



2022-23 Season
Dates of Interest
Jan 13, 2022

Items to add:

- CAS competitions schedule & events
- BCAQ Christmas Party?
- BCAQ Year End Party?
- Facility cancellations

August

Mon 22-25th BCAQ Startup Camp – SSLC

- Full days, Schedule TBD
- Age based schedules will be created
 - 12 & Under – Provincial Stream
 - 13 & Over – Provincial Stream
 - National Stream

Sun 28th – Sept 1st BC Artistic Swimming High Performance Choreography Camp - TBA

September

Wed 7th Special “Shut Down” schedule begins

- CCAC will be shut down for maintenance until October 10th.
- All competitive athletes will train together during this schedule
- “Shut Down” Schedules will be provided for each training group.

Sunday 25th BCAQ Elite Program begins

Friday 30th BCAQ Day – 5:00-8:00pm SSLC Arena - Mandatory for all families

October

Monday 10th CCAC opens - Normal Training Schedules begin

Saturday 8th No Training

Sunday 9th No Training

Sat 29th-30th Canadian Artistic Swimming (CAS) Technical Conference - Calgary

- Susan in attendance

Sunday 30th Halloween Fun Day – 9:00-10:30am SSLC – all Competitive Programs

- 10:30-12:30pm – Team training time available
- Competitive Programs changed to SSLC this day

Monday 31st Training Cancelled

November

Wed 2 BCAS Technical Debrief - Coaches only

Fri 4-6 PS& NS Training Meet #1/BCAS Technical Conference – Victoria

Sun 13th CCAC Cancelled - SSLC available 9:00-12:30pm

Wed 30 BCAS Technical Debrief - Coaches only

December

Sun 4th CCAC & SSLC Cancelled

Fri 9-11 PS& NS Training Meet #2/BCAS Technical Conference - SSLC

Sunday 18th Christmas Watershow– SSLC

- 9:00am – 12:45am – All Athletes to choreograph Finale (PS, NS)
- 11:45am - Arrival for Adv Rec Athletes & Coaches
- 1:00-2:00am - Watershow

Wednesday 21st Last day of training before Christmas Break

Thurs 22-Jan 1st Christmas Break

- Holidays are NOT to be taken by any family following X-Mas break to allow teams to prepare for their competitive seasons.
- Please refer to the [BCAQ Code of Conduct](#) regarding “Attendance”

January

Mon 2nd All programs start after Christmas Break

Wed 11 CAS Technical Debrief - Coaches only

Fri 20-22 NS Provincial Qualifier - SSLC

- Programs cancelled this weekend

Sun 22 CCAC Cancelled

February

Sun 5th CCAC Cancelled - SSLC available 9:00-2:00pm

Sat 18th SSLC Cancelled

Sun 19th SSLC Cancelled

- All programs to CCAC 7:00-11:00am available

Mon 20th Family Day – Training as normal

Fri 24-26 NS Provincial Championships – Nanaimo
PS Training Meet #3/Conference – Nanaimo

March

Saturday 18-26th Canadian Artistic Swimming (CAS) National Qualifier – TBD – East

Mon 27-May 8th IMPORTANT - CCAC Long-Term Facility Shut Down – New schedules will be created for programs running out of SSLC

April

Fri 14-16 Provincial Stream Qualifier (Mable Moran) – Richmond

May

Mon 8th SSLC re-opens

Sat 6-13th CAS National Championships – Calgary

Fri 19-21st PS Provincial Championships (Jean Peters) – Nanaimo

Saturday 27th BCAQ Year End Watershow

- 9:00-10:45 Warm-up
- 11:00-12:00pm Watershow
- 12:00-2:00pm Elite Training

June

Fri 2-4th BCAS June Assessment Camp (Team BC Top 16 Trials) - Surrey

July

Tues 4-11th BCAS Team BC Training Camp – Kamloops

August

- Mon 28-31st BCAQ Start-up Camp
 - o Official beginning of the season

September

Wed 6th 2023-24 Season Start Date