

**Active
For Life**

**Training
To Win**

**Training
To Compete**

**Training
To Train**

**Learning
To Train**

FUNdamentals

Active Start

Stage of Athletic Development (CS4L)

Chronological Age of Athletes

+/-6yr 7yr 8yr 9yr 10yr 11yr 12yr 13yr 14yr 15yr 16yr 17yr 18yr 19yr 20yr 21 +

Masters Swimming



Varsity & High Performance



SNC Age Group/Eastern Canadian Open Level



NS Ken Dunn Prov Champ



Swim NS Age Group, Junior Provincial & Summer Age Group



Swim NS Nova Tech Level 1 & 2 & Summer 10 & U

Swim NS Nova Tech & Summer Participation Level



Level of Competition Definition & Description- Canadian Sport 4 Life Spectrum

1. Swim NS Nova Tech Aqua Kids & Summer Participation

a. Purpose

- i. Serves as the step from **Active Start** into the **Fundamentals** level of development for swimmers.
- ii. Serves as an introduction to the sport of swimming and has an emphasis on the FUNdamentals of the sport (games with aims, FUN!)
- iii. This level serves as an introduction for parents to the sport, basic training for officials, and basic training for Clubs hosting meets.

b. Competition Format

- i. Meet focus is fun, exciting and energetic
- ii. Short sessions (<4 hour) , fun competitions
- iii. Short bursts of speed & rhythm (25m, 50m Kick, 100m IM)
- iv. Learn the skills and how a swim meet works- no disqualifications

c. Competition Frequency

- i. Year Round Program- each 4-6 weeks; recommend 6-8 per season
- ii. Summer Program- weekly, with meet concluding before lunch break for in season competition

2. Swim NS Nova Tech Aqua Kids Level 1 & 2, Summer 10 & U

a. Purpose

- i. Serves as the **FUNDamentals** level of development for swimmers
- ii. Introduction of progression in competition through levels, maintaining a fun, fast exciting environment

b. Competition Format

- i. Meet focus is fun, exciting and energetic
- ii. Short sessions (<4 hours), fun competitions
- iii. Addition of turn skills, slightly longer bursts of speed & rhythm (50m strokes, 50m Kick, 200m IM & Free)
- iv. Progressive accountability for rules, moving from education without disqualification to education and disqualification (Level 1 to Level 2 of NT)

c. Competition Frequency

- i. Year Round Program- each 4-6 weeks; recommend 6-8 per season
- ii. Summer Program- weekly with events spread out between A & B templates for in-season competition

d. Standards-

Year Round Program: Nova Tech Graduation

Participation- 100m IM @ 2:15

Level 1- 200 IM @ 4:15

Level 2- 200 IM @ 3:55, 200 Free @ 3:40

Tracking- registered swimmers to grads

2010- 226/77

2011- 258/68

2012- 254/55

2013- 311/100

2014-317/111

2015- 267 (Dec 2014)

3. Swim NS Age Group Development, NS Jr. Provincial & Summer Age Group

a. Purpose

- i. Serve as the **Learn to Train** level of development for swimmers
- ii. Swimmers are learning the competitive skills of racing a broad spectrum of events and strokes
- iii. 2015-16 Season- introduce meet qualifying standards to build a continuity of progression from Nova Tech Participation through to NS Championship level

b. Competition Format

- i. In-season competition timed final
 - Aim is for swimmers to race similarly skilled swimmers based on entry times vs chronological age
 - Coaches aim to plan a mix of below-at-above levels of competitions into each swimmers progression
- ii. Year Round Program- end of cycle prelims and finals competition
- iii. Summer Program- end of season timed finals competition

c. Competition Frequency

- i. Year Round Program- in-season build over the development stages up to 12 per year
- ii. Summer Program- in-season weekly
- iii. Year Round Program- 2 x Championship level competitions, SCM x 2 per annual swim season
- iv. Summer Program- 1 x Championship level competition, end of season championships
- v. Tabled for review- In-season scheduling to consider methods to provide competitions that do not require alternating the training program

d. Standards

- i. X% slower than NS Championship level- progressing above Nova Tech graduation level
- ii. 2015-16 Season- lenient to be inclusive

