

NYAC **SWIMMING**

PROGRAM OUTLINE

What is the Appropriate Athlete Development Model (AADM)?

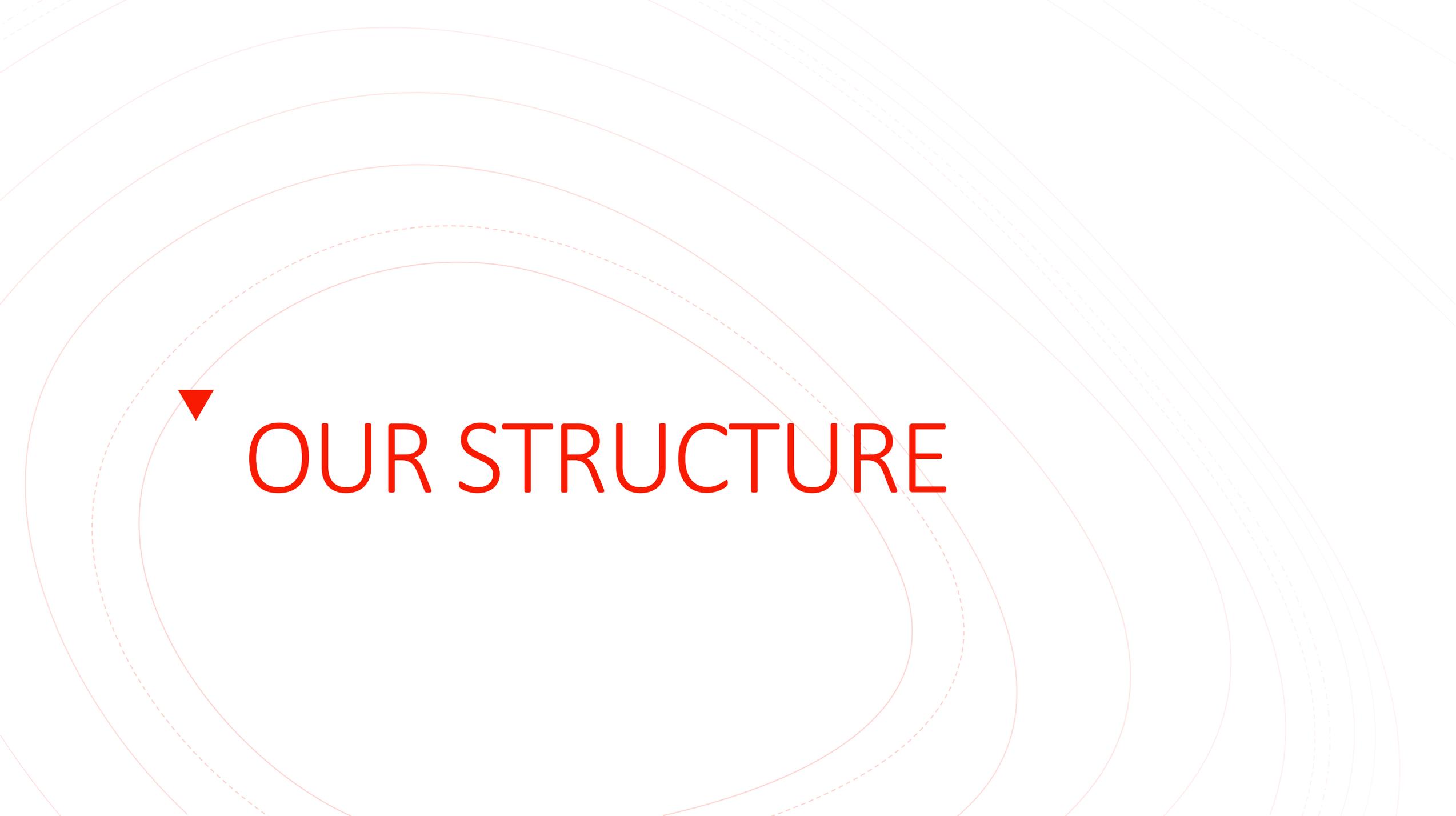
- AADM is a framework for an optimal training, competition, recovery schedule for each stage of athletic development
- The model provides guidance for training focus based on chronological age, athletic age and gender
- Following this model supports longevity, happiness and reaching optimal potential

How does the Structure Benefit your Swimmer?

