



2026-2027

OTTSC SWIM SEASON

2026-2027 OTTSC – WHAT'S NEW

NEW PRE-COMP HYBRID OPTION

- Pre-competitive swimmers are only permitted to attend 1 Swimming Canada sanctioned meet per season.
- Returning pre-comp swimmers hoping to attend 2 to 5 local meets during the season may register for Pre-Comp HYBRID. While a higher registration is required, monthly fees and schedules remain the same.
- See slide 6 for additional details.

NEW PATHWAY TO COMP 2

- Swimmers that have demonstrated consistent attendance at practices, a strong commitment to training and a willingness to compete, may be eligible for the new Pathway to Comp 2 group.
- This group will benefit from increased training time as they begin their transition to Comp 2.
- See slide 7 for additional details.

POOL MAINTENANCE CLOSURES

- All practice schedules are subject to City of Ottawa pool availability.
- Every year, the City of Ottawa will close facilities for 2-3 weeks to allow for annual maintenance. The Ray Friel maintenance closure which used to be in September, is now in June. The Francois Dupuis maintenance closure is expected for January.
- OTTSC will work with the City of Ottawa to identify alternate pool time to ensure swimmers stay in the water. Best efforts are made to mirror existing practice schedules.

2026-2027 OTTSC – Reminders!

ATTENDANCE

- Consistent attendance at all practices is essential as progress can only be achieved with a commitment to training.
- Swimmers are expected to arrive 15 minutes before the start of every practice to allow for stretching and set-up.
- Attendance of all swimmers will be monitored by Coaches.

MEETS

- OTTSC will, on average, attend at least one meet per month (from October to July). Competitive swimmers should attend as many meets as possible during the season.
- Pre-comp swimmers are eligible to attend one local meet per season, whereas Pre-Comp HYBRID swimmers may attend 2 to 5 local meets.
- Meet registration details are communicated by email and include information about which groups are eligible to participate.

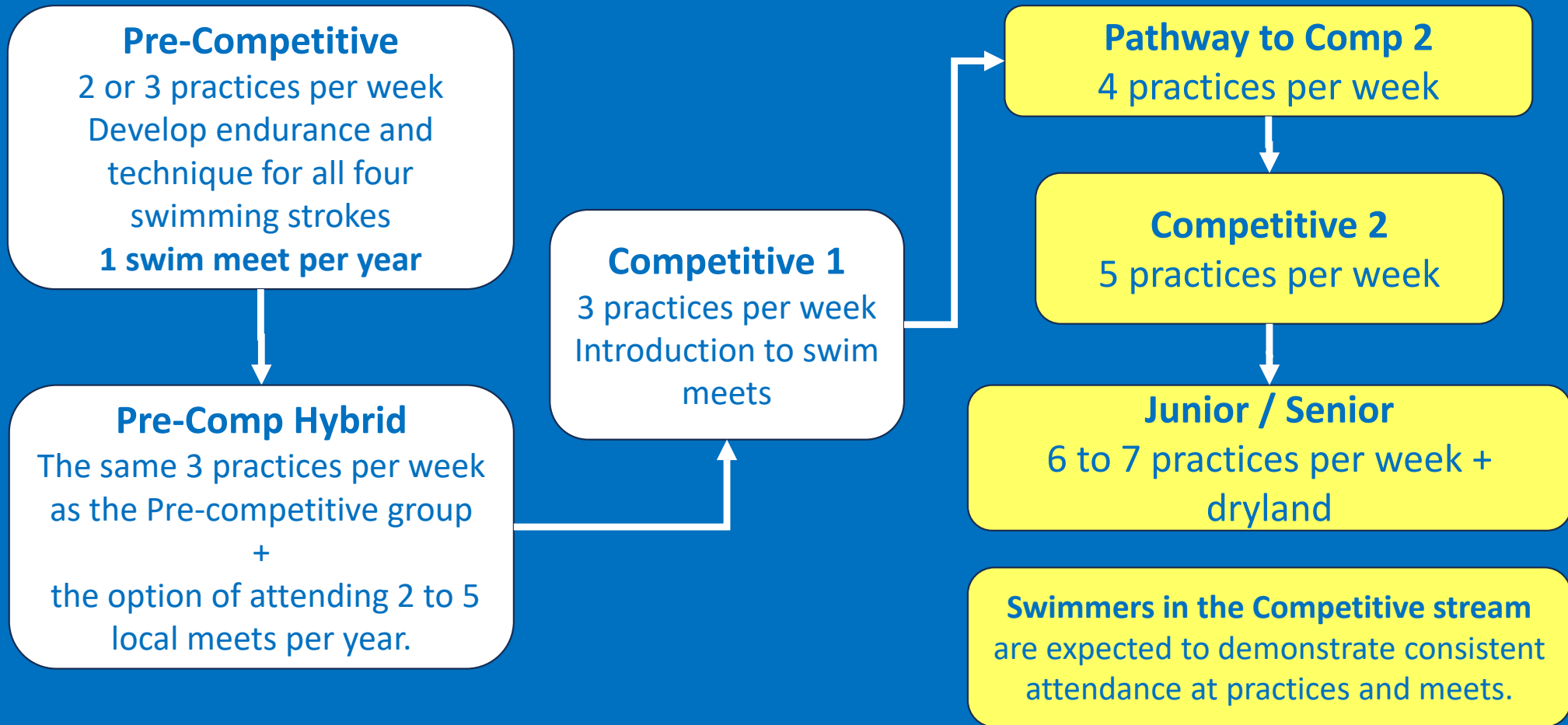
MONTREAL TRAINING CAMP:

