

CANADIAN DOLPHIN SWIM CLUB

NATIONAL GROUP	
Prerequisites	Has been promoted by coach recommendation, or placement by coach assessment. Provincial finalist (top 10); Minimum 1 Western time standard.
Age	13 and over
Program Information	11.5 hours swimming per week, plus dryland and yoga. Required to attend regional competitions, and all Championship Meets qualified for.
Swimmers' Commitment and Goals	<ol style="list-style-type: none"> 1. Make your best effort to attend all practices, minimum 85% attendance required to remain in this group. If attendance falls below 75% in any month, a meeting will be required with parents, swimmer and coach. 2. Attend all meets your group recommended for you by the Head Coach. 3. Sign a contract at the beginning of the season committing to effort, minimum attendance of 85%, and to the seasonal Meet Schedule both LC and SC. 4. Reach finals at Provincial Champs and work towards more Western time standards, CJC and CSC time standards. 5. Be a positive role model for all swimmers within the club; participate in fundraising and running of clinics for younger swimmers. 6. Have fun and make friends!
Parents' Commitment	<ol style="list-style-type: none"> 1. Arrange to have your swimmer attend as many practices as possible, all meets on the group's seasonal schedule, and all Championship Meets your swimmer is qualified for, 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, reading and responding to emails, and communicating with your swimmers' coach by email or scheduled meeting. 3. Respect and follow the guidance of the coaches in your swimmer's training and competition program, and play a supportive role. 4. Attend offered meet officials training clinics and volunteer at meets, meet or exceed Parent Participation requirements (click here) and fundraising goals. 5. Keep credit card on file updated and pay fees on time.
Season	September through July/August (depending on meets)
Gear/Equipment	Required: CDSC t-shirt and cap (worn at every practice and meet), goggles, CDSC kickboard, swimsuit, fins, CDSC Backpack and Meshbag, snorkel, band, hand paddles, drag suit, water bottle. Recommended: CDSC Parka.