- AADM encourages lifelong physical activity at all levels & provides an effective route for athletes to pursue excellence at national and international levels of competition.
- Separation by age group allows coaches to tailor the program to reach swimmers more effectively based on their ability to learn and train
- Swimmers' social environment is improved, and this is important for the athlete's well-being, as well as, keeping them engaged and building pride and team spirit.
- Increased exposure for more groups to train at TPASC, the top training facility in the country inspires greatness in our athletes.

How does the Structure Benefit the NYAC Community?

- Attract and retain professional passionate coaches
- Proven success in keeping swimmers “swimming” – longevity for their athletic careers
- Swimmers’ wellbeing is higher, developing relationships and community in which they play an increasingly important leadership role as they progress through the structure
- Embraces NYAC values of developing people beyond the pool: discipline, teamwork, time-management at age-appropriate increments
- Stronger community development as members progress through the structure with their cohorts and this includes parents

The background features several concentric red circles of varying radii. A dashed red line forms a path that starts on the left, curves upwards and then downwards, ending on the right. A solid red arrowhead points downwards from the left side of this dashed path.

OUR STRUCTURE

Age Groups

- Ages as of December 31st of the current year
 - 10 & Under
 - 11-12
 - 13-14
 - 15 & Over

NYAC Athletic Values

Value	Description
Character Profile	Physical, mental, social, emotional, technical and tactical skill set
Commitment	Attendance plus engagement and attentiveness to the program
Performance	Qualifying standards
Athletic Age	Years as a swimmer based on the NYAC competitive program or a Swim Ontario Registered Club

Placement Model based on NYAC Athletic Values*

	10 & U	11-12	13-14	15+	High Performance
Character Profile	+++	+++	+++	+++	+++
Commitment	+++	+++	+++	+++	+++
Performance	+	+	++	+++	+++
Athletic Age	+	+	++	++	+++

* Relative importance of each value by age group

NYAC Structure

Competitive	13 & Over	High Performance 7+ practices x 2-2.5 hrs		
	15 & Over	Senior A 7 practices x 2- 2.5 hrs /wk	Senior B 5 practices x 2-2.5 hrs/wk	Senior C 3 practices x 1.5 hrs/wk
	13-14	Junior A 7 practices x 2 hrs/wk	Junior B 5 practices x 1.5 hrs/wk	Junior C 3 practices x 1.5 hrs/wk
	11-12	Development A 6 practices x 2 hrs/wk	Development B 5 practices x 1.5 hrs/wk	Development C 3 practices x 1 hr/wk
	10 & Under	Youth 5 practices x 1.5 hrs /wk	Intro 3 practices x 1 hr/wk	
Pre-Competitive	6 & Over	Waves 1 - 2 hrs/week		
Active for Life	18 & Over	Masters 1 - 8 hrs/week		

NYAC Performance Standards*

13 & Over	<p style="text-align: center;">High Performance</p> <p>13+ Open Canadian Trials 13+ Canadian Swimming Championships (CSC) 13+ Canadian Junior Trials 15+ Canadian Junior Championships</p>		
15 & Over	<p style="text-align: center;">Senior A</p> <p>Ontario Swimming Championships Ontario Youth/Junior Championships Central Region A</p>	<p style="text-align: center;">Senior B</p> <p>Ontario Youth/Junior Championships Central Region A Central Region B</p>	<p style="text-align: center;">Senior C</p> <p>Central Region C Commitment Athletic Age</p>
13 – 14	<p style="text-align: center;">Junior A</p> <p>Canadian Junior Championships Eastern Nationals Provincials / OYJ / Festivals</p>	<p style="text-align: center;">Junior B</p> <p>Central Region A Central Region B</p>	<p style="text-align: center;">Junior C</p> <p>Central Region C Commitment Athletic Age</p>
11 – 12	<p style="text-align: center;">Development A</p> <p>Festivals Central Region A</p>	<p style="text-align: center;">Development B</p> <p>Central Region B Commitment Athletic Age</p>	<p style="text-align: center;">Development C</p> <p>Commitment Athletic Age</p>
10 & Under	<p style="text-align: center;">Youth</p> <p>Central Region C Commitment Athletic Age</p>	<p style="text-align: center;">Intro</p> <p>Complete 1 Waves season or equivalent in a registered competitive program Commitment Athletic Age</p>	

* Input for swimmer placement is assessed, based on the following parameters

Age Group Expectations

- **Slides review the expectations for swimmers based on their chronological age**

Waves (6 years & Over)

- **“Active Start”** Swimmers at this level are new to the sport of swimming and are expected to learn very basic skills that will build their overall body strength and make them a more efficient in the water.
- Waves is a developmental level and in order to progress to the competitive side of the Club, attendance at Waves should be regular. Swimmers at this level are learning what it means to be an athlete in the changeroom, on the pool deck and throughout the hour in the pool.
- Fun activities are an important part of the programs as they build confidence and positive self-esteem.
- Both swimmers and parents are learning about the role of the coach and swimmers are learning how to function and manage as part of a larger group in the water.
- Each Waves session ends with an event called the Splash and Dash. This experience is meant to be fun and is the first step for a swimmer to walk out onto a pool deck independent of their parent and perform to the best of their ability in the pool.

