

CANADIAN DOLPHIN SWIM CLUB

RED GROUP	
Prerequisites	Minimum requirement is ability to swim 100 IM in under 2:00, or by coach recommendation. Assessment for new swimmers.
Age	12 and under
Program Information	Four sessions per week, each including 15 minutes stretching and 1/1.5-hour(s) water. Working towards swimming 200 IM in under 4:00. 5 Pass Meets per season; required to complete a minimum of 3 Pass Meets to progress to the LMR Group.
Swimmers' Commitment and Goals	<ol style="list-style-type: none"> 1. Make your best effort to attend all practices. 2. Attend a minimum of 3 Pass Meets, 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, Pass 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 updated and pay fees on time.
Season	September through June
Required gear/equipment	CDSC t-shirt and cap (worn at every practice), goggles, CDSC kickboard and meshbag, swimsuit, fins, CDSC Backpack, water bottle.