CANADIAN DOLPHIN SWIM CLUB

PROVINCIAL DEVELOPMENT GROUP	
Prerequisites	Has been promoted by coach recommendation, or placement by coach assessment. 1 Vancouver Coastal Divisional time standard.
Age	11 – 14 years old
Program Information	Ten hours swimming per week, plus dryland (TBA). Yoga TBA. **Required** to attend regional competitions, and Championship Meets qualified for.
Swimmers' Commitment and Goals	1. Make your best effort to attend all practices. 2. Attend all regional meets your group is recommended for, all Championship meets you are qualified for, as well as as many social events as possible. 3. Commit to the seasonal Meet Schedule both LC and SC. 4. Reach finals at Divisional Champs and work towards Provincial time standards. 5. Have fun and make friends!
Parents' Commitment	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. Attend offered meet officials training clinics and volunteer at meets, meet or exceed **Parent Participation requirements** and fundraising goals. 4. Keep credit card on file updated and pay fees on time.
Season	September through August
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. Recommended: CDSC Parka.

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