10 years & under

- **“FUNdamentals Introduction”** Swimmers at this age, regardless of what level they are in, are being introduced to the fundamental competitive skills.
- High emphasis on technical development, character traits, practice and meet etiquette.
- The goal is for swimmers and families to walk away enjoying the dynamics of daily workouts, monthly swim meets and time commitment to the sport.
- Meets: As the season progresses, their comfort level increases with racing. **Times and standards are not a priority at swim meets.** The ability to self-manage, have fun and approach a meet with growing confidence is the goal. Athletes are expected to attend meets regularly so they can build those skills.
- Swimmers at this level are learning to work together as a team and they are supportive of one another. They work on developing a swimmer-coach relationship with their guardians and attempt to advocate for themselves as they take steps to move towards independence and self-reliance.

11 - 12 years

- **“FUNdamentals 2: Mastery and further development”**
Swimmers at this age, regardless of the level they are in, are focusing on some fundamental training elements like dealing with frustration, pain, and effort level.
- They are still expected to learn and refine skills that will make them more efficient in the water.
- As the season progresses, they become comfortable with racing. Times and standards are not a priority at swim meets, the ability to self-manage, have fun and approach a meet with growing confidence is the goal. They are expected to attend meets regularly so they can build that confidence.
- Swimmers at this level learn to work together as a team and they are supportive of one another. They work on developing a swimmer-coach relationship with their guardian and attempt to advocate for themselves as they take steps to move towards independence and self-reliance.

13 - 14 years

- **“Building the engine”** Swimmers at this age, regardless of level, are now focusing on increasing their training prowess and creating a strong connection between training / preparation and race execution.
- This swimmer is becoming comfortable with racing. They attend meets regularly so they can continue to build confidence and work on basic race strategy.
- Swimmers at this level are effectively working together as a team and they are supportive of one another.
- They understand and respect the swimmer-coach relationship. They are starting to advocate for themselves and will speak to the coach about issues around swimming independent of their guardian.
- They are focusing on time management, self-reliance, self-management and beginning to understand the importance of being a good role model and leader to the younger groups.
- **Junior A is the first year and level where a choice will have to be made by the athlete between swimming and other sports or activities.** Committing to the JRA program it's a turning point where it will be expected that one's energy will be focused on swimming.

15 & over

- **“Thriving in a competitive environment”** Swimmers at this age are all about being competitive, and managing their feelings and emotions to deliver their best effort.
- At this age it is understood that being competitive is done with grace and respect. Improving oneself, technique and training is done with the goal of raising one’s level of performance and improving their personal goals.
- This age group understands and respects the swimmer-coach relationship. They advocate for themselves and will speak to the coach about issues around swimming independent of their guardian.
- They are focusing on time management, self-reliance, self-management, and fitness that will help them aspire for higher level swimming.

High Performance 13+

- **“Swimming excellence”** High Performance is the top group in NYAC when it comes to performance. This group represents the final stage of a well developed athlete, who possesses a strong swimmer and athletic identity, and demonstrates the will and ability to lead a lifestyle of a high-performance swimmer.
- Swimmers in this group must demonstrate their ability to manage their school and family time to not interfere with their swimming training and racing. A 95 + percent attendance is mandatory, as is participation in all scheduled meets, training camps and summer championship swimming.
- This is a highly competitive group, and you will be expected to pursue a performance at the national stage

PLACEMENTS

- **We create our groups by placing swimmers based on their age, NYAC Athletic values and our Performance standards outlined in this presentation.**
- **Placements are constantly being evaluated throughout the year and adjustments are made if necessary.**
- **Switching swimmers to other groups within the year may be a challenging experience therefore we allow ourselves an adaptation period when considering a change.**
- **Beyond March championship season, we will not make any changes to placements, as not enough time for adaptation is left in the season. It is in the best interest of any swimmer to remain with their current coach and group beyond the March Championship season.**