

## CANADIAN DOLPHIN SWIM CLUB

<b>YOUTH GROUP</b>	
Prerequisites	By coach recommendation or assessment.
Age	12 and up
Program Information	2 practices per week. Attending regional meets is optional (if 200 IM is under 4:00).
Swimmers' Commitment and Goals	<ol style="list-style-type: none"> <li>1. Make your best effort to attend practices.</li> <li>2. Attend regional meets if qualified, and as many social events as possible.</li> <li>3. Work towards stroke improvement and improved fitness.</li> <li>4. Have fun and make friends!</li> </ol>
Parents' Commitment	<ol style="list-style-type: none"> <li>1. Arrange to have your swimmer attend practices, optional Regional Meets (if qualified), and social events, <b>ON TIME</b>, and let your swimmer's coach know by email in advance if your swimmer will be absent.</li> <li>2. Stay informed by reading the website, reading and responding to emails, and communicating with your swimmers' coach by email or scheduled meeting.</li> <li>3. Attend offered meet officials training clinics and volunteer at meets, meet or exceed <b>Parent Participation requirements</b> and fundraising goals.</li> <li>4. Keep credit card on file updated and pay fees on time.</li> </ol>
Season	October through June
Gear/Equipment	Required: CDSC t-shirt and cap (worn at every practice and at meets), goggles, CDSC kickboard and meshbag, swimsuit, fins, CDSC Backpack (if attending meets).