

ST. JOHN'S LEGENDS GROUP DESCRIPTIONS

The St. John's Legends program in 2019-2020 is consistent with the program from the previous season with a few changes in available programs based on customer demand.

GROUP STANDARDS, COMPOSITION, AND SIZE

Swimmers in the Legends program will be measured on 3 standards to move through the club...

1. Performance... racing results are the primary objective measurement of any swim club.
2. Commitment... objectively measured practice attendance to assess engagement in the sport.
3. Capacity... the coaching staff's subjective criteria to assess a swimmer(s) ability to move up through the club and be placed in a position to be successful.

Each season the Head Coach and the staff review the group standards, composition, and size and may adjust these groups based on the best interests of the St. John's Legends.

Any changes in group placement must be agreed to by the current group coach, the prospective group coach, and must be reviewed and approved by the Head Coach.

GROUP STRUCTURE

The St. John's Legends competitive program is organized into four program levels – Gold, Silver, Bronze, and Introduction to Competitive Swimming – and offers three levels of pre-competitive programming. Our Integrated Para Program is also part of our competitive programming.

Our Gold and Silver competitive groups is organized into two streams 'Performance' and 'Development'. The 'Performance' stream groups are our performance-centric programs for swimmers that want to pursue swimming at the highest level they can achieve and accept the responsibilities that come with the pursuit for performance. The 'Development' stream groups are our programs that aim to offer a competitive swimming experience to a broad spectrum of athletes ranging from those who are looking to elevate into the 'Performance' stream through to those who want to pursue personal fitness goals. Development of skills, training habits, racing habits, leadership, sportsmanship, and teamwork are taught throughout the entire program, and athletes may graduate from the 'Development' stream into the 'Performance' stream as they demonstrate their commitment, performance, and capacity throughout the season.

Our Pre-Competitive programming is branded as 'Lil Legends' and comes with three levels of programs – 'Lil Legends Swim School', 'Lil Legends Fundamentals' and 'Lil Legends Competition Preparation'.

LIL' LEGENDS PRE-COMPETITIVE PROGRAMS

LIL' LEGENDS - SWIM SCHOOL

Lil' Legends Swim School is a programming entering its third year and has been very successful. Lil' Legends Swim School is offered exclusively out of the Paul Reynolds Community Centre. The 'Swim School' program will provide a 30-minute, twice per week (Mon/Wed or Tues/Thurs) program for swimmers to develop the skills to adequately prepare them to join our Lil Legends program.

LIL' LEGENDS – FUNDAMENTALS

The St. John's Legends Lil' Legends Fundamentals program offers novice swimmers the opportunity to participate in a first-class competitive swimming development program. The Lil' Legends are taught the fundamentals of competitive swimming, including: the four competitive strokes (butterfly, backstroke, breaststroke, and freestyle), starts, turns, underwater skills, and the rules and basic sportsmanship of swimming. Lil Legends swim twice per week (Mon/Wed or Tues/Thurs). Practices are designed to teach skills, build fitness, and to learn in a fun, team atmosphere. The aim of the Lil' Legends program is to achieve basic proficiency in all 4 competitive strokes and accompanying skills in preparation to graduate into either the Lil' Legends Competition Preparation group or the age appropriate competitive group.

The baseline skills required to participate in our Lil' Legends program is a proficient freestyle, backstroke, and correct breaststroke kick.

LIL' LEGENDS – COMPETITION PREPARATION (COMP PREP)

Lil' Legends Comp Prep was a new program piloted in 2018-2019 and it was quickly apparent that it filled an important gap in our pre-competitive program. The first objective of the Comp Prep group is to identify and invite the top pre-competitive swimmers in the club to work together in one group with the aim of teaching and developing the final skills that will prepare swimmers to make a successful transition to our competitive programs. Lil' Legends Comp Prep swims three times per week (Tues/Thurs/Saturday morning) for 60 minutes per practice.

TARGETED ATHLETE PROGRAM (T.A.P.)

New to St. John's Legends in 2017-2018 is a program that brings the Legends in-line with the Long-Term Athlete Development objectives outlined by Sport Canada that programs males 12 months behind females. In the interest of keeping boys in the Performance stream of the club, T.A.P. allows them to stay in Silver Performance or Bronze Performance for up to 1 year with the expressed interest of moving them into the above Performance-stream group. Candidates must exhibit strong cases in COMMITMENT, PERFORMANCE AND CAPACITY.

In 2019-2020 we have T.A.P. athletes that were born in 2008 at the Bronze level, and at the Silver level we have T.A.P. athletes that were born in 2005.

COMPETITIVE PROGRAMS

INTEGRATED PARA PROGRAM

The Integrated Para Program is a program offered to swimmers with an impairment that would classify within the International Paralympic Committee structure. Para Program swimmers will be entered into meets from the grassroots up through the highest level of competition a swimmer qualifies for participation.

Para group swimmers will be expected to participate fully in local competition and be prepared to compete in a full range of events. Swimmers qualifying for off-island competitions will be encouraged and (eventually) expected to participate in those competitions just as other swimmers from our Performance stream.

INTRODUCTION TO COMPETITIVE SWIMMING (ICS)

ICS

ICS has 4 practices per week and will strive to:

- ◆ Teach all basic competitive swimming skills
- ◆ Improve fitness and technique
- ◆ Progress Swimmers into Bronze Performance or Silver Development

ICS is the program aimed at transitioning young swimmers from the pre-competitive program into the competitive swimming community within a fun learning environment. In order to enter into the ICS program, swimmers must show a capacity to swim all 4 competitive strokes.

ICS swimmers will be entered into in-Province meets and are expected to be prepared to race all 4 strokes plus IM events, mostly 200m and below. ICS is a development group, there will likely be races where ICS swimmers will be disqualified and the expectation is to learn from these experiences, understand the infraction, and be prepared to fix the error and improve for next time.

