



Sault Surge Aquatic Team
2025-2026 Overview
Parent Handbook



Sault Surge Aquatic Team (SSAT)



Mission Statement:

- Dedicated to teaching competitive and non-competitive swimming in a caring and supportive environment, fostering fairness, respect and good sportsmanship thereby contributing to the development of its swimmers and Members.
- Not for profit Club, governed by Board of Directors
- The club is affiliated with Swim Ontario, Swim Canada and Northeastern Ontario region (NEOR)

Note: Swimmers must be 7 years of age to join our program and swim 25M unassisted.





Board – Executives

The Board meets monthly to discuss issues, plan for events, and to provide governance to the club. Have an Annual General Meeting (AGM) where members are encouraged to become involved.

Board / Executive Role	Executive Name
President	Jason Thomson - ssat.president@gmail.com
Past President	Andrea Greco
Vice President	Leslie Moreau - ssat.vp@gmail.com
Treasurer	Armand Capisciolto - ssat.treasurer@gmail.com
Secretary	Kay Vallee - ssat.secretary@gmail.com
Registrar	Terri-Ann Devine - ssat.registrar@gmail.com
Meet Manager	Taryn Reid - ssat.meetmanager@gmail.com
Fundraising Chair	Sue Morin - ssat.fundraising@gmail.com



Support Committees



In addition to the Executive Committee, there are a number of committees and roles needed to ensure the success of the club.

Committee Role	Executive Name
Officials Chair	Erin Banton - ssat.officials.chair@gmail.com
Officials Coordinator	Christine Burns - ssat.officials.coordinator@gmail.com Leila Parks -
Equipment Manager	Marnie Thomson - ssat.equipment.manager@gmail.com
Participation Points Tabulator	Sandie Wawryszyn -
Grant Writing Chair	Helen Mackay - ssat.grants@gmail.com
Webmaster	Steve Porco
Food Committee Chair	Michelle Paraniuk, Kerri Kriven
Social Committee Chair	Melissa Slade, Amanda Neveu
Hotel Coordinator	Kay Vallee



SSAT Coaches



Swim Group	Name
Head Coach / Performance	Rod Thomas – ssat.headcoach@gmail.com
Age Group	Chloe Wyslocky
Future Olympians	Madelyn Bean
Riptides & Waverunners	Melody Wright, Lyla Watson, Kama-Anne Bax Leaney
Part time Coaches	Keelin Maher



Swim Group Schedule 2025-2026



Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Pool (Hrs)
Riptides 1	4:00-4:45pm		4:00-4:45pm				1.5
Riptides 2		4:00-4:45pm		4:00-4:45pm			1.5
Waverunner 1	4:45-5:45pm		4:45-5:45pm		4:15-5:00pm OR 5:00-5:45pm		2.75
Waverunner 2		4:45-5:45pm		4:45-5:45pm			2.75
Future Olympian		4:00-5:45pm		4:00-5:45pm	4:00-5:45pm		5.25
Age Group	4:00-5:45pm	6:00-7:00pm (Dryland)	4:00-5:45pm	6:00-7:30am	4:00-5:45pm	7:30-9:30am	8.75
Senior 4x	4:00-5:45pm	6:00-7:30am	4:00-5:45pm	6:00-7:30am	4:00-5:45pm	7:30-9:30am	6.75
Senior 5x							9.0
Performance 6x	4:00-5:45pm	6:00-7:30am 4:00-5:45pm	6:30-7:30am (Dryland) 4:00-5:45pm	6:00-7:30am 4:00-5:45pm	6:30-7:30am (Dryland) 4:00-5:45pm	7:30-9:30am	10.50
Performance 7x							12.25
Performance 8x							13.75

