

Regional

COACH – Fraser Roberts

This program is for motivated and dedicated swimmers 15 years of age and above. The focus of this group is to continue the process of learning to train, mastering technique and exposing the swimmers to all aspects of competitive swimming in and out of the pool. Swimmers will have multiple competitive opportunities throughout the season, highlighted by two championship competitions. Swimmers can graduate out of the Regional program and into the National Development program once they have met the training and competitive prerequisites for the program.

Prerequisites:

- 15 years or older
- Minimum Swim BC “AA” Qualified in at least one event
- 75% attendance of all scheduled practices is required to compete
- *The Head Coach reserves the right to accept swimmers into the Regional program that have made some but not all of the above criteria.*

Equipment required: bathing suit, Rapids black t-shirt, kickboard, pull-buoy, fins, paddles, band, snorkel, Rapids cap (if cap worn), goggles, water bottle.

TRAINING SCHEDULE (All sessions at Watermania)

	MON	TUES	WED	THUR	FRI	SAT	Monthly Fees	Adv Fees
a.m.						8:00-10:00am		
p.m.	5:15-7:00pm	5:15-7:00pm	5:15-7:00pm	5:15-7:00pm	5:15-7:00pm		\$180.00	\$250

All listed practice times include activation/Dry Land training time