

WELCOME TO THE WETASKIWIN ORCAS 2026/2027 SEASON

Parent meeting

2026 – 2027 COACHES

Competitive Club:

- Jaedyn (Head coach)
- Candice
- Kat
- Micah
- Mira
- Braxton
- Gen
- Check out our social media accounts for our coach bio's

Recreating Club:

- Leah
- Mira
- Jaedyn

CLUB GOALS

- Provide a fun and positive team experience
- To promote physical literacy and physical skills in the water
- To Introduce and teach the skills needed to perform Lifesaving sport events (competitively or recreationally)
- To introduce athlete to the Lifesaving Sport Competitions

EXPECTATIONS OF OUR SWIMMERS

- Respect other athletes, coaches, lifeguards, and other facility users
- To represent the club in a positive manner in the lobby, changerooms, pool deck, and at all events they attend.
- To use acceptable and appropriate language in all these areas
- To bring a positive attitude to practice
- Arrive on time with all required equipment ready (5 minutes prior to practice start)
- To have reviewed and signed off on our code of conduct

Behavior Consequence Protocol

1st incident – Sit out for part or all of practice.

2nd incidence – Sit out and the parent will be notified.

3rd incidence – Meeting will be set up with coach/parent/athlete to find a resolution. At this point, the swimmer will not be allowed back in the pool until a solution is agreed upon. It is encouraged for the swimmer to come to practice and watch what is being taught.

Please note if the behavior is a major offense (fighting/vandalism of property) it may jump to step 3 immediately.

*** The swimmer has signed a code of conduct that they must adhere to.***

EXPECTATIONS OF OUR SWIMMERS' PARENTS

- Respect other athletes, parents, and coaches
- To bring concerns to the head coach before or after practice
- By your child's #1 cheerleader, NOT their coach
- Be an active volunteer when needed
- (i.e. Jellybean meets, away swim meets and most importantly at our home swim meet)
- To have reviewed and signed off on our code of conduct
 - If you haven't or signed up online, please see coach Jaedyn to complete this

MEDICAL INFORMATION

- If there is any medical information that might affect your child's abilities in swimming, we ask that you communicate these with us so our coaches can adapt practices and coaching to fit your child's needs!
- We ask that you also update this information digitally through the Manluk Centre Program Registration Site.
 - Wetaskiwin.ca/manlukcentre

- Asthma protocol: no inhaler = no swimming!
 - If your athlete has an inhaler or any other medication needed on site, please make sure it is brought to every practice & swim competition- Failure to do so will result in your swimmer being unable to swim at practice or swim meets.

CONCUSSION PROTOCOL

- Please find our protocol documents attached below
- [Concussion Guide for Parents and Caregivers](#)

PRACTICE FORMAT:

COMPETITIVE:

Part-Time Group (4:00 – 5:30)

- Mon/Wed
- Tues/Thurs

FOCUS (4:00 – 5:30)

- Mon – Thurs

RECREATION:

Killer Whales (4:00 – 4:45)

- Mon/Wed (full year)
- Tues/Thurs(half year)

Beginner Rec (4:45 – 5:30)

- Tues/Thurs (half year)

- Reminder if there is no school there is no Orcas
 - We follow the WRPS school calendar

LIFESAVING WAIVER:

- This form will also need to be signed. If not yet done, this form is required if your swimmer will be participating in any lifesaving society-sanctioned swim meets.
- Online form:
 - [Waiver & Release Forms: Lifesaving Society Alberta and Northwest Territories](#)
- Go to lifesaving.org
 - Under the “sport” tab select “waiver and release forms”
 - Scroll to the bottom
- We will need ample amount of time before the first swim meet, as these take a while to be processed.

SWIM MEETS

- All Swimmers are encouraged to participate at our Home Swim Meet (registration is free)
- Jellybean meets are informal practice meets we host here at the Manluk Centre and are a great opportunity to try out a swim meet
- Swimmers in recreation stream program may register for our home swim meet by first completing a jellybean meet. Speak with Coach Jaedyn if you are interested
- Registration can be completed through the Manluk Centre Program Registration Site
 - Wetaskiwin.ca/manlukcentre

SWIM MEET DATES (TENTATIVE):

- Hinton - November 21, 2026
- Cochrane - December 5, 2026
- **Wetaskiwin - January 23-24, 2027**
- Calgary - January 30-31, 2027
- Drayton - March 6, 2027
- Camrose - March 20-21, 2027
- Provincials - April 2-4, 2027

VOLUNTEERING:

Our sport doesn't happen without dedicated parents who want to see it grow! Swim meets need many adults and volunteers to happen; no help, no swim meets!