- Junior/Senior and Comp 2 swimmers will be invited to a long course training camp in Montreal (tentatively from December 26th to December 31st). Details to follow as they become available.

Fees:

- The OTTSC season runs from September to mid-August. All monthly fees are payable in full. For the month of August, only 50% of regular monthly fees are applicable.
- Swimmers who withdraw from OTTSC for a month (or more) during the season, are required to pay a re-admission fee equal to 50% of their regular monthly fee in order to resume practices. The re-admission fee does not apply to temporary withdrawals for medical reasons.

OTTSC – Swimmer Trajectory





Pre-Competitive

Focus on building endurance and developing stroke and turn technique for freestyle, backstroke, breaststroke and butterfly.

Prerequisite: Swimmers ages 7&up who can swim a minimum of 50 meters without assistance.

PRE-COMP SCHEDULE			
Two or three practices per week at Ray Friel as part of Group 1 or Group 2			
	Mondays	Wednesdays	Fridays
Group 1	4:30 – 5:15 pm	4:30 – 5:15 pm	4:30 – 5:15 pm
Group 2	5:15 – 6:00 pm	5:15 – 6:00 pm	5:15 – 6:00 pm

- Swimmers must attend the same practice day/time from week to week.
- Pre-Comp swimmers are eligible to attend one sanctioned meet per year.
- It is highly recommended that swimmers attend 3 practices per week before transitioning to Comp 1.

**First practice of the season:
Wednesday, Sept. 9th**

**Tryouts for new pre-comp
swimmers: Wed. Sept. 2nd and
Fri. Sept. 4th**

2026-2027 Fees

Registration fee: \$100
(includes an OTTSC t-shirt)

Monthly fee:
- \$165 for 2 practices per week
- \$180 for 3 practices per week

**New Swimmer
Equipment Kit: \$95**
(mesh bag, pull buoy, kick board
and swim cap)



Pre-Competitive HYBRID

Same schedule, and monthly fees as the Pre-Competitive group with an option to attend 2 to 5 local meets during the 2026-2027 OTTSC season.

Local meets may include: Ottawa, Perth, Brockville

Prerequisite: Experienced (returning) pre-competitive swimmers looking to develop and expand on competition experience.

2026-2027 Fees

Registration fee: \$215
(includes an OTTSC t-shirt)

Monthly fee:

- \$165 for 2 practices per week
- \$180 for 3 practices per week

New Swimmer

Equipment Kit: \$95

(mesh bag, pull buoy, kick board and swim cap)



Competitive 1

The Comp 1 group is ideal for swimmers who are looking for increased training along with an introduction to competitions.

**First practice of the season:
Wednesday, Sept. 9th**

**Bob MacQuarrie practices
begin only in October.**

Prerequisite: Swimmers must have developed technique in all four swimming strokes.

COMP 1 SCHEDULE (Swimmers should attend 3 of 4 available practices)			
Mondays	Wednesdays	Fridays	Saturdays
Ray Friel 4:30 – 6:00 pm	Ray Friel 4:30 – 6:00 pm	Ray Friel 4:30 – 6:00 pm	Bob MacQuarrie 5:45 – 7:45 pm

2026-2027 Fees

Registration fee: \$215
(including an OTTSC t-shirt)

Monthly fee: \$215

- Comp 1 swimmers are expected to **attend 3 practices per week**, and should consistently attend the same practices from week to week.
- Swimmers are encouraged to attend as many meets as possible.
- To progress to the Pathway to Comp 2 group, swimmers must demonstrate consistent attendance at all practices, a strong commitment to training and willingness to compete.



Pathway to Comp 2

The Comp 2 Pathway group focuses on developing training fundamentals with a focus on competing and a gradual introduction to morning practices.

