



# YNG Group

<b>Description:</b> Training to WIN group	<b>Age:</b> 13 and older or National qualified
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**Pre-requisites:**

- Complete goals of Elite Group or on advice of coach

**Group Goals:**

- Finalist at 'AAA' championships
- Work towards achieving at least two Age Group Championship times with goal to make as many as possible
- Work towards being competitive at Age Group Championships and eventually going on to make Senior cut
- Be able to do 10 X 100 @1:45 or faster
- Race all strokes both long course and shortcourse through season (15 out of 15)
- Prioritize meets with Age Group Championships (or Sr. Nats) as the top meet in the summer, then working the meets down through the rest of the season with training camps included. Meet with coach and parents to agree on attendance at important meets.
- Be a positive role model for any swimmer within the Canadian Dolphin Swim Club
- Proper dry land technique throughout season with goals of improving and focus on technique and listening
- The Head Coach retains discretion of accepting absences which do not count against the attendance figure.
- Actions and attitudes must match goal of YNG group
- Attend all competitions recommended by Head Coach**
- Athletes must compete in and wear attire of appropriate club
- Must conduct themselves with honor and selflessness at all competitions regardless of circumstances
- Limited interference from high school
- Active in fundraising and clinics offered to younger swimmers
- Must live lifestyle appropriate for achieving greatest personal success: good nutrition, no drugs, tobacco products

**Group Goals (cont.):**

- Parental involvement in swimming decisions at a minimum
- display ability to communicate with coaches as to what they are doing, not rely on parents to communicate for them
- willingness to perform at every event and distance prescribed by coach

**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.
- Failure to follow meet program may result in swimmer being moved from group**

**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 and use positive language with swimmer
- Support and follow program laid down by coaches

<b>Schedule (Summer hours may vary depending on meets. July schedule may change):</b>					<b>PPP Points Required:</b> <table border="1"> <tr> <td>CDSC meets</td> <td>16 (min.)</td> </tr> <tr> <td>Other</td> <td>32</td> </tr> <tr> <td><b>Total</b></td> <td><b>48</b></td> </tr> </table> Per family based on highest level swimmer	CDSC meets	16 (min.)	Other	32	<b>Total</b>	<b>48</b>
CDSC meets	16 (min.)										
Other	32										
<b>Total</b>	<b>48</b>										
Mon	Tue, Thu	Wed	Fri	Sat							
5:20 – 7:30 am 10m act/120 swim 3:50 – 6:00 pm 25m dry/105 swim	--  4:00 - 6:10 pm 30m dry/90 swim	5:20 – 7:30 am 10m act/120 swim 3:50 – 7:00 pm 25m dry/165 swim	--  3:50 – 6:00 pm 25m dry/105 swim	6:50 – 9:30 am 40m dry/120 swim --							

**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 *	\$2,640.00	
* or Equal Installment Plan	11 payments of \$240.00	Chqs dated Sep 1 – Jul 1

**Post Dated Deposits:**

	Dated	\$ x 2
Meet Fee Account	Oct 1 Jan 1	300.00
Fund Raising (refunded if family earns equivalent or greater amount)	Jan 31 Jun 30	225.00
Volunteering (refunded if enough PPP points are earned)	Jan 31 Jun 30	225.00