
Comox Valley Aquatic Club - SHARKS

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



2022/23 Sharks Swim Season Registration Information

Welcome to the 2022/23 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 2021/22 season saw unprecedented growth for our club as we expanded with 40% more members than we had ever had. In order to best serve our current returning membership and allow new members and future growth to occur we have tweaked some of the scheduling and group distribution to optimize everything for the upcoming season.

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.

For returning swimmers registration will open at 12:00 AM Monday August 1st. All groups will have space for all returning swimmers but specific schedules within a group will be available first come first serve via registration. Your placement for the 2022/23 season is at the top of this page.

For new swimmers appointment booking for assessments will open 12:00 AM Friday July 15th. Assessments will take place the first week of school September 6th-9th

Programming Changes:

Mini-Sharks

Our mini-shark program returns for the 2022/23 season. It has been expanded to twice per week and will offer 6 different classes on either M/W or T/Th. The requirements for the group will be a little more stringent this season with swimmers must being able to swim 15m unassisted in deep water.

Squad 4

Squad 4 will be reintroduced this year to give our younger swimmers a chance to progress for those ready to next the step in their training.

Saturday Training

Saturday training will be similar to last year with a rotating schedule of practices at the Aquatic Centre for swimmers in Squads 1-6. Swimmers will have 1 or 2 Saturday AM practices each month.

Squad 3

In order to keep groups full and a quality dynamic our Squad 3 group will go on a hiatus next year similar to Squad 4 last season. Any swimmers at that level will be able to swim a modified schedule with the Squad 2 group, but charged at the Squad 3 level.

Comox Valley Aquatic Club - SHARKS

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



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.

Training Fees and Payment:

Also attached is the 2022/23 fee schedule. We are happy to announce that training fees will see a slight decrease for most groups this season. Fees for 2022/23 will 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 has been increased to \$95 per swimmer this season, however all swimmers will now receive additional club merchandise with registration. In previous years you received a cap and t-shirt, now each year you will receive an additional club item that will change year to year (ie hoodie, jacket, backpack). This year's item is still to be determined and will be ordered in the Fall following registration of all members and any sizing that needs to occur.

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. Next year we will be purchasing new competition starting blocks for use at the Aquatic Centre.

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 2022/23 Fee Description

	Club Membership (club reg, shirt, cap, team gear)	Swim BC Registration	Annual Dues
Squad 1	\$95	Age 15+: \$205 Age 11-14: \$163 Age 9-10: \$121 Age 8&U: \$101	\$3330
Squad 2			\$2970
Squad 3			N/A
Squad 4			\$2070
Squad 5			\$1620
Squad 6			\$1170
Squad 7		\$792	
Squad 8		\$48	\$792
Squad 9		\$48	\$792
Mini Sharks		\$48	\$756
Shark Fit		\$48	\$945

- **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 2022/23 Squad Schedule

Squad 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
545-730 AM	700-800 AM Stronghearts	545-730 AM		545-730 AM	700-900 AM (twice/ month)
445-630 PM Aquatic Centre	430-700 PM		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
545-730 AM	430-700 PM	545-730 AM	430-700 PM	445-630 PM	700-900 AM twice/month

Squad 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
430-600 PM	345-530 PM		345-530 PM	330-500 PM	700-900 AM 1-2/month

Squad 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
330-455 PM		330-455 PM		330-500 PM	700-900 AM 1-2/month

Squad 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
445-600 PM		445-600 PM			700-900 AM 1-2/month

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
550-700 PM		550-700 PM			

Squad 7 (choose Schedule A or B)

Schedule A: Monday & Wednesday 3:30 – 4:35 PM

Schedule B: Tuesday & Thursday 4:25 – 5:30 PM

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

Schedule A/B: Monday & Wednesday 5:55 – 6:55 PM

Schedule C: Tuesday & Thursday 3:30 – 4:30 PM

Schedule D: Wednesday 5:00-6:00 PM & Friday 3:45 – 4:45 PM

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

Schedule A/B: Monday & Wednesday 5:00-5:55 PM

Schedule C/D: Tuesday & Thursday 4:25-5:20 PM

Schedule E: Wednesday 5:00 – 5:55 PM & Friday 3:45 – 4:40 PM

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

Schedule A/B: Monday & Wednesday 3:40 – 4:20 PM

Schedule C/D: Monday & Wednesday 4:20 – 5:00 PM

Schedule E/F: Tuesday & Thursday 3:40 – 4:20 PM