

CRESCENT BEACH SWIMMING CLUB
COMPETITIVE SWIMMING PROGRAM
SUMMER 2020

Hello CBSC!

Welcome back to CBSC we are so excited to see you back in the pool this summer! We have a great training program lined up for the summer. This summer we will be focusing on having fun and staying safe! All of the competitive coaches are looking forward to working with the swimmers this summer.

4 Day Comp. Program Fee: \$125 per month Training twice a day: M /T/ Th /F

New for 2020! **2 Day Comp. Program** Fee: \$65 per month Training twice a day: W/ Sat

Head Competitive Coach: William Messcu Email: compswim@cbswimclub.ca

Assistant Head Competitive Coaches: Cameron Cooke and Veronica Phillips

Competitive Swim Coaches: Chris Nelson and Quinn Funke

This training is for competitive summer swimmers. Emphasis is placed on building endurance and strength, developing good technique and this summer, safety and fun will also be top priority. All swimmers must bring a water bottle, goggles, towel and runners to practice and those with long hair must also bring a swim cap. No swimmer will be allowed to share ANYTHING with other swimmers or with coaches. Hand sanitizer stations will be at the pool.

Weekly Training Model: Competitive

| | M/T/Th | W/Sat | Friday |
|--------------------------------|-----------------------------|---|--|
| Time | | | |
| MORNING: 7:30am to 7:45am | Dryland & Active Stretching | Dryland & Active Stretching | Dryland & Active Stretching |
| MORNING: 7:45am to 8:45am | Swim Training | Swim Training | Swim Training |
| AFTERNOON: 2:00pm to 2:15pm | Dryland & Active Stretching | Dryland & Active Stretching W 3:30 - 3:45 Sa 12:45-1:00 | FUN Dryland & Active Stretching (bring running shoes) |
| AFTERNOON: 2:15pm to 3:30pm | Swim Training | Swim Training W 3:45 - 4:45 Sa 1:00- 2:00 | Swim Training |

BCSSA** not required for summer 2020. Cost is \$5 till July 9th and \$35 after July 9th - valid until April 30, 2021. If you plan to join winter maintenance this fall get your BCSSA at the discounted price. <http://www.active.com/water-sports/swimming-registrations/21-bcssa-cbcs-2020>
Contact Anna Nelson at cbscregistrar@gmail.com for further questions.