

CRESCENT BEACH SWIMMING CLUB ARTISTIC SWIMMING - COMPETITIVE SUMMER 2023

Welcome to the 2023 CBSC Competitive Artistic Swimming Program! 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 Pool.**

COMPETITIVE ARTISTIC SWIMMING / Fee: \$320

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/24-bcssa-cbcs-2023> Please contact Anna Nelson at cbcsregistrar@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 Routine Feedback Meet Tuesday, July 18th 4-9pm City Centre Aquatic Complex
- Regionals are on July 27th (5-9pm) at the Guildford pool.
- CBSC Exhibition August 9th 6:30pm - Main CBSC pool
- **Provincials are Tuesday, August 15th at the Nanaimo Aquatic in Nanaimo, BC** (there will be an additional provincial fees). Times 3-8pm.
- **Provincial hotel booking link** - We have 30 rooms reserved for CBSC families, click https://docs.google.com/document/d/1aFv66gMvRQk0Lo_8MjF_NMjF5sVb7_akcgWIIsgwfaM/edit for more info. Unbooked hotel rooms will be released July 13th. We also have a room booked at the hotel on Tuesday from noon-2pm to do hair and makeup before the meet. If you are planning to travel on Tuesday, please book the 745 ferry to Duke Point from Tsawwassen to ensure your arrival.

Each swimmer must have a nude nose plug and plain white cap. Changes to the rule book this year make a black suit optional. Each swimmer will need to purchase matching swimsuits that work well with the theme of their team routine. The coaches will coordinate this purchase. Please be sure your athlete knows her suit size.

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):

Mon - 6:15pm - 8:30pm (all teams)

Tuesday & Thursday - 7:15pm - 8:30pm

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 Coach Eva at artisticswimming@cbswimclub.ca We are all very excited to work with your artistic swimmers this summer!

Head Artistic Swimming Coach: Eva Messcu Competitive Artistic Swimming Coaches: Eva Messcu, Charley Tepper, Sally Montgomerie, Indigo Twigg, and Cameron Forrest
Artistic Swimming Manager: Cynthia Springate cynthia.springate@gmail.com