



# Blue 2 Group

<b>Description:</b> <ul style="list-style-type: none"> <li>• <b>FUNdamentals and Learning to Train group</b></li> <li>• <b>OR recommendation from Blue I coach as to higher level for 6 &amp; younger</b></li> </ul>	<b>Age:</b> 7 to 10 years
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**Pre-requisites:**

- Complete goals of Blue I Group
- Excel in kicking skills and listening skills

**Group Goals:**

- 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 LMR 200 IM standard
- Perform legal starts and turns in all four strokes in competition
- Move from PASS to LMR meets
- Swim 500m continuously
- Learn to use a pace clock
- Develop Agility, Balance, Coordination, and Speed (land and 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:**

Mon & Wed	Tue & Thu
5:50 – 7:00 pm	5:00 – 6:00 pm
10 min dryland 60 min swim	10 min dryland 50 min swim

**PPP Points Required (Parent Participation):**

CDSC meets	8 (min.)
Other	12
<b>Total</b>	<b>20</b>

\* per family based on highest level swimmer.

**Fees (no withdrawals after May 1):**

	8 & Under	9 & 10
Swim BC	\$69.00	\$89.00
CDSC Club (per family)	\$60.00	
T-shirt & Cap	\$30.00	
Training *	\$1100.00	
* or Equal Installment Plan	10 payments of \$110.00	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	55.00
Volunteering (waived if enough PPP points are earned)	Jan 31 Jun 30	100.00