

CANADIAN DOLPHIN SWIM CLUB

SENIOR GROUP	
Prerequisites	By coach recommendation or assessment. Minimum requirement is ability to swim 200 IM under 4:00.
Age	13 and up
Program Information	5 practices per week. Attending Regional Meets, working towards qualifying for Divisional Champs and Provincial Championships.
Swimmers' Commitment and Goals	<ol style="list-style-type: none"> 1. Make your best effort to attend all practices. 2. Attend regional meets, and as many social events as possible. 3. Work towards stroke improvement and improved fitness. 4. Have fun and make friends!
Parents' Commitment	<ol style="list-style-type: none"> 1. Arrange to have your swimmer attend practices, Regional Meets, 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 and at meets), goggles, CDSC kickboard and Mesh Bag, swimsuit, fins, water bottle, CDSC Backpack.