

September 1, 2009

### Victoria Academy of Swimming Fall Training

Beginning September 21, 2009, the Academy will begin operating as an official entity. At this point, training with that specific group and in the identified training hours, will be limited to those athletes who qualify through performance standards set out by the Head Coach of the Victoria Academy of Swimming. Numbers in each training session will be reflective of training space available for that session. For example, if we have 8 lanes short course, approx – 3 athletes/lane, 24 athletes for that session. It will be similar for long course training, but 5 athletes/lane.

The training schedule is as follows:

Mon/Tues/Thurs/Fri morning in the pool from 7:00-9:00am \* the Mon/Fri session will be after dry land

Mon/Fri pm 2:30-4:30 pm

Tues/Thurs pm 3:00 – 5:00pm

Sat 8:00 – 10:00 am and 3:00 – 5:00 pm

In the past, not all swimmers have been able to make all the sessions, and ideally we will have consistent training groups. Swimmers will be required to submit their preferred training times to their personal coach, and the coaches will rank each swimmer by performance. Once all the swimmers schedules are submitted, you will be notified which sessions you are eligible to attend each week. Training groups will be reviewed January 1 for university swimmers, February 1 for high school swimmers, and April 15<sup>th</sup> for all swimmers after Pan Pac trials. Please note, that Monday and Friday morning sessions will be very heavily subscribed as other swimmers from the community have expressed interest in this session. At this point, it looks like at least a senior national qualifying time will be required to access academy sessions. In addition, other variables that pertain to high performance will be taken into consideration. The expectation is that the group is developing the skills required to become an elite swimmer.

Please submit your intent to access academy training as well as your preferred training dates and times to your personal coach by September 15<sup>th</sup>.

For more information, please contact me at [randyswim@shaw.ca](mailto:randyswim@shaw.ca)

Randy Bennett  
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