BRONZE LEVEL

BRONZE PERFORMANCE

Bronze Performance group athletes in the 2019-2020 season were primarily born in 2009 and later, or are in their first 12 months of competitive swimming. Additionally, there will be T.A.P. athletes born in 2008 that will eligible to swim in Bronze Performance.

Bronze Performance has a 5-practices-per-week program and will strive to:

- ◆ Have swimmers with a 90+% attendance record
- ◆ Develop swimmers who understand how to function within a practice (including having proper equipment, the ability to read and follow the practice and a pace clock)
- ◆ Development all swimming skills.
- ◆ Progress swimmers into Silver Performance or Silver Development

Bronze Performance features our best swimmers at the youth end of programming and is aimed at refinement of practice skills towards improving racing performance. Swimmers will be given the experience of racing all the events of the competitive program at 400m and below and should be prepared to race all 4 competitive strokes and the individual medley. For those who have shown an interest and capacity, the distance freestyle events may also be introduced.

Swimmers at the top of the Bronze Performance group will start to qualify for out-of-Province competitions. As a club, we encourage taking advantage of off-island racing opportunities and we encourage your family to speak with your Bronze Performance group coach about a strategy about how to prepare for off-island racing.

SILVER LEVEL

Silver group athletes in the 2019-2020 season will be those born in 2006, 2007, or 2008. Additionally there will be T.A.P. athletes born in 2005 in the Silver program. The club reserves the capacity to accelerate a swimmer born in 2009 or later into the silver program based on advanced commitment, performance, and training capacity as identified by the coaching staff.

SILVER PERFORMANCE

Silver PERFORMANCE has 7 practices a week and will strive to:

- ◆ Have swimmers with a 90+% attendance record
- ◆ Start the progression of swimmers to possess 'Perfect Basics' (the perfection of all basic competitive swim skills including all 4 competitive strokes, practice habits, practice capacity and swim meets habits)
- ◆ Develop team leadership skills

This level of swimming has previously been referred to in Canadian swimming as the TOP (Tiny Olympic Prospects) program. Silver 1 swimmers will be given the experience of racing all the events of the competitive program with an emphasis on Olympic program events. From a performance perspective, swimmers in Silver Performance will start to show strong Provincial level performance while striving towards qualifying for National level competitions including Easterns and Canadian Jr. Championships. From a commitment perspective it is the expectation of the Silver Performance swimmers to attend the meet(s) with the highest level of competition the swimmer has qualified to compete, which will mean attending meets into the summer Swim Canada performance window that begins July 1st.

SILVER DEVELOPMENT

Silver Development has 5 practices a week and will strive to:

- ◆ Build on swim skills developed in Bronze and ICS
- ◆ Have swimmers with consistent attendance
- ◆ Progress swimmers into Silver Performance or Gold Development

This program will encourage swimmers to develop their swim skills while providing ample time for young athletes to still take on multiple extra-curricular activities. This program will offer a wide-spectrum of abilities and goals, the unifying vision of the program is development as a swimmer and as a teammate.

Swimmers in the Silver Development program will be entered into in-Province competitions and participation in meets is encouraged. Off-island racing opportunities may arise for swimmers in Silver Development and we encourage your family to speak with your Silver Development coach(es) about a strategy of how to participate and how to prepare.

GOLD LEVEL

Gold group athletes in the 2019-2020 season will be those born in 2005 or earlier. The club reserves the capacity to accelerate a swimmer born in 2006 or later into the Gold program based on advanced commitment, performance, and training capacity as identified by the coaching staff.

GOLD PERFORMANCE

Gold Performance has 9 practices a week and will strive to:

- ◆ Have swimmers with a 90+% attendance record
- ◆ Have swimmers that treat swimming as their primary extra-curricular that takes priority over other extra-curricular activities
- ◆ Have swimmers that exhibit positive leadership traits to their fellow swimmers in the group and for the St. John's Legends swimmers of all levels
- ◆ Have swimmers focussed on National level competition (Easterns, Canadian Jr. Championships, and/or Senior Nationals/Trials)

Gold Performance features the best athletes, performers, and leaders of the St. John's Legends program and the responsibilities that go into that status. Swimmers in this group will be those who consider swimming their primary extra-curricular activity and whose skills offer a future in National level swimming and a progression into Varsity swimming upon graduation from the Legends program. From a commitment perspective, it is the expectation of the Gold Performance swimmer to attend the meet(s) with the highest level of competition the swimmer has qualified to compete, which will mean attending meets into the summer Swim Canada performance window that begins July 1st.

Gold Performance is not a group for everyone, the expectations for commitment, performance, and training capacity are the highest in the club. The rewards for living up to the expectations of Gold Performance include the development of life-long work ethic skills, leadership skills, and the opportunity to pursue swimming at the highest level at the premier swim club in Atlantic Canada.

GOLD DEVELOPMENT

Gold Development has 7 practices a week and will strive to:

- ◆ Build on the fundamentals of technique, fitness, fun, and friendship
- ◆ Provide racing opportunities in-line with individual commitment and swimming goals

◆ Progress swimmers into Gold Performance

Gold Development will serve a broad spectrum of athletes. At the top-end there will be swimmers who are capable performers who elect not to swim off-island or into the summer Swim Canada performance window. Gold Development also aims to facilitate late-bloomers in swimming to develop into Gold Performance and to give swimmers the opportunity to take on multiple extracurricular activities while still having a place in our Legends program to pursue personal fitness. With such a wide range of participants it is important that swimmers in this program exhibit a respect for the goals of their team mates and teachings of the Gold Development coach(es).