

CRESCENT BEACH SWIMMING CLUB
Speed Swimming - SUMMER 2024
CBSC Swim Team - Competitive Group

Welcome to new team members, and welcome back to our returning team members! We have a great training program lined up for the summer, and the competitive coaches are excited to work with you.

Competitive Group / Fee: \$350 + BCSSA \$43**

Head Competitive Coaches: Quinn Funke & Claudia Phillips

Email: compswimcoach@cbswimclub.ca

Comp Coaches: Matthew Lopes, Cora Clendenin, Connor Fong, Taryn MacKenzie, Natalia Phillips

This program is for CBSC Swim Team members who want to participate in regional swim meets. Emphasis is placed on building endurance, speed, and strength while developing good technique. Training is **twice a day**, M/T/Th/F, with extra Wednesday training and weekend swim meets (see dates below).

**All swimmers must bring a water bottle, goggles, towel and runners to every practice. Swimmers with long hair must use a swim cap, but all swimmers are encouraged to wear a cap

Weekly Training:

Morning sessions 7:30am -7:45am - dryland; 7:45am - 9am in pool

Afternoon sessions 2:45pm - 3:00pm dryland; 3:00pm – 4:00pm in pool

Wednesday 12pm - 1pm

Swim Meets:

July 6/7 Tritons Meet - Fleetwood Pool

July 13/14 - WRASA Meet - Grandview Pool

Wednesday July 17th - CBSC 'B' Meet 12pm-7pm **only for those strokes that you do not have 'A' times

July 20/21 - Sunfish Meet - Sun God Pool, Delta

July 27/28 - Surrey Sea Lions Meet - Bear Creek Pool, Surrey **Note:** Because July 27th is our CBSC Gala swim meet, coaches and swimmers will only attend July 28th

August 2,3,4 - Regional Swim Meet - Watermania Pool, Richmond (to attend this meet you must swim in one of the prior regional meets - the CBSC 'B' meet does not count)

August 16,17,18 - Provincial Swim Meet - UBC Aquatic Center (to attend this meet you must qualify with a 1st, 2nd or 3rd place or a PQT (provincial qualifying time) at the Regional Swim Meet in an individual event OR 1st, 2nd or a PQT as a relay) **Note:** Confirmation of your availability to attend

Provincials is required prior to Regionals - situations arise where swimmers placing below 3rd have the opportunity to attend due to other swimmers opting out. More information about this will be available at our parent meeting.

PARENTS Save the Dates:

Parents meeting Tuesday July 2nd 7pm-7:30pm - chance to meet the head coach, get lots of info and ask your questions

Stroke and Turn Clinic Tuesday July 2nd 7:30pm - 9pm - at CBSC pool and clubhouse

CBSC Director of Officials will walk you through what it means to be a stroke and turn official at a swim meet. This will help you understand why kids are disqualified (known as a DQ) at meets and how swim meets run - all officials are VOLUNTEERS and the support of our CBSC parents is CRITICAL! Please come and see; no commitment, no fear, and we even provide beverages and snacks! What's stopping you???

****BCSSA (British Columbia Summer Swimming Association) Membership**

BCSSA membership is required for all swimmers in the competitive group. Cost is \$43 - valid until April 30th, 2025. If you participated in Spring Training, you have already purchased your BCSSA Membership for this season. This membership will be valid if you decide to join Winter Maintenance in Fall 2024 and for all summer competitive groups (water polo, art swim, speed swimming and diving).

Link for BCSSA Membership:

<https://www.active.com/surrey-bc/water-sports/swimming-classes/25-bcssa-cbcs-2024>

Contact Anna Nelson at BCSSARegistrar@cbswimclub.ca with further questions.