



Max Bell Mantas' Winter 2023

Session Information

Who are the Mantas?

The Mantas Lifesaving Club is a place for swimmers to build confidence in the water, increase lifesaving knowledge, achieve personal bests, improve physical fitness and build leadership and teamwork skills.

We strive to teach water safety and lifesaving knowledge through water-smart activities. Our program is a great stepping stone for those who are wanting to strengthen their swimming skills and/or become a lifeguard in the future.

The Mantas' also have a competitive side to their program for those who are interested! Participants will learn the ins and outs of Lifesaving Sport, a humanitarian sport centered around saving manikins and swimming around challenging obstacles.

Short course practices are recommended for ages 7+
Long course practices are recommended for ages 12+



Mantas' Coaches



Rika Oshima has been coaching for the Mantas for 2 years! She is a swim instructor, lifeguard, and a member of the Pronghorns Varsity Swim Team! She is in her second year of Biochemistry at the University.



Jenna Pickles is joining us again for her second year of coaching the Mantas! She is a competitive athlete for our team and even travelled to Lifesaving Sport Nationals in June! She currently teaches group fitness classes around Lethbridge and is working on a Kinesiology Degree from the University!



Madi Dozeman is joining our coaching squad after years of competing for the Mantas Lifesaving Club and coaching the Claresholm Krakens! She is currently in her third year of Math at the University and working towards an Education degree!



Eric West is joining us for his first year coaching the Mantas! He just moved back to Lethbridge from Vancouver with a diploma in Music Technology and is going to the U of L for a bachelors in Music! He has worked in aquatics for a while and has a passion for aquatics and lifesaving.



Cassie Klaas is joining us for her first year coaching the Mantas! She is a lifeguard and instructor at the University, and just graduated with a degree in Biotechnology! She loves the outdoors and is so excited to participate in the competitive side of Lifesaving Sport.



Katie Palmer is the **Assistant Head Coach** of the Mantas and has been active in the club since 2010. She also coaches summer club and enjoys the lifesaving skills and competitive aspects of Mantas. Katie is working towards her bachelor of nursing and is excited to make aquatics a part of her long term career!




Lexie Marconi has been **Head Coach** of the Mantas since April 2018! She has been swimming and volunteering with the club since 2009 and working in aquatics for 6 years. She is currently in her last semester of an English and Women and Gender Studies degree!



Communication

Communication within our club is entirely through email using our new software. Emails will be coming from the domain **customer.notify@uleth.ca**

 Please turn on notifications to your inbox and/or make sure that emails are not going into your junk box to ensure you are staying up to date on information sent out.

We will be sending out reminders and updates throughout the session via email.

Please feel free to contact us if you have any questions or concerns at

MAXBELL.MANTAS@ULETH.CA



Communication

Program evaluations will be sent out mid-session as well as near the end of the session. If you have any immediate concerns please don't hesitate to contact us.

Lexie Marconi, Head Coach:

MAXBELL.MANTAS@ULETH.CA

Stephanie Smailes, Aquatics Coordinator:

STEPHANIE.SMAILES@ULETH.CA

Aquatics Office: (403) 329-2009

Follow us on social media to see pictures from practices and swim competitions!



@MAXBELL.MANTAS

FOLLOW US



@MAXBELL.MANTAS.LIFESAVING



Lifesaving Competition Information

Attending competitions is optional for all club members. Costs vary per competition. You MUST register for competitions prior to the deadlines that are communicated.

Late registrations are NOT accepted. Registration for competitions is through the Mantas website.

[Go.uleth.ca/MANTAS](https://go.uleth.ca/MANTAS)

All University of Lethbridge and Lifesaving Society waiver forms must be completed prior to competitions. Priority event registration will be given to current registered club members.

Coaches recommend the following items be brought to all competitions:

swimsuit, cap & goggles, warm clothes to cover up between events, two or three towels to keep warm, lots of snacks, water bottle, entertainment for the long breaks between (label all belongings). Fins will be provided by our facility!

Athletes choosing to participate in competitions are responsible for their own travel and accommodation arrangements. Coaches are not allowed to transport athletes or share hotel rooms.



Upcoming Lifesaving Sport Swim Competitions:

As a club, we will be attending the following swim meets this session:

1. (HOSTING) Mantas Southern AB Mini Meet, February 18th, 2023-- 5:30-7:30 pm.
2. PROVINCIALS TBA



Make-up Lessons

Unfortunately, make-up sessions are not available due to scheduling constraints.

Looking for more options to swim?

Check out the drop -in or membership options!

[GO.ULETH.CA/HORNSREC](https://go.uleth.ca/hornsrec)

Lane Swimming Availability

[GO.ULETH.CA/LANE-SWIM](https://go.uleth.ca/lane-swim)

Team Swim Caps

Each member will receive 1 team swim cap annually, during their first registered session.

Replacement swim caps are \$15 + tax.

Optional Club Gear

Mantas' gear is available now. Items like team t-shirts, sweatpants, hoodies and even toques!

SHOP NOW! Store closes on January 23, 2023!

Orders will be ready and distributed at practice 3-6 weeks after the closing date.

[GO.ULETH.CA/SHOPMANTAS](https://go.uleth.ca/shopmantas)



Cancellation Policy

Cancelled by Sport and Recreation Services:

- Programs cancelled due to insufficient enrolment or instructor availability will be fully refunded

Cancelled by you:

- A \$20 cancellation/\$10 transfer fee is charged for each activity/program cancellation or transfer.
- The administration fee is not applicable to refunds due to enrolment quotas.
- All cancellations/transfers must be received in writing, by Sport & Recreation Services before consideration.
- Cancelling within 7 working days and 1 working day prior to the commencement of the activity/program will result in a 50% refund of the original registration fee – the materials portion of registration will not be refunded.
- Refunds/transfers will not be considered from 1 day prior to the commencement of the activity/program.
- Refund requests received after the start of the activity/program will be considered on an individual basis. These requests need to go to the appropriate program supervisor for approval

