

CRESCENT BEACH SWIMMING CLUB ARTISTIC SWIMMING - COMPETITIVE SUMMER 2022

Welcome to the 2022 CBSC Competitive Artistic Swimming Program (formerly known as competitive synchro)! 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. **All practices for Competitive Art Swim are at the CBSC Main Pool.**

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.

*All competitive artistic swimmers must register for BCSSA and pay the BCSSA fee of \$42 by registration day. You only need to pay once 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/23-summer-bcssa-cbcs-2022> Please contact Anna Nelson at bcssaregistrar@gmail.com if you have any questions about BCSSA registration.

Athletes will spend the summer learning routines and figures to compete in competitions in both July and August:

- Coquitlam Sharks Figures Meet, July 19th (Coquitlam), time/pool TBA but will be in the evening
- Regionals on July 27th (5-9pm - Figures) July 28th (5-9pm - Team routines) at the Guildford pool
- CBSC Exhibition August 10th 6:30pm - Main CBSC pool
- **Provincials are August 17th (figures) and August 18th (team routines) at the Canada Games Aquatic Centre in Kamloops, BC** (there will be an additional provincial fees). Times TBA.

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. The coaches will coordinate this purchase.

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 - 6:30pm - 8:30pm (all teams)

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

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

If you have any questions or concerns, feel free to contact our Head Artistic Swimming Coaches Eva or May at artisticswimming@cbswimclub.ca We are all very excited to work with your artistic swimmers this summer!

Co-Head Artistic Swimming Coach: Eva Messcu & Mae Montgomerie

Competitive Artistic Swimming Coaches: Mae Montgomerie, Eva Messcu, Natalie Cooke, Georgia Springate

Artistic Swimming Manager: Cynthia Springate cynthia.springate@gmail.com