

**CRESCENT BEACH SWIMMING CLUB
ARTISTIC SWIMMING - COMPETITIVE
SUMMER 2021**

Welcome to the 2021 Competitive Artistic Swimming Program (formerly known as competitive synchro) at the Crescent Beach Swimming Club! This program allows swimmers who are looking to take artistic swimming to the next level to develop their skills in a fun and competitive team environment.

COMPETITIVE ARTISTIC SWIMMING / Fee: \$300 for the summer

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 necessary. Competitive artistic swimmers must also register in recreational artistic swimming. Prior to joining the competitive program, swimmers must have completed Star 3.

The swimmers will spend the summer learning routines and figures to improve their artistic swimming skills in a team environment. Things are still evolving on whether we may be permitted to have a local in person meet or showcase this summer, please stay tuned. Alternatively, we will videotape team routines and submit them for judges' feedback.

Each swimmer must have a nude nose plug, plain white cap, and plain black swimsuit (inside out CBSC suit works fine). Also, each swimmer will need to purchase matching swimsuits that work well with the theme of their team routine. This purchase will be coordinated by the coaches.

For practice, swimmers need to bring a nose plug, bathing suit, swim cap, water bottle and towel to practice. Those with long hair must also tie it back or wear a swim cap. We encourage all artistic swimmers to wear swim caps.

Practice schedule (exact schedule will depend on numbers and team assignments):

Mondays – 7:30 – 9:30pm (each team will have one hour)

Tuesdays & Thursdays – 7:30pm – 8:30pm (each team will have either Tues or Thurs)

Wednesday 8:00am – noon (each team will have two hours)

Thursday – 7:30pm-8:30pm (each team will have either Tues or Thurs)

Save the Date:

Artistic Swimming Exhibition – Wednesday, August 11th @ 6:30pm CBSC Pool

If you have any questions or concerns, feel free to contact Head Artistic Swimming Coach Ruby Kramer or Cynthia Springate, Artistic Swimming Manager. We are all very excited to work with your artistic swimmers this summer!

Head Artistic Swimming Coach: Ruby Kramer artisticswimming@cbswimclub.ca

Competitive Artistic Swimming Coaches: Ruby Kramer, Mae Montgomerie, Eva Messcu, Natalie Cooke

Artistic Swimming Manager: Cynthia Springate cynthia.springate@shaw.ca