

Regional Development

This level of our program is designed to introduce swimmers over the age of 11 years to competitive swimming, or to allow provincial level athletes unable to commit to advanced training to continue to practice and compete. Swimmers are expected to be of ICS level 3 or equivalent and are interested in competition. Swimmers can progress through levels 1-3 based on the swimming prerequisites provided for each level listed below.

Regional Development 1

COACH:

The primary goal is to introduce the swimmer to the basic skills and commitment of this level of swimming in order to compete at the PASS level. These swimmers will train 4 out of 6 workouts offered in a week. This will include 6 PASS meets per year.

Prerequisites:

- Rapids Swim School (or comparable program)
- Or Red Cross level 8
- Or competent in three of the competitive strokes + Dolphin kick

Regional Development 2

Primary coach: Doug Thompson

Assistant coach:

The primary goal is to introduce the swimmer to the basic skills and commitment required of this level of swimming in order to compete at an LMR or Regional Championship level. Competitions include regional meets, a few invitational meets and the possibility of travel in BC. These swimmers will train 5 out of 6 workouts offered in a week.

Prerequisites:

- 4:00 or better for a 200m Individual Medley
- 5:40 or better for a 300m Freestyle
- 200m kick under 4:30 under

Regional Development 3

Primary coach: Doug Thompson

Assistant coach:

The primary goal is to refine the swimmer's competitive and training skills in order to prepare these swimmers for graduation to PAG or Senior Development. Swimmers will be invited to special training and competitive opportunities with the PAG and Senior groups on occasion. Swimmers will train 6 practices a week - 5 evening practices and 1 morning practice.

Prerequisites:

- 3:35 or better for a 200 Individual Medley
- 6:30 or better for a 400 Freestyle
- 5 x 100m kick @ 3:00 under 2:00
- committed to the LMR competitive schedule (racing every 4 to 5 weeks)

Required equipment for all RD groups: Rapids (blue) bathing suit, Rapids T-Shirt & cap (if worn), Water bottle, Kickboard, Pull-buoy and Fins

****The Swim & Fitness shop at Watermania will have a list of all coach recommend equipment for these groups****

TRAINING SCHEDULE (All sessions at Watermania)

	MON p.m.	TUES p.m.	WED p.m.	THUR p.m.	FRI p.m.	SAT a.m.	Monthly Cost	Adv fees
RD1	5:15-7:00	5:50-7:00	5:15-7:00	5:50-7:00	5:15-7:00	8:45-10:00	\$153	\$150
RD2	5:15-7:00	5:15-7:00	5:15-7:00	5:15-7:00	5:15-7:00	8:45-10:00	\$176	\$250
RD3	5:15-7:00	5:15-7:00	5:15-7:00	5:15-7:00	5:15-7:00	8:45-10:00	\$180	\$250

All listed practice times include activation/DryLand training time