Information available on our website



Tentative Meet Schedule 2025-2026

Date	Location	Meet Name	Meet - Swim Groups
Oct. 18, 2025	Sault Ste Marie	Time Trials	All swim groups
Oct. 25-26, 2025	Sault Ste Marie	NEOR #1	All swim groups
Nov. 9, 2025	Sudbury	Top Fish #1	12 & Under (RT, WR, FO)
Nov. 14 – 16, 2025	North Bay	Dominique Bouchard Invitational	FO, AG, Performance
Dec. 4 – 7, 2025	Windsor	Border City Invitational	FO, AG, Performance
Dec. 11-14, 2025	GTA	Ontario Junior International	Performance (QTS)
Jan 22-25, 2026	Markham	MAC Invitational (LCM)	Performance, AG (QTS)
Jan. 24-25, 2026	Sudbury - TBD	NEOR #2	WR, FO, AG, Performance
Feb. 6 – 8, 2026	Sault Ste Marie	Dave Kensit Championships	QTS
Feb. 21, 2026	Sudbury – TBD	Top Fish #2	12 & Under (RT, WR, FO)
Mar. 5 – 8, 2026	GTA	Age Groups Championships	Performance, AG (QTS)
Apr. 10-12, 2026	North Bay	NEOR #3	WR, FO, AG, Performance
Apr. 17 – 19, 2026	Windsor	WAC Invitational (LCM)	AG, Performance
Apr. 24-26, 2026	Sault Ste Marie	Superior Shores Challenge Cup	All swim groups
May 3, 2026	Sudbury - TBD	Top Fish #3	12 & Under (RT, WR, FO)
May 9, 2026	Sault Ste Marie	Time Trials – Black vs Purple Duel	All swim groups
May 22-24, 2026	Thunder Bay	Thunder Bolts Invitational (LCM)	FO, AG, Performance
May 30-31, 2026	Timmins	Fred Rams B Championship	RT, WR, FO, AG



If your swim group is competing at a meet, you should expect your practice is cancelled as the coach would be with the team (as should you!)

Legend:
 QTS – Qualifying Time Standard
 RT – Riptides
 WR – Waverunners
 FO – Future Olympians
 AG – Age Group



SSAT Registration Fees 2025-2026



Group	In Full	Payment at Registration	3 payments due: Oct 1 st , Dec 1 st , Feb 1 st
Riptides	\$640	\$160	\$160
Waverunners	\$1,100	\$275	\$275
Future Olympian	\$1,550	\$388	\$388
Age Group	\$2,200	\$550	\$550
Senior 4x	\$1,900	\$475	\$475
Senior 5x	\$2,000	\$500	\$500
Performance 6x	\$2,500	\$625	\$625
Performance 7x	\$2,900	\$725	\$725
Performance 8x	\$3,100	\$775	\$775

*** Fee does not include a one-time Swim Ontario fee of \$172.00 which each swimmer will have to pay.**

Payments are encouraged to be made through e-transfer to:
ssat.treasurer@gmail.com

If choosing to use credit card, a non-refundable fee \$20 will be charged for each payment.

Registration will be open to current members for first week in August . Ensure to register ASAP as some training groups will be at capacity.





Important Registration Info

Our swim program is an annual program that runs from September to June, it is not a monthly program. Fees are developed based on the cost of the full season and then split into multiple payments for convenience.

- **E transfers for registration fees are preferred. However, all families must save a credit card on file for incidentals (i.e: swim caps, meet fees).** If registering by credit card, a \$20 non-refundable fee is charged to offset the additional processing fees for each installment payment.
- Coaching fees for meets are included in the registration fees. You will not be charged any additional coaching fees when attending meets. **You will be charged for your event entries.**
- After you have registered you will have a login to the website, which will allow you to view all the details of your account, including billing and invoices. It will also give you access to sign-ups for volunteering and fundraising as well as attending meets.

CANCELLATION POLICY IS AS FOLLOWS:

- **Prior to February 1st:** 4 weeks notice is required to terminate membership on the swim team. Prior to the termination being accepted, all fees and dues owing will need to be paid up. Fundraising and voluntary commitment requirements will be prorated and will come due upon termination.
- **After February 1st:** There will be no refunds upon cancellation and all fundraising and voluntary commitments will need to be honoured. All dues owing for the rest of the season will be billed to the family.



