REGIONAL GROUP

Prerequisites	Age: 10 yrs. & under as of Winter Provincials. Promoted by coach based on move up criteria and coach discretion, or placement by coach assessment: • High attendance in previous group
Season	September through July.
Progression Opportunities	<u>Provincial Development Group</u> (11 – 12 yrs. + group time criteria). <u>Bronze Group</u> (11 – 12 yrs. + LMR time).
Program Information	5 Workouts a Week: • 5.5 hours swimming per week, plus dryland.
Swimmer Commitments	1. Attend minimum of 80% attendance including AM workouts. 2. Attend meets that your group is scheduled for, and all **Championship** meets qualified for (specifically peak meets in December, March/April, and July). 3. Familiarize yourself with and follow the Club Code of Conduct. 4. Attend as many social events as possible. 5. Communicative, independent, and self-motivated.
Swimmer Goals	1. Attend minimum 80% of practices. 2. Achieve Top 50 or higher in Province. 3. Have fun and make friends!
Parent Commitments	1. Arrange to have your swimmer attend as many practices as possible, all meets on the group's seasonal schedule, and all Championship meets your swimmer is qualified for, 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 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. Attend offered meet officials training clinics and volunteer at meets, meet or exceed **Parent Participation Points** requirement and fundraising goals. 5. Keep credit card on file updated and pay fees on time.
Equipment	Required: CDSC t-shirt & cap (worn at every practice and meet), CDSC kickboard, fins (short), goggles, swimsuit, pool buoy, snorkel, FINIS ankle band, CDSC backpack, and mesh bag. Recommended: CDSC Parka or hoodie.