



Blue 1 Group

Description: FUNdamentals group	Age: 5 to 8 years
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Pre-requisites:

- Complete goals of White group
- Demonstrate an eagerness to learn

Group Goals:

- Enjoy sport and demonstrate positive behaviors toward teammates
- Show respect to coaches, parents, and teammates
- Demonstrate a high level of effort and excitement to learn new skills
- Begin to swim all four strokes efficiently
- Perform legal starts and turns in all four strokes
- First introduction to IM and distance free
- Develop great kicking skills – learn proper kicking mechanics
- Streamlined pushoffs, underwater dolphin kicking are keys for this group
- Coordination on both land and in water are needed – through games and swimming
- FUNdamental movement skills on land and in water

Expectations - Athlete:

- 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.

Expectations – 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

Schedule:

Tues	Wed	Thur
4:20 – 5:00 pm	5:50 – 7:00 pm	4:20 – 5:00 pm
10 min dryland 30 min swim	10 min dryland 60 min swim	10 min dryland 30 min swim

PPP Points Required (Parent Participation):

CDSC meets	8 (min.)
Other	8
Total	16

* per family based on highest level swimmer.

Fees (no withdrawals after May 1):

	8 & Under	
Swim BC	\$69.00	
CDSC Club (per family)	\$60.00	
T-shirt & Cap	\$30.00	
Training *	\$900.00	
* or Equal Installment Plan	10 payments of \$90.00	Chqs dated Sep 1 – Jun 1

Post Dated Deposits:

	Dated	\$ x 2
Meet Fee Account	Oct 1 Jan 1	50.00
Fund Raising (waived if family earns equivalent or greater amount)	Jan 31 Jun 30	45.00
Volunteering (waived if enough PPP points are earned)	Jan 31 Jun 30	60.00