

Speed Swimming Fact Sheet



What is speed swimming all about?

- Fun! Make new friends and learn new skills!
- Splash program for kids aged 3+ who can put their face in the water
- Swim program for kids aged 5+ who can swim 25m comfortably on their own
- Beginner through advanced swimmers welcome
- Regular practices (5 – 8/week depending on group) and meets (almost every weekend beginning at the end of May)
- Swimmers are encouraged to compete, but it is not required

What do you need?

- A swimsuit, goggles, cap if your swimmer wants to wear one and a towel
- Optional: short fins, pull buoy, kickboard, mesh bag

Expectations of Athletes:

- Arrive on time & ready to practice
- If you need to leave early, let coach know at beginning of practice
- Listen to coach and your volunteer coaches
- Be respectful and encouraging to teammates
- Always try your best!

Expectations of Parents:

- Respect coaches decisions
- Do not approach coaches during practice – they will be available before and after practice and by email if you have questions
- Be respectful, encouraging and supportive of swimmers, parents, coaches and volunteers

What is a swim meet?

- Meets are a lot of fun! Swimmers get to enjoy some competition and spend their downtime with friends!
- Each weekend there is a swim meet hosted by various clubs over BC – Cruisers attend these as a club (meet schedule will be finalized and posted on the website)
- Swimmers compete in various races based on their age – they are broken out into divisions 1 through 8
- Races are chosen by the coaches based on the goals set by the swimmer and where the swimmer is at in their training plan

What to bring to a meet:

- Lots of towels – at least 3, but 5 is better
- Sunscreen if an outdoor meet
- Healthy snacks
- Something to do while you wait
- Optional: Fold up chairs and tent

Requirements to attend regionals and provincials:

- A swimmer must attend one competitive meet with a legal race to qualify for regionals
- A swimmer must attend regionals and place top 3 in the “A” category to qualify for provincials

For more information please visit: <http://cruisersaquatics.com/speed-swimming>