

SILVER GROUP	
Prerequisites	<p>Age: 12 – 15 yrs. as of Winter Provincials. Promoted by coach by move up criteria or placement by coach assessment.</p> <ul style="list-style-type: none"> • 11-12 200 IM under 3:30 • 13-14 200 IM under 3:20 • 15&O 200 IM under 3:10.
Season	September through July
Progression Opportunities	<p><u>Provincial Group</u> (11 – 17 yrs. + Vancouver Coastal Divisional finalist & Provincial qualifier).</p> <p><u>Gold Group</u> (15 yrs. & over + Vancouver Coastal Divisional qualifier).</p> <p><u>Stroke Improvement & Conditioning</u> (12 yrs. & over + ability to swim all 4 strokes).</p>
Program Information	<p>6 Workouts a Week:</p> <ul style="list-style-type: none"> • Seven hours swimming per week, plus dryland.
Swimmer Commitments	<ol style="list-style-type: none"> 1. Minimum 75% 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. Independent and self-motivated.
Swimmer Goals	<ol style="list-style-type: none"> 1. Work towards Divisional time standards. 2. 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, 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	<p>Required: CDSC t-shirt & cap (worn at every practice and meet), CDSC kickboard, fins, goggles, swimsuit, pool buoy, hand paddles, snorkel, ankle band, CDSC backpack, and mesh bag.</p> <p>Recommended: CDSC Parka or hoodie.</p>