



SWIM NOVA SCOTIA LONG-TERM ATHLETE DEVELOPMENT MODEL

Cronological Age	0-6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+
Years in 'Club Sport'	-	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15+
Physical Literacy & Sport for All	ACTIVE START															
Excellence																
Life-Long Activity																
Competition Levels:																
1	IN HOUSE MEETS and TIME TRIALS															
2	NovaTech															
3	JUNIOR PROVINCIAL															
4	SENIOR PROVINCIAL / AGE GROUP															
5	EAST COAST CHAMPIONSHIPS															
6	CANADIAN AGE GROUP NATIONAL CHAMPIONSHIPS															
7	EASTERN CANADIAN CHAMPIONSHIPS															
8	CANADIAN SENIOR NATIONAL CHAMPIONSHIPS and TRIALS															

Swimming Long Term Athlete Development Model

