

CRESCENT BEACH SWIMMING CLUB

COMPETITIVE SYNCHRO

SUMMER 2019

Welcome to the 2019 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. Swimmers should complete Star 3 prior to joining Competitive Synchro.

COMPETITIVE SYNCHRO / Fee: \$150 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 <https://www.active.com/surrey-bc/water-sports/swimming-registrations/20-bcssa-cbcs-2019> 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 4th from 7pm-10pm
- Regionals on July 25th (5-9pm Figures) July 26th (4-7pm Team routines) at the Guildford pool
- CBSC Exhibition August 7th 6:30pm - Main CBSC pool
- **Provincials are August 14th (figures) and August 15th (team routines) at the Canada Games Aquatic Centre in Kamloops, BC** (there will be an additional provincial fees). Times TBA.

At these meets, each swimmer must 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 6:15-8:30pm (teams will practice in either the 6:15pm-7:30pm or 7:15pm-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 7:15pm - 8:30pm
- Teams and final schedules will be determined in the first week

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, Amelia Statnyk, Phoebe Miller, Ruby Kramer
Synchro Manager: Cynthia Springate cynthia.springate@shaw.ca