

VAUGHAN MASTERS AQUATIC CLUB

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MASTERS PROGRAM 2020/2021

Greetings to all VAC Masters swimmers. We were on our way to another great season until COVID-19 struck. After a number of months without any swimming, we are excited to get back to the pool. Our continued goal is to ensure that all Masters Swimmers reap the benefits of participation through fitness, stroke and skill improvement. We will be catering to adults (18 years of age and older), including novices (who can swim a few lengths of the pool), advanced swimmers, competitive masters swimmers and triathletes.

Our coaches for our Masters Program will continue to be Greg and Steven Jacobson.

Greg Jacobson is the Elite Group Coach for the Woodbridge branch of the Vaughan Aquatic Club. He swam for the Vaughan Aquatic Club from 1996-2010 competing in numerous Championship Meets throughout his swimming career. Some of the meets Greg attended include Ontario Provincial Championships and Ontario Team Championships. He also represented Canada Internationally at 3 Junior Maccabi Games, where he won 16 medals in Freestyle, Butterfly and Breaststroke. Academically, Greg completed his Bachelor of Education (B.Ed) and Master of Education (M.Ed) degree at the University of Toronto (OISE). In Greg's coaching career he has had dozens of swimmers make the Provincial and National level. More specifically, he has coached his swimmers to make meets such as Canadian Swimming Champs, Eastern Canadian Champs and Ontario Provincial Champs. Much success has been achieved at these meets, often having swimmers make 'final' swims and reach the podium. Greg's past experiences as a teacher, swimming instructor and competitive swimmer, allow him to understand the specific needs of a high-performance competitive athlete. Combine this with his expert knowledge of the technical, physiological, and psychological aspects of swimming, it is understandable why Greg is an integral part of the club.

Steven Jacobson is Head Coach of the Thornhill branch of Vaughan Aquatic Club. He was a member of the Vaughan Aquatic Club from 1988-1999 and held numerous club records. Steven qualified for Junior Nationals and competed in 11 Ontario Team Championships. He was a member of the McMaster Maurader Varsity swim team from 1999 - 2003. This team won Ontario University Champs in both 2000 and 2003. Steven completed an Honors Kinesiology degree at McMaster University and now operates as a Registered Kinesiologist/Coach. He qualified for Canadian University National Championships in 2001. He also represented Canada at the 2001 Maccabi Games in Israel where he won a Bronze medal. At present Steven is still actively competing in Masters swimming. In May 2017, Steven got 2 golds, 1 silver and 1 bronze at the Canadian Masters Nationals in Quebec. As well as 4 top 20 finishes at World Champs. In Budapest 20

COVID 19 ADPATIONS

As per Swim Ontario guidelines there will be a maximum of 4 swimmers per double lane and 2 swimmers for a single lane. (10 swimmers in the pool at once). This scenario will last for two to three weeks until we are able to expand to a maximum of 8 swimmers per double lane and 4 swimmers for a single lane (20 swimmers in the pool at once). Depending on our registration numbers we may have to cut our sessions in half to accommodate all members this period.

Group 1 6:30a.m. – 7:00 a.m. (15 mins change time)

Groups 2 7:15 a.m. – 7:45 a.m.

SWIM TIMES

Dufferin Clark Pool (Cnr. Dufferin & Clark, Thornhill)

Tues 6:30 - 7:45 a.m.

Thurs 6:30 - 7:45 a.m.

Woodbridge Memorial Arena Pool (Cnr. Hwy. 7 & Islington Ave. Woodbridge)

Wed 6:30 - 7:45 a.m.

Fri 6:30 - 7:45 a.m.

- Please note there will be no practices over the Christmas/New Year period.

PROGRAM OPTIONS, DATES AND FEES

OPTION 1: October 01 – June 18

Swim 2 x per week \$836.00 + \$108.68 (HST) + \$35.00 (SO/CAN Fee) = Total \$979.68
(Either Dufferin or Woodbridge)

OPTION 2: October 01 – June 18

Swim 3 x per week \$997.50 + \$129.68 (HST) + \$35.00 (SO/CAN Fee) = Total \$1162.18

OPTION 3: October 01 – June 18

Swim 4 x per week \$1050.00 + \$136.50 (HST) + \$35.00 (SO/CAN Fee) = Total \$1221.50

**In order to help our program grow and remain viable, all registered swimmers for the 2020 /21 season will have the opportunity to bring a New Swimmer/friend(s) for the season and receive a 15% rebate on your registration fees.

**Although the City of Vaughan has increased our facility rental fees for this COVID 19 year, we will be keeping all our fees the same as last year.*

Included in your registration fee is a free t-shirt and swim cap. Please indicate size of t-shirt on order form.

Please choose one payment option

Please choose a fee option.

FEE OPTION 1

Full amount paid on Oct. 01/02 by Visa/MC - 2.5% discount.

FEE OPTION 2.

