

FAST Structure Overview

2 base programs: Competitive and Pre-Competitive
 Competitive

Novice Level-The Novice group is designed to introduce new swimmers to the fun of competitive swimming. Swimmers will be taught all four competitive strokes through various exercises, games, and metaphors. Swimmers who start with competitive program and work towards getting their A and B standards. Novice level reflects “Fundamentals” and “Learn to Train” stages of SNC Long Term Athletes Development. Swimmers are generally age 7-11 and encouraged to continue additional sport activities outside swimming. This level will also be introduced to dry land component 1x week throughout the season to allow for greater physical literacy. Novice level swimmers participate in Premier Division meets.

| Novice Red | Novice Black |
|---|---|
| entry point for competitive swimmers, no standards, preferable participation in pre-comp program, swimmers will be thought all 4 strokes and introduced to competitions Group criteria-no standards Technical requirements-4 legal strokes, legal turns, must be able to do 50 kick (no assistance) with proper body position | This group is for adolescent athletes mastering fundamental competitive swimming skills. The focus of the group is developing technical skills in the four competitive strokes and endurance so the swimmer can swim for longer durations. Swimmers at this level swimmers who are working towards B times. Group criteria- working towards B times, kick set 4x50 on 2:00 average 1:20, 100's of each stroke (except Fly) Technical requirements-4 legal strokes, legal turns, bi-lateral breathing, relay take overs, |

Junior Level- This group has a strong focus towards stroke technique, training skills, and physical endurance. Swimmers will be introduced to longer training sessions, and will learn fundamental training skills, such as using a pace clock, and understanding a daily training plan. Junior levels reflect later stages of “Learn to Train” and an intro to”Train to Train” stages from SNC LTAD. Swimmers should be in third 3rd or 4th season of swimming and are between 9-14 years of age and are encourage to participate in one other sport activity. Swimmers will participate in at least 1 hour of dry land per week during the season.

| Junior Red | Junior Black |
|--|---|
| this group is for developing swimmers that have graduated from Novice level and Premier Division meets and are learning to compete at age group meets (invitational level)provincial competitions. This group has a strong focus towards stroke technique, training skills, and physical endurance. this group is focused on combining all four strokes with a primarily focus on Individual Medley development and training. Swimmers are encouraged to develop in all 4 stroke areas to build a solid training base. Group Criteria – 3 B times, kick set 6x50 kick on 2:00 average 1:15, 200's of each stroke except fly Technical requirements-understanding pace clock, pace times, and send off times, | The Junior group is for developing swimmers at the provincial and regional level with aspirations for swimming at the national level. Swimmers in this group will focus on perfecting technique and developing race strategies, as well as improving critical training skills for graduating to the Senior and Performance groups. Group Criteria – swimmers with 3A times and working towards East Coast times, Easterns and AGN standards Technical requirements- successfully execute 400 IM, 400 free while maintaining stroke integrity and legality, attendance at 70 or higher, competitive nature, able to swim 800 and or 1500 free, |

Senior Level - The Senior group is for swimmers competing at provincial, Atlantic competitions.

Individuals in this group are expected to be intrinsically motivated, committed to improving skills and performance, and dedicated to creating a strong sense of team pride with all club members. Swimmers might be involved with additional sports and school activities. Senior level groups are a reflection of SNC LTAD in following stages “Train to Train”, “Train to Compete” and “Compete to Win” . Swimmers are in high school.

| Senior Black | Senior Performance |
|---|---|
| <p>This group is for swimmers competing at provincial and Atlantic competitions. Individuals in this group are expected to be intrinsically motivated, committed to improving skills, and looking to stay fit and active. Group criteria-all high school swimmers who are below Sen Performance standards Technical requirements- stroke and event variety,</p> | <p>The Performance group is for swimmers who are dedicated to achieving excellence at the national and international level. Individuals in this group must attend all group practices each week, regional and nationally qualified competitions, and provincial and national performance camps. Group criteria- at Easterns standard and or AGN standard, or Sen National times</p> |

Youth/Senior-This group is for swimmers who wish to participate in training sessions to work on their fitness and endurance and not participating in competitions, swimmers will work on developing their strokes and training ability and are also heavily involved with additional sports and school activities. This group is open to any middle and high school swimmers. Group will only be available if we secure additional pool time.

Pre-competitive Program (introduction to competitive swimming)

4 distinct levels:

Yellow- Acquisition of skills-swimmers are introduced to competitive skills in friendly environment, will strive to develop good basic skills of all 4 competitive strokes, starts and turns. Expected outcome is strong kicking skills, breathing skills and body position that will allow for a development of arm strokes.

Orange-Building of strong foundation, swimmers will strive to develop consistency in their stroke execution and keep working on building their fitness to support the strokes. Expected outcome is good coordination of arms and legs skills and ability to perform each of strokes for 10-20m

Green- Consolidation of skills, swimmers will strive to develop efficiency and work on mastering skills. Will also be introduced to all competitive rules. Expected outcome is swimmers will have good knowledge of each competitive stroke and starts and turns.

Blue- Further development into competitive swimming by combining all skills into blocks. Endurance and skills are further enhanced to maintain the quality of the stroke ‘stronger for longer’. Drills, challenges and combinations of skills enrich this level in readiness for what’s ahead in this swimmer friendly setting

Expected outcome is performance of the Individual Medley combination for time, Freestyle swim for time and kick for time that will allow swimmer to enter competitive groups.

Group criteria -criteria to get into the group
Technical requirements-to get into the group

movement between the group will be determined by the coach based on maturity level, stage of physical development, general capacity to handle increased workload, and able to meet the minimum

g
r
o
u
p