

MANTAS' SESSION INFO.



WINTER 2024

REC. FOCUS VS. COMP. FOCUS



- 10+ meters of Front Crawl and Lifesaving Strokes/kicks
 - Body position and basic swim skill review
- Endurance training
- Water Safety / Lifejacket Safety
- Personal Water Safety
 - Appropriate Entries
 - Ladder Approach
 - Reverse and Ready
 - Emergency Signals
 - Identifying Hazards
- Underwater swimming
- Basic First Aid practice-- dry and wet scenarios
- Dryland Activation and Injury Prevention
- Brief overview of Lifesaving Sport Techniques (i.e. SERC-Simulated Emergency Response Competition)
- Bronze Medallion / Cross Prep
 - Victim carries and removals
 - Scenarios
- National Lifeguard Prep
 - Weighted rescues
 - Spinal Rollovers
 - Scenarios

- 50+ meters of Front Crawl and Back Crawl
- Introduction to Breast Stroke and Butterfly techniques (i.e. whip kick and dolphin kick)
- Endurance & Stamina Training
- Speed Training
- Dives, Relay Takeovers, Flip Turns
- Interval Training
- Breath Control
- Race Strategy
- Dryland Activation and Injury Prevention
- Flexibility and Mobility
- Goal Setting
- Racing Simulations
- Lifesaving Sport Prep
 - Manikin Carries
 - Manikin Tows
 - Obstacle Swims
 - Relays
 - SERC (Simulated Emergency Response Competition)

MANTAS' LEGACY...

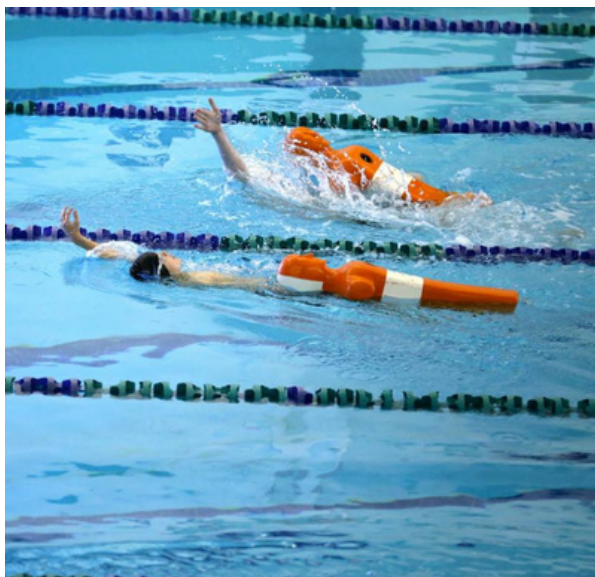
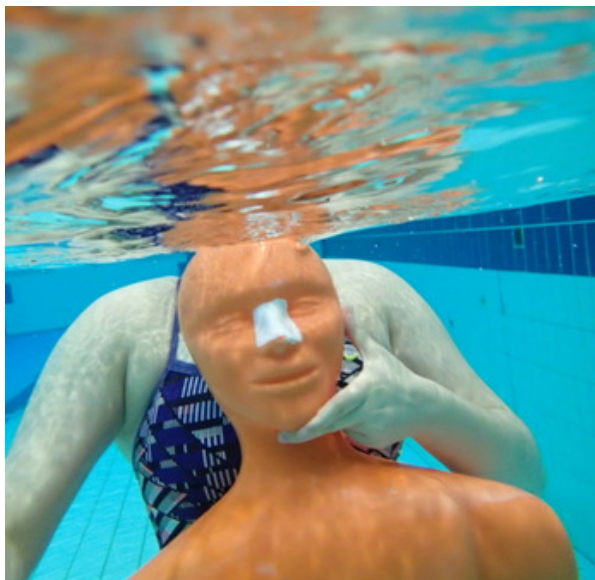
Last session was our first session to include all coaches who have previous experience swimming for the Mantas' as competitors or to hone their lifeguarding skills!

This session, we are pleased to announce three additional coaches have joined our team- all advanced aquatic instructors and one from a central Alberta Lifesaving Sport team! We are certain that their first aid, lifeguarding, and lifesaving sport knowledge will truly aid in the success of our athletes.

All of our former athletes-turned-coaches are an asset to our club, each bringing valuable perspectives and mentorship that truly goes beyond technical coaching.

Each coach has a deep understanding of the club's culture, values, and traditions, which has and will continue to create a strong sense of continuity and camaraderie among our team.

We are so grateful for all of our coaches and athletes who continue on the Mantas' legacy!



MANTAS LEGACY...

