

MANTAS' SESSION INFO.



SPRING 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...

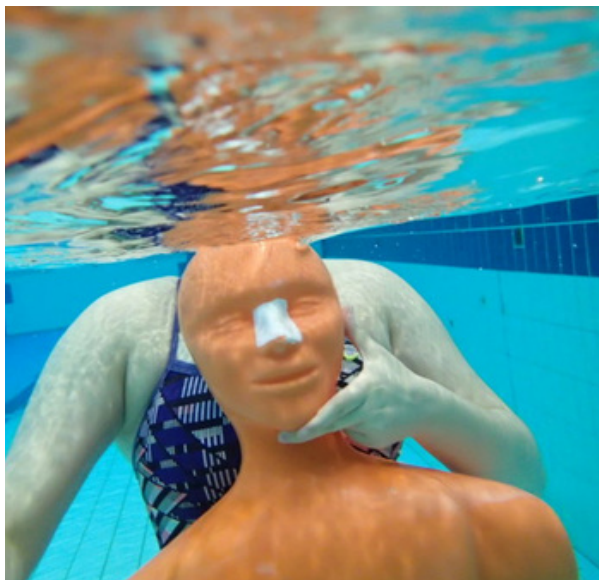
The last session was our first session to include all coaches who have previous experience swimming for the Mantas as competitors or to hone their lifeguarding skills!

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 sports 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	MANNERS: <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	ACCOUNTABILITY: <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	NEVER GIVE UP: <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	TEAMWORK: <ul style="list-style-type: none">• Mantas' will work together as a team, supporting teammates, and understanding that success often depends on collaboration.
A	ADAPTABILITY: <ul style="list-style-type: none">• Mantas' are open to change, able to adjust to different situations, and learn from losses and wins.
S	SPORTSMANSHIP: <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.

May 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
28 National Prep 9:30-11:30 am	29 First Day 6:15-8 pm	30	May 1 First Day 6:15-8 pm	2	3	4
5 National Prep 2:30-4:30 pm	6 6:15-8 pm	7	8 6:15-8 pm	9	10 First Day 6:15-8 pm	11 National Prep 11:30-1:30 pm
12 FACILITY SHUTDOWN	13 6:15-8 pm	14	15 6:15-8 pm	16	17 6:15-8 pm	18 National Prep 11:30-1:30 pm
19 National Prep 9:30-11:30 am	20 NO PRACTICE	21	22 6:15-8 pm	23	24 6:15-8 pm	25 National Prep 11:30-1:30 pm
26 National Prep 9:30-11:30 am	27 6:15-8 pm	28	29 6:15-8 pm	30	31 6:15-8 pm	Jun 1 National Prep 11:30-1:30 pm

June 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
2 National Prep 9:30-11:30 am	3 6:15-8 pm	4	5 6:15-8 pm	6	7 6:15-8 pm	8 NATIONALS
9 NATIONALS	10 6:15-8 pm	11	12 6:15-8 pm	13	14 6:15-8 pm	15
16	17 6:15-8 pm	18	19 6:15-8 pm	20	21 6:15-8 pm	22
23	24 Last Day 6:15-8 pm	25	26 Last Day 6:15-8 pm	27	28 Last Day 6:15-8 pm	29
30						

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 swimmers for quick shower breaks to warm up in either the changerooms or the north dive tower shower.

Thank you for your understanding!

FOR SPRING 2024...

Please send swimmers to practice in workout clothing on top of their bathing suits! We will be spending time on first aid, dryland, and maybe going outside (weather-dependent) before hopping into the water!

Team Aquatics 20% off discount:

Competitive Swimwear and Training Equipment



**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

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

FOLLOW US

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

