

Collingwood Clippers Group Descriptions

Senior - National Development Group

This group is designed for the pre-provincial or higher qualified swimmer, or for older swimmers looking to make the transition to high competitive levels. It is a full training schedule with dry land. Swimmers must be fully committed to the training schedule and try to miss as few practices as possible. Swim meet attendance is required.

Age Group 1 – Provincial Development Group

This group teaches skill development through enhanced training. This group focuses on the needs of provincial qualifiers to Youth and Junior National Level athletes. Swimmers must be fully committed to the training schedule and try to miss as few practices as possible. Swim meet attendance is required. Traveling to compete within Ontario, Canada and possibly the USA occurs.

Age Group 2 - Regional Development

This group is based around the younger or less experienced swimmer as they learn more about the sport and the requirements needed to do well in it. There will still be a focus on skill development with an introduction to longer sets, pace times and how to read the clock properly. This is a transition group from the developmental swimmer in Age Group 3 to the training athlete in Age Group 1. This group may vary in age but their ability will be similar.

Age Group 3 - Development

Age Group 3 is a transition group from the Junior Clippers Program into a Program that focuses on learning more skills and gaining some endurance through training. They will be given multiple opportunities to attend swim meets and test out their new found skills. This group may vary in age but their ability will be similar.

Junior Clippers - Grassroots

This group is designed for the beginner swimmer (ages 6 to 10) and is based around introducing them to the sport of competitive swimming. It is a skills and fun focused group where they should be able to swim 1 length of the pool without stopping and they must be comfortable in deep water. They will learn the basics about competitive swimming and will be given a couple of opportunities to attend swim meets.