ATHLETE & PARENT/GUARDIAN OATH

| | |
|----------|---|
| M | <p>MANNERS:</p> <ul style="list-style-type: none"> • Mantas' have respect for all their teammates, coaches, lifeguards, opponents, officials, volunteers, and spectators. • Mantas' are respectful of our facility's rules and other facilities when travelling to represent the team. • Mantas arrive to practice ready for dryland and to get in the water. • Mantas' follow instructions and guidance from coaches. |
| A | <p>ACCOUNTABILITY:</p> <ul style="list-style-type: none"> • Mantas' take responsibility for their actions, both in and out of the pool, and are accountable for their performance. • Mantas' are a reflection of the team in and out of the water. All Mantas are expected to represent the team with dignity and grace. |
| N | <p>NEVER GIVE UP:</p> <ul style="list-style-type: none"> • Perseverance and determination are essential in and out of the pool. Mantas' have a "Never give up" attitude, even in the face of adversity. |
| T | <p>TEAMWORK:</p> <ul style="list-style-type: none"> • Mantas' will work together as a team, supporting teammates, and understanding that success often depends on collaboration. |
| A | <p>ADAPTABILITY:</p> <ul style="list-style-type: none"> • Mantas' are open to change, able to adjust to different situations, and learn from losses and wins. |
| S | <p>SPORTSMANSHIP:</p> <ul style="list-style-type: none"> • Mantas' are encouraging fair play, integrity, and ethical behavior in all aspects of Lifesaving Sport. <ul style="list-style-type: none"> ◦ Inappropriate behavior, such as unsportsmanlike conduct, may result in consequences. (3 strike rule may be utilized as per Head Coaches' discretion). |

WINTER 2024 CALENDAR

JANUARY

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

FEBRUARY

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| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | | |

MARCH

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| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

APRIL

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| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

January 7-12- First Week of Practices (TRIAL WEEK)

January 12- Clothing Store CLOSSES

January 14-20- Registration closes @ 9pm on designated practice day

January 20- Swim Suit order OPENS

January 14 - Next Athlete Nationals meeting, 1:45 am- 1:45 pm

February 10- Calgary SHORT COURSE @Seton YMCA 10am-6pm

February 11- Calgary LONG COURSE @Seton YMCA 7am-3pm

February 18-24- READING WEEK, NO PRACTICES

February 20-22 - Optional Bronze Medallion Course (taught by Katie! Prereq for Nationals)

March 3- Athlete Nationals Meeting, 11:45am-1:45pm

March 15-17- NO PRACTICES

March 16-17- Camrose Swim Meet

March 26, 28, April 2, 4- OPTIONAL Extra Morning Practice (Provincials Prep) 6:15-7:15am

March 29- April 1- EASTER LONG WEEKEND, NO PRACTICES

April 5-7- Provincials (location TBA, SERC + Long Course event)

April 15-21- Last Week of Practices

SPRING 2024 CALENDAR

| MAY | | | | | | |
|-----|----|----|----|----|----|----|
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

| JUNE | | | | | | |
|------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
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| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

May-June Spring Session TBA

May 12- Athlete Nationals Meeting, 11:45-1:45pm

June 2- Last Nationals Parent Meeting, 11:45-1:45pm

June 6 - Arrive in Victoria

June 7 - Team practice at the venue & team dinner

June 8 & 9 - NATIONALS

June 10 - Leave for Home

Calendars are subject to change

RECREATIONAL FOCUS:

| | MUST BE ABLE TO SWIM 10M COMFORTABLY IN DEEP WATER | RECOMMENDED FOR AGES 6-11 | RECOMMENDED FOR AGES 12+ | LIFEGUARD PREPARATION | INTRODUCTION TO FIRST AID SKILLS | POOL FORMAT |
|--------------------------|--|---------------------------|--------------------------|-----------------------|----------------------------------|--------------------|
| MONDAYS: 6:30-7:30 PM | X | X | | X | X | SHORT COURSE (25M) |
| MONDAYS: 7:45- 9:00 PM | X | | X | X | X | SHORT COURSE (25M) |
| WEDNESDAYS: 6:30-7:30 PM | X | X | | X | X | SHORT COURSE (25M) |
| WEDNESDAYS: 7:45-9:00 PM | X | | X | X | X | SHORT COURSE (25M) |
| FRIDAYS: 5:15-6:15 PM | X | X | | X | X | SHORT COURSE (25M) |
| FRIDAYS: 6:30-8:00 PM | X | | X | X | X | SHORT COURSE (25M) |

- Stroke/Kick Development
- Lifesaving Rescues
- Water Safety/Self Rescue Skills
- First Aid Skills
- Bronze Course Prep
- General Lifeguard Prep

