

WHITE GROUP	
Prerequisites	<p>Age: 9 yrs. & under as of Winter Provincials.</p> <p>Promoted by coach based on move up criteria, or placement by coach assessment:</p> <ul style="list-style-type: none"> • Ability to Swim Freestyle & Backstroke. • Ability to perform somersault/flipturn will be prioritized. • Ability to perform breaststroke kick.
Season	September through June.
Progression Opportunities	<u>Blue Group</u> (10 yrs. & under + ability to swim Freestyle, Backstroke, & Breaststroke. Ability to swim Dolphin Kick, and perform somersault/flipturn).
Program Information	<p>3 Workouts a Week:</p> <ul style="list-style-type: none"> • 3 hours swimming per week.
Swimmer Commitments	<ol style="list-style-type: none"> 1. Attend as many workouts as possible. 2. Attend all PASS meets that your group is scheduled for. 3. Familiarize yourself with and follow the Club Code of Conduct. 4. Attend as many social events as possible.
Swimmer Goals	<ol style="list-style-type: none"> 1. Work on swimming and listening skills. 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, and all meets on the group's seasonal schedule, 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, CDSC backpack, and mesh bag.</p> <p>Recommended: CDSC Parka or hoodie.</p>