- All competitive parents have had a \$200.00 deposit placed on their account; this will not be removed UNTIL the volunteering requirement has been met. HOWEVER, we hope that everyone can strive to help because they want to not just to meet the minimum requirements.
- **Each time you Volunteer it will remove \$100.00 from the owing amount.**
- We encourage the recreation families to help run our jellybean swim meet or home meet, if available. This is a great learning opportunity and helps us out a lot!

Volunteer opportunities:

- Home Swim Meet (priority)
- Jellybean Meet (X2 in the season)
- Any away swim meets

HOME SWIM MEET

This is our main event of the season, and we need the support of our Orcas families to make it a success! If your athlete is participating in the swim meet, we strongly encourage **at least one parent/guardian per athlete to volunteer.** Your help is essential to keeping the meet organized and running smoothly.

Key volunteer positions include:

- Timers
- Judges
- Equipment
- Marshals
- Camp Supervisors

SUPER LIFESAVER AWARD AND YEAR END AWARDS

Super lifesaver Award

- At the end of every practice the coaches will choose 1 athlete from each lane to receive the superlifesaver award
- Super lifesavers are earned by:
 - Working hard to improve in practice
 - Show motivation for themselves and others
 - Exhibit sportsmanship throughout the practice
- If your athlete is selected, they receive a paper certificate and a “Lifesavers” candy
- If you would prefer your child not to receive candy, please inform coach Jaedyn

Year end Awards

- At the end of the year the coaches will select 1 athlete for each of the following awards.
 - Most Dedicated Male/Female
 - Most Improved Male/Female
 - Super-lifesaver (received the most individual awards in the season)
 - Sportsmanship
 - Most Dedicated Volunteer (this is a Parent Award)

OUR WEBSITE

- wetaskiwin.ca/orcas
- Through our website information on our offered programs can be found.
- Information packages and registration forms can be downloaded.
- Parent Resources such as this presentation will be uploaded to the website.
- Sign-up page for our Parent Newsletter

ORCAS

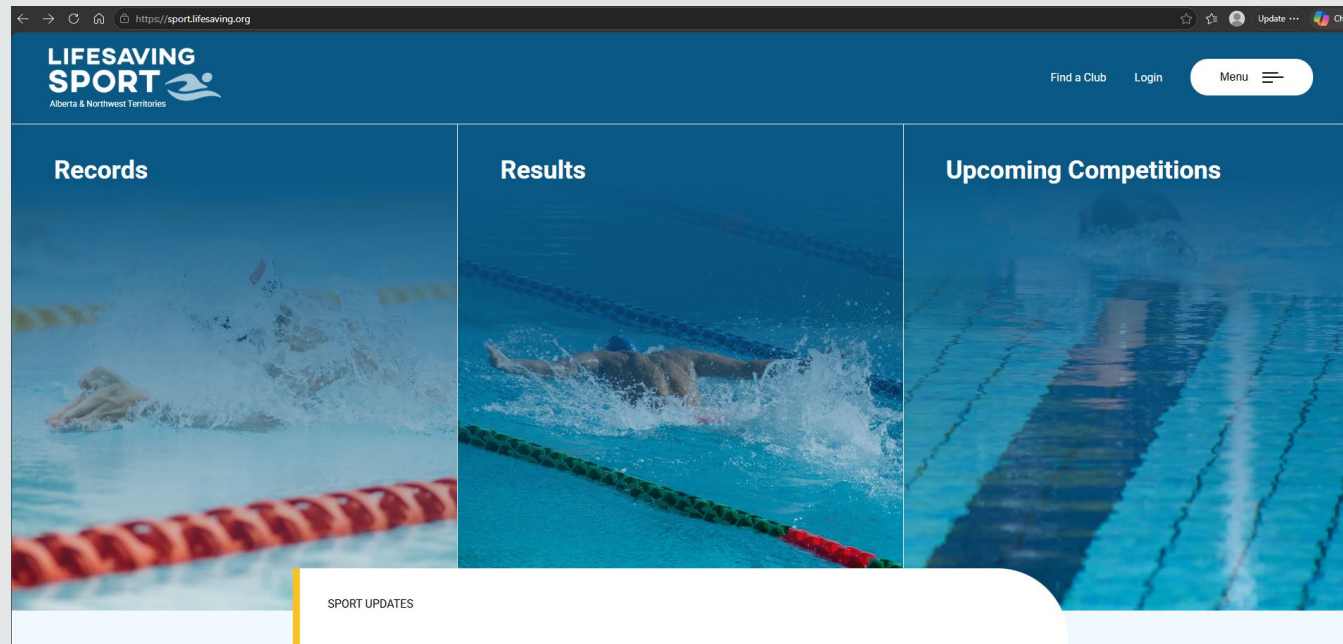
WETASKIWIN ORCAS LIFESAVING CLUB

Register for the Orca Newsletter

[Click here to register for the Parent Newsletter!](#)

LIFESAVING SPORT WEBSITE

- sport.lifesaving.org
- Information on upcoming Swim Meets
- Swim Meet results and your swimmers' times
- Provincial and club records
- and more



SOCIAL MEDIA (FACEBOOK/INSTAGRAM)



Share a thought...