COMPETITIVE FOCUS:

| | MUST BE ABLE TO SWIM 25M COMFORTABLY IN DEEP WATER | RECOMMENDED FOR AGES 6-11 | RECOMMENDED FOR AGES 12+ | FITNESS ORIENTED | LIFESAVING COMPETITION PREPARATION | POOL FORMAT |
|--------------------------|--|---------------------------|--------------------------|------------------|------------------------------------|--------------------|
| MONDAYS: 6:30-7:30 PM | X | X | | X | X | SHORT COURSE (25M) |
| MONDAYS: 7:45- 9:00 PM | X | | X | X | X | SHORT COURSE (25M) |
| WEDNESDAYS: 7:45-9:00 PM | X | | X | X | X | SHORT COURSE (25M) |
| TUES/THURS: 6:30-7:30 AM | X | | X | X | X | LONG COURSE (50M) |
| FRIDAYS: 5:15-6:15 PM | X | X | | X | X | SHORT COURSE (25M) |
| FRIDAYS: 6:30-8:00 PM | X | X | X | X | X | SHORT COURSE (25M) |
| SUNDAYS: 9:30-11:30 AM | X | | X | X | X | LONG COURSE (50M) |

- Competitive Focus
- Goal Setting
- Endurance Building
- Lifesaving Sport Knowledge
- Transition Technique
- Stroke Refinement

TRIAL WEEK!

Just a reminder that this is our registration guide located on our website that we encourage people to follow when registering.

We have some open spots left this season and have decided to extend our registration deadline to 9pm the following week for each designated practice day.

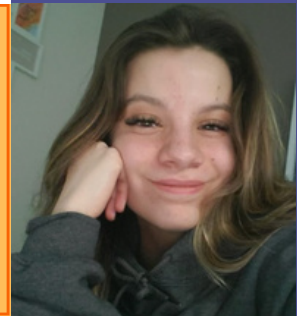
If your athlete attends the first trial day and wants to switch practices or add additional practices, all changes can be made through customer service!

MANTAS' COACHES

Rika Oshima has been coaching for the Mantas for 3 years and competitively swimming for 10 years! She is a swim instructor, lifeguard, and a member of the Pronghorns Varsity Swim Team. She also works as a pharmacy assistant and is in her third year of Biochemistry at the University.



Jenna Pickles is joining us again for her third year of coaching the Mantas and has been part of the team for 8 years! She is passionate about fitness and also teaches group fitness classes at Kinetic in Lethbridge! She is also going to the University for Kinesiology!



Madi Dozeman is back again for her second year of coaching with us! She coaches the Krakens summer club and still competes herself! She is currently in her fourth year of Math Education and is finishing off her practicums! Madi is also a supervisory lifeguard at the pool!



Claire Marconi is BACK and coaching with us again! After a year of lifeguarding around BC, Claire has moved back to AB to complete a degree in Psychology at the U of L. We are so happy that her journey led her back to us and are excited to learn from her!



Liam Madge is a new addition to our team in 2023! He has been involved with Mantas for 6 years now (in fact, Lexie was his first coach!) He has experience swimming in both Recreational and Competitive-Focused groups and has so many new and exciting ideas to share with us!



MANTAS' COACHES

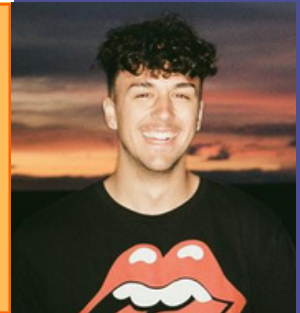
Caelan Hepton will be joining us this season to coach our recreation and competitive groups! She has tons of experience guarding, instructing, and competing in Lifesaving Sport for the Calgary Poseidon's! Caelan is currently a Neuroscience student at the UofL!



Sidney Holt is joining us this 2024 season! She is a very experienced instructor, lifeguard, and Aquatic Camp Instructor! She is working towards her bachelor of nursing and LOVES to teach all things first aid and water safety!



Jace Anton is one of our new coaches this 2024 season! He is a very experienced lifeguard and instructor and has worked all around Southern AB! Jace is an Advanced Aquatics Instructor and often teaches Bronze Cross and Medallion courses. He is also a student in Psychology at the University!



Katie Palmer is the Assistant Head Coach of the Mantas and has been active in the club since 2010. She 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 for 5 years now! She has been swimming and volunteering with the club since 2009 and working in aquatics for 7 years. She has a Bachelor's degree in English and Women & Gender studies!



A NOTE ABOUT OUR FACILITY...

The Max Bell Regional Aquatic Centre is known for being a multifaceted competition pool.

Due to the higher-level of training by clubs like the Pronghorns, LASC, Synchronized swimming, Dive Club, Mantas, and Lane Swimming athletes, the pool temperature is kept under 28 degrees Celsius.

While we do keep our swimmers constantly moving, long periods of instruction or exiting and re-entering the pool gets cold. We highly recommend swim shirts, wetsuits, or other warm suits for those known to get cold easily.

