

CRESCENT BEACH SWIMMING CLUB
DEVELOPMENTAL SWIMMING PROGRAM
SUMMER 2018

Hello CBSC!

I hope you all had an amazing winter and that swimmers are ready to hop in the water! We have a great developmental program lined up for summer 2018. All of the developmental swim coaches are looking forward to working with the swimmers this summer to have the best summer yet.

This hand out contains all the information you will need to know including dates, times and structure of the program. All information in this handout will also be accessible on our website. If you have any further questions about the program feel free to contact Head Developmental Swim Coach Kendra or the other coaches.

Developmental Program / Fee: \$90 per month

Head Developmental Coach: Kendra Lukas

E-mail: KLukas84@mychs.ca

Developmental Swim Coaches; James Hill, Nadia McGowan, Josh Seto

This training program is aimed towards younger, beginner competitive swimmers interested in improving their four strokes (freestyle, backstroke, breaststroke and butterfly); introduces the swimmers to swim meets; and later continuing on to a higher level of competitive swimming. All swimmers are encouraged to attend all developmental meets. * BCSSA required for all but CBSC B Meet.

Weekly Training Model: Developmental

Time	Monday	Tuesday	Thursday	Friday
1:45pm to 2:00pm	Dryland and stretching	Dryland and stretching	Dryland and stretching	FUN Dryland and stretching (bring running shoes)
2:00pm to 2:45pm	Swim Training	Swim Training	Swim Training	Swim Training
2:45pm to 3:00pm	Turns and Starts focus			

1. Meet Schedule

Developmental Meets

- July 4th: Ladner Developmental Meet *(Requires BCSSA)
- July 11th: Kigoos Developmental Meet *(Requires BCSSA)
- July 18th: CBSC “B” Meet (For B time swimmers only)

CBSC Galas:

- July 29th July Gala
- August 26th August Gala

*BCSSA (BC Summer Swimming Association) is a competitive aquatics program in British Columbia. Registration is \$42 for May 1/18–April 30/19 (covers winter maintenance if applicable). Payment is online <http://www.active.com/surrey-bc/water-sports/swimming-registrations/19-bcssa-cbcs-2018> .

Contact Anna Nelson at cbcsregistrar@gmail.com for further questions.

2. Volunteer Positions

Every summer we rely on our amazing parent volunteers to assist the coaching staff to make the summer possible. Volunteering is a great way to meet fellow members, give back to the swim club and really become a part of the Crescent Beach community. Whether this means picking up a timing shift at our swim meets or helping to organise a CBSC function, any help is greatly appreciated. This summer we are looking to fill the following volunteer positions:

1. Timers for all meets **
2. Stroke and Turn Judges for all meets **
3. B Meet volunteers (all positions) contact Janet Petras jpetras@hotmail.com

** We are asking that each swim family commit to 1 stroke and turn or timing shift per swim meet this summer. It’s important that new families take on these roles to share the responsibility with the rest of the club. We will be hosting a **Stroke and Turn Clinic on July 3rd at 7p.m in the CBSC clubhouse** and we highly recommend that all swim parents attend. At the clinic you will be provided with the training required for you to be able to perform competently as a Stroke and Turn Official. These officials are a vital part of a swim meet. They are a combination of volunteer parents from each club participating at the meet. They ensure that the rules relating to the style of swimming designated for the event are being observed and play a vital part of each swimmer development. By getting involved you will be able to learn what the various roles around the pool deck are, and also make the long meet days feel shorter by participating.

CBSC Developmental Swimming 2017

Please fill out this form by checking off which developmental swim meets your child will attend and circling what events they would most likely want to swim. We encourage all swimmers to compete in at least one swim meet. By signing this form you are committing yourself to the selected meets.

July 4th: Ladner Developmental Meet (be there at 4:30pm)

Freestyle

Backstroke

Breaststroke

July 11th: Kigoos Developmental Meet (be there at 4:30pm)

Freestyle

Backstroke

Breaststroke

25m fly

July 18th: CBSC B Meet

IM

Freestyle

Butterfly

Backstroke

Breaststroke

Swimmers Name: _____

Swimmers Birthday: _____

Parents Signature: _____