



Red 1 Group

Description: Learning to Train group	Age: 7 to 10 years
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Pre-requisites:

- Complete goals of Blue II group

Group Goals:

- Enjoy swimming and commit to a minimum of 3-4 practices a week
- Demonstrate respect for all people and role model team spirit
- Maintain a positive attitude with oneself and others
- Perform all strokes and skills with fluency and variation
- Demonstrate understanding of basic technique in all strokes
- Swim 6x25m of each stroke with efficient technique
- Achieve LMR time in 200 IM
- Timed 400 kick and 1500 kick
- Focus on kicking skills and have efficiency on underwater dolphin kicking
- Have a positive attitude and eagerness to learn
- Swim under 1:00 in 50 free and under 1:30 in 50 back
- Focus on development of distance free and I.M. based swimming

Group Goals (cont.):

- Continue to develop Agility, Balance, Coordination, and Speed
- Understand importance of warm-up, cool down, flexibility, and strength
- Have fun! And meet new friends

Expectations - Athlete:

- Treat others with respect and care.
- 80-90% 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	4:15 – 6:00 pm
10 min dryland	15 min dryland
60 min swim	90 min swim

PPP Points Required (Parent Participation):

CDSC meets	10 (min.)
Other	14
Total	24

* 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 *	\$1,300.00	
* or Equal Installment Plan	10 payments of \$130.00	Chqs dated Sep 1 – Jun 1

Post Dated Deposits:

	Dated	\$ x 2
Meet Fee Account	Oct 1 Jan 1	150.00
Fund Raising (waived if family earns equivalent or greater amount)	Jan 31 Jun 30	75.00
Volunteering (waived if enough PPP points are earned)	Jan 31 Jun 30	120.00