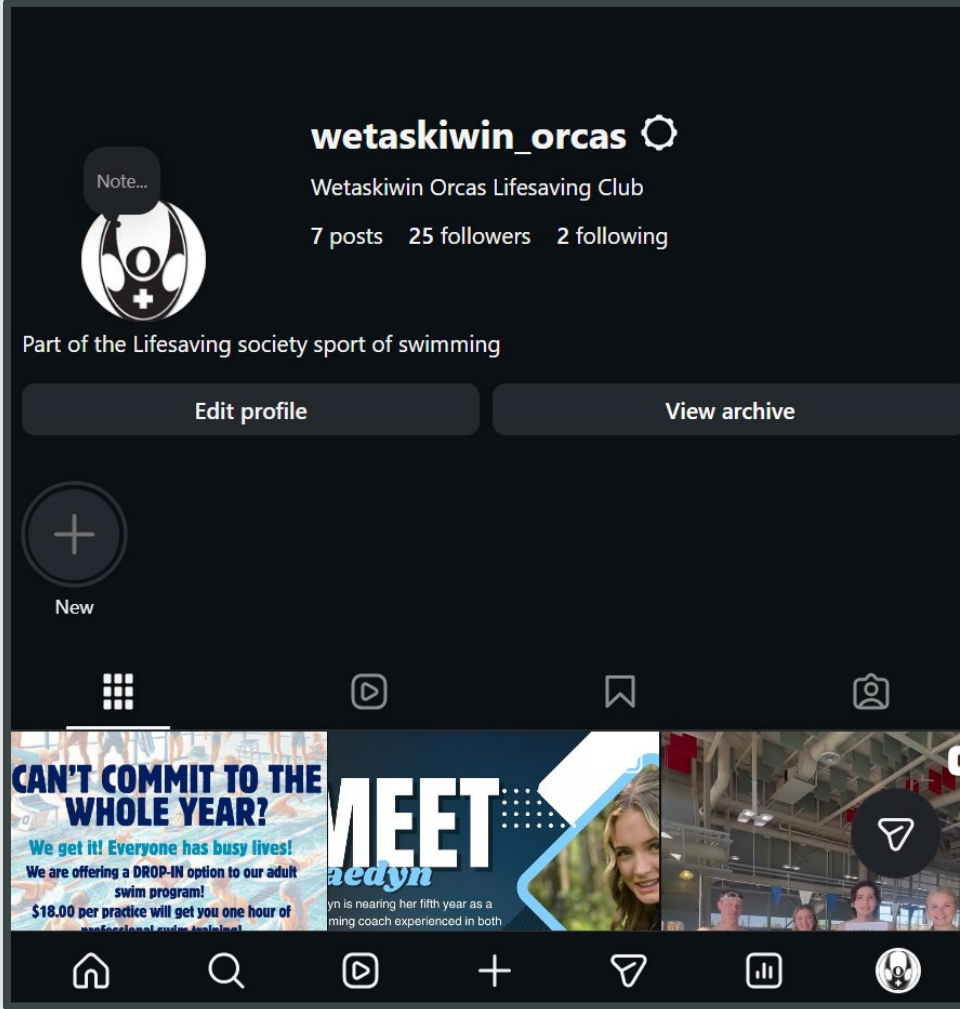


Wetaskiwin Orcas Lifesaving Club

168 followers • 4 following

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Welcome to the Wetaskiwin Orca Lifesaving Club Facebook page. Lifesaving Sport is one of the most demanding, multi-disciplinary sports in the world; combining athletic ability with lifesaving skills and aquatic rescue equipment.



wetaskiwin_orcas 

Wetaskiwin Orcas Lifesaving Club

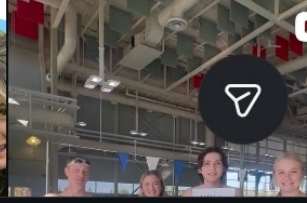
7 posts 25 followers 2 following

Part of the Lifesaving society sport of swimming

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 New

QUESTIONS

If you are not receiving emails or newsletters, please register for our email list through our website:

wetaskiwin.ca/orcas

If you have questions, please let us know or email

orcas@wetaskiwin.ca