

CRESCENT BEACH SWIMMING CLUB

COMPETITIVE SYNCHRO

SUMMER 2018

Welcome to the 2018 Competitive Synchro Program at the Crescent Beach Swimming Club! This program allows girls who are looking to take synchronized swimming to the next level to develop their synchro skills in a fun team environment.

COMPETITIVE SYNCHRO / Fee: \$145 per month & *BCSSA \$42

Full commitment of both July and August is necessary due to the short season and team development of the routines. Attendance at all practices and meets is absolutely necessary. Competitive synchronized swimmers must also register in recreational synchro.

*All synchro swimmers must register for BCSSA and pay the BCSSA fee of \$42 by registration day. Only one fee is required for all competitive disciplines swimming, water polo and synchro. Please register and pay the BCSSA fee online at <http://www.active.com/surrey-bc/water-sports/swimming-registrations/19-bcssa-cbcs-2018> Registration must be completed by July 6 to compete at Regionals. Please contact Anna Nelson at cbcsregistrar@gmail.com if you have any questions about BCSSA registration.

The girls will spend the summer learning routines and figures to compete in competitions in both July and August:

- North Van Hootenanny Figures Meet at Watermania (Richmond), July 5th from 7pm-10pm
- Regionals on July 26th (6-10pm Figures) July 27th (4-8pm Team routines) at the Guildford pool
- CBSC Exhibition August 8th 6:30pm - Main CBSC pool
- Provincials are August 15th (figures) and August 16th (team routines) at the Surrey Sports and Leisure Complex - Fleetwood Pool (there will be an additional provincial fees). Times TBA

At these meets, each swimmer will need to have a nude nose plug, plain white cap, and plain black swimsuit (inside out CBSC suit works fine). Also, each routine will need to purchase matching swimsuits that work well with the theme of that routine. For practice, the girls will need a nose plug, bathing suit, and swim cap.

Practice schedule is as follows (all located at the CBSC main pool):

- Mondays from 6:30-8:30pm (teams will practice in either the 6:30pm-7:30pm or 7:30pm-8:30pm timeslot)
- Wednesdays from 8:00am-11:00am (teams will practice in either the 8:00am-9:30am or 9:30am-11am timeslot)
- Teams will practice on either Tuesday or Thursday from 7:30pm - 8:30pm
- Teams and final schedules will be determined in the first week

We look forward to working with you and your children towards what will hopefully be our most successful summer yet! If you have any questions or concerns, feel free to contact Head Synchro Coach Nora O'Callaghan or Cynthia Springate, Synchro Manager. Cynthia will be looking for volunteers to help at the meets throughout the summer. We are all very excited to work with you and your synchronized swimmers this summer!

Head Synchro Coach: Nora O'Callaghan

Competitive Synchro Coaches: Nora O'Callaghan, Liv Miller, Amelia Statnyk, Phoebe Miller

Synchro Manager: Cynthia Springate cynthia.springate@shaw.ca