4. Nova Scotia Championship Level Competition

a. Purpose

- i. Serve as the **Train to Train** level of development
- ii. Serve as the Provincial competition in a progression for swimmers from NS Jr Championship level progressing toward higher levels of Canadian Age Group performance
- iii. Swimmers learn to perform on demand, both in season and out

b. Competition Format- Year Round Program

- i. In-season competition is timed final, senior seeded; coaches should seek a mix of below-at-above levels of competition
- ii. One SCM and one LCM Championship level competition per season with age group prelims and finals

c. Competition Frequency- Year Round Program

- i. In-season build over the development stages up to 12 per year
- ii. 2x Championship Heats & Finals per season (SCM & LCM); Championship Meet dates precede SNC Eastern Open & Age Group Championships by a minimum of 2 weeks
- iii. Tabled for review – In-season scheduling to consider methods to provide competitions which do not require altering the training program

d. Standards

- i. X% below Age Group Championships level- aim to maintain progression toward standard as swimmer ages up

5. SNC Age Group/Eastern Canadian Open Level

a. Purpose

- i. Serve as the **Train to Compete** level of development
- ii. Swimmers learn to compete and succeed at a national level

b. Competition Format

- i. In-season competition is timed final, senior seeded to race similarly skilled swimmers based on entry times vs. chronological age
- ii. Aim to mix below-at-above levels of competition according to swimmer needs
- iii. 2x Championship level competitions, once per seasonal macro (SCM & LCM)
Meet format is subject to SNC competition plan

c. Competition Frequency

- i. In-season 10-12 training competitions and 2-3 prelims and finals performance level competitions per season
- ii. Tabled for review – means and methods to access ‘above’ levels of competition at a frequency to benefit age group swimmers on a national level track; consider shared resources, not selective tours, grouping all qualifiers in order to access competitions at a level that benefits our swimmers

d. Standards- set by SNC

6. Varsity & HP Competition

a. Purpose

- i. Serve as the **Train to Compete** level of development
- ii. Athletes range from NS Championship level to National performance levels of competition – AUS, CIS, Eastern Open, Trials

b. Competition Format

- i. In-season competition is senior seeded and includes timed finals and prelim/final meets
- ii. Swimmers race similarly skilled swimmers based on entry times
- iii. 2x Championship level competitions per season (SCM &/or LCM); Meet format is subject to CIS and SNC decision making

c. Competition Frequency

- i. In-season 10-12 training competitions and 2-3 prelims and finals performance level competitions per season

d. Standards- set by SNC/CIS for respective competitions

7. Masters Swimming

a. Purpose

- i. Serve as the **Active for Life** level of development

b. Competition Format

- i. A fun, relaxed atmosphere for adults to enjoy the sport of swimming at any level of performance
- ii. Swimmers may race similarly skilled swimmers based on entry times
- iii. Meets aim to be timely, approximately 4 hours per session
- iv. In-season competition timed finals
- v. Championship format either timed finals or heats & finals; determined by number of athletes and need

c. Competition Frequency

- i. Each 4-6 weeks, as determined by annual planning

8. Open Water Swimming

a. Purpose

- ii. Serve as the **Train to Train, Train to Compete** and **Active for Life** level of development

b. Competition Format

- iii. 1km race distance for swimmers between the ages of 10-12
- iv. 2km and 5km race distances for swimmers 13 and older
- v. This can be a fun, relaxed atmosphere for adults to enjoy the sport of swimming at any level of performance

c. Competition Frequency

- vi. Twice per summer

Swim Nova Scotia's working Committees developed this document to provide the step-wise progression to our overall competition plan for use by our members in planning their club competition programs.

Changes may be made by Swim Nova Scotia based on changes to the competition calendar, templates, or Swimming Canada revisions.