



White Group

Description: Entry level developmental group	Age: 5 to 8 years
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Pre-requisites:

- Swim 25m front crawl and 25m back crawl
- Streamline off the wall (glide) for 5m
- Jump into water and tread in deep water for 30+ seconds

Group Goals:

- Enjoy sport and demonstrate sportsmanship and teamwork
- Learn basic technique in all 4 competitive swim strokes
- Swim competently without assistance
- Have great listening skills**
- Learn proper mechanics of great kicking!
- Perform basic starts and turns (dives, flip turns, open turns)
- 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	Thur
White1	4:20 - 5:10 pm	4:20 - 5:10 pm
White2	5:10 – 6:00 pm	5:10 – 6:00 pm
Each session 10 min dryland + 40 min swim		

PPP Points Required (Parent Participation):

CDSC meets	4 (min.)
Other	4
Total	8

* 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 *	\$540.00	
* or Equal Installment Plan	9 payments of \$60.00	Dated Sep 1 - Jun 1 (excl. Dec)

Post Dated Deposits:

	Dated	\$ x 2
Meet Fee Account	Oct 1 Jan 1	45.00
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	45.00