Instalment plan (4 Credit Card payments + 2.5% additional per payment)

Oct.1/2, Nov. 1, Dec 1, Jan. 1.

***Late registrations will be prorated accordingly**

Credit Card Type: _____

Credit Card #: _____

Expiry date: _____ CVV# _____

VAUGHAN MASTERS AQUATIC CLUB – REGISTRATION 2020/2021

Name of Swimmer: _____

Address: _____

Postal Code: _____

Telephone (Home): _____ Work/Cell: _____

Date of Birth: _____
Month/Day/Year

Health card no.: _____

Email address: _____

The coaches of the Vaughan Masters Aquatic Club are at all times concerned with your well-being. If you have any medical condition, which you think the coaching staff should be aware of, please specify below. This information will be available only to the coaching staff.

Liability and Release Waiver: I, intending to be legally bound by this statement, hereby waive and release all rights and claims for damages or injury which may be accrued against Vaughan Masters Aquatic Club, their official representatives, or employees, for any injury suffered, occurring as a result of participating in activities of the Club.

Signed: _____

Date: _____

T-Shirt and Caps - 2020/2021

All swimmers will receive one silicone cap and one T-shirt compliments of VAC.

ADULT General Sizing Guide								
Size	XS	S	M	L	XL	2XL	3XL	4XL
Chest	30"-32"	34"-36"	38"-40"	42"-44"	46"-48"	50"-52"	54"-55"	56"-57"
Waist	26"-29"	29"-32"	32"-35"	35"-38"	38"-41"	41"-44"	44"-47"	47"-50"
Sleeve Length-CB	31"-32"	32"-33 1/2"	34"-35"	35"-36"	36"-37"	37"-38"	38"-39"	38 1/2"-39"

Please use the sizing charts above to select a T-Shirt Size.



REGISTRANT - 2020-2021 REGISTRATION

Dear Swimmer/Parent/Guardian,

Welcome to the 2020-2021 swimming season! Please take a moment to review this brief explanation of the swimmer registration process required of all swim clubs.

Each swim club in the province of Ontario is a member of the national governing body for swimming called Swimming Canada and the provincial governing body or Provincial Section (PS) called Swim Ontario. In return for government sport funding, all governing organizations are required to report on membership. Non-identifying statistics are obtained directly from the data collected in the Registration Tracking and Results system (RTR). With your assistance to provide accuracy, we can comply with our requirements and continue to benefit from strong government support, virtually all of which is directed towards the support of swimmers, coaches and clubs. All swim clubs are required to process all registrations to Swim Ontario and Swimming Canada via the RTR.

The final steps of registering with your swim club includes answering mandatory questions and electronically signing forms:

1. Signing the Acknowledgement and Assumption of Risks Form
2. Signing the COVID-19 Attestation Form
3. Signing the Swim Ontario Code of Conduct and Concussion Management Acknowledgments
4. Agreement to abide by Swimming Canada's policies
5. Indication of your preference to receive emails of a commercial nature
6. Confirmation of primary contact and demographic information related to your family and swimmer(s) in the RTR.

In addition to the mandatory questions, there are four optional declarations to be completed in the RTR. Providing this information is voluntary and will be used for statistical and informational purposes. It will not be used by your Provincial Section or Swimming Canada for any prohibited purpose as per The Canadian Human Rights Act and Provincial Human Rights legislation.

1. **Indigenous Descent** – asked so that the Provincial Section knows which swimmers are eligible for the North American Indigenous Games and to perhaps direct families and/or clubs toward any event or funding opportunity within the Province. In some Provincial jurisdictions, these statistics are also required as part of government funding reporting requirements. You have four options to choose from:
a) Status/Treaty, b) Non-Status, c) Métis or d) Inuit.
2. **Impairment Declaration** – helps Swimming Canada, Swim Ontario and your swim club to direct opportunities that are specifically targeted to swimmers with a disability (Para Swimmers) There are three options to choose from: a) Physical, b) Visual or c) Intellectual.
Refer to: <https://www.swimming.ca/en/resources/> see: RESOURCES/PARA-SWIMMING
3. **Hard of Hearing** – assists in identifying individuals who may be eligible for participation in events specifically targeted to swimmers who are deaf/hard of hearing.
4. **Citizenship** – identifies individuals who are not eligible to set National records or represent Canada in an international competition. If the swimmer is not a Canadian Citizen or Permanent Resident (Landed Immigrant) please be sure to indicate this as the default to this question is Canadian citizen.

NOTE: It is only upon answering the above questions and electronically signing the required forms in the RTR that you/your swimmer are considered officially registered and a member of Vaughan Aquatic Club and then covered by insurance. This registration process must be completed participation in any activities. Your information is held by the Club, Swim Ontario and Swimming Canada in compliance with the [Swimming Canada Privacy Policy](#).

Thank you and have a great swimming season!

Heather Birenbaum
Manager, Membership Services, Swimming Canada
Registrar

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Heather Dwinell
Swim Ontario Registrar
heather@swimontario.com

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