

Pointe-Claire Swim Club

Sport-Études Concentration



Come join a part of Canadian swimming history located right in your backyard! Since its inception in 1967, the Pointe-Claire Swim Club has produced over 15 Olympians and is known for developing hard working and dedicated young adults. We don't just produce top athletes; we produce top people!

The PCSC Advantage:

- **Development:** A robust 10 and under development program focused on technical development, skill acquisition, and fun!
- **A Culture of Excellence:** Pointe-Claire Swimming has been ranked in the top three programs in the country for the last 14 years.
- **Performance:** The home of multiple home-grown National and Junior National champions, 2018 and 2022 Commonwealth games medalists, and three 2023 World Championship games participants.
- **Experience:** A highly experienced, passionate, and dedicated full-time coaching staff with over 150 seasons (years) of combined coaching experience.
- **World class facilities:** two 50m training pools (one with 10 lanes and one with 6 lanes), multiple dryland rooms, and a well-equipped weight room.
- **Travel Opportunities** in and outside Canada including training camps and swimming competitions.
- **A Sport-Études program** offering a joint study and sport partnership with multiple local schools.
- **Sport-Scholarships:** No other club in Quebec has provided more post-secondary scholarship opportunities to their athletes.

Pointe-Claire Swim Club: Dedicated to Sport and Academic Excellence

- Our Development and Performance pathways can lead to many post-secondary swimming scholarships.
 - Over the years, no other team in Quebec has provided the same amount of scholarship opportunities to their athletes.
 - Our reputation is well known amongst both Canadian and American universities, with many schools eager to recruit our athletes for scholarships.
 - We have 23 currently active PCSC athletes attending universities across North America, most of them on scholarships.

Pointe-Claire Swim Club Sport-Études Program Information

Contact Information

For any further questions regarding the program please contact the Stephanie Shewchuk at Stephanie_shewchuk@yahoo.ca

PCSC Sport-Études Schedule and Attendance expectations

The Sport-Études program at Pointe-Claire Swim Club is a club program where athletes have the benefit of training earlier in the day due to an adjusted school schedule. This means that the athletes in the Sport-Études program are expected to attend some additional practices on top of the 5 afternoon practices (1 to 4pm) based on their ideal training load for their level.

Group	COACH	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Sport-Études Program	Sport Études Performance	Philip Garverick	8-9x	5:30 - 7:30 am P 10-50 Deep 0-9	5:30 - 7:30 am P 10-50 LCM 0-9		5:30 - 7:30 am P 10-50 LC 0-9	6:00 - 8:00 am P 10-50 Sha 0-9 8:00 - 9:00 am D MP1-3, Gymnasium	
				1:00 - 2:00 pm D MP1-3	1:00 - 3:00 pm P 10-50 Widths	1:00 - 2:00 pm D MP4 and Mezzanine	1:00 - 3:00 pm P 10-50 Widths	1:00 - 2:00 pm D MP1-3	
				2:00 - 4:00 pm P 10-50 Sha 0-9 + Widths	3:00 - 4:00 pm D Invite Only (Practice #9)	2:00 - 4:00 pm P 10-50 Sha 0-9 + Widths	3:00 - 4:00 pm D Weight Room, MP1-3	2:00 - 4:00 pm P 10-50 Sha 0-9 + Widths	
	Sport Études Development Senior	Stephanie Shewchuk	6-8x	5:30 - 7:30 am P 10-50 Deep 0-9 Invite Only (Practice #7)				5:30 - 7:30 am P 10-50 LC 0-5 or 6-50 LCM Invite Only (Practice #8)	6:00 - 8:00 am P 10-50 Deep 4-9 8:00 - 9:00 am D MP1-3, Gymnasium
				1:00 - 2:00 pm D MP1-3	1:00 - 2:00 pm D MP1-3	1:00 - 2:00 pm D MP4 and Mezzanine	1:00 - 2:00 pm D MP1-3	1:00 - 2:00 pm D MP1-3	
				2:00 - 4:00 pm P 10-50 Sha 0-9 + Widths	2:00 - 4:00 pm P 10-50 Sha 0-9 + Widths	2:00 - 4:00 pm P 10-50 Sha 0-9 + Widths	2:00 - 4:00 pm P 10-50 Sha 0-9 + Widths	2:00 - 4:00 pm P 10-50 Sha 0-9 + Widths	
	Sport-Études Development Junior	Natalia Kalbarczyk	6-7x	5:30 - 7:30 am P 10-50 Deep 0-9 Invite Only (Practice #7)					6:00 - 8:00 am P 10-50 Deep 4-9 8:00 - 9:00 am D MP1-3, Gymnasium
				1:00 - 2:00 pm D MP1-3	1:00 - 2:00 pm D MP1-3	1:00 - 2:00 pm D MP4 and Mezzanine	1:00 - 2:00 pm D MP1-3	1:00 - 2:00 pm D MP1-3	
				2:00 - 4:00 pm P 10-50 Sha 0-9 + Widths	2:00 - 4:00 pm P 10-50 Sha 0-9 + Widths	2:00 - 4:00 pm P 10-50 Sha 0-9 + Widths	2:00 - 4:00 pm P 10-50 Sha 0-9 + Widths	2:00 - 4:00 pm P 10-50 Sha 0-9 + Widths	

Attendance is expected at all scheduled practices. **School evaluations are based on the 1-4pm practices, while the swim club evaluations are based on all practices (morning and afternoons).** If athletes do not follow the requirement of the standards set by their coach, they may be asked to change to a night group and lose the privilege of swimming from 1-4pm.

