

**CRESCENT BEACH SWIMMING CLUB
COMPETITIVE SWIMMING PROGRAM
SUMMER 2019**

Hello CBSC!

I hope you all had an amazing winter and that swimmers are ready to hop in the water! We have a great competitive program lined up for the summer. All of the competitive staff are looking forward to working with the swimmers this summer to have the biggest turn out at the BCSSA Provincials in Kamloops August 16th – 18th.

Competitive Program / Fee: \$155 per month & BCSSA* \$42

Co- Head Competitive Coaches: Katrina Shinkaruk and Kyle Daniel

E-mail: katrina.shinkaruk@gmail.com and kylemalli@shaw.ca

Assistant Head Competitive Coach: William Messcu

Competitive Swim Coaches: Josh Seto, Cameron Cooke and Veronica Phillips

This training is for full-time competitive summer swimmers. Emphasis is placed on building endurance and strength, developing good technique and developing confidence at swim meets. Swimmers in this program must compete in meets on weekends listed below as well as the Regional meet from August 2nd to 4th in Richmond. If they place first, second, or third in the Regional meet, the swimmer is able to compete in the BCSSA Provincials!

All swimmers must bring a water bottle, goggles to practice and those with long hair must also bring a swim cap.

Weekly Training Model: Competitive

Time	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING: 7:30am to 7:45am	Dryland and Active Stretching	Dryland and Active Stretching	11:00am – 12:00pm Enhancement to weekly program included in competitive fee. Dryland, Active Stretching, and Swim Training	Dryland and Active Stretching	Dryland and Active Stretching
MORNING: 7:45am to 9:00am	Swim Training	Swim Training		Swim Training	Swim Training
AFTERNOON: 2:45pm to 3:00pm	Dryland and Active Stretching	Dryland and Active Stretching		Dryland and Active Stretching	FUN Dryland and Active Stretching (bring running shoes)
AFTERNOON: 3:00pm to 4:15pm	Swim Training	Swim Training		Swim Training	Swim Training

*Registration with BCSSA is required and now payable online \$42

<http://www.active.com/surrey-bc/water-sports/swimming-registrations/20-bcssa-cbcs-2019>

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

1. Meet Schedule

Competitive Meets:

- July 13th and 14th: Surrey and Cloverdale Swim Meet (Bear Creek Pool)
- July 17th: CBSC “B” Meet (For B time swimmers only)
- July 20th and 21st : WRASA Swim Meet (Grandview Pool)
- July 28: North Delta Swim Meet (Sungod Pool)
- August 2nd , 3rd and 4th: Fraser South Regionals (Watermania)
- August 16th to the 18th: BCSSA Provincials (Kamloops)

CBSC Galas:

- July 27th July Gala
- August 25th August Gala

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. Competitive Swim Regional Breakfast Co-ordinator (August 2nd)
4. Competitive Swim Regional Dinner Co-ordinator (August 4th)
5. B- Meet volunteers (all positions) contact Janet Petras jpetras@hotmail.com

** We are asking that each competitive 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 9th 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.

We are hosting a **parent meeting on July 9th at 6:30pm in the CBSC Clubhouse** to discuss our program guidelines, expectations, and rules. Thank you and hope to see everyone there!