
Comox Valley Aquatic Club - SHARKS

P.O. Box 3542, Courtenay, V9N 6Z8 BC ✈ E-Mail: cvsharksheadcoach@gmail.com ✈ www.sharks.bc.ca



2020/21 Sharks Swim Season Registration Information

Welcome to the 2020/21 season of Sharks Swimming. We are excited to start the new season and thank everyone for their support and trust as we get ready to start a safe and exciting new season.

The last five months have been trying for everyone but the club has been hard at work preparing for our Fall relaunch. The summer months saw great participation from our Squad 1-5 groups as we got back in the water for some limited training. We had 97% of the swimmers participate and everyone was excited to get back in the water and into a routine again.

With this package you will receive our Fall 2020 Return to Pool plan which will go over all of our health and safety protocols to provide the safest environment possible for swimmers and staff. Please read through the document and be aware of the details.

We have been communicating with our facilities and providers and although some steps are still a work in process we are happy to announce we will be able to provide a full training regimen to all of our swimmers who were with us for the 2019/20 season.

We will have some programming changes to adapt to the social distancing and safety protocols in place to help contain the COVID-19 pandemic.

Programming Changes:

Squad 9 and Shark School

We will not be offering our Squad 9 and Saturday morning Shark School programming to start this year. The ability to provide it will be evaluated every three months, with the next opening being January 2021. The personal contact between both coaches and swimmers with groups at this level does not allow us to confidently being able to provide this service at this time.

Developmental Private Lessons

In order to replace the need in the community for learn to swim type programming to young children we will be offering sets of 4-week private lessons for single swimmers (or groups of 2 in same family/bubble). These personalized 30 minutes sessions will work on the same skills that our Squad 9 and advanced Shark School swimmers worked on. They will be taught by our coaching staff with skill development to help swimmers advance into our Squad program or to just become safe and strong in the water. Swimmers will need to be comfortable on their own in deep water and swim at least 12m unassisted. These will be limited to 12 available classes per 4 week session on Monday and Friday evenings.

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Dryland Training

Due to space and the dynamics of dryland work we will be limited dryland work during our regular M-F training. In order to provide the athletic skills and work dryland training provides we will be implementing a program in our “Saturday Programming” section below.

Competitions:

At this time we will be assuming there will be no competitions as we normally know them until at least 2021. We will be providing competitive opportunities to the swimmers for them to implement the skills they have learned, see their improvement and work towards their achievement goals as outline in our “Saturday Programming” section below.

Saturday Programming:

Saturday’s throughout the season will be different this season offering ranges of activities for the swimmers to progress in the sport.

Lake Swims: Our summer lake swims were a great success and enjoyable for all those that took part. Through the start of the season we will continue lake swims for our Squad 1-6 swimmers on Saturday morning.

Dryland Work: Saturday practices will take place in one of our local area rec centre gymnasium. These one hour sessions will focus on building athletic skills, power, flexibility and team spirit.

Competitions: Every week we will be running competitions for specific squads. These small, short competitions will allow the swimmers to compete and achieve. We are working to add excitement to the competitions with prizes, challenges and working with running virtual competitions with other clubs.

Each week groups will be doing one of the above activities so something will be on your schedule on Saturday throughout the season. Squads 7 and 8 will just be taking part in the competitions which will happen for them around once a month.

Training Schedule:

The training schedule is attached and has some changes to provide to account for pool availability and to allow us to keep the groups and facility in a safe and clean environment. All groups have similar days and regularity as previous years.

Training Fees and Payment:

Also attached is the 2020/21 fee schedule. There will be a small increase in fees this season to help offset inflationary expenses but we have been working hard to keep fees consistent even though we have had to make some changes to be able to continue programming through the pandemic. Fees will be divided into 10 equal payments the first training fee payment will occur on September 1st or upon registration and then an additional 9 equal payments will be charged Oct 1 until June 1.

