

Active For Life

Training To Win

Training To Compete

Training To Train

Learning To Train

FUNdamentals


Active Start

Stage of Athletic Development (CS4I)

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 CJC/Eastern Level



NS Ken Dunn/David Fry Provincial Champs



Swim NS AA & 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 week; 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- 267/127

2016- 315/89

2017- 309/84

2018- 309/100

2019- 271/64

3. Swim NS Age Group Development, NS AA & 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

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 swimmer's 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

d. Standards

- i. No qualifying times for AA Winter/Spring Championships

4. Nova Scotia Senior 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 AA Winter/Spring Championship level progressing toward higher levels of Canadian Junior National Championships/Easterns 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. Two LCM Championship level competition per season with age group prelims and finals; these fall within the SNC Competition Window

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 (LCM); Championship Meet dates fall within the SNC Competition Windows

d. Standards

- i. ~10% below Junior National Championships level- aim to maintain progression toward standard as swimmer ages up

5. Canadian Junior Championships/Eastern Championships 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 (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 to access competitions at a level that benefits our swimmers (SNC Competition Review Phase II)

d. Standards- set by SNC

6. Varsity & Performance Competition

a. Purpose

- i. Serve as the **Train to Compete** level of development
- ii. Athletes range from NS Senior Championship level to National performance levels of competition – AUS, USports, Easterns, Jr National, 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/LCM); Meet format is subject to USport 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/USport 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

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