

# SWIM NOVA SCOTIA GRASSROOTS PROGRAM NOVA TECH AQUA KIDS FUNdAMENTALS STAGE OF SWIMMING CANADA ATHLETE DEVELOPMENT MATRIX

Swim Nova Scotia's grassroots program is the entry point into the sport of competitive swimming and follows [Swimming Canada's Athlete Development Matrix](#). Swimmers progress through the Nova Tech Aqua Kids Program, which is designed to introduce competitions to new swimmers.

Nova Tech Aqua Kids starts with in-house club activities that are Coach lead (Participation level). Once swimmers demonstrate a proficiency in skills, they may graduate to Nova Tech Aqua Kids Level 1 followed by Level 2.

Swimmers in Level 1 & 2 of the Nova Tech Aqua Kids program are introduced to multi-team competition where the Province is divided into three regions based on geographic location (North, South, Central). Short competitions take place within each region throughout the season (November – April), with one final Province-wide event (Nova Tech Explosion) in late May or early June. Nova Tech meets are limited to one session while the Nova Tech Explosion takes place over two days.

## NOVA TECH AQUA KIDS – PARTICIPATION

### IN- HOUSE CLUB ACTIVITIES

#### PROGRAM GOALS

- Keep kids moving, enjoy swimming and develop a love for the sport
- Focus on basic skills, technique, short duration speed
- Multi-stroke development to facilitate well versed swimmers
- Support a learning curve for the rules of swimming in a safe environment
- Learn to race (without disqualification)
- Graduation from this level is done in-house, all season, swimmers progress at their own rate

#### IN-HOUSE

NOVA TECH ACTIVE KIDS	EVENTS	AWARDS	GRADUATION
PARTICIPATION Level	- 25's all strokes - 25 Kick (Dolphin) - 100 IM - Fun relays - No DQ (learning)	- Prepared/Distributed In-House - Graduate to Level One also receive a Nova Tech Bronze medal	100 IM under 2:15 25 Kick under 0:45 (Dolphin kick)

- *Swim NS can provide graduation medals (bronze)*
- *Progressive involvement of parent support*

## NOVA TECH AQUA KIDS – LEVEL 1 & 2

### MULTI- CLUB REGIONAL SANCTIONED COMPETITIONS

#### PROGRAM GOALS

- Keep kids moving, enjoy swimming and develop a love for the sport
- In-house training skills are transferred to a competitive racing environment
- Multi-stroke development to facilitate well versed swimmers with the introduction of greater distances
- Continue to support a learning curve for the rules of swimming in a safe environment
- Learn to race (with a progressive approach to disqualifications)

#### REGIONAL ACTIVITIES

NOVA TECH ACTIVE KIDS	EVENTS	AWARDS	GRADUATION
LEVEL ONE	- 50's all strokes - 100 IM - No DQ's (verbal feedback from Officials to swimmers)	- Prepared/Distributed In-House (best time ribbons) - Graduates to level TWO also receive a Nova Tech Silver medal	100 IM under 2:00
LEVEL TWO	- 50/100's all strokes - 200 IM, 200 free - DQ's	- Prepared/Distributed In-House (best time ribbons) - Graduation by ability not age - Graduates from level TWO - Age group and invitational meets also receive a Nova Tech Gold medal and letter of recognition from PSO & Province	200 IM under 4:00 200 Free under 3:30

#### Nova Tech Aqua Kids Levels 1 & 2 - Competition

- *Swimmers race mixed gender*
- *Meet format established by Swim NS*