**First practice of the season:
Wednesday, Sept. 9th**

**Sunday practices begin at
the end of Sept. and Bob
MacQuarrie practices begin
in October.**

Prerequisite: Swimmers must have consistent attendance at all practices, a strong commitment to training and willingness to compete.

PATHWAY TO COMP 2 SCHEDULE

(Swimmers should attend 4 of 5 available practices)

Mondays	Wednesdays	Fridays	Saturdays	Sundays
Ray Friel 4:30 – 6:00 pm	Ray Friel 4:30 – 6:00 pm	Ray Friel 4:30 – 6:00 pm	Bob MacQuarrie 5:45 - 7:45 pm	Francois Dupuis 6:30 - 8:30 am

2026-2027 Fees

**Registration fee: \$215
(including an OTTSC T-shirt)**

Monthly fee: \$225

- Swimmers are expected to **attend 4 swim practices per week** and should consistently attend the same practices from week to week.
- Competition opportunities include both short-course and long course local meets and out-of-town meets. Swimmers are encouraged to attend as many meets as possible during the season.
- As swimmers continue to progress towards Comp 2, evening practices at Ray Friel will gradually be replaced with morning practices at Francois Dupuis from 5:30 to 7:30 am.



Competitive 2

The Comp 2 group focuses on further establishing a commitment to training and competing.

**First practice of the season:
Thursday, Sept. 3rd.**

**Sunday practices begin at
the end of Sept.**

Prerequisite: Swimmers must have consistent attendance at all practices, a strong commitment to training and an eagerness to compete at higher levels.

COMP 2 PERFORMANCE SCHEDULE (Swimmers should attend 5 practices per week)

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
Francois Dupuis 5:30 – 7:30 am	Francois Dupuis 5:30 – 7:30 am		Francois Dupuis 5:30 – 7:30 am	Francois Dupuis 5:30 – 7:30 am		Francois Dupuis 6:30 - 8:30 am

- Swimmers are expected to **attend 5 swim practices per week** and to follow their assigned schedules. Make-up practices cannot be accommodated.
- Swimmers are encouraged to attend as many meets as possible during the season, including both short course and long course meets, and including out-of-town meets.

2026-2027 Fees

Registration fee: \$215
(including an OTTSC T-shirt)

Monthly fee: \$285



Junior/Senior Performance

The Junior/Senior group focuses on elevating strength, skills and performance.

Prerequisite: Swimmers must have consistent attendance at all practices and a strong commitment to training and competing.

**First practice of the season:
Wednesday, Sept. 2nd**

**Sawmill practices begin at
the end of Sept and Bob
MacQuarrie practices begin
in October.**

JUNIO/SENIOR PERFORMANCE SCHEDULE

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
Francois Dupuis 5:30 – 7:30 am	Francois Dupuis 5:30 – 7:30 am	Francois Dupuis 5:30 – 7:30 am	Francois Dupuis 5:30 – 7:30 am	Francois Dupuis 5:30 – 7:30 am	Sawmill 6:00 – 8:00 am	
	Dryland TBC		Dryland TBC		Bob MacQuarrie 5:45 - 7:45 pm	

- Swimmers are expected to **attend 6 or 7 swim practices per week** (as agreed to with Coach Blair).
- The Junior/Senior program includes dryland sessions, as well as the possibility of outsourced dryland training led by a personal trainer.
- Swimmers should attend as many meets as possible during the season, including both short course and long course meets, and including out-of-town meets.

2026-2027 Fees

Registration fee: \$215
(including an OTTSC t-shirt)

Monthly fee: \$405
**Monthly fee with outsourced
dryland training: \$450**



Equipment Requirements

Equipment/Group	Pre-Comp	Comp 1	Comp-2	Junior	Senior
Finis Mesh Bag - Royal	X	X	X	X	X
Finis PullBouy - JR or SR	X	X	X	X	X
Finis KickBoard - JR or SR	X	X	X	X	X
Finis Z2 Fins		X	X	X	X
Finis Agility Paddles		X	X	X	X
Finis Manta Paddles			X	X	X
Finis Stability Snorkel			X	X	X
Finis Ankle Strap			X	X	X
Finis 8inch Red Chute				X	X

- OTTSC partners with a local supplier of swimming equipment, GoSwim.
- Equipment can be purchased at the following link: [Ottawa Swim Club - OTTSC – goswim.ca](https://www.goswim.ca)
- On checkout, please use coupon code **OTTSC2020** for a discount, and select “**Pick-up**” as the shipment option. All orders will be picked-up in mid-September and delivered to swimmers at an upcoming practice.
- New Pre-Comp swimmers should purchase their equipment kit (mesh bag, pull buoy and kickboard) directly from OTTSC – Cost of \$95.