

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

**Welcome new team members and welcome back returning team members! We have a great development program lined up for you. This summer, we will focus on having fun, becoming better swimmers, and getting some PBs (personal best times)! The development coaches are looking forward to working with you.**

**Development Group** / Fee: \$115 per month (optional \*\*BCSSA membership \$43 - see info below)

Head Coaches: Chloe Fong and Blake Nelson

E-mail: [devswim@cbswimclub.ca](mailto:devswim@cbswimclub.ca)

Developmental Swim Coaches: Lily Cox, Kate Hunter, Sophie Francoeur, Samantha Cyr, Ty Gaudet and Taryn MacKenzie

This training program is meant as a first step for CBSC Swim Team members. Swimmers will improve their strokes (freestyle, backstroke, breaststroke and butterfly), build endurance, speed & strength, and be introduced to the techniques of speed swimming and competitions. Swimmers are encouraged to attend Developmental swim meets (see dates below). Training is **once a day M/T/Th/F** with two groups based on age.

**Training Groups:**

Dev Swim (ages 7yrs - 11yrs) M/T/Th/F from 12:45pm to 2:00pm - 15 mins dryland (activation) & 1 hour of pool time.

Senior Dev Swim (11yrs and up) M/T/Th/F from 1:45pm to 3:00pm - 15 mins dryland (activation) & 1 hour of pool time.

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

**Swim meets:**

**Meet Dates (Wednesdays) - open to ALL Swim Team members in the Dev Group**

July 10th - Kigoos Dev Meet\* (requires BCSSA membership) – 5pm start - Steveston Pool

July 17th - CBSC 'B' Meet 12pm start

Splash and Dash Dev Meet\*(requires BCSSA membership) - Bear Creek Pool TBD

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

If you would like to participate in any regional meets, including the Dev meets listed above, you **MUST** purchase a BCSSA membership (membership is not required for meets at the CBSC pool). Cost is \$43 and is valid until April 30, 2025. If you participated in Spring Training, you already have a BCSSA membership for this season. This membership will also be valid if you decide to join Winter Maintenance in Fall 2024. Your BCSSA membership covers all competitive disciplines (Speed Swimming, Water Polo, Art Swim and Diving).

If you **do not plan to participate in regional swim meets (ie. meets at pools other than our CBSC pool)** you do not need BCSSA membership.

If you are interested a list of the other Competitive Regional swim meets is available from the Comp Swim Coaches.

**Parents, Save the Date: Stroke and Turn Clinic** Tuesday July 2nd 7:30pm - 9pm at the CBSC pool and clubhouse

CBSC Director of Officials will walk parents 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???