

CRESCENT BEACH SWIMMING CLUB
Speed Swimming - SUMMER 2023
CBSC Swim Team - Competitive Group

Welcome to new team members and welcome back to our returning team members! We have a great training program lined up for the summer and the competitive coaches are excited to be working with you.

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

Head Competitive Coach: Quinn Funke

Email: compswim@cbswimclub.ca

Comp Coaches: Tobey Clendenin, Claudia Phillips, Henry Lee & Matthew Lopes

This program is for CBSC 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 – 4:00pm in pool

Wednesday 12pm - 1pm

Swim Meets:

July 8/9 Tritons Meet - Fleetwood Pool

July 15/16 - WRASA Meet - Grandview Pool

Wednesday July 19th - CBSC 'B' Meet 12pm-7pm **only for those strokes that you do not have 'A' times

July 22/23 - Sunfish Meet - Sun God Pool, Delta

July 29/30 - Surrey Sea Lions Meet - Bear Creek Pool, Surrey Note Because July 29th is our CBSC Gala swim meet coaches and swimmers will only attend the July 30th

August 4, 5, 6 - 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 18, 19, 20 - Provincial Swim Meet - Nanaimo, 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 in an individual event or 1st, 2nd or a PQT as a relay)

Note: Confirmation of your availability to attend this meet is required prior to Regionals - situations arise where swimmers placing below 3rd have the opportunity to attend due to other swimmers opting out. More info will be available about this at our parent meeting.

Accommodations: Please see link for the hotel accommodations we have secured- **booking deadline for this hotel is 5pm July 12th, 2023**

[Hotel for 2023 BCSSA Provincials Aug 13-20th](#)

You can of course opt to find your own accommodations in Nanaimo but consider doing that sooner than later as rooms book up fast.

Save the Dates:

Parents meeting Tuesday July 4th 7pm-7:30pm - chance to meet the head coach, get lots of info and ask your questions

Stroke and Turn Clinic Tuesday July 4th 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 April 30th, 2024. If you participated in Spring Training you have already purchased your BCSSA Membership for this season. This membership will be valid if you decide to join Winter Maintenance in Fall 2023 and all competitive groups (water polo, art swim, speed swimming and diving)

Link for BCSSA Membership:

<https://www.active.com/water-sports/swimming-registrations/24-bcssa-cbcs-2023>

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