



## Age Group Program *Season Start-Up Info*



To new & returning Age Group Program members,

I would like to enthusiastically welcome you to the Strathcona County Swim Club ("SRAYS") and Age Group program for the upcoming 2022/2023 swim season.

This program is comprised of our teenaged members who have ambitions to compete at Provincial & National level competitions. There are multiple schedule options providing comprehensive swim programs aimed to provide all members the most appropriate swim experience relative to their swim goals & current ability level.

While ability level, swim goals & training experience will vary amongst our Age Group swimmers, everyone will be held to the same standards. The expectation for all Age Group swimmers will be putting forth your very best effort every practice, training in a manner which reflects their ability level, having a positive attitude, showing respect to others & communicating appropriately.

There is a lot of information within this document but it is important for all members to be as informed as possible. We hope this document gets members organized and excited for the upcoming swim season. Please take the time to read through the information package and please feel free to contact me with any questions you have regarding the content in the document or questions left unanswered at [headcoach@silverrays.ca](mailto:headcoach@silverrays.ca)

See you at the pool!

A handwritten signature in black ink, appearing to read "Mark Chantaj".

Mark Chantaj  
*SRAYS Head Coach*



## Age Group Program



### Purposeful Training

The training will follow a Yearly Training Plan (“YTP”) created by the SRAYS Head Coach. The YTP will divide the swim season into 3 training cycles. Each training cycle will have multiple training blocks which are a few weeks in length. Each training block will follow a weekly template. This is no different than what the kids do at school; they have semesters, which are divided into units, which have different learning opportunities each week, with specific lessons taught every day.

EVERYTHING we do in training is meant to benefit the many elements of our performances at swim meets. The culmination of all the hard work will be consolidated at two “Peak Performance” competitions held in March/April and July. These two swim meets are when all Age Group swimmers will be prepared to swim their fastest!



### Supplementary Training

In combination with the time spent in the pool, swimmers will have a variety of land based work-outs throughout the week. These work-outs are just as much a part of their training as what’s done in the pool. There will be a 15min pre-pool activation on-deck before every pool session which will focus on developing athletic abilities such as mobility and aid in injury prevention.

**Dryland** sessions will focus on developing appropriate technique in all land-based movements which will lead into developing general strength.

**Spin Classes** will assist swimmers in improving general fitness levels; especially early in the season. They are a great way to develop aerobic fitness without having to worry about maintaining proper swim technique.

**Yoga** will help all swimmers downregulate and relax after a long week of training. Having a good stretch and doing some purposeful breath work will help the swimmers finish their week feeling calm & relaxed.



## Age Group Program



### Commitment & Attendance

Swimmers will be invited to register in either AG1 (x7), AG2 Prov (x6) & AG2 (x5) schedules for the 22/23 season. Each swimmer will be on a schedule they can commit to and where the likelihood of 100% weekly practice attendance is highest.



### Communication

Swimmers will be required to inform SRAYS Head Coach when they are not able to attend practices or will need to arrive late/leave early for a swim practice. This via email, text or WhatsApp message where parents will always be CC'd or involved in communication process.

Swimmers will always be encouraged to communicate honestly and respectfully in an assertive manner. These are the communication skills worked with the Strathcona County mental health team in past seasons.

### Making appropriate choices & Behavior

Swimmers must acknowledge that they always have a positive or negative influence on the training environment, teammates and coaches. Making deliberate choices with their words, actions, attitude and effort levels is something swimmers will be held accountable to.

Choices and behaviors will constantly be monitored and addressed to ensure the best training environment is being created and maintained throughout the swim season. The SRAYS coaching staff will always give credit where credit is due and acknowledge swimmers who are making great choices and implementing 'performance oriented' behaviors within our training environment.



## Mental Training & Mental Health



Age Group swimmers will be introduced to or further explore various topics throughout the swim season via group discussions on-deck, online google forms and 1-on-1 discussions with their coach. The intention of all these activities is helping them develop the mind of a champion.

Topics covered this season will include but are not limited to:

- Creating & implementing 'action plans' to help achieve season-ending goals.
- Dealing with adversity
- Strategies to maintain a strong work ethic for the entire season
- Developing appropriate communication skills
- Making appropriate choices (Time Management, Technology use, Hydration, Nutrition & Sleep)



## Equipment

Swimmers are required to maintain a mesh bag with their required pieces of equipment.

Mesh bag <https://team-aquatic.com/collections/bags>

Snorkel <https://team-aquatic.com/collections/equipment-snorkels>

Kick Board <https://team-aquatic.com/collections/equipment-kickboards>

Pull Buoy <https://team-aquatic.com/collections/pull-buoys>

Hand Paddles <https://team-aquatic.com/collections/paddle>

Fins <https://team-aquatic.com/collections/equipment-fins>

Water bottle, yoga mat & skipping rope are items swimmers should have with them for practices & swim meets.

Please contact Coach Mark ([headcoach@silverrays.ca](mailto:headcoach@silverrays.ca)) with any equipment questions to ensure you're purchasing appropriate pieces of equipment (ie. Fins & paddles).



