



Red 2 Group

Description: Learning to Train group	Age: 9 to 12 years
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Pre-requisites:

- Complete goals of Red 1 group

Group Goals:

- Enjoy swimming and commit to a minimum of 4-5 practices a week
- Act as a role model for younger athletes; demonstrate team spirit
- Maintain positive attitude (especially when training becomes tough)
- Perform all strokes and skills with fluency, variation, and speed
- Demonstrate understanding of basic technique in all strokes
- Swim 6x50m of each stroke with efficient technique
- Achieve AA time in at least two strokes
- Swim under 1:45 in 100 free and under :40 for 25m
- Goal to have swimmers confident in ALL strokes and perform at meets
- Kick – will be stressed and should be a major factor in performing strokes

Group Goals (cont.):

- Timed 400 & 2000 kick
- Apply Agility, Balance, Coordination, and Speed to swim skills
- Consistently perform 5m streamlines FAST off all starts and turns
- Start taking responsibility for warm-up, cool down, flexibility, core strength

Expectations - Athlete:

- Treat others with respect and care.
- 85-90% 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:				PPP Points Required :	
Mon, Wed	Tue, Thu	Fri	Sat (w/Elite)	CDSC meets	12 (min.)
4:00 – 5:30 pm	4:00 – 6:00 pm	4:10 – 6:00 pm	5:50 – 8:30 AM	Other	18
20 min dryland 70 min swim	20 min dryland 100 min swim	20 min dryland 90 min swim	40 min dryland 120 min swim	Total	30

**per family based on highest level swimmer.*

Fees (No withdrawals after May 1)

	9 & 10	11 - 14
Swim BC	\$89.00	\$135.00
CDSC Club (per family)	\$60.00	
T-shirt & Cap	\$30.00	
Training *	\$1,900.00	
* or Equal Installment Plan	10 payments of \$190.00	Chqs dated Sep 1 – Jun 1

Post Dated Deposits:

	Dated	\$ x 2
Meet Fee Account	Oct 1	250.00
	Jan 1	
Fund Raising (waived if family earns equivalent or greater amount)	Jan 31	140.00
	Jun 30	
Volunteering (waived if enough PPP points are earned)	Jan 31	150.00
	Jun 30	