

# 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 20 Olympians and is known all over the world for developing hard working and dedicated athletes.

## **What we can offer:**

- A robust competitive swimming program focused on technical development, skill acquisition, performance, and fun!
- A culture of excellence: PCSC has been the top 11-17-year-old program in the country for three years running.
- The winners of multiple National and Junior National champion titles over the past years.
- A highly experienced, passionate, and dedicated coaching staff.
- World class facilities with two 50m training pools, a well-equipped weight room, and state-of-the-art dryland facilities.
- Many travel opportunities including training camps and provincial/National/International swimming competitions.

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

- Our Age Group and National-level programs are a direct pathway to many post-secondary scholarships (*athletes must fulfill the criteria of the post-secondary institutions; acceptance is not guaranteed*).
  - Over the years, no other team in Quebec has provided the same amount of scholarship opportunities to their athletes as Pointe-Claire Swim Club.
  - Our reputation is well known amongst both Canadian and American universities, with many schools eager to recruit our athletes for scholarships.
- Home of a 2018 Commonwealth games silver medalist, a 2018 Pan Pacific team member, 2 National Champions at the 2021 Canadian Swimming Trials and consistently one of the largest Olympic Trials teams in the country.

**We don't just produce top athletes; we produce top people!**

# Pointe-Claire Swim Club Sport-Études Program Information

## Contact Information

For any further questions regarding the program please contact the Chris Bielby at [chrisbielby@gmail.com](mailto:chrisbielby@gmail.com)

## 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.



### Pointe-Claire Swim Club Training Schedule 2021-2022 Season



Group	Age	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Sport-Études	Sport-Études Elite (Senior)	8x	1:00 - 2:00 pm D Dryland	1:00 - 3:00 pm P Swimming	5:30 - 7:00 am P Swimming	1:00 - 3:00 pm P Swimming	5:30 - 7:00 am P Swimming	6:00 - 8:00 am P Swimming	
			2:00 - 4:00 pm P Swimming	3:00 - 4:00 pm P Dryland	1:00 - 2:00 pm D Dryland	3:00 - 4:00 pm P Dryland	1:00 - 2:00 pm D Dryland	2:00 - 4:00 pm P Swimming	
	Sport-Études Elite (Junior)	12 yrs.+ 7x	1:00 - 2:00 pm D Dryland	1:00 - 3:00 pm P Swimming	1:00 - 2:00 pm D Dryland	1:00 - 3:00 pm P Swimming	5:30 - 7:30 am P Swimming	1:00 - 2:00 pm D Dryland	6:00 - 8:00 am P Swimming
			2:00 - 4:00 pm P Swimming	3:00 - 4:00 pm P Dryland	2:00 - 4:00 pm P Swimming	3:00 - 4:00 pm P Dryland	1:00 - 3:00 pm P Swimming	2:00 - 4:00 pm P Swimming	8:00 - 9:00 am D Dryland
	Sport-Études Development	6x	1:00 - 2:00 pm D Dryland		1:00 - 2:00 pm D Dryland	6:00 - 8:00 am P Swimming			
			2:00 - 4:00 pm P Swimming		2:00 - 4:00 pm P Swimming				

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 (Subject to change for 2022-2023)

See website for specific details concerning fees

### POINTE-CLAIRE RESIDENTS:

GROUP	JULY								
	Non-Refundable Registration Fee **	SEP	OCT	NOV	DEC	JAN	FEB	MAR	\$ TOTAL
Sport-Études Élite (Senior)	150	365	400	361	361	361	361	361	1805
Sport-Études Élite (Junior)	150	365	400	361	361	361	361	361	1805
Sport-Études Development	150	365	400	309	309	309	309	309	1545

### NON-RESIDENTS:

GROUP	JULY								
	Non-refundable Registration Fee **	SEPT	OCT	NOV	DEC	JAN	FEB	MAR	\$ TOTAL
Sport-Études Élite (Senior)	150	570	400	505	505	505	505	505	2525
Sport-Études Élite (Junior)	150	570	400	505	505	505	505	505	2525
Sport-Études Development	150	570	400	433	433	433	433	433	2165

\*\* The non-refundable registration fee is part of the total. Payment of this fee will guarantee your child's spot on the team.

## 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 Chêne-Bleu
- 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:

- Have attended the 11-12 Provincial Championships the year before they join.
- Participation in this meet requires **3 provincial standards** for the athlete's age
- Athlete has been accepted in a partner Sport-études school

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)      2022-2023      2023-2024      2024-2025

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*      *ÉCOLE CHÊNE BLEU*      *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 2020-2021 season (Provide as many details as possible):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Contact Information

Parent/Guardian Names: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

## Qualifying criteria for new Athletes:

### \*Current Competitive Swimmers

- Must first and foremost display a good technical foundation in the sport
- Athletes aged 11-12 must have achieved at least 3 provincial standards for their age
- Athletes aged 13-14 must have achieved at least 3 AA standards for their age
- Athletes ages 15+ must have achieved at least 3 AAA standards for their age