
Comox Valley Aquatic Club - SHARKS

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



2026/27 SHARKS SWIM SEASON Registration Information



Welcome to the 2026/27 season of CVAC Sharks swimming. We are excited to continue to be able to work with the Comox Valley families in developing the best competitive youth sport organization in the area. The 2025/26 season saw the club continue to grow, offering swimmers of all ages and abilities the chance to challenge themselves and strive for their best. To best serve our current returning membership and allow new members and future growth to occur we have made some changes this year to group structure, group names and group composition.

PROGRAMMING CHANGES

- Our entry level (previously Mini Sharks) will be strictly for 10 & under swimmers this year to ensure we have space for the Valley's youngest swimmers. For 11 & overs our entry level will be our second group level (previously Squad 9).
- Our Shark School programming (previously Mini-Sharks, Squad 9 and Squad 8) will be around the same level but will be separated into 10 & under and 11 & Over streams in order to ensure we have groups composed of swimmers of roughly similar age levels.
- Our Developmental programming (previously Squads 5, 6 and 7) has been expanded and redeveloped to better facilitate swimmers who are progressing along the competitive stream and those that are more interested in just the fitness and skill development of the sport. Swimmers will have the opportunity to progress between groups as they progress.
- Sharks is a competitive swim club. Swimmers should already be comfortable in the water and ready to learn competitive swimming skills. The program is not designed as a replacement for basic swimming lessons.

Pages 3-7 of the registration package go into more detail regarding the group changes and long term athlete development (LTAD) model for the upcoming season.

Registration will open at 12:00 AM Monday July 1st. All groups will have space for returning swimmers but specific schedules within a group will be available first come first serve via registration. After the 2nd week of July registration will open for new swimmers and space may not be able to be guaranteed after that time. Please refer to your registration email for your group placement.

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Age-specific group registration in groups outside your year of birth will not be allowed until August. At that time if space and group composition allows, we can look at filling spots, if available, to swimmers outside age ranges.

NEW SWIMMER REGISTRATION

During June we will be opening signup for assessments for new swimmers. The last two weeks of June will be exclusively for younger siblings of current Shark swimmers. The middle two weeks of July will be assessments for new swimmers looking to join the team and registration for new swimmers will open at that time. After July's intake we will have more new swimmer assessment/registration in early September.

TRAINING SCHEDULE

The training schedule is attached with some of the changes as previously noted. We have been able to add more options for our developmental programming this season.

TRAINING FEES AND PAYMENT

Also attached is the 2026/27 fee schedule. We are happy to announce that there has only been a \$5/month increase to fees this season. This increase will go towards expanding our administrative and coaching support. Fees for 2026/27 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 on the first of the month from October 2026 until May 2027. The season will continue to run until the end of June for our Shark School and developmental groups and through July for our performance groups.

The club membership remains at \$95 per swimmer this season. Like last year you will receive a cap and t-shirt upon registration. We will also have an additional item at the end of the year for participating in our swim-a-thon swim.

HELP BUILD THE SHARKS

We are always looking for people that want to help the club grow and thrive in the community. We are currently seeking parents that want to take an active role in the club as board members or in less formally 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.

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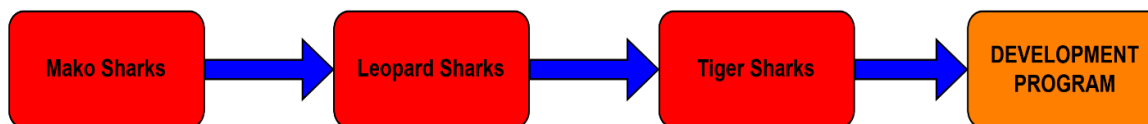
SHARKS DEVELOPMENT MODEL

2026/27 GROUP REALIGNMENT AND DESCRIPTION

With the growth of the club over the last 3 years, we need a realignment of the groups to meet the needs of our larger base and demographics. The realigned groups will still be ability based but will now factor in age a little more and have additional groups in the developmental program to better serve the different needs of the swimmers at that age.

