

NATIONAL GROUP	
Prerequisites	<p>Age: 13 yrs. and older.</p> <p>Promoted by coach based on move up criteria and discretion, or placement by coach assessment:</p> <ul style="list-style-type: none"> • Working towards Junior Trials time standard. • Provincial finalist.
Season	September to August.
Program Information	<p>7 Workouts a Week (8 for select distance swimmers):</p> <ul style="list-style-type: none"> • 13 hours swimming per week, plus dryland & yoga.
Swimmer Commitments	<ol style="list-style-type: none"> 1. Minimum 90% attendance including AM workouts. 2. Attend all meets as recommended for you by the Head Coach. 3. MUST ATTEND ALL DESIGNATED MEETS – THROUGH THE SUMMER. 4. Attend as many social events as possible. 5. Be a positive role model for all swimmers within the club and follow the Club Code of Conduct; participate in fundraising and running of clinics for younger swimmers.
Swimmer Goals	<ol style="list-style-type: none"> 1. Reach finals at Provincial Champs and work towards additional National time standards. 2. Achieve Top 25 or higher in Province. 3. Have fun and make friends!
Parent Commitments	<ol style="list-style-type: none"> 1. 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. 2. Stay informed by reading the website and newsletters, reading and responding to emails, and communicating with your swimmers' coach by email or scheduled meeting. 3. Familiarize yourself with the Club Manual and follow protocols set out. 4. Minimal interaction with the coach – this should be done mostly by swimmer-coach. 5. Respect and follow the guidance of the coaches in your swimmer's training and competition program and play a supportive role. 6. Attend offered meet officials training clinics and volunteer at meets, meet or exceed Parent Participation Points requirement and fundraising goals. 7. Keep credit card on file updated and pay fees on time.
Equipment	<p>Required: CDSC shirt & cap (worn at every practice and meet), CDSC kickboard, fins, goggles, swimsuit, pool buoy, hand paddles, snorkel, ankle band, CDSC backpack, and meshbag.</p> <p>Recommended: CDSC parka or hoodie.</p>