed an affidavit to allow coaches to use video during workouts, with limited permissions
- If you need to film your swimmer for a legitimate reason, please make arrangements with your coach so proper protocols can be followed or the coach can film and send to you.

Hot Tub/Leisure Pool Access:

- Swimmers are not to use the hot tub or leisure pool before or after workout unless they have either scanned their leisure access card or paid for drop in.
- Swimmers are reminded that when swimming in the public areas before, during, or after times when SKSC is training, they are still representatives of the program and to be mindful of the public users.

- Swimmers should not be using length lanes while SKSC workouts are running as it reflects poorly on the program with the limited space the public has already when we are running workouts. When the public complains about limited space and the public lanes are busy, the city in turn will limit our program's ability to access more lane space when needed.
- Keep shoes and bags in designated areas, avoid walkaways and leave room for the public
- If a lifeguard asks you to move or move your stuff, please comply. If you have an issue with a guard, follow instructions then speak with a coach afterwards.

Tips, Link, Articles:

Start the season off right! Help start your season off on the right foot by establishing good routines

- Learn to rest- go to bed early, allowing time for the body to recover
- Establish study time- get into the routine of when to study/read to keep up with homework.
- Eat healthy - get those vital fruits and veggies everyday. They provide vital nutrients for performance and recovery
- The 2 minute rule [2 minutes](#)

Contact Guide

- Head Coach - Reg (coachreg@surreyknights.com)
- Assistant Head Coach - Amber (coachamber@surreyknights.com)
- Head Development Coach - Kurt (coachkurt@surreyknights.com)
- Office Manager - Shannon (office@surreyknights.com)

Competitive Groups

- Senior Black - Reg (coachreg@surreyknights.com)
- Senior Red - Nikolai (coachnikolai@surreyknights.com)
- Junior Black, Junior Red, Youth Black - Gamer(coachgamer@surreyknights.com)
- LMR 14/Regional - Josh (coachjosh@surreyknights.com)
- Youth Red/LMR 10 - Amber (coachamber@surreyknights.com)
- LMR 12/High School - Chen (coachchen@surreyknights.com)

Competitive Development Groups

- Gold SSLC - Kurt (coachkurt@surreyknights.com)
- Gold GLFD - Chen (coachchen@surreyknights.com)
- Silver/Bronze SSLC - Ysa (coachysa@surreyknights.com)
- Silver GLFD - Max (coachmax@surreyknights.com)
- Bronze GLFD - Eric (coachericl@surreyknights.com)
- Weekend Gold/Silver/Bronze - Valeria (coachvaleria@surreyknights.com)
- Silver 11 - Pavan (coachpavan@surreyknights.com)
- Gold 11 - Olivia (coacholivias@surreyknights.com)

Other

- Club Registration - Amber (registrar@surreyknights.com)



-
- SNC Registration/Volunteer/Officiating/Billing - Shannon (office@surreyknights.com)