

RIDGE MEADOWS SWIM CLUB

TITANS GOLD

11 and Under
Sept 11th/24 - June 28th/25
4 H2O sessions



GROWTH - BOLDNESS - INTEGRITY
COMMUNITY - COMPASSION

Program Fees

Yearly Group Training Fee
\$2000.00

Pay in 10 installments starting Sept. 15th OR
 pay in full on Sept.15th with a 5% discount.

Group Description

This group is the first step in becoming a competitive swimmer who attends competitions at the LMR and provincial level. Focus is on developing efficient athletes in and out of the pool with a love for racing! Training will continue to focus on developing all four strokes and all starts and turns, while introducing some of the training concepts that will be needed in the years to come.

Pre-requisite: Able to perform in all four strokes, legally, and progress towards a 4:00 standard for the 200 IM and 2:00 standard for the 100 Freestyle.

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

<p>Swimmer Membership Fee (per swimmer) NON-REFUNDABLE. Includes ND 24/25 Speedo Gear Pack.</p>	<p>\$250.00</p>
<p>Fundraising Fee (per swimmer) 50% of fee is charged on September 1st 2024.</p>	<p>\$200.00</p>
<p>Titans Competition Fee (per swimmer) Charged on September 30th 2024.</p>	<p>\$185.00</p>
<p>Swim BC Registration Fee (per swimmer) NON-REFUNDABLE. charged at time of registration.</p>	<p>\$163.00</p>

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.

Please note fees cover all programming for the season, including any dryland sessions schedule for the program.



RIDGE MEADOWS SWIM CLUB

TITANS GOLD

Team and Training Gear

Speedo Team Gear (inc. with Swimmer Registration Fee)

- RMSC Speedo Backpack
- 2 x RMSC silicone cap
- RMSC Speedo Training Suit
- RMSC 24/25 Practice T-shirt
- RMSC 24/25 Competition T-shirt

Suggested Equipment:

- RMSC Speedo Fleece Hoodie

Titans Gold Required Equipment

- Goggles
- Water bottle
- Arena or DMC Elite Flippers OR Generic TAS Flippers
- Speedo Snorkel
- Tempo Trainer Pro
- Hockey Puck
- RMSC Branded/Speedo Equipment Bag.

Titans Club Service Program

Hosted Competitions 2024/25
Titans Fall Invitational
 November 30th - December 1st
RMSC Spring Invitational
 March 8th - 9th
Titans Medley Add-Up
 April 19th

More information on the Titans Club Service Program can be found in the RMSC Policy Handbook.

For the 2024/25 season, each family will be responsible for completing an assigned number of shifts for each of the listed home meets above, based off the swimmer at the highest level within the program. If all shifts are not completed, then there will be a \$100.00 charge posted to your account for each missed shift upon reconciliation of the service hours. We are hoping that the new direction that we are taking as a club will build our community, our group of Swim BC officials, and make each hosted competition an RMSC family event.

Are you timing or officiating at other meets hosted across the province?

During the 2024/25 season we are excited to offer our RMSC families a \$20.00 credit on your family account for each volunteer shift that is completed at another teams hosted meet.





RIDGE MEADOWS SWIM CLUB

TITANS GOLD

DRAFT 2024/25 Schedule

M	3:00-4:00pm
T	OFF
W	3:00-4:00pm
TH	OFF
F	3:00-4:00pm
S	8:30-10:00am
S	OFF

NO SHOW FEE

Please note that for the 2024/25 season swimmers who NO SHOW competitions will be charged an extra \$25.00 on top of the meet fees for the competition. Please note that swimmers are expected to attend all competitions as laid out on their group calendar. If you are unable to attend a competitions, please follow the steps listed under "Competition Declaration".

Competitions 2024/25

The Titans Gold group will be racing 1-2 times a month which includes our club hosted Fast Fridays, Richmond Rapids PASS Meets and Mini-Meets, as well as our own hosted LMR level competitions. Once the swimmers achieved a time under 4:00 minutes in the 200 IM, they will be invited to attend the LMR level competitions across the lower mainland.

Competition Declaration

The expectation for the Titans Gold group is that all swimmers will attend ALL listed competitions on the group schedule. If for any reason your swimmer is unable to attend a meet, please follow the steps below:

- 1. Swimmer or parent speaks with group coach about not attending a competition and why.**
- 2. Family needs to send an email to competitions@rmsctitans.ca BEFORE the scratch deadline to declare the swimmer will not be attending the meet.**
- 3. Any declarations done on TEAM SNAP or on TEAM WEBSITE will not be accepted and will be considered a NO SHOW.**

Reminder that training fees for each program, cover the cost of the program as a whole, not the # of practices per week, etc. There will be no MAKE UP practices schedule, unless an opportunity is communicated by the coach.