

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

**Welcome back!** We are so excited to see you in the pool this summer! We have a great development program lined up for the summer. This summer we will be focusing on having fun and becoming better swimmers and getting some PB's (personal best times)! All of the development coaches are looking forward to working with you this summer.

**Development Group** / Fee: \$110 per month (optional \*\*BCSSA membership \$42)

Head Development Coach: Chris Nelson

E-mail: [devswim@cbswimclub.ca](mailto:devswim@cbswimclub.ca)

Developmental Swim Coaches: Edward Lee, Chloe Fong, Lily Cox and Kate Hunter

This training program is meant as a first step for CBSC Swim Team members. Swimmers will improve their strokes (freestyle, backstroke, breaststroke and butterfly), build endurance and strength and be introduced into the techniques of speed swimming and competitions. Swimmers are encouraged to attend Developmental swim meets (see dates below).

**Training Options:**

Dev Swim group (ages 7yrs - 11yrs) M/T/Th/F from 2:00 to 3:00pm - 15 mins dryland (active stretching) & 45 mins of pool time.

Senior Dev Swim group (11yrs and up) M/T/Th/F from 1:00 to 2:00pm - 15 mins dryland (active stretching) & 45 mins of pool time.

**Swim meets:** If team members would like to participate in regional swim meets a BCSSA membership is required (\*\* info below)

**Meet Dates (Wednesdays):**

July 6th - Ladner Dev Meet – 5pm start

July 13th - Richmond Dev Meet – 5pm start

July 20th - CBSC 'B' Meet -Noon start

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

**Save the Date:**

**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 Membership (British Columbia Summer Swimming Association)

If you would like to participate in meets this summer you **MUST** purchase a BCSSA membership. Cost is \$42 and is valid until August 31, 2022.

If you **do not plan to participate in meets** you do not need BCSSA membership.

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

Contact Anna Nelson at [BCSSARegistrar@cbswimclub.ca](mailto:BCSSARegistrar@cbswimclub.ca) with further questions.