

GOLD GROUP	
Prerequisites	<p>Age: 15 yrs. & over.</p> <p>Promoted by coach based on move up criteria, or placement by coach assessment:</p> <ul style="list-style-type: none"> Vancouver Coastal Divisional time standard.
Season	September through July
Progression Opportunities	<u>National Group</u> (subject to coach recommendation & acceptance).
Program Information	<p>6 Workouts a Week:</p> <ul style="list-style-type: none"> Seven hours swimming per week, plus dryland.
Swimmer Commitments	<ol style="list-style-type: none"> Attend minimum of 70% attendance including AM workouts. Attend meets that your group is scheduled for, and all Championship meets qualified for (specifically peak meets in December, March/April, and July). Familiarize yourself with and follow the Club Code of Conduct. Attend as many social events as possible. Independent and self-motivated.
Swimmer Goals	<ol style="list-style-type: none"> Work towards Divisional & Provincial time standards. Have fun and make friends!
Parent Commitments	<ol style="list-style-type: none"> Arrange to have your swimmer attend as many practices as possible ON TIME, all meets on the group's seasonal schedule, and all Championship meets your swimmer is qualified for, as well as social events, and let your swimmer's coach know by email in advance if your swimmer will be absent. Stay informed by reading the website and newsletters, reading and responding to emails, and communicating with your swimmers' coach by email or scheduled meeting. Familiarize yourself with the Club Manual and follow protocols set out. Attend offered meet officials training clinics and volunteer at meets, meet or exceed Parent Participation Points requirement and fundraising goals. Keep credit card on file updated and pay fees on time.
Equipment	<p>Required: CDSC t-shirt & cap (worn at every practice and meet), CDSC kickboard, fins, goggles, swimsuit, pool buoy, hand paddles, snorkel, ankle band, CDSC backpack, and mesh bag.</p> <p>Recommended: CDSC Parka or hoodie.</p>