



Didsbury Aqua-Jets Handbook 2026

The Didsbury Aqua-Jets is a competitive summer swim club where kids learn to swim using proper swimming techniques for strokes and turns, and develop endurance and speed. We are part of the Alberta Summer Swimming Association (ASSA) where members swim competitively in short course (25 metre) pools.

Your child does not have to swim competitively to be a part of the Didsbury Aqua-Jets; he or she can join for the fun of it, for the exercise, and/or for the social interaction. We do encourage everyone, however, to compete in at least one swim meet just to see what it's like (it's a whole lot of fun!).

SEASON LENGTH

The summer swimming season starts on May 4, 2026 and finishes at the Provincial Meet August 14-16, 2026.

PRACTICE TIMES

The Didsbury Aqua-Jets are in the water starting May 4, 2026. Training schedule is as follows:

Regular Club – swim up to four (4) days a week,
Monday-Thursday (5:00pm – 6:30pm) Beginning Monday May 4th

Mini Club - Swim one day a week, Wednesdays 5:00pm-5:45pm. First day of swimming is Wednesday May 6th, last day is Wednesday July 29th

The final practice for most swimmers is August 6, 2026 with the final meet being August 8-9, 2026. Swimmers who qualify will swim at the Provincial Meet August 14-16, 2026.

FEES

Membership fees are very affordable for the 14+ weeks of swimming. The club charges registration fees to cover the costs of pool rent, coach's fees, meet fees and Region E & ASSA fees. Registration fees must be paid in full by Thursday May 7th.

Regular club

\$375.00 Club fee (includes Region E and ASSA fees – non-refundable) Includes all meet fees for the 7 regular season meets and the Provincial Meet (should your swimmer qualify)

Mini club

\$200.00 Club fee (includes Region E and ASSA fees – non-refundable) No swim meets.

FUNDRAISING

Running a Swim Club is a big job and we count on our amazing volunteers to make our club a success. In an effort to encourage participation in our activities we are requiring **1 volunteer bond cheque per family**.

Bond Cheque \$200

- Two (2) volunteer shifts at our home meet (Didsbury Memorial Complex June 6, 2026)
- One (1) volunteer shift at our Casino Fund Raiser, fall 2026.

Your cheque will be destroyed or you will be refunded after our casino fundraiser. Stay tuned for further fundraising opportunities.

For any other meets attended by your child, if volunteer shifts are required you are expected to sign up for one.

SWIM MEETS

Starting at the beginning of June, many clubs in Region E host a swim meet, usually on a Saturday. Meets are scheduled well in advance of the competitive season. This allows families to plan their schedule accordingly. All club members are strongly encouraged to attend as many meets as possible. All swimmers compete with other swimmers in their age category. Age categories are classified as 6&U (under) boys / girls, 7-8 boys / girls, 9-10 boys / girls, etc. Competitions are family oriented in that all members can participate on the same day at the same event.

Please see the final page for swim meet information and tips

COMMUNICATION

The Didsbury Aqua-Jets Swim Club encourages open and positive communication between swimmers, parents, coaches, and the Board of Directors. **It is important to remember that should you wish to discuss something with the coach, please do not do so while he or she is working;** you must make an appointment with him/her to meet at a more convenient time. Regular communications in the form of emails are sent out.

Team Snap

The DAJSC will be using TeamSnap again this year! We will communicate all changes to practices and updates on Swim meets. You will be receiving an email shortly inviting you to join your child's team!

BOARD OF DIRECTORS and EXECUTIVES

The Didsbury Aqua-Jets Swim Club is a non-profit organization. All members of the Board volunteer their time and efforts to ensure the club operates within the rules and regulations of the club's registered By-laws to provide a safe, educational and fun environment in which local youth can experience and participate in the sport of swimming. These By-laws are available upon request. The Board of Directors is elected at the Annual General Meeting and then they vote among themselves to fill the Executive positions. The club is always looking for ambitious people who are willing to promote the philosophy and goals of the club. **We encourage people to join the Board if they are motivated and committed to working together as a team to keep the club operating.** Without a Board of Directors, there would be no swim club for your children. People who are willing to volunteer their time will ensure the longevity of the Didsbury Aqua-Jets Swim Club.

Swim Meet Information and Tips

The board does recommend that you attend meets since it's a fun day and a great way to gauge your progress throughout the season as it is the only time you are officially timed. Please note that you are always competing against yourself and striving to improve your times at each meet. Please be prepared to spend a full day at the meets (8am-4pm). This is a great time to socialize with other parents and for the kids to hang out and bond. Relays (team events) are also done at meets and this is a great opportunity for the kids as well.

Things to bring to a swim meet: 2 swim suits (including your team suit), team swim cap, 2 pairs of goggles, 2 towels, a cooler full of food (fruits, veggies, sandwiches, water & juices are some items to include), a lawn chair, a blanket, pillow, good book or magazine and cards or games.

How a swim meet works:

Warm-ups start ½ hour before the meet starts. When you arrive at a meet find the rest of your club and set up for the day. Purchase an event list (usually \$5.00 or so) or use online app called Meet Mobile. Make sure you have been entered in the proper races...talk to your coach if you are not listed or have any questions. Your race will be marshalled (called out or posted) and at this time you take your goggles and towel and go to the marshalling area. You will receive a race card at this time and someone will take you to the starting blocks where you hand the card over to the timers. They may ask you what your name is don't be nervous they just want to make sure the swimmer matches the card as sometimes things get mixed up. Get your goggles on and get ready to race!! When you hear the first whistle you get on the block or stand beside it, except for backstroke where you start in the water. When you hear 'take your mark' get into your dive position. You will then hear a horn or gun and you can start your race. After you have finished it is polite and required that you stay in the water until everyone in your heat has finished. It is also a nice gesture to shake the hands of the competitors on either side of you. You will hear another whistle and can get out of the water at this point. You may be asked to stay in the water until the next race is started. You will be told what to do. Don't forget to pick up your towel and then go back to your coaches table to review your race. Then you can rejoin the other kids in our club's area. If at anytime you have to leave the meet you must let the coaches know.....**Do Not Leave without speaking to the coaches!!** Don't forget about relays - they are a fun, team event. You may be disqualified from a race – this means that there are still some things that we need to learn about the stroke, turn or dive that we have done and it helps us to improve. Most of the time a judge will let you know what you need to work on. More details available upon request.