Important Dates



- **Swim season starts Mon. Sept. 22, 2025.**
- Dryland starts:
 - Performance Oct. 1, 2025,
 - Age group Oct. 7, 2025.
- Home meets:
 - NEOR - Oct 25 - 26,
 - Dave Kensit Championships – Feb 6 - 8,
 - Superior Shores Challenge Cup – Apr 24 – 26)
- Time Trials:
 - **Oct 18 (Team photo - TBD)**
 - May 9 (Black vs Purple Duel)
- Red Green Games: Dec 20, 2025

- Winter holiday break:
 - All groups off Dec. 21 – Dec 27.
 - Modified schedule for Age Group and Performance week of Dec. 28, all other groups are off.
- Regular training resumes Jan. 3, 2026
- March break, all groups off Mar 14 – 22, 2026.
- **Performance Training Camp in Spain TBD**
- Spring program to start March 23, 2026
- Swim-A-Thon scheduled for **March 28, 2026**
- Last practice for most groups May 29, 2026
- Year end banquet scheduled for June 9, 2026



Social Events



- Parents Meeting – Sept. 16, 2025
- Pub Night (Fundraiser / Social) – Oct TBD
- Santa Claus Parade – Nov 22, 2025
- Red Green Games – Dec. 20, 2025
- Swim-A-Thon (Fundraiser / Social) – March 28, 2026
- Superior Shores Meet Social (Swim Meet Social) – April 24, 2026
- Black vs Purple Duel (Time Trial Social) – May 9, 2026
- Banquet – June 9, 2026
- Rotaryfest Parade – Summer 2026



Swim Groups



SSAT offers 6 different swim groups:

- Riptides, Waverunners, Future Olympians, Age Group, Senior and Performance.

To determine where a swimmer fits, **age**, level of **experience**, and level of **commitment** are key.

- If unsure, please contact the Head Coach to request an assessment.

Swimmers could be moved into different groups throughout the season at the Head Coaches discretion and recommendation.

Swimmers must be 7 years of age to join our program and swim 25M unassisted.



Riptides (ages 7 – 9)



Group Description:

- Introductory program to SSAT, must be at least 7 years
- Must be able to swim one length of middle pool without stopping
- Focus is freestyle and backstroke and intro to breaststroke and butterfly

Swimmer Expectations:

- Consider participation at time trials, top fish and home SSAT swim meets
- 25M and 50M events - free and backstroke

Volunteer Expectations:

- Club fundraising and 25 volunteer points

Training
Days: 2



Waverunners (ages 8 – 10)



Group Description:

- Intro program for competitive swimmers, looking to be challenged 3x per week
- Will spend some time in the main competition pool
- Can swim back / free / breast and will work on butterfly

Swimmer Expectations:

- Participation at time trials, top fish and home SSAT swim meets
- 25M, 50M & 100M events

Volunteer Expectations:

- Club fundraising and 50 volunteer points

Training
Days: 3



Riptides & Waverunners



Date	Location	Event Name
Oct. 18, 2025	Sault Ste Marie	Time Trials
Oct. 25-26, 2025	Sault Ste Marie	NEOR #1
Nov. 9, 2025	Sudbury	Top Fish #1
Dec. 20, 2025	Sault Ste Marie	Red Green Games
Dec. 21 – Jan. 3	OFF	Holiday Break
Jan. 24-25, 2026	Sudbury - TBD	NEOR #2
Feb. 6 – 8, 2026	Sault Ste Marie	Dave Kensit Championships - QTs
Feb. 21, 2026	Sudbury – TBD	Top Fish #2
Mar. 16 – Mar. 20	OFF	March Break
Mar. 28, 2026	Sault Ste Marie	Swim-A-Thon
Apr. 10-12, 2026	North Bay	NEOR #3
Apr. 24-26, 2026	Sault Ste Marie	Superior Shores Challenge Cup
May 3, 2026	Sudbury - TBD	Top Fish #3
May 9, 2026	Sault Ste Marie	Time Trials – Black vs Purple Duel
May 30-31, 2026	Timmins	Fred Rams B Championship
June 9, 2026	Sault Ste Marie	Sault Surge Banquet

- Events in bold, swimmers are strongly encouraged to attend.
- Events highlighted in purple are volunteer point opportunities for parents.
- Any questions, contact head coach:
ssat.headcoach@gmail.com



Future Olympians (ages 9 – 11)



Group Description:

- Swimmers that have progressed from riptide and waverunner programs
- Comfortable in the deep end of main competition pool
- Working on proficiency of all four strokes, and can swim 100IM and 200M free

