CANADIAN DOLPHIN
SWIM CLUB

Blue 2 Group Information

Description:

- FUNdamentals and Learning to Train group - ages 7 to 11
- OR recommendation from Blue 1 Group coach

Pre-requisites

- Complete goals of Blue 1 Group
- ***Excel in kicking skills and listening skills***
- ***Must have a 4 minute 200 I.M. to be in the group***

Blue 2 Group Goals

- Competitive based – goal to getting to AA times and multiple LMR events
- Enjoy swimming and commit to a minimum of 2-3 practices a week
- Demonstrate team spirit and respect to all people
- Swim efficiently and enhance proper kicking skills as well as more stroke development and training skills for endurance
- Be able to perform all four strokes at an adequate level to reach an A level QT in at least one stroke
- Perform legal starts and turns in all four strokes in competition
- Move from PASS to LMR meets
- Swim 400m continuously / kick 200 m continuously
- Learn to use a pace clock
- Develop Agility, Balance, Coordination, and Speed (land and water)

Schedule:

Sunday	6:00 – 8:15 am	2 hour swim/15 min. dryland
Monday & Wednesday	5:30 – 7:00 pm	15 min. dryland/75 min. swim

Cost:

Swim B.C. registration:	$88 (8 & U), $108 (9 & 10) or $154 (11-14)
Club Fee:	$100 per family, paid upon registration
Shirt, cap, kickboard, mesh bag:	$70 (new swimmers), $30 (cap and t-shirt for returning swimmers)
Training Fees:	$1250, paid by10 installments of $125 Sept 1 – June 1; for second+ swimmer in family $1150 paid by 10 installments of $115.

Deposits:

Meet fees:	charged to member's credit card on file as incurred.
Volunteering	2 x $90 charged after January 31 and June 30 if insufficient Parent Participation Points reported. 18 PPP points required *(8 min.at CDSC major meets; 10 other)*

Expectations:

Athletes	Treat others with respect and care. 90% attendance at all practices. Arrive 5 min. before practice starts. Wear CDSC gear and bring a water bottle to every practice. Demonstrate a positive attitude and good effort at all times.
Parents	Participate in CDSC volunteer activities *(see back of this form)* Ensure all fees are paid on time and accounts are in order. Treat other parents, athletes, and coaches with respect. Use positive and encouraging language with your athlete. Encourage healthy nutrition. Remain off the pool deck, unless invited by the coach.

IMPORTANT INFORMATION*

TRAINING FEES

- These are **annual/seasonal fees** which are paid by equal monthly installments charged to the member's credit card on file.
- ***Family Discount****:* The first swimmer in a family (defined as the swimmer in the highest group) will pay the full training fees for his/her group, and second and subsequent swimmers in the same family will receive a discount on the training fees for their (lower) groups.
- ***Moving to a New Group***: If a swimmer moves to a different group, the new fee and other payment rates will come into effect on the first day of the first full month the swimmer spends in the new group; for example, if a swimmer moves groups on March 15th, the new group's fee rate will take effect on April 1st.
- ***Withdrawals and Refunds***: All training fees are non-refundable except with **30 days' written notice** given before the end of a month; for example, if a swimmer wishes to withdraw from the club from the month of February onwards, notice of the withdrawal must be received in writing by the club no later than December 31st. However, **no refunds of fees for withdrawals will be given after May 1st and all fees will be payable from May 1st until the end of the season unless notice of withdrawal has been received by April 30th**, or documented medical reasons have been provided. Club membership, clothing charges, and Swim BC registration fees are non-refundable.

MEET ENTRY FEES

- As we are a ***competitive swim club***, all swimmers, with the exception of swimmers registered in the Fitness and Junior Dolphins Groups, are encouraged and expected to participate in swim meets. Meet entry fees, surcharges, and Swim BC levies associated with entering a Meet will be charged to the swimmer's credit card on account.
- Travel expenses for away meets will be charged separately prior to departure and on a meet by meet basis.

PARENT PARTICIPATION POINTS (PPP)

- With the exception of our professional coaches, the Club is run by volunteers. The Club ensures that it has enough volunteers to run the Club, its swim meets and other events, by using a PPP system.
- Each family must earn a minimum number of points per season determined by the group of the family's swimmer at the highest level.
- Families are responsible for keeping track of their points and reporting them to their Group Rep or the PPP Coordinator.
- The PPP levy is paid per family and determined by the group of the family's swimmer in the highest level. The levy is paid in 2 equal installments, the first on January 31st and the second on June 30th.
- If the family earns and reports the required points, the PPP levy will not be charged.
- Please see the information on our website under *Volunteering & PPP** for further details.

FUNDRAISING

- The Club relies on ALL swimmers to fundraise in order to meet the Club's expenses without major increases in group training fees. The Club runs fundraising initiatives to give our parents and swimmers opportunities to help fundraise.
- *Swimmers may be required to participate in targeted fundraising activities in order to be eligible to attend training camps or to be eligible to receive travel subsidies.*
- Please see the information on our website under *Fundraising** for further details.

OUTSTANDING ACCOUNTS

- All accounts must be in good standing before swimmers can be registered for the new season. Swimmers whose fee accounts are in arrears or whose credit cards have expired at any point in the season may be suspended from swimming and/or Meets until all outstanding amounts are paid in full. A $25 fee will be charged for **all late or dishonoured payments.**

***more information may be found on our website www.canadiandolphin.ca**

HAVE AN EXCITING AND SUCCESSFUL SEASON! WE LOOK FORWARD TO SEEING YOU AT THE POOL.