# North Delta Sunfish Swim Club

## Artistic Swimming Policy

The club's two goals for artistic swimming are:

- To encourage all swimmers to try Artistic Swimming and learn the basic moves and progressions.
- To develop experienced artistic swimmers who can compete at Regionals and Provincials to further develop their skills and abilities in Artistic Swimming.

1. From **May 1st to July 31st of each year** all swimmers may try Artistic Swimming.
   - Beginner artistic swimmers will be in our **"Recreation Group"**, where they will gain exposure to Artistic Swimming and be introduced to the foundational skills and figures. As Artistic Swimming is held in the dive tank/deep end, participants must meet the minimum swimming requirement. For example, they must be able to tread water and swim the length of the pool in order to participate fully. Coaches will have final say on eligibility and/or movement into the Competitive Group.
   - Experienced artistic swimmers, who meet the swimming prerequisite, have participated in previous years, and have learned the foundational skills, may try out for the **"Competitive Group"** or choose to remain in the **"Recreation Group"**.

2. **As of June 1st depending on interest, age, years of experience/competition and/or skills,** coaches will assign swimmers to either the **Beginner** or **Intermediate Competitive Groups** or to remain in the **Recreational Group.**

   - The **Recreational group** will continue to learn the basic foundational skills, progressions, figures and a mini technical routine. Technical routines will be showcased at the North Delta Sunfish Swim Meet and/or during a special pool practice. <u>After Regionals, the focus will be on preparing the Competitive Groups for Provincials and practice times may be limited for the "Recreational Group".</u>
   - The **Beginner and Intermediate Competitive** groups will focus on figures,progressions, a technical routine (and possibly an artistic routine depending on time and ability) for any available watershows and Regionals/Provincials. **As it is a team sport and attendance is mandatory to both learn and practice the routines for competition, a minimum of 80% attendance will be required for the "Competitive Groups" from July 1st to July 31st and 100% attendance will be required Aug 1st through Provincials.** As all teams qualify for Provincials, if you commit to a competitive team, you commit until the Provincial performance is complete. <u>Any absences must be discussed and alerted in advance with the coaches.</u> Attitude, work ethic and participation will also be considered in the forming of the Junior and Senior Teams and any final decisions are to be at the discretion of the Head Artistic Swimming Coach. Competitive members will be required to purchase a team competition suit, cap, nose clips, and will require makeup, hair products etc. They will be required to attend a hair gel workshop before competition.