## Age Group Program Schedule



	Mon	Tues	Wed	Thurs	Fri (Female)	Fri (Male)	Sat
<b>Perf</b> X8	Act 5:30-5:45a Swim 5:45 – 7:30a  Act 3:45-4:00p Swim 4:00-6:00p	Act 3:45-4:00p Swim 4:00-6:00p Dryland 6:15 – 6:45p	Act 5:30-5:45a Swim 5:45-7:30a  Act 3:45-4:00p Swim 4:00-6:00p	Act 3:45-4:00p Swim 4:00-6:00p Dryland 6:15 – 6:45p	Act 5:30-5:45a Swim 5:45-7:30a  Spin/Core 5:00 – 6:00p	Act 4:00 – 4:15p Swim 4:15 – 6:00p Dryland 6:15 – 6:45p	Act 10:00 – 10:15a Swim 10:15a – 12:15p Yoga 12:30 – 1:00p
<b>AG1</b> X7	<i>*AM option A*</i> Act 5:30 – 5:45a Swim 5:45 – 7:30a  Act 3:45-4:00p Swim 4:00-6:00p	Act 3:45-4:00p Swim 4:00-6:00p Dryland 6:15 – 6:45p	<i>*AM option B*</i> Act 5:30-5:45a Swim 5:45-7:30a  Act 3:45-4:00p Swim 4:00-6:00p	Act 3:45-4:00p Swim 4:00-6:00p Dryland 6:15 – 6:45p	Act 5:30-5:45a Swim 5:45-7:30a  Spin/Core 5:00 – 6:00p	Act 4:00 – 4:15p Swim 4:15 – 6:00p Dryland 6:15 – 6:45p	Act 10:00 – 10:15a Swim 10:15a – 12:15p Yoga 12:30 – 1:00p
<b>AG2 Prov</b> X6	<i>*AM option A*</i> Act 5:30-5:45a Swim 5:45-7:30a  Act 4:15 – 4:30p Swim 4:30 – 6:00p	Act 3:45-4:00p Swim 4:00-5:00p Spin/Core 5:30 – 6:30p	<i>*AM option B*</i> Act 5:30-5:45a Swim 5:45-7:30a	Act 3:45-4:00p Swim 4:00-6:00p Dryland 6:15 – 6:45p	Act 5:30-5:45a Swim 5:45-7:30a  Spin/Core 5:00 – 6:00p	Act 4:00 – 4:15p Swim 4:15 – 6:00p Dryland 6:15 – 6:45p	Act 10:00 – 10:15a Swim 10:15a – 12:15p Yoga 12:30 – 1:00p
<b>AG2</b> X5	Act 4:15 – 4:30p Swim 4:30 – 6:00p	Act 3:45-4:00p Swim 4:00-5:00p Spin/Core 5:30 - 6:30p	Act 5:30-5:45a Swim 5:45-7:30a		Act 5:30-5:45a 5:45-7:30a  Spin/Core 5:00 – 6:00p	Act 4:00 – 4:15p Swim 4:15 – 6:00p Dryland 6:15 – 6:45p	Act 7:00 – 7:15a Swim 7:15 – 8:45a Dryland 9:00 – 9:30a
<b>NOTE:</b> AG1 & 'AG2 Prov' swimmers may decide on either a Mon AM or Wed AM practice. They can decide each week which AM practices works best for their weekly schedule.							

Act = Pre-Pool Activation (Pulse Raiser + Mobility + Strength + Power) held on-deck  
 DL = Dryland training (Developing a variety of athletic abilities) held in 'Blue Room' off-deck  
 Yoga = Stretching, Yoga & RAD ball recover session in Activity Room 3  
 Spin/Core = 45min Spin Class + 15min Core in Spin studio

On Friday's we will begin holding practices that are all girls and all boys. The girls will have an AM swim and PM spin class while the boys have a PM swim & dryland session. The SRAYS coaching staff is optimistic that this weekly practice can be quite engaging for the swimmers and something we believed will benefit the swimmers and uplift our program.



## Swim Meet Calendar

September – January



### Age Group 2

Date	Meet (Host Club)	Notes	Location	Compulsory
Oct 22-23	PZDA (PPAC)		Spruce Grove	
Oct 22-23	Canmore Pentathlon		Canmore	
Nov 5-6	Poppy Invitational (SRAYS)		Edmonton	*
Nov 18 – 20	KSC SC Invitational (KSC)	HC Discretion	Calgary	
Dec 9 – 11	Candy Cane Classic (EKSC)		Edmonton	
Dec 15 – 18	JP Fiset (OSC)	Qualifiers	Edmonton	
Jan 13 - 15	Blue Bears (EKSC)		Edmonton	

*HC Discretion: swimmers who have 90% attendance or better will be considered to attend as our club will be allocated a certain number of entries into this meet (Calgary swim meets fill up fast).*

*Swimmers may choose between PZDA OR Canmore Pentathlon on the Oct 22-23 weekend.*

### Performance & Age Group 1

Date	Meet (Host Club)	Notes	Location	Compulsory
Oct 22-23	PZDA (PPAC)		Spruce Grove	
Oct 22-23	Canmore Pentathlon		Canmore	
Nov 5-6	Poppy Invitational (SRAYS)		Edmonton	*
Nov 18 – 20	KSC SC Invitational (KSC)		Calgary	
Dec 2 -4	PCS X-Mas Cracker (PCSC)		Victoria, BC	
Dec 15 – 18	JP Fiset (OSC)		Edmonton	*

*Swimmers may choose between PZDA OR Canmore Pentathlon on the Oct 22-23 weekend.*

*Swimmers may choose between KSC SC Invitational OR Xmas Cracker as their final prep meet before JP Fiset..*