

CRESCENT BEACH SWIMMING CLUB

ARTISTIC SWIMMING - COMPETITIVE

SUMMER 2024

Welcome to the 2024 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: \$315
- All competitive artistic swimmers must register for BCSSA on registration day. This annual BCSSA registration fee of \$43 for insurance is required for all competitive swimmers, water polo players and artistic swimmers. Link to purchase: [BCSSA](https://www.bcssa.ca). Please contact Anna Nelson at 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 July 1st at 6:15pm.*

Practice Schedule:

(exact schedule will depend on numbers and team assignments):

- 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

Competition Schedule:

- Coquitlam Sharks Routine Feedback Meet: July 16th, 4pm - 9pm, City Centre Aquatic Complex
- Multi-Regionals Meet: July 25th, 4pm - 9pm, Guildford Rec Centre
- CBSC Art Swim Exhibition: August 7th, 6:00pm, CBSC Pool.
- Provincials: August 15th, 8:00am-3:00pm, UBC Pool (there will be additional provincial fees).

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 also tie it back or wear a swim cap. We encourage all artistic swimmers to wear swim caps.

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

Head Artistic Swimming Coaches: Eva Messcu & Sally Montgomerie artisticswimming@cbswimclub.ca

Assistant Head Coach: Charley Tepper

Competitive Artistic Swimming Coaches: Indigo Twigg and Cameron Forrest

Artistic Swimming Parent Volunteer: Amy Cranston amyjanecranston@me.com