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# 2021-2022 Aquianas Artistic Swimming Registration Information



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## **Welcome to another exciting season of artistic swimming at the New Canaan YMCA!**

The New Canaan YMCA Aquianas was founded on the belief that artistic swimming can be an expressive and creative outlet for young girls and boys within an athletic and competitive environment. The nationally ranked YMCA Aquianas are comprised of intermediate to elite level swimmers. The goal for all team members is have each one reach their potential while having fun. The nationally certified coaching staff strives to develop positive values and foster teamwork among athletes of every level. The YMCA Aquianas focus on developing winners both in and out of the water.

The 2019-2020 season started off really well. In the Fall we welcomed Dana and Mina, former Aquianas, as coaches. They made a great impact on the girls' skills. The 7 girls who attended National Team Trials in January all did very well and we had some of our best placements ever. February brought the 13-15 Zone High Point Trophy and the Juniors took back the Jr/Sr Zone High Point Trophy in March. Less than a week later, right before the 12&unders and Intermediates were to attend their first competition, Covid-19 caused us to shutdown.

The girls were absolutely amazing during the 14 weeks we were training virtually. They worked hard and had a little fun too. They tried ballet, 80s aerobics, rhythmic gymnastics flexibility and worked out with Sr National Team member (and former Aquiana) Emma Tchakmakjian among other things. They made cookies, designed suits and learned some international routines. And in what may have been the coolest opportunity that arose from the stay-at-home order, the girls were able to workout with teams near and far - Arizona, California, Canada and Spain - thanks to the technology of Zoom!

As well as the virtual workouts were going, everyone was happy to be back in the pool on June 22nd! The summer practices allowed the girls to get back in shape and see the teammates they were missing so much. The coaches were also re-energized being around the girls. Moving forward to the upcoming season we will continue to be flexible with our training options so we can adapt as new guidelines and regulations arise. Once we know about the competition schedule, we can make a plan to get the girls ready in a way that is effective and safe.

A big "thank you" to everyone for working as a team!

Jen Muzyk and the Aquianas Coaching Staff



## **New Online Paperwork System ePACT**

We are excited to introduce you to our new online paperwork system, ePACT. ePACT is a tool used by many organizations to securely collect reliable and up-to-date information for all its members that can be accessed easily in cases of emergencies, big or small. We have been using ePACT in our summer camps and childcare for the past three years and it has proven to be efficient and user friendly. So we will no longer be accepting paperwork everything must be filled out online.

Once you are registered through our online registration system Active Net, you will receive an email from ePACT inviting you to fill out all necessary forms needed for your team. Once you are in ePACT please follow the instructions carefully so all uploads and paperwork filled out are done so correctly. If you have any questions while filling out forms in ePACT please call 1-855-773-7228 ext. 1 for the ePACT help desk, or [help@epactnetwork.com](mailto:help@epactnetwork.com). Once the initial paperwork is filled out every season you will only have to reconfirm the paperwork that is in ePACT already.



# 2021-2022 Aquinas Schedule

Team	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jr A	4:30-7:30pm	6:30-8:30pm	4:30-7:30pm		6:30-8:30pm	2:30-5:30pm
13-15 A	5:30-8:30pm		5:30-8:30pm	6:30-8:30pm		9:00-1:00pm
13-15 B	5:30-8:30pm		5:30-8:30pm	<i>Optional 6:30-8:30pm</i>		9:00-12:00pm
13&Over solos/duets	3:00-4:30pm 4:15-5:45pm 7:30-8:30pm	3:00-4:30pm 7:30-8:30pm	3:00-4:30pm 4:15-5:45pm 7:30-8:30pm	3:00-4:30pm 7:30-8:30pm	3:00-4:30pm 7:30-8:30pm	1:00-2:30pm 5:30-6:30pm
12&Under		4:00-7:00pm		4:00-7:00pm	4:00-7:00pm	
12&Under solos/duets	3:00-4:30pm	3:00-4:30pm 7:00-8:00pm	3:00-4:30pm	3:00-4:30pm 7:00-8:00pm	3:00-4:30pm 7:00-8:00pm	
10&Under Int		4:30-6:30pm		4:30-6:30pm		2:00-4:30pm
10&Under Int	5:00-7:00pm		5:00-7:00pm			12:00-2:30pm
Fish					5:00-6:15pm	

\* every other week

This is the full schedule which will start on October 25th.

Before that please consult the google calendar.



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YMCA Program Fees	
<u>Team</u>	<u>Fee</u>
Stars	\$2386
12&Under	\$3167
13&Over	\$3572
*Extra Routines	\$424

Aquiana Team Fees - paid by cash or check made out to "New Canaan Aquianas"		
<u>Fee</u>	<u>Age Group</u>	<u>Stars</u>
USSS Registration	\$125	\$125
Team Dues	\$125	\$125
Meet Fee DEPOSIT	\$250	\$100
Clothing Rental (Parka, sweat suit, and backpack)	\$100	\$35
Team Routine Swimsuit Rental (base, additional TBD)	\$125	\$50
Clinics and Choreography	\$150	n/a
Total-	\$860	\$420