

# 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)
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### Training Group 1

This group is designed to build a strong foundation in technique, racing skills, and endurance for motivated young swimmers. Our priority is to develop the hallmark “Crescent Beach stroke”—a reputation built on clean, efficient, and technically sound swimming.

#### Key Features:

- Swimmers born 2019, 2018, 2017, 2016, 2015 and 2014
  - Strong emphasis on the development of all four strokes for speed swimming and competing: freestyle, backstroke, breaststroke, and butterfly
  - Focused development of racing skills and endurance
  - Establishes age-appropriate technical habits that set swimmers up for long-term success
  - Supportive and fun introduction to the expectations of competitive summer swimming
  - Full participation in all comp swim team activities: team meetings and games, cheers, scavenger hunts, Swimmer of the Week, Regional Breakfast, etc.
  - BCSSA membership required (more info below [Link to Purchase 2026 BCSSA](#))
  - Coach approval is required for NEW swimmers [compswimcoach@cbswimclub.ca](mailto:compswimcoach@cbswimclub.ca)
  - **Questions for the Head Coach?** [compswimcoach@cbswimclub.ca](mailto:compswimcoach@cbswimclub.ca)
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### Training Group 2

This performance-focused program is for swimmers who are ready to push their training, technique, and racing to a higher level.

## Key Features:

- Swimmers born 2013, 2012, 2011
  - Proficiency in all four strokes is required
  - Training sessions average 2–4 km per session
  - Focus on fitness, racing speed, and technical excellence
  - Meet Expectations: Swim meet participation is a core expectation for all CBSC competitive swimmers.
  - Full participation in all comp swim team activities: team meetings and games, cheers, scavenger hunts, Swimmer of the Week, Regional Breakfast, etc.
  - BCSSA membership required (more info below [Link to Purchase 2026 BCSSA](#))
  - Coach approval is required for new swimmers [compswimcoach@cbswimclub.ca](mailto:compswimcoach@cbswimclub.ca)
  - **Questions for the Head Coach?** [compswimcoach@cbswimclub.ca](mailto:compswimcoach@cbswimclub.ca)
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## Weekly Training Schedule

Morning Sessions both Training Groups (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.

Afternoon Sessions (Mon/Tues/Thurs/Fri):

Training Group 1: 1:45 – 3:00 pm (includes 15 min dryland)

Training Group 2: 2:45 – 4:00 pm (includes 15 min dryland)

Wednesday Midday Training - 2 time slots; Wednesday groups will be determined in the first week. Times are: 12:00 - 12:55pm OR 1:00 - 1:55pm

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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 – Guildford Pool
  - 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.