

SENIOR COMPETITIVE

Group Description: Swimmers in this group will attend LMR level competitions and work towards performing at the Swim BC Divisionals Championships. Swimmers at this level have started to think about long term goals in the sport of swimming. Focus is on developing the athlete and the person in and out of the pool.

Target Age: 13-16 years old as of March 2nd, 2024

Pre-requisites: 200 IM time under 4:00 minutes and have shown dedication to the program, the meet calendar, the team and to their own continual improvement.

Selection into this group is at the discretion of the Head Coach. The coaching staff reserve the right to accept swimmers that meet some, but not all the requirements for the group.

Commitment: Swimmers in this group must be committed to the training program, including dryland and recovery sessions, as well as the meet schedule as it is laid out by the group coach.

Required Equipment: Goggles, RMSC cap, RMSC Speedo Training Suit, RMSC Practice and Meet T-shirt, Water bottle, Pull Buoy, Flippers, Finger Paddles, Finis Snorkel, Tempo Trainer Pro, Hockey Puck, Mesh Equipment Bag.

Suggested Team Gear: RMSC Team Jacket and RMSC Speedo Backpack

Schedule:

*All practices take place at the Maple Ridge Leisure Center, 11925 Haney Pl, Maple Ridge, BC V2X 6G2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM		6:00-7:15				8:30-10:00 (Girls) 10:00-11:30 (Boys)	
PM	5:00-6:00		4:30-6:00		4:45-6:00		

Please Note: The times listed above do not include any dryland or recovery sessions which will be scheduled throughout the week. Dryland and recovery sessions will be communicated to everyone at the beginning of the season.

A reminder that starting on May 1st, 2024, RMSC shares the available training time at the MRLC with the summer club in the area. From May 1st, 2024, to the end of the season in June your swimmers training schedule may be adjusted due to the reduced pool space available at MRLC, as well as the addition of training time at Hammond Outdoor Pool. The change in schedule will be communicated to our RMSC families as soon as the new schedule is confirmed.

Cost for Group:

Yearly Group Training Fee* \$2328.75	
Option #1: 8 Instalments charged on 15th of each month from September to April \$291.09	Option #2: Pay full amount on September 15th and receive a 5% discount 2212.31
Swimmer Membership Fee** (Includes 2xRMSC T-shirt, RMSC cap, and RMSC Speedo Training Suit)	\$140.00
Fundraising Fee (50% of fee is charged on September 30th, 2023)	\$200.00
Membership Participation Fee (Charged to account once MP points reconciled in June)	\$200.00
Swim BC/Swimming Canada Registration*** *Age as of December 31 st , 2023	\$165.50 - 207.50

*RMSC families with multiple athletes registered with the club will receive a 10% discount on the yearly training fees on each additional member registered with the club.

**The Swimmer Membership Fee will only be charged once per swimmer per season and is NON-REFUNDABLE.

***The Swim BC Registration Fee will be charged to your account on September 15th, 2023.