

CANADIAN DOLPHIN SWIM CLUB

REGIONAL GROUP	
Prerequisites	Has been promoted by coach recommendation from the LMR Group.
Age	10 – 12 years old
Program Information	Eight hours swimming per week, plus dryland. Required to attend regional competitions, LMR Champs and Divisional Champs (if qualified).
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, LMR and Divisional Champs, and as many social events as possible. 3. It is expected that you will commit to the seasonal Meet Schedule both LC and SC. 4. Reach finals at LMR Champs and work towards Divisional Championships. 5. 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, LMR Champs, and Divisional Champs, as well as 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, swimsuit, fins, CDSC Backpack and meshbag. Recommended: CDSC Parka.