

## RIDGE MEADOWS SWIM CLUB

# REGIONAL DEVELOPMENT

**12 and under**

**Sept 15th/25 - June 28th/26**

**5 H2O sessions**



### Program Fees

Yearly Group Training Fee  
**\$2450.00**

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

<b>Swimmer Membership Fee (per swimmer)</b> <small>NON-REFUNDABLE. Charged at the time of registration. Includes RD 25/26 Speedo Gear Pack.</small>	<b>\$375.00</b>
<b>Fundraising Fee (per swimmer)</b> <small>50% of fee is charged on September 1st 2025,</small>	<b>\$300.00</b>
<b>Swim BC Registration Fee (per swimmer)</b> <small>NON-REFUNDABLE. Charged on August 15<sup>th</sup> 2025,</small>	<b>\$164.50</b>

**GROWTH - BOLDNESS - INTEGRITY  
COMMUNITY - COMPASSION**

### Group Description

Swimmers in this group will attend LMR level competitions and are working towards qualifying for invitational and provincial level competitions. Focus is on developing the athlete and the person in and out of the pool.

Pre-requisite: Able to swim a legal 100 Individual Medley in under 2:30 or able to do 25m of Butterfly, 50m of Breaststroke, Backstroke and 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*

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.**





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## Team and Training Gear

### Speedo Team Gear

(inc. with Swimmer Registration Fee)

- RMSC Speedo Backpack or Parka
- 2 x RMSC silicone cap
- RMSC Speedo Training Suit
- RMSC 25/26 Practice T-shirt
- RMSC 25/26 Competition T-shirt

#### Suggested Team Gear:

- RMSC Speedo Fleece Hoodie

### Titans Gold Required Equipment

- Goggles
- Water bottle
- Speedo 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 2025/26

#### Titans Fall Invitational

November 29th and 30th

#### Titans Medley Add-Up

March 7th

#### RMSC Spring Invitational

April 11th and 12th

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

For the 2025/26 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 2025/26 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.

**Credits for  
Service**





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### DRAFT 2025/26 Schedule

<b>M</b>	6:00-7:00pm
<b>T</b>	3:00-4:00pm
<b>W</b>	OFF
<b>TH</b>	3:00-4:00pm
<b>F</b>	7:00-8:00pm
<b>S</b>	9:30-11:00am
<b>S</b>	OFF

Please note that the schedule above does not include activation or dryland times, or Crossfit and Pilates sessions. The final group schedule will be sent out once all room bookings and session times are confirmed.

### NO SHOW FEE

Please note that for the 2025/26 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 2025/26

The Regional Development group will be racing 1-2 times a month which includes our club hosted Fast Fridays, Richmond Rapids PASS 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 Regional Development 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](mailto: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.**



# 2025/26 SEASON KICK OFF

SEPTEMBER 13<sup>TH</sup>, 2025 | 5:00-8:00PM | ALBION COMMUNITY CENTRE

SWING BY TO MEET YOUR COACHES, ASK  
QUESTION, PICK UP YOUR TEAM GEAR, VISIT TEAM  
AQUATICS SUPPLIES, AND MORE!

[WWW.RMSCTITANS.CA](http://WWW.RMSCTITANS.CA)