Swimmer Expectations:

- Participation at time trials, top fish, home SSAT swim meets
- Consider attending away swim meets

Volunteer Expectations:

- Club fundraising and 100 volunteer points

Training
Days: 3



Future Olympians

Date	Location	Event Name
Oct. 18, 2025	Sault Ste Marie	Time Trials
Oct. 25-26, 2025	Sault Ste Marie	NEOR #1
Nov. 9, 2025	Sudbury	Top Fish #1
Nov. 14 – 16, 2025	North Bay	Dominique Bouchard Invitational
Dec. 4 – 7, 2025	Windsor	Border City Invitational
Dec. 20, 2025	Sault Ste Marie	Red Green Games
Dec. 21 – Jan. 3	OFF	Holiday Break
Jan. 24-25, 2026	Sudbury - TBD	NEOR #2
Feb. 6 – 8, 2026	Sault Ste Marie	Dave Kensit Championships - QTs
Feb. 21, 2026	Sudbury – TBD	Top Fish #2
Mar. 16 – Mar. 20	OFF	March Break
Mar. 28, 2026	Sault Ste Marie	Swim-A-Thon
Apr. 10-12, 2026	North Bay	NEOR #3
Apr. 24-26, 2026	Sault Ste Marie	Superior Shores Challenge Cup
May 3, 2026	Sudbury - TBD	Top Fish #3
May 9, 2026	Sault Ste Marie	Time Trials – Black vs Purple Duel
May 30-31, 2026	Timmins	Fred Rams B Championship
June 9, 2026	Sault Ste Marie	Sault Surge Banquet



- Events in bold, swimmers are strongly encouraged to attend.
- Events highlighted in purple are volunteer point opportunities for parents.
- Any questions, contact head coach:
ssat.headcoach@gmail.com

If your swim group is competing at a meet, you should expect your practice is cancelled as the coach would be with the team (as should you!)





Age Group (ages 12 & under)

Group Description:

- Ages 12 & under with Dave Kensit championship standards (or approved by Head Coach)
- Been with the program for a few years and can swim most events
- Comfortable swimming all strokes and IM

Swimmer Expectations:

- Required participation at time trials and home swim meets
- Dryland training
- Participation at most away swim meets

Volunteer Expectations:

- Club fundraising and 200 volunteer points

Training
Days: 5



Age Group

Date	Location	Event Name
Oct. 18, 2025	Sault Ste Marie	Time Trials
Oct. 25-26, 2025	Sault Ste Marie	NEOR #1
Nov. 14 – 16, 2025	North Bay	Dominique Bouchard Invitational
Dec. 4 – 7, 2025	Windsor	Border City Invitational
Dec. 20, 2025	Sault Ste Marie	Red Green Games
Dec. 21 – Jan. 3	OFF	Holiday Break
Jan. 24-25, 2026	Sudbury - TBD	NEOR #2
Feb. 6 – 8, 2026	Sault Ste Marie	Dave Kensit Championships - QTs
Mar. 16 – Mar. 20	OFF	March Break
Mar. 28, 2026	Sault Ste Marie	Swim-A-Thon
Apr. 10-12, 2026	North Bay	NEOR #3
Apr. 17 – 19, 2026	Windsor	WAC Invitational (LCM)
Apr. 24-26, 2026	Sault Ste Marie	Superior Shores Challenge Cup
May 9, 2026	Sault Ste Marie	Time Trials – Black vs Purple Duel
May 30-31, 2026	Timmins	Fred Rams B Championship
June 9, 2026	Sault Ste Marie	Sault Surge Banquet



- Events in bold, swimmers are strongly encouraged to attend.
- Events highlighted in purple are volunteer point opportunities for parents.
- Any questions, contact head coach:
ssat.headcoach@gmail.com

If your swim group is competing at a meet, you should expect your practice is cancelled as the coach would be with the team (as should you!)



Performance (ages 13 & up)



Group Description:

- Ages 13 and up unless invited by Head Coach
- Most committed group, looking to train at the highest level, swimmers should be prepared to make that commitment.
- Head coach will develop specific goals for each swimmer.