SHARK SCHOOL

Our entry level programming that will teach the swimmers the basics of competitive swimming including the four strokes, starts, turns and training skills. This will consist of three groups: Mako Sharks, Leopard Sharks and Tiger Sharks (Previously Mini-Sharks, Squad 9 and Squad 8)



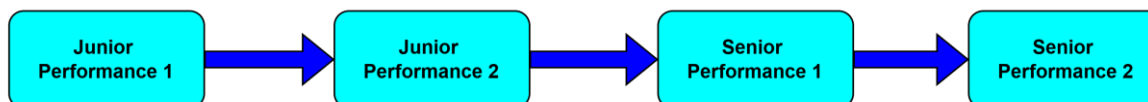
DEVELOPMENTAL PROGRAM

Our largest stream consists of six groups and offers a wide base of programs based on swimmers' ability and competitive desire. This will consist of six groups: Competitive Development, Performance Development 1 and 2, Junior Development, Senior Development and Shark Fit. As per the arrows below, swimmers can transition between the programs over their time with the Sharks.



PERFORMANCE PROGRAM

Our performance stream will be for swimmers looking to challenge themselves in and out of the pool and strive for excellence in sport. It consists of four groups Junior Performance 1 and 2 and Senior Performance 1 and 2. There is also lateral movement between the Performance and Development streams.



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2026/27 GROUP DESCRIPTION

SHARK SCHOOL

MAKO SHARKS

- Entry Age:** 10 & Under (born 2016 or later) – 3 time slots offered
- Entry Level:** Safely swim 25m without stopping on front and back and comfortable in deep water
- Previously Named:** Mini-Sharks
- Commitment:** 2 practices weekly and monthly mini meets offered
- Next Level:** Leopard Sharks



LEOPARD SHARKS

- Entry Age:** 10 & Under (born 2016 or later) – 2 time slots offered
11/12 (born 2014 or 2015) – 1 time slot offered
- Entry Level:** Can swim 100m freestyle and backstroke. Understands the concept of breaststroke and butterfly
- Previously Named:** Squad 9
- Commitment:** 2 practices weekly and monthly mini meets offered
- Nex Level:** Tiger Sharks



TIGER SHARKS

- Entry Age:** 10 & Under (born 2016 or later) – 2 time slots offered
11-13 (born 2013,2014,2015) – 1 time slot offered
- Entry Level:** Can swim 100m IM with proper turns and technique
- Previously Named:** Squad 8
- Commitment:** 2 practices weekly and monthly competitions progressing from mini meets to regional competition
- Next Level:** Competitive Development (12 & under graduates)
Senior Development (13/14 year old graduates)



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DEVELOPMENT PROGRAM

COMPETITIVE DEVELOPMENT

Entry Age:	12 & Under (born 2014 or later)
Entry Level:	Show competency in regional and mini meets Can swim 200m IM with proper turns and technique
Commitment:	2 practices weekly and 1 or 2 session monthly swim meets are offered
Next Level:	Performance Development 1 (11&under competitive graduates) Junior Development (11/12-year-old less competitive graduates) Senior Development (13-year-old graduates)

PERFORMANCE DEVELOPMENT 1

Entry Age:	11 & Under (born 2015 or later)
Entry Level:	Competency in all strokes Eagerness to compete at regional level meets Obtained or working towards regional time standards
Commitment:	3 practices weekly and 1- or 2-day swim meets monthly are required
Next Level:	Performance Development 2 (by coach invitation) Junior Development (for swimmers looking for a less competitive group)

PERFORMANCE DEVELOPMENT 2

Entry Age:	12 & Under (born 2014 or later)
Entry Level:	Competency in all strokes Achieve 10&U VIR time standards Shown the appropriate training level and skills
Commitment:	4 practices weekly and 1- or 2-day monthly swim meets are required
Next Level:	Junior Performance 1 (by coach invitation) Senior Development (for competitive 13-year-old graduates not ready for JP1)

