

**CRESCENT BEACH SWIMMING CLUB
DEVELOPMENTAL 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 developmental program lined up for summer 2019. 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 Maddy or the other coaches.

Developmental Program / Fee: \$95 per month

Head Developmental Coach: Maddy Glanville

E-mail: maddyglanville@gmail.com

Developmental Swim Coaches; Chris Nelson, Olivia Hill and Edward Lee

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	Turns and Starts focus	Turns and Starts focus	Turns and Starts focus

1. Meet Schedule

Developmental Meets

- July 3rd: Ladner Developmental Meet *(Requires BCSSA)
- July 10th: Kigoos Developmental Meet *(Requires BCSSA)
- July 17th: CBSC “B” Meet (For B time swimmers only)

CBSC will be attending the Ladner Developmental Meet on July 3! Please mark that date on your calendar, the meet starts at 4:45 pm. Registration for this developmental meet (Div 3 and under) will take place on registration day. By **July 29 at 5:00pm**, Please email Maddy, our head developmental coach, at maddyglanville@gmail.com if your child would like to attend this meet and/or if you have any questions

CBSC Galas:

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

*BCSSA (BC Summer Swimming Association) is a competitive aquatics program in British Columbia. Registration is \$42 for May 1/19–April 30/20 (covers winter maintenance if applicable). Payment is online <http://www.active.com/surrey-bc/water-sports/swimming-registrations/20-bcssa-cbcs-2019>
Contact Anna Nelson at cbscregistrar@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 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.