
Comox Valley Aquatic Club - SHARKS

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



2023/24 Sharks Swim Season Registration Information

Welcome to the 2023/24 season of Sharks Swimming. We are excited to continue to be able to work with the Comox Valley families in developing the best youth sport organization in the area. The 2022/23 season saw the club continue to grow with over 300 swimmers joining the team during the season. In order to best serve our current returning membership and allow new members and future growth to occur we have continued to tweak scheduling and group configuration to best serve the growing community of swimmers in the Comox Valley.

Our entry level will be a little bit higher this coming season so we can make sure we are giving all new swimmers at the appropriate level a chance to join the club.

New swimmer assessments will begin Monday July 17th. Bookings for assessments are available online and must be completed before registration. At the assessment you will receive group placement and registration info. A second new swimmer intake will take place after Labour Day in September.

New swimmer entry level:

Minimum standard for new swimmers is they must show they can safely complete 25m of the pool. Swimmers for our Mini-Shark program must be assessed to be independently safe in the water. Higher skill level swimmers will be placed in level appropriate groups space permitting.

Programming Changes:

Squad 3

Squad 3 will be reintroduced this year to give our growing competitive base of swimmers a chance to progress for those ready to next the step in their training.

Saturday Training

Will be consistent scheduling (barring swim meet weekends) for Squads 1-6, with some special events also being held for younger squads..

Training Schedule:

The training schedule is attached and with some of the changes as previously noted. All groups have similar days and regularity as last year and most groups have a little more time. Developmental squads have multiple streams of offered days, there is no skill or age level difference between different schedule iterations of developmental Squads.

Comox Valley Aquatic Club - SHARKS

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



Training Fees and Payment:

Also attached is the 2023/24 fee schedule. Fees have been redone a little bit this season and are now more aligned to weekly scheduled hours for each group. Each group will increase in fees as the swimmer progresses but we have lowered the fee increase for the older groups to make it easier to absorb the fees as your swimmer progresses. Fees for 2023/24 will once again be divided into 9 equal payments the first training fee payment will occur on September 1st or upon registration and then an additional 8 equal payments will be charged Oct 1, 2022 until May 1, 2023. The season will continue to run until the end of June for our developmental groups and through July for our competitive groups.

The club membership remains at \$95 per swimmer this season. Like last year you will receive a cap, t-shirt, and one additional team gear item This year's item is still to be determined and will be ordered in the Fall if sizing is required.

Fundraising Assessment:

Our base fundraising will remain the same this year with Squads 1-5 assessed \$220 per swimmer, Squads 6-8 & Shark Fit assessed \$120 and Squad 9 & Mini-Sharks being assessed \$80 per swimmer.

- Only two highest assessed swimmers per family will be charged
- Families can have the option of retaining 50% of all proceeds raised after earning *twice* the assessed amount for the following season's registration.
- There will be no 'bonus' items this year from extra fundraising as **ALL** swimmers will now receive the extra gear via your club membership fee.

Monies from fundraising are used for expanding the clubs infrastructure, equipment needs and meet hosting capabilities. This past year saw the club upgrade our timing system for swim meets, purchase new track start block tops for practice and new laptop computers for swim meets. This year will purchase new competition starting blocks for use at the Aquatic Centre. We will now be working on improving some of the infrastructure and equipment for the swimmers at the Sports Centre as well as continued upgrading of swim meet hosting equipment.

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.

Comox Valley Aquatic Club - SHARKS

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



Sharks 2023/24 Fee Description

	Club Membership (club reg, shirt, cap, team gear)	Swim BC Registration	Annual Dues
Squad 1	\$95	Age 15+: \$208 Age 11-14: \$166 Age 9-10: \$124 Age 8&U: \$104	\$3060
Squad 2			\$2700
Squad 3			\$2340
Squad 4			\$1980
Squad 5			\$1620
Squad 6			\$1260
Squad 7			\$1035
Squad 8		\$50	\$945
Squad 9		\$50	\$855
Mini Sharks		\$50	\$810
Shark Fit		\$50	\$1035

- **Annual dues** will be divided into 9 equal payments paid between registration and May 1st.
- **Swim BC Registration** are dues we pay for registration and insurance with Swim BC and Swimming Canada
- **Club Membership** includes registration with the club, a Sharks cap, Sharks t-shirt and a rotating item of Shark apparel that will be ordered each Fall.

Comox Valley Aquatic Club - SHARKS

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



Sharks 2023/24 Squad Schedule

Squad 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
545-720 AM	700-800 AM Stronghearts	545-720 AM		545-720 AM	600-800 AM
	430-700 PM	As needed	430-700 PM	445-630 PM	

Squad 2 (7th practice added for swimmers on Fri AM for returning swimmers to Squad 2)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
545-720 AM	430-700 PM	545-720 AM	430-700 PM	445-630 PM	600-800 AM

Squad 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
440-600 PM	340-530 PM	545-720 AM	340-530 PM	335-500 PM	600-800 AM

Squad 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
335-450 PM	340-530 PM		340-530 PM	335-500 PM	730-900 AM

Squad 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
335-455 PM		335-455 PM		425-545 PM	730-900 AM

Squad 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
445-600 PM		445-600 PM			730-900 AM

Shark Fit (3rd workout can be arranged with a competitive group if requested)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
555-700 PM		555-700 PM			

Squad 7 (choose Schedule A or B)

Schedule A: Monday & Wednesday 6:00 – 7:00 PM

Schedule B: Tuesday & Thursday 5:05 – 6:05 PM

Squad 8 (choose Schedule A, B, or C)

Schedule A: Monday & Wednesday 5:05 – 6:00 PM

Schedule B: Tuesday & Thursday 6:05 – 7:00 PM

Schedule C: Wednesday & Friday 3:35 – 4:30 PM

Squad 9 (choose Schedule A, B, C, D or E)

Schedule A/B: Monday & Wednesday 4:15 – 5:05 PM

Schedule C/D: Tuesday & Thursday 3:35 – 4:25 PM

Schedule E: Wednesday & Friday 3:35 – 4:25 PM

Mini Sharks (choose Schedule A, B, C, D, E, F, G or H)

Schedule A/B: Monday & Wednesday 3:35 – 4:15 PM

Schedule C/D/E/F: Tuesday & Thursday 3:35 – 4:15 PM

Schedule G/H: Tuesday & Thursday 4:25 – 5:05 PM