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JUNIOR DEVELOPMENT

Entry Age:	11-12 years old (born between 2014-2015)
Entry Level:	Competency in all strokes 11/12-year-olds not looking for a full competitive schedule and/or training commitment of the PD groups
Commitment:	3 practices weekly and 1- or 2-day monthly swim meets are offered
Next Level:	Shark Fit (13 & over non-competitive graduates) Senior Development (13 & over competitive graduates) Performance Development 2 or Junior Performance 1 (by coach invitation only)

SENIOR DEVELOPMENT

Entry Age:	13-14 years old (born between 2012-2013)
Entry Level:	Competency in all strokes 13/14-year-olds not at the training ability of the Junior Performance and Senior Performance groups but still want to be competitively active
Commitment:	3 practices weekly and 1 - or 2-day monthly swim meets are offered
Next Level:	Shark Fit (swimmers looking to move to non-competitive) Junior Performance 1/2 or Senior Performance 1 (by coach invitation only)

SHARK FIT

Entry Age:	13 and over (born 2013 or earlier)
Entry Level:	Competency in all strokes Desire to train in a positive and constructive environment
Commitment:	2 practices weekly

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PERFORMANCE PROGRAM

JUNIOR PERFORMANCE 1

Entry Age:	13 & Under (born 2013 or later) – previously Squad 4
Entry Level:	Coach assessed competency in training ability Achieved 12 & Under VIR times
Commitment:	5 practices weekly and monthly competitions progressing from Regional to Provincial
Next Levels:	Junior Performance 2 (by coach invitation) Junior Development (for 11/12-year-olds looking for a non-competitive group) Senior Development (for competitive 14-year-old graduates not ready for JP2) Shark Fit (for non-competitive 13/14-year-old graduates)

JUNIOR PERFORMANCE 2

Entry Age:	14 & Under (born 2012 or later) – previously Squad 3
Entry Level:	Demonstrated competency in Junior Performance 1 training expectations and ready for an additional workout
Commitment:	6 practices weekly and monthly Regional and/or Provincial competitions
Progression Groups:	Junior Performance 2 (by coach invitation) Senior Development (for competitive 14-year-old graduates not ready for SP1) Shark Fit (for non-competitive 13/14-year-old graduates)

SENIOR PERFORMANCE 1

Entry Age:	13 & Over (born 2013 or earlier) – previously Squad 2
Entry Level:	Demonstrated competency in Junior Performance 2 training expectations and ready for additional workload
Commitment:	6-7 practices weekly, strength training and monthly Regional/Provincial competitions
Next Levels:	Senior Performance 2 (by coach invitation) Shark Fit (2-3 times a week option for a non-competitive option)

SENIOR PERFORMANCE 2

Entry Age:	14 & Over (born 2012 or earlier) – previously Squad 1
Entry Level:	Demonstrated commitment and competency in Senior Performance 1 and ready for higher expectations
Commitment:	8 practices weekly, strength training and Regional, Provincial and National competitions
Progression Groups:	Congratulations for completing the Sharks athlete development program! On to University or adult masters swimming...

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2026/27 Sharks Fee Schedule

	Club Membership	Swim BC Registration	Annual Dues
Senior Performance 2	\$95	\$170	\$3105
Senior Performance 1			\$2745
Junior Performance 2			\$2385
Junior Performance 1			\$2025
Performance Development 2			\$1665
Performance Development 1			\$1305
Senior Development			\$1350
Junior Development			\$1350
Competitive Development			\$1080
Tiger Sharks			\$35
Leopard Sharks		\$900	
Mako Sharks		\$855	
Shark Fit – N/C		\$1080	

VOLUNTEER POINT SYSTEM

Volunteer help from parents is crucial in maximizing the experience for the swimmers and allowing the club to host events. The club has about 15 competitive and social events each year with each requiring anywhere from 6-150 volunteers at a time. This is a total of over 450 volunteer shifts.

Our volunteer points are a guide to what we need from each family. Take the points as a minimum of what you can offer each year for volunteering. There is a financial obligation of \$40/point for not reaching your minimum quota.

For our social events and smaller meets (less than 2 hours), all volunteer roles are worth 1 point. For our full sessions meets positions are worth anywhere from 1-3 points/session depending on experience needed for the role.

