

# CRESCENT BEACH SWIMMING CLUB

## CBSC Swim Team – Competitive Program Overview (Summer 2026)

Welcome to the Crescent Beach Swim Club Competitive Swim Program! Whether you are joining us for the first time or returning for another summer, we are excited to support your swimmers' growth and success.

Head Coach: Mathew Lopes

Assistant Head Coaches: Cora Clendenin & Natalia Phillips

Comp Swim Coaches: Ashley Gray, Conner Forrest, Ethan Paisley, Isabelle Bastien, and Kai McCallum

For all inquiries, please contact: [compswim@cbswimclub.ca](mailto:compswim@cbswimclub.ca)

- Coach approval is required for NEW swimmers [compswimcoach@cbswimclub.ca](mailto:compswimcoach@cbswimclub.ca)
  - BCSSA required - details below
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## Weekly Training Schedule

**Morning Sessions** - all Comp swimmers (Mon/Tues/Thurs/Fri)

Dryland: 7:30 – 7:45 am

Pool: 7:45 – 9:00 am

- \*\*Morning training for Div 1 & 2 is optional. Swimmers can choose a lighter, less strenuous schedule if needed. [Age Locator for divisions](#)

**Afternoon Sessions** (Mon/Tues/Thurs/Fri) - Swimmers train within one of two afternoon training times based on birth year:

### Training Group 1:

- 1:45 – 3:00 pm (includes 15 min dryland)
- Swimmers born 2019, 2018, 2017, 2016, 2015, 2014

### Training Group 2:

- 2:45 – 4:00 pm (includes 15 min dryland)
- Swimmers born 2013, 2012, 2011

**Wednesday Midday Training** - 2 time slots:

Training Group 1: 12:00 - 1:00 pm

Training Group 2: 1:00 - 2:00 pm

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## Comp Program Focus & Training Approach

- Development of all four competitive strokes: freestyle, backstroke, breaststroke, and butterfly
- Strong emphasis on technique, efficiency, and overall stroke quality
- Progressive development of racing skills, endurance, and race readiness

- Focus on building the hallmark “*Crescent Beach stroke*”—clean, efficient, and technically sound swimming
  - Development of strong technical habits for long-term success
  - Increasing focus on fitness, racing speed, and technical consistency as swimmers progress
  - Gradual progression in training demands and endurance to support continued growth in technique and racing performance
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### **Swim Meet Expectations:**

Swim meet participation is a core expectation for all CBSC competitive swimmers.

Younger developing swimmers can gain experience at the CBSC B Meet and the Richmond Kigoos Development Meet.

**Race Eligibility Details for Regionals:** To be eligible to race in a specific *individual* event at Regionals, swimmers must have previously competed in that event at a weekend meet during the season. For example, if a swimmer wishes to enter the 50 breaststroke at Regionals, they must have swum the 50 breaststroke at another meet earlier in the season. (This rule does not apply to relays.)

### **Swim Meet Schedule – 2026**

- July 4/5: Tritons Meet – Surrey Sport and Leisure Center
  - July 8: Kigoos Development Meet (4:00 – 7:00 pm; developing Div 1–3 swimmers only) - Steveston Outdoor Pool
  - July 11/12: WRASA Meet – Grandview Pool
  - July 15: CBSC 'B' Meet (3:00 – 8:00 pm; for non-A times only \*prior coach approval for race entry is required)
  - July 18/19: Sunfish Meet – Sungod Pool, Delta
  - July 26: Surrey Sea Lions Meet – Bear Creek Pool, Surrey
  - July 31, August 1, 2: Regional Championships – Watermania, Richmond  
(*Note: Must attend at least one earlier meet to qualify in the event of choice*)
  - August 13–16: Provincial Championships – Kamloops  
(*Note: Must place Top 3 or meet PQT at Regionals. More information to come*)
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### **Parent Info and Volunteering**

Parent Meeting: Tuesday, June 30, 6:30 – 7:00 pm

Meet the coaching team and get important details for the summer season.

**Stroke and Turn Clinic:** Tuesday, June 30th, 7:00 – 9:00 pm @ CBSC Pool & Clubhouse. Directly after the comp swim parents' meeting.

Come learn how swim meets operate and what DQs are all about! No commitment required – just come, ask questions, and enjoy refreshments. Officials are critical volunteers, and your support keeps our meets running!

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### **BCSSA Membership**

All swimmers in the Competitive Swim Program must have a current BCSSA Membership, valid

May 1, 2026 - April 30, 2027.

- If you participated in Spring Training 2026, you have already purchased this membership.
- This same membership is valid for all summer sports (art swim, water polo, speed swim) and for Winter Maintenance

[Link to Purchase 2026 BCSSA](#)

Questions about BCSSA membership? Email: [BCSSARegistrar@cbswimclub.ca](mailto:BCSSARegistrar@cbswimclub.ca)

### **Provincials in Kamloops Aug 11- 16, 2026**

Meet package and info can be found here [BCSSA Provincials](#)

**Hotel information** - We have booked a block of rooms in Kamloops and this information will be provided to all the groups via your Parent Coordinator along with more information at the Parent Meeting Tuesday June 30th \*\*\*Please attend; WP 6:00pm, Comp Swim 6:30pm

**Provincial Fees** - \$200 per athlete. These fees help cover meet fees and coaching costs. Fees will be billed to your account in late August.