Swimmer Expectations:

- Required participation at time trials, home swim meets and most away swim meets
- Dryland training

Volunteer Expectations:

- Club fundraising and 200 volunteer points

Training
Days: 6+



Senior (ages 13 & up)



Group Description:

- Ages 13 and up with a background in swimming and with the club
- Unable to commit to a full training program.

Swimmer Expectations:

- Consider participation at time trials and home swim meets

Volunteer Expectations:

- Club fundraising and 50 volunteer points

Training
Days: 4-5



Dryland Training



SSAT trains at **Rebel Gym**. We have seen great results and commitment to this program.

Performance group trains 2x week, Wed & Fri – 6:30-7:30am.

- Starting Oct. 1, 2025 running until the end of May.

Age Group trains 1x week, Tues – 6:00-7:00pm.

- Starting Oct. 7, 2025 running until the end of May.



There is no dryland over Christmas and March breaks. Also, there will be no drylands on the travel days for away swim meets.



Swim Equipment

Please refer to the following chart for the equipment requirements for each swim group.

Group	Cap & Goggles	Kickboard	Fins	Pullbuoy	Snorkel	Paddles
Riptides	X	X				
Waverunners	X	X				
Future Olympian	X	X	X	X		
Age Group	X	X	X	X		
Senior Rec	X	X	X	X	X	X
Performance	X	X	X	X	X	X



Recommended Retailers:

Jayteq Pro Shop - Conveniently located in the John Rhodes!

Ly Sports - www.lysports.com
***enter our team code SAULTSURGE at checkout for a 2% discount and a 5% contribution towards our team!

Team Aquatic Supplies - www.team-aquatic.com ***use club discount code SAU101 for 20% off

Ontario Swim Hub - www.ontarioswimhub.com/collections/sault-surge-aquatic-team ***use club passcode SSATTEAM to enter and club discount code SSATSAVE for 20% off



SSAT Apparel



All Sault Surge Swimmers are expected to have a Sault Surge swim cap and purple team shirt to wear on deck during swim meets and time trials.

- All team members as part of their registration will receive a team t-shirt at the beginning of this season!
- All new swimmers to the club will also receive one swim cap as a part of their welcome package.

Any additional caps can be purchased through the equipment manager. It is always a good idea to have a backup cap for meets in case yours is lost or gets ripped. An order for custom caps with the swimmer's last name will be placed once the season gets underway.

Team apparel can be ordered online at SK Group: https://store.skgroupinc.com/the_sault_surge/shop/home

Swim Parkas and backpacks can be ordered from **Ly Sports**, enter our team code SAULTSURGE for a discount and contribution our club: <http://www.lysports.com/team/sault-surge/>

Any questions regarding equipment or apparel, please contact equipment manager, Marnie Thomson, at ssat.equipment.manager@gmail.com



Fundraising Commitment



- **LCBO gift card raffle**
 - **Required to sell 3 books per family (value \$150).**
 - **Draw date: TBD**
 - **To reduce administrative burden, will be charged directly to account**
- **Team pub and social**
 - **Date and location: TBD**
 - **Each family will be required to sell \$150 worth of tickets.**
- **Swim-A-Thon**
 - **Date: March 28, 2026**
 - **Each swimmer family expected to register swimmer and **raise at least \$200** to participate in event.**



Sponsorship Opportunities



- Sponsorship is ongoing, SSAT always in need of financial support.
- Expected to approach local businesses and secure sponsorships.
- Volunteer point opportunity for securing sponsorships.
- Sponsorship goal is > \$10,000

Sponsorship Item	Annual Cost
Track Suit / Sweater – sponsors logo and SSAT logo	\$4,500
T-Shirt – sponsors logo and SSAT logo	\$3,500
Baseball Cap or Toque – sponsors logo and SSAT logo	\$3,000
Advertising sign at John Rhodes pool (limited spots available) and ¼ page ad in home meet programs, team website *cost is \$850, if sign is already available	\$1,000 *\$850
Swim lane sponsor at all home meets (limited spots available), ¼ page ad in home meet programs, team website	\$650
Roll up sign with logo at entrance of pool at Home meets, ¼ page ad in home meet programs, team website	\$500
Business card advertisement in meet programs, team website	\$250



Volunteer Requirements

The success of a Swim Club is dependent on active parent involvement and participation. Each family with swimmers registered will be required to earn a certain # of points (this is per family not per swimmer).

