

## National Development

### COACH – ROBERT PETTIFER

This program is for motivated and dedicated swimmers who are focused on developing the ability and skills to enable him/her to train, qualify and be competitive at a National level. Swimmers will have multiple competitive opportunities throughout the season, highlighted by two Provincial competitions. Swimmers can graduate out of the National Development Program and into the National Development Elite program once they have met the training and competitive prerequisites for the program.

- Swimmers are expected to attend 80% of all scheduled monthly practices & competitions. Failure to meet this group requirement will result in a re-evaluation by the Head Coach of the swimmer's position in the National Development program.
- Swimmers are expected to attend all Provincial Championship meets as well as any National competitions that they qualify for.
- Workouts and schedule will be flexible and appropriate for the age and ability level of the athlete
- In addition to regular the training schedule and competitions in the LMR there will also be team travel meets as well as training camps offered.

#### Prerequisites:

##### Entrance requirements:

10x100m @ 1:40 Hold Hr/SC/Time  
4 x 400m @ 30sec {even split/Hold Hr & time}  
8x100m kick @ 2:00 hold under 1:50  
6x50m @ 2:30 hold 2<sup>nd</sup> 50m of 100m PB  
400m kick under 7:30

##### Graduation requirements

10x100m @ 30sec girls under 1:15 boys under 1:10  
5 x 400m @ 30sec {even split/Hold Hr & time}  
10x100m kick @ 2:00 hold under 1:40  
4x50m @ 2:30 hold 2<sup>nd</sup> 50m of 100m GT  
400m kick under 7:00

- *The Head Coach reserves the right to accept swimmers into the National Development program that have made some but not all of the above criteria.*

**Equipment required:** Training suit, Racing Suit, Rapids black t-shirt, kickboard, pull-buoy, fins (short & long), paddles (small & large), band, snorkel, Rapids cap (if cap worn), goggles, water bottle.

### National Development Training Schedule (All sessions at Watermania)

	MON	TUES	WED	THUR	FRI	SAT	Monthly fees	Adv Fees
a.m.		6:00-7:30		6:00-7:30		7:00-9:30		
p.m.	3:45-6:00	3:45-6:00	3:45-6:00	3:45-6:00	3:45-6:00		\$235.00	\$400

All listed practice times include activation/Dry Land training time

## National Development Elite

### COACH: ROBERT PETTIFER

This level of our program is for motivated and dedicated nationally qualified swimmers. The focus of this group is to develop the athlete's ability and skills to qualify and compete as a finalist at the National level with the potential to reach the International Level. Swimmers will have multiple competitive opportunities throughout the season, highlighted by two National Championship competitions.

- Swimmers must attend 85% of all scheduled monthly practices. Failure to meet this group requirement will result in a re-evaluation by the Head Coach of the swimmer's position in the National program.
- Swimmers are expected to attend all Provincial Championship meets as well as any national competitions that they qualify for.
- Workouts and schedule will be flexible and appropriate for the age and ability level of the athlete
- In addition there will be team travel meets as well as training camps available.
- Weight training will be a component of the swimmer's training in this group

#### Prerequisites:

##### Entrance requirements:

10x100m @ 1:30/1:35 Hold Hr/SC/Time  
5 x 400m @ 30sec { even split/Hold Hr & time}  
10x100m kick @ 2:00 hold under 1:40  
6x50m @ 2:00 hold 2<sup>nd</sup> 50m of 100m PB  
400m kick under 7:00

##### Graduation requirements

10x100m @ 30sec girls under 1:11 boys under 1:06  
5 x 400m @ 5:20/5:40  
10x100m kick @ 2:00 hold under 1:30  
6x50m @ 2:00 hold 2<sup>nd</sup> 50m of 100m GT  
400m kick under 6:30

\*\* Each candidate for the National program will interview with the Head Coach prior to their acceptance into the program.

- Committed to full training and competitive schedule
- *The Head Coach reserves the right to accept swimmers into the National program that have made some but not all of the above criteria.*

**Equipment required:** Training suit, Racing Suit, Rapids black t-shirt, kickboard, pull-buoy, fins (short & long), paddles (small & large), band, snorkel, Rapids cap (if cap worn), goggles, water bottle.

Swimmers who are attending Club Nationals will be able to purchase a Rapids Numbered Jersey.

### National Development Elite Training Schedule (All sessions at Watermania)

	MON	TUES	WED	THUR	FRI	SAT	Monthly fees	Adv Fees
a.m.		6:00-7:30		6:00-7:30		7:00-9:30		
p.m.	3:45-6:00	3:45-6:00	3:45-6:00	3:45-6:00	3:45-6:00		\$250.00	\$400

All listed practice times include activation/Dry Land training time