

## **THE PROVINCIAL AGE GROUP Program**

This level of our program is for highly motivated swimmers from 11 to 14 years of age who are committed to long-term development and who have met all of the listed group prerequisites. The focus in this group is learning to train, mastering technique and exposing the swimmers to all aspects of competitive swimming and sporting lifestyle. Swimmers will have 12 to 15 competitions per year, highlighted by a championship at the Regional, Provincial or National level. Swimmers can move into PAG 1 based on the training and competitive prerequisites provided below. Levels 2 & 3 will be comprised of our top 12 to 14 year old athletes; they will be divided into two groups based on their training ability, ability to commit to the training schedule of each group and their competition performances across several key events (400free/200back/200breast/200fly/200IM & 400m kick). Final decision for all group movements within the PAG Program will be made by the Head age group coach and the Director of Swimming.

### **Provincial Age Group 1**

---

#### **COACH: Alex Pettifer**

The primary goal is to introduce the swimmer to the basic skills and the commitment level required of swimming in order to assist in qualify for Provincial Championships and progress further through the club structure. Swimmers are offered 6 practices a week, 5 evening practices and 1 Saturday morning practice. Swimmers who achieve their AAA qualifying times will be invited to purchase a team tracksuit. Swimmers will be evaluated in December and March to see if any group movement is appropriate.

#### **Prerequisites:**

**Age:** 11-14

#### **Competitive**

3:10 for 200 IM

6:00 for 400 free

4:00 for 200 free kick

#### **Training**

6 x100m @ 2:15 Hold Hr, SC & Time

4 x 200m @ 30sec {even split/ Hold Hr & time}

8x100m kick @ 2:30 hold under 2:00

6x50m @ 3:00 hold 2<sup>nd</sup> 50m of 100m PB

400m kick under 8:00

- Committed to the competitive schedule of the program

**Equipment required:** Rapids (blue) bathing suit, Rapids T-Shirt & cap (if worn), Water bottle, Kickboard, Pull-buoy and Fins

### **Provincial Age Group 2**

---

#### **COACH: Dennis Silva**

The primary goal of this group is to further refine the swimmer's skills and training in order to help the 12 & under swimmer become a AAA finalist or the 13 & 14 year old to become a AAA qualifier. Swimmers are offered 8 practices a week, 5 evening practices and 2 to 3 morning practices (at coaches discretion). Swimmers who achieve AAA times will be invited to purchase a team tracksuit.

#### **Prerequisites:**

**Age:** 12-14

#### **Competitive**

*Swimmers are ranked based on the add up of their best times in the following events*

400m free

200back

200breast

200fly

200IM

400m kick

#### **Training**

8x100m @ 1:50 Hold Hr/SC/Time

4 x 400m @ 30sec {even split/Hold Hr & time}

8x100m kick @ 2:10 hold under 1:50

4x50m @ 2:30 hold 2<sup>nd</sup> 50m of 100m PB

400m kick under 7:30

75% attendance of all scheduled practices & competitions is required

**Equipment required:** Rapids t-shirt & bathing suit & cap, Water bottle, kick board, pull-buoy, fins, paddles, & snorkel

## Provincial Age Group 3

**COACH: Robert Pettifer Doug Thompson**

The primary goal of this group is to prepare the swimmer for senior level training and National level competitions (Western or Age Group Nationals). Swimmers are offered 8 practices a week, 5 evening practices and 2/3 morning practices (at coaches discretion) as well as special practices and competitions with the senior program. Swimmers who achieve AAA times will be invited to purchase a team tracksuit.

### Prerequisites:

**Age:** Female 12-14 & Male 13-14

### Competitive

Swimmers are ranked based on the add up of their best times in the following events

400m free  
200back  
200breast  
200fly  
200IM  
400m kick

### Training

10x100m @ 1:45 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 7:15

**Equipment required:** Rapids t-shirt and bathing suit & cap, Water bottle, kick board, pull-buoy, fins, paddles, & snorkel

### PAG TRAINING SCHEDULE (All sessions at Watermania)

75% attendance of all scheduled practices & competitions is required

### PAG Training Schedule

		MON	TUES	WED	THUR	FRI	SAT	Monthly Fees	Adv Fees
PAG 1	a.m.						6:50-9:30	\$200	\$400
	p.m.	3:45-6:00	3:45-5:30	3:45-6:00	3:45-5:30	3:45-6:00			
PAG 2	a.m.		6:00-7:30		6:00-7:30		6:50-9:30	\$210	\$400
	p.m.	3:50-6:00	3:50-6:00	3:50-6:00	3:50-6:00	3:50-6:00			
PAG 3	a.m.		6:00-7:30		6:00-7:30		6:50-9:30	\$210	\$400
	p.m.	3:50-6:00	3:50-6:00	3:50-6:00	3:50-6:00	3:50-6:00			

All listed practice times include activation/Dry Land training time