Additionally, all of our coaches are authorized to send swimmer's for quick shower breaks to warm up in either the changerooms or the north dive tower shower. Thank you for your understanding!

VOLUNTEER DURING PRACTICES WITH US!

We are looking for 1-4 volunteers for each session, depending on the number of swimmers. Volunteers must be current Mantas' athletes and ages 12+ (with parent permission to attend practices). Ideally, volunteers are able to attend the same weekly practice for the entire session.

Volunteers will be responsible for aiding coaches with practice set up/clean up, managing groups, demonstrating skills, and participating in fun games! They must come prepared to get into the water at their designated time.

A coach-volunteer contract must be signed prior to any volunteer sessions.

Lexie will be in touch with applicants to begin the second week of practices.

MANTAS' VOLUNTEER APPLICATION

WINTER 2024



COMMUNICATION & FREQUENTLY ASKED QUESTIONS

Our anonymous feedback form is always available through this link:

Mantas Feedback

We will also be sending it out around mid-session and 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 or
alexis.marconi@uleth.ca

Stephanie Smailes, Aquatics Coordinator:

stephanie.smailes@uleth.ca

Aquatics Office: (403) 329-2009

The Mantas' email is our primary contact.

maxbell.mantas@uleth.ca.

This email is checked regularly, allowing us to communicate as effectively as possible.

General communication will be sent via this Mantas' email or through our software with the domain: Customer.notify@uleth.ca.

- **Do not send emails to this address!**

Reminder to also check your junk mail folders!

Customer Service: 403-329-2706
customer.notify2@uleth.ca

Make-up Practices?

Unfortunately, make-up practices are not available due to scheduling constraints and many of our practices are at capacity.

Looking for more options to swim?

Check out the drop-in or membership options!

go.uleth.ca/HORNSREC

Lane Swim Availability:

go.uleth.ca/LANE-SWIM



@maxbell.mantas



@maxbell.Mantas.lifesaving



MERCHANDISE

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 tanks, t-shirts, shorts, sweatpants, hoodies and even toques!

SHOP NOW! Store closes on January 12, 2024

Orders will be ready and distributed at practice

3-6 weeks after the closing date. We will reach out via email for pick up or send your package home with your swimmer at practice.

go.uleth.ca/SHOPMANTAS

Team Aquatics 20% off discount:

Team Aquatic Supplies



**TEAM AQUATIC
SUPPLIES LTD**

SHARK CLUB PROGRAM

Club: Maxbell Mantas

Online Coupon Code: MAX110

Expires: August 31, 2024

Program subject to change and/or cancellation at any time.

Discount is valid on regular priced in-store, in-stock merchandise only.

Card must be presented at time of purchase.

Not valid at Swim Meets and other Sales Events, or in conjunction with other discounts.

#SwimExperts



Optional Team Swimsuits

Mantas' team swim suits will be available to try-on and purchase at Runner's Soul in Lethbridge beginning January 20, 2024.

We also have a 15% off discount on all swim gear (including the suits) if you mention our team name, "Mantas" at check-out!



Address: 2646 S Parkside Dr,
Lethbridge, AB
403-327-2241



COMPETITIONS

ATTENDING COMPETITIONS IS OPTIONAL FOR ALL CLUB MEMBERS--COMPETITIVE OR RECREATIONAL.

- Costs vary per competition (There is no charge for Home Meets for current club members).
- 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. *shared via email updates.
- University of Lethbridge AND Lifesaving Society waiver forms must be completed prior to competitions. Coaches will be in contact with you directly.
- Equipment will be provided by our facility.
- Athletes choosing to participate in competitions are responsible for their own travel and accommodations. Coaches are not permitted to transport athletes or share hotel rooms.

Coaches recommend the following items be brought to all competitions:

- Swimsuit, 2 caps & goggles
 - Warm clothes and/or blankets to cover up between events
 - 2+ towels
 - Healthy snacks, water bottle, and electrolytes
 - Entertainment for the long breaks between (swimmer is responsible for own belongings)
- (reminder: label all belongings).

VOLUNTEER FEE

For any Mantas' Home Competitions, all athletes participating will need to pay a \$100 fee that will be refunded if a volunteer is provided for 2 or more sessions throughout the weekend (Friday evening, Saturday morning, Saturday afternoon, Sunday morning, or Sunday afternoon).

This change is made to offset the cost of staff in the event that not enough volunteers are not available. We rely on approx 75-100 volunteers!

We are currently working on a better system for refunding practices due to swim meets. Currently, we are not getting the Lifesaving meet schedule prior to our registration opening. Coach Lexie will be in contact with those attending swim meets regarding refunds.

PLEASE FILL OUT THIS INTEREST FORM IF YOU ARE PLANNING ON ATTENDING ANY OF THE 2024 SWIM MEETS:

[SWIM MEET INTEREST LINK](#)

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