Athletes struggling with attendance will be notified of the issue verbally and if it continues, they will have a meeting with the head coach.

Club Fees 2023-2024



Pointe-Claire Swim Club Club Fees 2023-2024



Pointe-Claire Residents

Group Name	Total Season Cost	July 2023 Non-Refundable *		September 2023	October 2023	November 2023		November 2023	December 2023	January 2024	February 2024	March 2024
		Affiliation Fees	Season Deposit	Balance of Club Fees	Volunteer Commitment (Can be credited)	Membership Fees (Lump Sum)		Membership Fees (1/5)	Membership Fees (1/5)	Membership Fees (1/5)	Membership Fees (1/5)	Membership Fees (1/5)
National Performance Junior National Performance Senior Provincial Sport-Etudes	\$2,564.00	\$144.00	\$150	\$385	\$350	\$1,885	November 2023 is the total Membership fee. This can be paid by one lump sum or split over 5 monthly payments starting in November 2023	\$377	\$377	\$377	\$377	\$377
Junior Provincial Provincial Development Age Group Performance, Age Group A	\$2,289.00	\$144.00	\$150	\$385	\$350	\$1,610		\$322	\$322	\$322	\$322	\$322
Age Group B and C Age Group Development	\$1,896.00	\$121.00	\$150	\$380	\$350	\$1,245		\$249	\$249	\$249	\$249	\$249
Bout de Chou 1 A, B, C, D (9-10)	\$1,071.00	\$91.00	\$100	\$145	\$250	\$735		\$147	\$147	\$147	\$147	\$147
Bout de Chou 2 A, B, C, D (8 and under)	\$930.00	\$70.00	\$100	\$125	\$250	\$635		\$127	\$127	\$127	\$127	\$127

* The non refundable registration fee and club affiliation is part of the total season fee. Payment of this fee is required to reserve your child's spot on the team.
Note: The affiliation fee does not include the ANLSL fee.

Non-Residents of Pointe-Claire

Group Name	Total Season Cost	July 2023 Non-Refundable *		September 2023	October 2023	November 2023		November 2023	December 2023	January 2024	February 2024	March 2024
		Affiliation Fees	Season Deposit	Balance of Club Fees	Volunteer Commitment (Can be credited)	Membership Fees (Lump Sum)		Membership Fees (1/5)	Membership Fees (1/5)	Membership Fees (1/5)	Membership Fees (1/5)	Membership Fees (1/5)
National Performance Junior National Performance Senior Provincial Sport-Etudes	\$3,534.00	\$144.00	\$150	\$600	\$350	\$2,640	November 2023 is the total Membership fee. This can be paid by one lump sum or split over 5 monthly payments starting in November 2023	\$528	\$528	\$528	\$528	#DIV/0!
Junior Provincial Provincial Development Age Group Performance, Age Group A	\$3,149.00	\$144.00	\$150	\$600	\$350	\$2,255		\$451	\$451	\$451	\$451	\$451
Age Group B and C Age Group Development	\$2,611.00	\$121.00	\$150	\$595	\$350	\$1,745		\$349	\$349	\$349	\$349	\$349
Bout de Chou 1 A, B, C, D (9-10)	\$1,456.00	\$91.00	\$100	\$240	\$250	\$1,025		\$205	\$205	\$205	\$205	\$205
Bout de Chou 2 A, B, C, D (8 and under)	\$1,280.00	\$70.00	\$100	\$220	\$250	\$890		\$178	\$178	\$178	\$178	\$178

* The non refundable registration fee and club affiliation is part of the total season fee. Payment of this fee is required to reserve your child's spot on the team.
Note: The affiliation fee does not include the ANLSL fee.

What is Sport-Études?

The Advantages of Sport-Études

- Schedule: a fantastic mix of study time, family time, recovery time and free time
- Facilities, Equipment and Pool Time: 14 lanes, All dryland spaces, Underwater Camera available everyday
- Full-time career coaches
- Low swimmer to coach ratio
- Higher practice attendance with option to make up practices outside of regular training time

Sport-Études is Pointe-Claire Swim Club

Other than the schedule, Sport-Études athletes share everything with non-Sport-Études athletes:

- The same competitions
- The same social events
- The same access to fundraising and training camps

They are PCSC athletes that just train earlier in the day!

