

CRESCENT BEACH SWIMMING CLUB
DEVELOPMENTAL 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 development program lined up for the summer. This summer we will be focusing on having fun and staying safe! All of the developmental coaches are looking forward to working with the swimmers this summer.

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

Developmental Program / Fee: \$95 per month

Head Developmental Coach: Maddy Glanville

E-mail: maddyglanville@gmail.com

Developmental Swim Coaches: Olivia Hill, Ella Daniel and Edward Lee

This training program is aimed towards younger, beginner competitive swimmers interested in improving their four strokes (freestyle, backstroke, breaststroke and butterfly); and later continuing on to a higher level of competitive swimming. Training is once a day, MTThF.

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. Please wash your hands before you come to the pool.

Weekly Training Model: Developmental

Time	Monday	Tuesday	Thursday	Friday
1pm to 1:15pm	Dryland and stretching	Dryland and stretching	Dryland and stretching	FUN Dryland and stretching (bring running shoes)
1:15pm to 2:00pm	Swim Training	Swim Training	Swim Training	Swim Training
2:00pm to 2:15pm	Turns and Starts focus	Turns and Starts focus	Turns and Starts focus	Turns and Starts focus