Senior Performance 2, Senior Performance 1 and Junior Performance 2

10 points required

Junior Performance 1, Performance Development 2, Performance Development 1

7 points required

Competitive Development, Senior Development, Junior Development

4 points required

Tiger Sharks, Leopard Sharks, Mako Sharks

2 points required

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CREDIT CARD PROCESSING

The club operates through credit and debit card processing built into the website. All credit card fees are built into the dues and you are not charged any additional administrative fees. If you are not able to use credit card or debit card payment, you must notify the registrar to set up cheque payment or online payment. All non-credit card payment must be paid and settled in advance of billing.

PAYMENT

Club membership, Swim BC registration and first month fees will be due September 1st or upon registration (if after Sept 1). Registration cannot be processed until payment is received.

Annual dues will be billed to your credit card in eight installments from October 1st through to May 1st. Incidental expenses (meet fees, gear, travel, etc.) will also be billed to your credit card the first week of each month.

FUNDRAISING ASSESSMENT

All Senior Performance, Junior Performance and Performance Development groups
\$220 fundraising assessment
Senior, Junior and Competitive Development and Shark Fit
\$120 fundraising assessment
Tiger, Leopard and Mako Sharks
\$80 fundraising assessment

Families will be assessed for their first two swimmers only. Families will have opportunities to pay for the assessment through fundraising and swim-a-thon initiatives throughout the year. Any balance to your fundraising assessment will be billed at the end of the season. Incentives will be offered for raising over your assessed amount for a training credit for the following year. Further information will be available in our fundraising handout.

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2026/27 Sharks Training Schedule

SENIOR PERFORMANCE 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
545-730 AM	700-800 AM Stronghearts	545-720 AM		545-720 AM	545-800 AM
	440-700 PM		440-700 PM	445-630 PM	

SENIOR PERFORMANCE 1 (7th practice for swimmers on Fri AM for returning swimmers to SP1)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
545-730 AM	440-700 PM	545-720 AM	440-700 PM	445-630 PM	545-800 AM

JUNIOR PERFORMANCE 2

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

JUNIOR PERFORMANCE 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
450-605 PM	330-530 PM		330-530 PM	335-500 PM	545-800 AM

PERFORMANCE DEVELOPMENT 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
440-555 PM		440-555 PM	545-700 PM		800-900 AM

PERFORMANCE DEVELOPMENT 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
600-700 PM		600-700 PM			800-900 AM

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JUNIOR DEVELOPMENT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	445-555 PM		445-555 PM		800-900 AM

SENIOR DEVELOPMENT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	445-555 PM		445-555 PM		800-900 AM

SHARK FIT (3RD workout can be arranged with a competitive group if requested)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
600-700 PM		600-700 PM			

COMPETITIVE DEVELOPMENT

SWIMMERS BORN 2014 OR LATER (choose schedule A or B)

Schedule A	Monday & Wednesday	3:40-4:35 PM
Schedule B	Tuesday & Thursday	3:25-4:20 PM

TIGER SHARKS

SWIMMERS BORN 2016 OR LATER (choose schedule A or B)

Schedule A	Monday & Wednesday	3:40-4:30 PM
Schedule B	Tuesday & Thursday	3:25-4:15 PM



SWIMMERS BORN 2013-2015 (choose schedule C)

Schedule C	Wednesday & Friday	5:05-5:55 PM
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LEOPARD SHARKS

SWIMMERS BORN 2016 OR LATER (choose schedule A or B)

Schedule A	Monday & Wednesday	4:30-5:15 PM
Schedule B	Tuesday/Thursday	3:25-4:10 PM



SWIMMERS BORN 2014-2015 (choose schedule C)

Schedule C	Wednesday/Friday	4:20-5:05 PM
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MAKO SHARKS

SWIMMERS BORN 2016 OR LATER (choose schedule A, B or C)

Schedule A	Monday & Wednesday	5:15-5:55 PM
Schedule B	Tuesday & Thursday	4:10-4:50 PM
Schedule C	Wednesday & Friday	3:40-4:20 PM



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