

VAUGHAN MASTERS AQUATIC CLUB

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www.vaughanaquaticclub.com



MASTERS PROGRAM 2019/2020

We are excited and looking forward to the upcoming swimming season. 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 laps 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 2017

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.

PROGRAM OPTIONS, DATES AND FEES

OPTION 1: October 01 – June 18

Swim 2 x per week \$836.00 + \$108.68 (HST) + \$44.00 (SO/CAN Fee) = Total \$988.68
(Either Dufferin or Woodbridge)

OPTION 2: October 01 – June 18

Swim 3 x per week \$997.50 + \$129.68 (HST) + \$44.00 (SO/CAN Fee) = Total \$1171.18

OPTION 3: October 01 – June 18

Swim 4 x per week \$1050.00 + \$136.50 (HST) + \$44.00 (SO/CAN Fee) = Total \$1230.50

**We are registering all swimmers as COMPETITIVE. Should you decide not to compete, you may register as NON-COMPETTIVE and deduct \$30.00 off your "SO/CAN Fee".

**In order to help our program grow and remain viable, all registered swimmers for the 2019 /20 season will have the opportunity to bring a New Swimmer/friend(s) for the season and receive a 15% rebate on your registration fees.

SO/CAN = Swim Ontario / Masters Swimming Canada

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

PAYMENT PLAN OPTIONS

1. Full amount paid on Oct. 01/02 by cheque/cash - 5% discount.
2. Full amount paid on Oct. 01/02 by Visa/MC - 2.5% discount.
3. Instalment plan (4 cheques) - Oct.1/2, Nov. 1, Dec. 1, Jan. 1.
4. Late registrations will be pro-rated accordingly.

- Make cheques payable to Vaughan Masters Aquatic Club and include with your registration forms.
- If paying by Visa/MC, please provide your Visa/MC number on your registration form.
- Please complete registration forms and mail to address above or bring to first practice.
- Late registrations will be accepted on deck.
- Please note there will be no practices over the Christmas/New Year period.

For more information please contact Steven Jacobson: jacobsonswimming@gmail.com

Greg Jacobson: jacobsongreg4@gmail.com

VAUGHAN MASTERS AQUATIC CLUB – REGISTRATION 2019/20

Name of Swimmer: _____

Address : _____

Postal Code : _____

Telephone (Home) : _____ **Office:** _____

Date of Birth : _____

Health card no. : _____

E-Mail address : _____

(Please make sure email is legible)

Visa/MC No. : _____ **Exp. Date:** _____

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: _____

CLUB UNIFORM - ORDER FORM 2019/2020

ORDERS FOR ALL ITEMS WILL BE PLACED ON A ONE-TIME BASIS. NO LATE ORDERS WILL BE ACCEPTED. PAYMENT MUST BE RECEIVED ON OCT 1/2ND AT REGISTRATION.

NAME: _____

All swimmers will receive one V.A.C. cap (*) and one T-Shirt, which are included in the fees. Additional caps and shirts may be ordered below.

SWIM SUITS - Black suits with V.A.C. logo on the back.

Womens Suits

Training Suits -TYR Polyester: Women's (30-40) \$79.00 Inc. tax
(Max Back)

Racing Suits - Speedo Aquablade:
(Record breaker) Women's (28-40) \$109.00 Inc. tax

Please circle desired size and fill in the quantity

Women	28W	30W	32W	34W	36W	38W	40W
Training Suits	-----						
Racing Suits							

Mens Suits

Training Jammers- TYR Polyester Sizes Men's (size 30-40) \$59.00 incl. tax

Racing Jammers - Speedo Aquablade Men's (size 28-40) \$99.00 incl. tax

Please circle desired size and fill in the quantity

Mens	28M	30M	32M	34M	36M	38M	40M
Training Jammers							
Racing Jammers							

SWIM BAGS - Black Speedo Backpack with VAC logo - \$99.00 incl. tax

Swim Bags	
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BLACK HODDIE – With Zipper with VAC Logo - \$59.00 incl. tax

Youth Large	Youth X-Large	Adult Small	Adult Med.	Adult Large	Adult X-large

T-SHIRTS

Adult Small	Adult Med.	Adult Large	Adult X-large

ADDITIONAL T-SHIRTS: (T- shirts with club logo front and back) - \$20.00 incl. tax.

ADDITIONAL CAPS: Yellow VAC caps. Club logo printed on both sides. \$9.00 Incl. tax.

SILICONE CAPS : Yellow Silicone VAC caps. Club logo printed on both sides. \$16.00 Incl. tax.

DOME CAPS: Black Dome VAC caps. Club logo printed on both sides. \$29.00 Incl. tax.

(*) The regular Caps included in your fees can be replaced by Silicone at an additional cost of \$7.00



Dear Registrant/Swimmer/Parent/Guardian

Welcome to the 2019-2020 swimming season! Please take a moment to review this brief explanation of the registration process required of all swim clubs and individual registrants.

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 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 system. 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 online registration system.

In compliance with PIPEDA and Provincial Legislation, consent to the collection and use of personal information is required. All registrants are therefore required to complete the PIPEDA Registration Consent Form giving consent to the collection and use of personal information as described in the form. The club will provide this form at registration.

