



**Aims**

- ✓ focus on technique, short duration speed
- ✓ support a learning curve for sport rules
- ✓ keep kids moving, just play the game
- ✓ progressive events
  - Entry to competition - focus on short speed bursts (25m) and rhythm (IM), just play the game, learn the rules but compliance not required
  - Once a level of performance is attained in 100 IM progress to 200 IM and add in 50m events to include all turn technique
  - Keep focus on short speed, add full range of turn tech, develop rhythm (IM) endurance (200m)
  - Once a level of performance is attained in 200 IM then add in 200 free
  - A swimmer graduates into Age Group and Invitational meets once he/she has attained a performance level in both the 200 IM and 200 free
- ✓ progressive incentive
  - graduation at each level is awarded
- ✓ progressive involvement of parents in time and resources
  - minimize travel and related cost commitment
  - minimize volunteer time commitment
  - keep focus on healthy, active kids

NOVATECH ACTIVE KIDS	Events	Awards	Graduation
PARTICIPATION Level	- 25's all strokes - 25 kick: <i>will use a short board, with areas marked for hands (provided by Swim NS to host clubs)</i> - 100 IM - no DQ, learning	- All participants receive a result card after each meet - Graduates to level One also receive an Active Kids Bronze medal.	100 IM under 2:15 25 Kick under :35 (flutter or dolphin kick)
LEVEL ONE	- 50's all strokes - 25 kick: <i>will use a short board, with areas marked for hands (provided by Swim NS to host clubs)</i> - 200 IM - no DQ, learning	- All participants receive a result card after each meet - Graduates to level TWO also receive an Active Kids Silver medal	200 IM under 4:15 25 Kick under :30 (flutter or dolphin kick)
LEVEL TWO	- 50's all strokes - 25 kick: <i>no kickboard/streamline with both hands holding a 6"-8" x 1/2" PVC Pipe, or similar (no arms)</i> - 200 IM, 200 free - DQs begin	- All participants receive a result card after each meet - Graduation by ability not age - Graduates from level TWO to Age group and invitational meets also receive an Active Kids Gold medal and letter of recognition from PSO/MLA	200 IM under 3:55 200 Free under 3:40 25 Kick under :30 (flutter, dolphin (on front or back) or breaststroke kick)

### **Novatech Aqua Kids Meets**

- ✓ single day, aim 4 hours, except the final explosion meet will be two days
- ✓ divide into three regions as needed to accommodate timeline goals (South/Central/North)
- ✓ mid morning to mid day start
- ✓ after first two meets consider group warm-ups
  - (eg) start pool warm-up with all Participation level kids, spread over lanes and a coach or two per lanes; general prep and review
  - (eg) while Participation level does pool w.u. the Level One and Level Two do activation all together with teams mixed; coach led, other coaches mix in and assist
  - (eg) when Participation climbs out, Level 1 and Two divide over lanes (3 lanes Level 2, and 3 lanes Level3); lane coaches move these kids through pool w.u. and Participation kids dry off and do activation and prep for first event.
  - First two meets would use lane assigned team warm-ups oyo as is done now
- ✓ mix order of events, not same order for each meet; begin to learn to just do the race, no special circumstances for free or IM
- ✓ clubs responsible for distribution of awards in house; can do own and personalize or may order generic from PSO

**Participation = graduate to Level I when 100 IM under 2:15.00 & 25 Kick (Flutter or Dolphin) under :35 sec**

**Level 1 = graduate to Level 2 when 200 IM under 4:15.00 & 25 Kick (Flutter or Dolphin) under :30**

**Level 2 = graduate to age group development meets when 200 IM under 3:55.00 and 200 free under 3:40.00 and 25 Kick (Flutter, Dolphin or Breast) under :30**