

CRESCENT BEACH SWIMMING CLUB
Speed Swimming - SUMMER 2022
CBSC Swim Team - Competitive Group

Welcome back! We are so excited to see you in the pool this summer! We have a great training program lined up for the summer. This summer we are looking forward to participating in swim meets! All of the competitive coaches are excited to be working with you this summer.

Competitive Group / Fee: \$165 per month + BCSSA \$42**

Head Competitive Coach: Veronica Phillips

Email: compswim@cbswimclub.ca

Competitive Coaches: Quinn Funke, Tobey Clendenin, Blake Nelson and Claudia Phillips

This program is for Swim Team members who want to participate in regional swim meets. Emphasis is placed on building endurance and strength while developing good technique. Training is **twice a day**, M/T/Th/F with extra Wednesday training and weekend swim meets (see dates below).

All swimmers must bring a water bottle, goggles, towel and runners to every practice and those with long hair must use a swim cap.

Weekly Training:

Morning sessions 7:30am -7:45am - dryland; 7:45am - 9am in pool

Afternoon sessions 2:45pm - 3:00pm dryland; 3:00pm – 4:15pm in pool

Wednesday 12pm - 1pm

Swim Meets:

July 16/17 - WRASA Meet - Grandview Pool

Wednesday July 20th - CBSC 'B' Meet 12pm-7pm **only for those strokes that you do not have 'A' times

July 23/24 - Sunfish Meet - Sun God Pool, Delta

July 30/31 - Surrey Sea Lions Meet - Bear Creek Pool, Surrey

August 5, 6, 7 - Regional Swim Meet - Watermania Pool, Richmond (to attend this meet you must swim in one of the regional meets - the CBSC 'B' meet does not count)

August 19, 20, 21 - Provincial Swim Meet - Kamloops, BC (to attend this meet you must qualify with a 1st, 2nd or 3rd place or a PQT (provincial qualifying time) at the Regional Swim Meet)

Save the Dates:

Parents meeting Tuesday July 5th 7pm-7:30pm - chance to meet the coaches, get lots of info and ask your questions

Stroke and Turn Clinic Tuesday July 5th 7:30pm - 9pm - CBSC Director of Officials will walk you through what it means to be a stroke and turn official at a swim meet. This will help you understand why kids are disqualified (known as a DQ) at meets and how swim meets run - all officials are VOLUNTEERS and the support of our CBSC parents is CRITICAL! Please come and see, no commitment, no fear, and we even provide beverages and snacks! What's stopping you???

****BCSSA (British Columbia Summer Swimming Association) Membership**

BCSSA membership is required for all swimmers in the competitive group. Cost is \$42 - valid until August 31, 2022.

<https://www.active.com/surrey-bc/water-sports/swimming-registrations/23-summer-bcssa-cbcs-2022>

Contact Anna Nelson at BCSSARegistrar@cbswimclub.ca with further questions.