

CANADIAN DOLPHIN SWIM CLUB

LMR GROUP	
Prerequisites	Minimum requirement is to qualify for LMR Meets (ability to swim 200 IM in under 4:00), or by coach recommendation.
Age	10 – 13 years old
Program Information	5.5 hours swimming per week, plus dryland. Required to attend regional competitions and LMR Champs.
Swimmers' Commitment and Goals	<ol style="list-style-type: none"> 1. Make your best effort to attend all practices. 2. Attend all regional meets your group is recommended for and the LMR Champs, and as many 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 as possible, all Regional Meets and the LMR Champs, and social events, 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 by email or scheduled meeting. 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 through July
Gear/Equipment	Required: CDSC t-shirt and cap (worn at every practice), goggles, CDSC kickboard and meshbag, swimsuit, fins, CDSC Backpack. Recommended: CDSC Parka