

CANADIAN DOLPHIN SWIM CLUB

BLUE GROUP	
Prerequisites	Minimum requirement is completion of White Group goals or by coach recommendation. Assessment for new swimmers.
Age	12 and under
Program Information	Three 1.25-hour sessions per week, each including 15 minutes stretching and 1-hour water. Working towards swimming 100 IM in under 2:00. 5 Mini Meets per season.
Swimmers' Commitment and Goals	<ol style="list-style-type: none"> 1. Make your best effort to attend all practices. 2. Attend as many of the Mini Meets and social events as possible. 3. Have fun and make friends!
Parents' Commitment	<ol style="list-style-type: none"> 1. Arrange to have your swimmer attend as many practices, Mini Meets, and social events as possible and ON TIME, and let your swimmer's coach know by email in advance if your swimmer will be absent. 2. Stay informed by reading the website, reading and responding to emails, and communicating with your swimmers' coach before or after practices. 3. Attend offered meet officials training clinics and volunteer at meets, meet or exceed Parent Participation requirements and fundraising goals. 4. Keep credit card on file updated and pay fees on time.
Season	September/October through June
Required gear/equipment	CDSC t-shirt and cap (worn at every practice), goggles, CDSC kickboard and meshbag, swimsuit, fins.