



# Green Group

<b>Description:</b> Learning to Train group	<b>Age:</b> 11 to 15 years
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**Pre-requisites:**

- Complete goals of either Blue 11, Red1, or Red II Group

**Group Goals:**

- Meet minimum attendance requirements of 3 - 4 per week
- Gear towards achieving LMR or AA times
- Show positive interaction with teammates and coaches
- Be positive in their attitude while attending practices
- Show willingness to learn
- Be able to swim competently in all four strokes and have an LMR time for 200 IM
- Kicking is essential and will be required
- Timed 400 kick and 1500 kick
- Distance free focus as well as mastering all four strokes and IM.
- Wear team gear
- Continue to develop Agility, Balance, Coordination, and Speed
- Understand importance of warm-up, cool down, flexibility, and strength

**Expectations - Athlete:**

- Treat others with respect and care.
- 80% 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:**

M, W,	Tu, Th	F
5:30 – 7:00 pm	4:00 – 6:00 pm	4:10 – 6:00 pm
30 min dryland 60 min swim	30 min dryland 90 min swim	20 min dryland 90 min swim w/other groups

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

CDSC meets	12 (min.)
Other	18
<b>Total</b>	<b>30</b>

\* per family based on highest level swimmer.

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

	11 - 14	15 & Over
Swim BC	\$135.00	\$177.00
CDSC Club (per family)	\$60.00	
T-shirt & Cap	\$30.00	
Training *	\$1,500.00	
* or Equal Installment Plan	10 payments of \$150.00	Chqs dated Sep 1 – Jul 1

**Post Dated Deposits:**

	Dated	\$ x 2
Meet Fee Account	Oct 1 Jan 1	200.00
Fund Raising (refunded if family earns equivalent or greater amount)	Jan 31 Jun 30	110.00
Volunteering (refunded if enough PPP points are earned)	Jan 31 Jun 30	150.00