



Kirkland Lake Aquatic Club • P.O. Box 876

Kirkland Lake, ON • P2N 3K4

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What to expect when joining a competitive swim team (KLAC)

- Swimming is an individual sport as well as a team sport.
- Your swimmer will be assigned a lane for practice. Other swimmers assigned to this lane will be of similar age and swim level. From time to time, your swimmer may swim with higher level swimmers.
- A typical swim season is 35 weeks or until the last swimmer who qualifies for Provincial or National meets has completed their swim season.
This swim season starts on October 1, 2022. The last swim is on June 10, 2023. There will not be any swim practices during Christmas and March break.
- Swimmers should attend all practices. Initially your swimmer will swim 2-3x/week. The head coach will recommend when to increase. You are also welcomed to speak to the head coach if you have any questions related to your swimmer's progress.
- Swim practice is hard work. It is recommended that your swimmer fuel their body appropriately about 45 mins-1 hour before practice.
- Bottled water is permitted on deck during practice. No food is permitted on deck.
- Your swimmer can use either swim change room (new or old).
- Your swimmer needs a tight-fitting swimsuit and towel. Goggles and a KLAC swim cap are also recommended. Indoor sandals are permitted on deck.
- Your swimmer is not supervised by KLAC coaches in the change room. Supervision and behaviour of the swimmers, in the change room, is a parental responsibility.
- Your swimmer will receive a KLAC swim shirt to keep.
- Registration fees do not nearly cover the full costs of a swim season. Therefore, fundraising, volunteering, and parental involvement is highly relied upon and expected.
There are multiple opportunities to volunteer throughout the season. It is an expectation that all swim families contribute to the success of the KLAC program by helping out at events, fundraising, registering as an Official so you can be a timer or do strokes and turns at meets

KLAC Coaches:

Rodney Thomas (Head Coach)
Taylor Levesque Logan Levesque
Emilie Lariviere Kahlen Breen

The KLAC Board of Directors:

Todd Turner, President	Jessica Thorpe, Director of fundraising and equipment
Jennifer Elder, Director of Officials	Claude Morneault, Vice President
Stacey Levesque, Home and Away Meet Manager	Jennifer Evans, Director of Corporate Fundraising
Lore-Lee Fortin, Secretary and Registrar	Kim Kidd, Treasurer
Bill Kmet, Social Media/Web Promotions	

Fundraising Opportunities and Important Dates!

The club hosts numerous Bingo's throughout the year. A minimum of 2 volunteers are required at each bingo. Carrie Larose is the Bingo Coordinator for KLAC. There is a sign-up sheet at the complex on the bulletin board across from the KLAC office in the changing room hallway. You can also email Carrie shrub81@hotmail.com. These are the following Bingo which require volunteers:

Tuesday, October 4/22 Sunday, November 6/22 Thursday, December 8/22

Stay tuned for more information to come on the following fundraisers:

- ✓ Halenda's Pepperette sales – October-November 2022
- ✓ Little Caesars pizza kits – March-April 2023
- ✓ Steak BBQ, silent auction, and social – February 2023
- ✓ Fathers Day Raffle – May 2023
- ✓ Swim-a-thon – Saturday May 27

Swimmers should plan to participate in swim meets. There are extra fees to swim at a meet.**Swim meets:**

October 29-30/22 - Northeastern Ontario (NEOR) 1 swim meet - Sault Ste. Marie
November 26-27/22 – KLAC Invitational – Kirkland Lake
January 28-29/23 – Dave Kensit swim meet (only qualifying swimmers) – Sault Ste. Marie
February 11 or 12/23 – Top Fish – Kirkland Lake
April 1 or 2/23 – NEOR 2 – Kirkland Lake
April 22 or 23/23 – Top Fish – Kirkland Lake
May 27/23- Swim-a-thon – Kirkland Lake

Officiating Clinics:

KLAC relies heavily on parental involvement. To host swim meets, KLAC needs to have Officials to officiate the meet. Parents interested in moving up the official's ladder are encouraged to speak to Stacey Levesque. Don Levesque will host the following clinics (Timing, Strokes and Turns) for parents. It is strongly encouraged to attend.

Timing clinic: October 14/22 at 6 PM

Strokes and Turns: October 21/22 at 6 PM

Email klacstingrays@gmail.com to register