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

Welcome new team members and welcome back to returning team members! We have a great development program lined up for you. This summer we will be focusing on having fun and becoming better swimmers and getting some PB's (personal best times)! The development coaches are looking forward to working with you.

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

Co-Head Development Coaches: Chloe Fong and Blake Nelson
E-mail: devswim@cbswimclub.ca
Developmental Swim Coaches: Lily Cox, Kate Hunter, Sophie Francoeur and Maggie Turner

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 is **once a day M/T/Th/F** with two groups based on age.

Training Groups:
Dev Swim (ages 7yrs - 11yrs) M/T/Th/F from 12:45pm to 2:00pm - 15 mins dryland (active stretching) & 1 hour of pool time.

Senior Dev Swim (11yrs and up) M/T/Th/F from 1:45 to 3:00pm - 15 mins dryland (active stretching) & 1 hour of pool time.

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

Swim meets:

Meet Dates (Wednesdays) - open to ALL Swim Team members in the Dev Group

July 12th - Richmond Dev Meet – 5pm start - Steveston Pool

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

List of Competitive Regional swim meets is available from Comp Swim Coaches. If you want to attend any of those meets you MUST have a BCSSA Membership - see info below - more details available at parent meeting.

Save the Date:

Parents meeting Tuesday July 4th 7pm-7:30pm - chance to meet the head coaches, 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 Membership (British Columbia Summer Swimming Association)**

If you would like to participate in regional meets you MUST purchase a BCSSA membership (membership is not required for Dev meets or meets at the CBSC pool). Cost is $42 and is valid until April 30, 2024. If you participated in Spring Training you already have a BCSSA membership for this season. This membership will be valid if you decide to join Winter Maintenance. Your BCSSA membership covers all competitive disciplines (Speed Swimming, Water Polo, Art Swim and Diving).

If you **do not plan to participate in regional swim meets (only Dev meets or meets at CBSC)** you do not need BCSSA membership.

Link for BCSSA membership:
https://www.active.com/water-sports/swimming-registrations/24-bcssa-cbsc-2023

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