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Fundraising Assessment:

One addition this year will be a fundraising assessment on each swimmer registration (max two swimmers/family). This assessment will allow the club to continue operation uninterrupted and allow families to help offset fees in forms other than your bank account. Fundraising activities will include gift cards (ie smile cards), bottle returns, purchasing drives (ie poinsettia sales), auctions and our annual Swim-A-Thon. There will be lots of opportunities to achieve the assessment level and then any families that want to offset costs beyond that will be able to retain 75% of what they earn.

New Website

Our new website will be up and running before then end of the month. We will be doing all registration on the new website. You can check it out at comox.poolq.net to check out the work in process. Our regular web address will direct there once it is ready for launch. You can log into the new site of you want by clicking the “sign in” button at the top right and then click on ‘forget password’. Using your primary email address you can then set your password for access.

Help Build the Sharks:

We are always on the look for people that want to help the club grow and thrive in the community. We are currently looking for parents that want to take an active role in the club in our search for sponsors, community partners, fundraising and helping the club raise its community profile. If you feel you have the time and/or skills to help the club in any of these areas please talk to the head coach or a board member and we will be happy to try and find an area to help us in.

Sharks 2020/21 Fee Description

	Club Membership	Fundraising Assessment	Swim BC Registration	Annual Dues
Squad 1	\$70	\$260	Age 15+: \$205 Age 11-14: \$163 Age 9-10: \$117 Age 8&U: \$97	\$3300
Squad 2				\$2975
Squad 3				\$2525
Squad 4				\$2075
Squad 5				\$1625
Squad 6		\$160	\$1175	
Squad 7			\$800	
Squad 8			\$800	
Shark Fit			\$1000	
Private Lessons	\$150 for 4 – 30 minute sessions (starts Sept 14, Oct 19, Nov 16) \$200 for a group of 2 swimmers (in same family or bubble)			

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Sharks 2020/21 Squad Schedule

(schedule will be subject to some time of day changes if the Aquatic Centre opens)

Squad 1 (Dryland Strength training practice time TBD)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
530-700 AM		530-700 AM		530-700 AM	Swim/Race/Train
Dryland TBD	500-715 PM	530-715 PM	500-715 PM	530-715 PM	

Squad 2 (7th practice added for swimmers as determined by coach on Wed PM or Fri AM)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
530-700 AM	500-715 PM	530-700 AM	500-715 PM	530-715 PM	Swim/Race/Train

Squad 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
530-715 PM	400-530 PM	530-700 AM	400-530 PM	530-715 PM	Swim/Race/Train

Squad 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	400-530 PM	530-715 PM	400-530 PM	400-545 PM	Swim/Race/Train

Squad 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
400-545 PM		400-515 PM		400-545 PM	Swim/Race/Train

Squad 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
400-515 PM		400-545 PM			Swim/Race/Train

Squad 7 (choose Schedule A, B or C)

Schedule A:	Monday & Wednesday	4:00 – 5:00 PM
Schedule B:	Monday & Wednesday	4:45 – 5:45 PM
Schedule C:	Tuesday & Thursday	5:30 – 6:30 PM
Schedule D:	Tuesday & Thursday	6:15 – 7:15 PM

Squad 8 (choose Schedule A, B or C)

Schedule A:	Monday & Wednesday	5:30 – 6:30 PM
Schedule B:	Monday & Wednesday	6:15 – 7:15 PM
Schedule C:	Tuesday & Thursday	4:00 – 5:00 PM
Schedule D:	Tuesday & Thursday	4:45 – 5:45 PM

Shark Fit

Schedule A	Monday & Wednesday	5:00 – 6:15 PM
Schedule B	Monday & Wednesday	6:00 – 7:15 PM

Private Lessons

Lessons run for 4 consecutive weeks starting Sept 14, Oct 19 and Nov 16

Start times for each session are:

Monday	Friday	Friday
5:40 PM	4:10 PM	4:25 PM
5:55 PM	4:50 PM	5:05 PM
6:20 PM	5:30 PM	5:45 PM
6:35 PM	6:10 PM	6:25 PM