Officials' Registration: Upon activation of the registration of an Official an email notification will be sent to the Official giving access to the registration account, to confirm the contained personal information, and refresh the username and password for re-entry. The email will be from systems@swimming.ca and the subject line will be titled: *Registration of Swimming Officials or Official Registration -Activated. Contact your club's Officials Administrator for assistance.*

Swimmer Registration: The final step of registering with the swim club is the confirmation of primary contact and demographic information related to your family and swimmer(s) in the registration system. When the club Registrar creates a swimmer registration invoice an auto-email is generated to the primary contact email address asking for review and confirmation of the submitted information. This email will be from registration@swimming.ca and the subject line will be titled: *Swimmer Registration Confirmation.* The link can be accessed once and you will have the option to create your own username and password for re-accessing the account. It only takes a couple of minutes to review and update your contact information and swimmer details. If you require assistance with this confirmation step, your club's Registrar is the person who can assist you.

This registration step includes answering four questions: (i) Indigenous Descent (ii) Para-Swimming (iii) Citizenship (iv) Hard of Hearing. 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.

(i) The voluntary Indigenous Descent question is being asked so that the Provincial Swimming Organization 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. For the Aboriginal Ancestry questions you have 4 options to choose from: 1) Status/Treaty, 2) Non-Status, 3) Métis or 4) Inuit

(ii) Answering the Para-Swimming question will help Swimming Canada, Swim Ontario and your swim club to direct opportunities that are specifically targeted to swimmers with a disability (Para-Swimmers) (refer to: <https://www.swimming.ca> see: *RESOURCES/PARA-SWIMMING*). For the Para-swimming question you have 3 options to choose from: 1) Physical, 2) Visual or 3) Intellectual

(iii) Answering the voluntary Deaf / Hard of Hearing question is to assist in identifying individuals who may be eligible for participation in events specifically targeted to swimmers who are deaf / hard of hearing.

(iv) If the registrant is not a Canadian Citizen or Permanent Resident (Landed Immigrant) please indicate this. Canadian citizenship question is asked to identify individuals who are not eligible to set National records or represent Canada in an international competition. The default is Canadian citizen.

NOTE: It is only upon completing the online registration that you/your swimmer are considered officially registered and a member of Vaughan Aquatic Club and then covered by the insurance policy. Similarly, this registration process must be completed before entries into a swim meet can be submitted and accepted. Registration must be completed within two weeks (14 days) of commencing participation. 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, SNC

hbirenbaum@swimming.ca

Heather Dwinell

Swim Ontario Registrar

heather@swimontario.com

Joan Jacobson

VAC Registrar

gjswimming@gmail.com



Personal Information Protection & Electronic Documents Act

SWIMMER REGISTRATION CONSENT FORM

****Swimmer****

Club Name Vaughan Aquatic Club

Registrant Name _____

Please Read Carefully; complete and sign this form.

A Parent or Legal Guardian must sign for those registrants under the age of 18.

The Canadian Personal Information Protection & Electronic Documents Act (and equivalent provincial legislation) requires that consent be obtained prior to the collection and use of all personal information.

The personal information you provide to the Club from this registration will be used for the purposes reasonably associated with the swimming activities conducted by the Club, the Province and/or Swimming Canada. These purposes include national, provincial and event registration, insurance coverage, training and competition participation and competition result publication. The information you provide is for purposes including association registration, insurance coverage and:

- a) Ensuring swimmers train and compete in an age appropriate environment;
- b) Establishing athlete eligibility for selection to swim teams;
- c) Establishing pertinent medical records and baseline performance data to assist coaching decisions in a national team competitive or training setting;
- d) Reporting non-identifying, demographic and participation statistics to funders, sponsors and other authorized third parties;
- e) Reporting and publishing athletes' name, gender, age, club affiliation on Swimming Canada web pages or in results, news releases and ranking reports and;
- f) Making direct contact with registrants, volunteers and staff as necessary for the operations of the Club, Swim Ontario and Swimming Canada.

Swimming Canada complies with the obligation and responsibility to the World Anti-Doping Agency - WADA (or its agents) to provide information upon request. Additional personal information may be collected from time to time. Consent for the use of this personal information may be inferred where its uses are obvious and it has been voluntarily provided. When not obvious, the purposes for collection will be provided prior to, or at the time of collection; either orally or in writing. Complete texts of the Privacy/Personal Information Policies (variously the "Policy" or the "Policies") may be found for Swimming Canada at: <https://www.swimming.ca/Privacy> and for the Swim Ontario at <http://swimontario.com/>

Should a registrant wish to review their personal information held by the Club, Swim Ontario, or Swimming Canada they must make a request to the appropriate organization pursuant to that organization's Policy. Further, registrants may withdraw consent to use their personal information pursuant to the Policies. Such a withdrawal however, may require the cancellation of registration with and suspension of activities with the Club, Swim Ontario and Swimming Canada. All registrants or their legal guardian must sign a copy of this form each season.

I hereby consent to the collection and use of personal information as described above.

Signature of Registrant (age 18 or older) or Parent/Guardian

Date

***To be signed by swimmer under 26 years of age.**



Receipt of Review of Concussion Awareness Resource

Thank you for completing your review of the Concussion Awareness Resource.

- Under [Rowan's Law](#), your sport organization will ask you to confirm that you reviewed one of the [Concussion Awareness Resources](#) in this website (Ontario.ca/concussions) before you can register/participate in a sport.
- You must review one of the resources once a year, and then confirm that you have completed the review every time you register with a sport organization. If you want to use this form to show that you have reviewed the concussion awareness resource, you can provide the completed form to your sport organization(s).

Family:

Club:

Parent/Guardian _____ confirm that I have reviewed all age appropriate Concussion Awareness Resources.

Signature

Date

Swimmer _____ Age _____ confirm that I have reviewed a Concussion Awareness Resource.

Signature

Date

Swimmer _____ Age _____ confirm that I have reviewed a Concussion Awareness Resource.

Signature

Date

Swimmer _____ Age _____ confirm that I have reviewed a Concussion Awareness Resource.

Signature

Date