

# CRESCENT BEACH SWIMMING CLUB

## ARTISTIC SWIMMING - COMPETITIVE

### SUMMER 2025

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Welcome to the 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. Athletes will spend the summer learning routines and competing.

#### REGISTRATION AND FEES:

- CBSC Competitive Artistic Swimming Fee: \$365
- All competitive artistic swimmers must register for BCSSA on registration day. This annual BCSSA registration fee for insurance is required for all competitive swimmers, water polo players and artistic swimmers. Link to purchase: [BCSSA](#). Please email [bcssaregistrar@cbswimclub.ca](mailto:bcssaregistrar@cbswimclub.ca) if you have any questions about BCSSA registration.
- Competitive artistic swimmers must also register in recreational artistic swimming at CBSC. Prior to joining the competitive program, swimmers must have three years of Recreational Artistic swimming experience and have completed Star 3.

#### COMMITMENT:

Full commitment of both July and August is required due to the short season and team development of the routines. Attendance at all practices and meets is necessary.

#### SCHEDULE:

*\* There will be a brief parent meeting at the beginning of the first practice on Monday June 30 at 6:15pm.*

#### Practice Schedule:

(exact schedule will depend on numbers and team assignments and will be confirmed at the parent meeting):

- Mondays: 6:15pm - 8:30pm, CBSC Pool, all teams
- Tuesdays & Thursdays: 7:15pm - 8:30pm, CBSC Pool, each team will have either Tues or Thurs
- Tuesdays: 12:15pm - 1:15pm, TBD (extra practices as necessary)
- Wednesdays: 8:00am - 12:00pm, CBSC Pool, each team will be assigned two hours
- Practice is cancelled on Tuesday, July 29th for the CBSC dances

#### Competition Schedule:

- Coquitlam Sharks Routine Feedback Meet: July 15<sup>th</sup>, 4pm - 9pm, City Centre Aquatic Complex
- Multi-Regionals Meet: July 24<sup>th</sup>, 4pm - 9pm, Guildford Rec Centre
- CBSC Art Swim Exhibition: August 6<sup>th</sup>, 6:00pm, CBSC Pool.
- Provincials: August 14<sup>th</sup>, 8:00am-2:00pm, Prince George (there will be additional provincial fees)

#### Provincials in Prince George Aug 11-17, 2025

#### Meet package and info [BCSSA Provincials](#)

**Hotel information** - We have booked a block of rooms in Prince George and this information will be provided to all the groups via your Parent Coordinator along with more information at the Parent Meeting, Monday June 30th

\*\*\*Please Attend; WP 5:45pm, Art Swim 6:15pm, Comp Swim 6:30pm

**Provincial Fees** - At this time, given the added travel we are estimating each athlete attending provincials (regardless of number of events/sports they participate in) will be charged a flat fee of between \$150 and \$200. These fees help cover meet fees and extra coaching fees related to travel. Fees will be billed to your account in late August.

**GEAR:**

Each swimmer must have a nude nose plug, plain white cap, and plain black swimsuit (inside out CBSC suit works fine). Also, each swimmer will need to purchase matching swimsuits that work well with the theme of their team routine. The coaches will coordinate this purchase. For practice, swimmers need to bring a nose plug, bathing suit, swim cap, water bottle and towel. Those with long hair must tie it back or wear a swim cap. We encourage all artistic swimmers to wear swim caps.

We are very excited to work with your artistic swimmers this summer!

*Head Artistic Swimming Coach:* Sally Montgomerie [artisticswimming@cbswimclub.ca](mailto:artisticswimming@cbswimclub.ca)

*Assistant Head Coach:* Cameron Forrest

*Artistic Swimming Parent Volunteer:* Amy Cranston [amyjanecranston@me.com](mailto:amyjanecranston@me.com)