- These points must be earned in full by June 30th of each year. Plenty of opportunities to do so will be made available.
- While there will be no dollar value attached to participation points earned in excess of the requirement, there will be a charge for falling short of the requirement.
- **Families will owe SSAT \$3.00 for every point not earned. SSAT does not want your money, we want your HELP!**
- See SSAT Volunteer Points Guidelines for more details.
- If your points total don't seem accurate, please reach out to the Volunteer Points Tabulator.



Group	Points Requirements
Riptides	25
Waverunners	50
Future Olympian	100
Age Group	200
Senior	50
Performance	200



Food Committee



Lead by: Michelle Paraniuk and Kerri Kirvan

Duties include:

- Organizing and preparing food for officials at local swim meets
- Organizing and overseeing bake sale donations and table at local swim meets
- Organizing and preparing food at team events (ie. Time trials, Swim-A-Thon)
- Will have a budget but need to keep costs reasonable

Volunteers needed to be part of food committee!



Social Committee



Lead by: Melissa Slade and Amanda Neveu

Duties include:

- Organizing and executing parade floats
- Announcing winners at Kensit and Superior Shores swim meet
- Organizing and executing social event at Superior Shores Challenge Cup
- Organizing and executing year end banquet
- Organizing social events throughout the year
- Develop and publicize matters relating to the activities of the Club so as to share information with members and stimulate interest in SSAT in the community

Volunteers needed to be part of social committee!



Fundraising Committee



Lead by: Sue Morin

Duties include:

- Organize and execute SSAT pub and social (distribute and collect tickets, secure location and menu, assist with pub night)
- Organize and execute LCBO raffle (obtain lottery license, distribute and collect raffle tickets, reconcile tickets sold/unsold, report results to the city)
- Assist with Swim-A-Thon promotion and execution. Lead by Kay Vallee.
- Solicit and promote sponsorship opportunities with the club and local businesses.

Volunteers needed to be part of fundraising committee!



Meet Committee



Lead by: Taryn Reid

Duties include:

- Organization of home swim meets and time trials
- Ordering medals, ribbons, trophies, awards for meets
- Preparing swim meet programs
- Setting up and putting away meet equipment and electronics
- Working the office and performing administrative duties during event
- Working with officials coordinators to ensure appropriate assignment of officials

Volunteers needed to be part of meet committee!



Swim Meet Expectations



More information can be found in SSAT Swim Meet Guidelines.

Hotel information for meets found: <https://www.saultsurge.com/page/meet-schedule--hotels>

High level expectations for swimmers and parents include:

- Participate in Meet Warm-up, regardless of the Swimmer's event times, unless otherwise excused by the Coach of Record for that Meet;
- if the Swimmer must leave the Meet for any reason, the Swimmer is required to inform the Coach of Record;
- Parents should volunteer to officiate (one parent per family) for at least one session per away Meet and two or more sessions for SSAT-hosted Meets;
- Parents must notify the Coach of Record or an Executive member if illness or another emergency prevents their Swimmer from participating in the Meet;
- Parents and swimmers should prioritize staying in hotel reserved by SSAT



Important Documents / Information



Swim Ontario Code of Conduct and Ethics for all participants including Parents / Guardians

Swim Ontario Complaint, Dispute Resolution and Discipline Procedures

- <https://www.swimontario.com/about/governance/>
- SSAT Expectations Policy: <https://www.saultsurge.com/page/other/ontario-code-of-conduct--ethics>

SSAT Bylaws: <https://www.saultsurge.com/page/other/by-laws>

Volunteer Requirements

- SSAT Volunteer Points Guidelines: <https://www.saultsurge.com/page/other/volunteer-points>

Officiating Help: <https://www.saultsurge.com/page/other/officiating-help>

<https://kidsportcanada.ca/ontario/sault-ste-marie/>

<https://jumpstart.canadiantire.ca/pages/individual-child-grants>



Swimming Apps

- Meet Mobile
- Team Unify
- Sports Engine Motion
- SwimRankings.net