The ideal Sport-Études Swimmer

- Committed with a long-term outlook about the sport
- Passionate about swimming
- Hard working
- Positive attitude
- Open to change
- Desire to maximize their potential in both school and swimming

Application Process

Academic acceptance

Athletes interested in joining will need to be accepted academically by one of our 3 partner schools:

- John Rennie High School
- École Cité Des Jeunes
- École des Sources

Entrance exams are normally written in grade 5 or 6 (depending on the school). Exam times/dates vary by school. More information can be found on the school's websites regarding these dates.

Sport acceptance

*Minimum Requirements:

- Athletes must have at least 12 months of competitive swimming experience.
- Athletes must have competed in a provincial-level competition the year prior to them joining.
- Must first and foremost display a good technical foundation in the sport.
- *Acceptance is based on the coach's evaluation and the PCSC Development Model*

If these requirements have been met, then we will schedule a tryout with a Sport-Études coach.

**The acceptance criteria will evolve with the current available standards and competitive swimming situation in the club and in Quebec.*

PCSC Sport-Études Policies

Attendance Policy

- All athletes need to be in attendance from 1-4pm Monday-Friday.
- This is like school time; appointments or other activities **should not be booked** during this time.
- Athletes must attend all scheduled practices, including morning practices. **Practices outside the 1-4pm time slot do not affect the academic evaluation grade.**
- Failure to maintain their attendance at scheduled practices will result in dismissal from the program.
- Procedures for practices missed for PED support will be set by the athlete's coach. It is expected that athletes communicate planned PED support with the coach in advance.
- Athletes must compete in both the Winter and Summer Championship competitions.

Evaluations

- There are three academic evaluations per season.
 - Academic evaluations are based on the 1-4pm time slot; attendance at morning practices do not affect this grade.

- Sport-Études athletes will also receive evaluations from the swim club each season. These evaluations are critical for continued participation with the Pointe-Claire Swim Club.

Attendance policy: Exam period

- Athletes are expected to maintain normal schedule and attend all practice during exams periods. We truly believe in the student-athlete model for our program which involves teaching a healthy balance between school and sport and preparing athletes for the eventuality of being a student athlete after high school.
- Communicate with the athlete's coach for special circumstances.

Communication policy

For any issues, the order of communication is as follows:

Step #1: The athlete's own coach

Step #2: The director of the Sport-Etudes Program (Chris Bielby)

Step #3: The head coach of the Club (Martin Gingras)

Championship Competition Policy

- Athletes must compete in both the Winter and Summer Championship competitions.
- Our Sport-Études program runs until the athlete's last **championship** competition of the season. This is a requirement to be in our program.
- The coach will determine which championship competition(s) the athlete attends.
- The competition schedule with dates is usually published in early to mid September.

Qualities of a PCSC Sport-Études Athlete

The following is an example of our expectations for a Pointe-Claire Swim Club Sport-Études athlete.

- **Be present:** I will attend all scheduled practices (including dryland). If I must miss a practice, I will communicate with my coach in advance to schedule a makeup.
- **Commit to the season:** I will attend all championship competitions and agree to train until the end of my respective season as indicated to me by my coach. I will commit to the Holiday schedule, Summer Schedule, and training during exams.
- **Be the best that I can be:** I will strive to continually give my best effort during practices, regardless of what is happening in my day-to-day life.
- **Have a positive attitude:** I realize my attitude is contagious; a positive attitude is an important factor in helping establish an environment of improvement for myself and my entire group during trainings and competitions.
- **Focus on my education:** I will not neglect my studies and I will place a large emphasis on my academic pursuits.
- **Act like a professional:** I will act professionally and with respect when representing the Pointe-Claire Swim Club and my group at practices, school, competitions, outings, social events, etc.
- **Have all my equipment:** I will bring my equipment to all workouts (includes water bottles!).
- **Be a good teammate:** I will respect all members of the PCSC team.
- **Respect my training environment:** I will arrive early enough to ensure the pool is set up for each practice and clean up after myself when finished (including dryland).
- **I will enjoy myself:** I will do my best to realize I am here to enjoy and better myself. Without enjoyment results will not mean anything.



Intent to join Pointe-Claire Swim Club Sport-Études



Please indicate the season you are applying for (Circle one) 2023-2024 2024-2025 2025-2026

Athlete name: _____

Please indicate the partnered Sport-Études school you **are interested** in for the season you are applying for:

JOHN RENNIE

ÉCOLE DES SOURCES

CITÉ DES JEUNES

NONE

Have you been **accepted** into the Sport-Études Academic program at the school indicated above? YES NO

Are you currently enrolled in a competitive swimming program? YES NO

Date of Birth: _____

Name of club/program: _____

Frequency of trainings per week: _____

Total hours of training per week: _____

Previous competitive swimming experience prior to the 2021-2022 season (Provide as many details as possible):

Contact Information

Parent/Guardian Names: _____

Phone Number: _____

Email: _____

Qualifying criteria for new Athletes:

- Athletes must have at least 12 months of competitive swimming experience.
- Athletes must have competed in a provincial-level competition the year prior to them joining.
- Must first and foremost display a good technical foundation in the sport.
- *Acceptance is based on the coach's evaluation and the PCSC Development Model*