

2019-2020 Chena Swim Club Structure

Junior White

The Junior White Group is the introductory group for Chena Swim Clubs competitive swim program. Athletes in Junior White practice three times per week with each practice running for 1 hour in water plus 10-15 minutes of activation before each practice and 10-15 minutes of stretching after each practice. The Junior White Group will compete at PASS meets which are run almost entirely on the North Shore and occur approximately 6-8 times per season. PASS meets are introductory swim meets that are 1 day competitions with a duration of approximately 3-4 hours. These meets allow swimmers to learn about how swim meets work and help the athlete develop a comfort level with competing in low stress and instructional environment. The main focus of this group is to continue to develop their competitive swimming skills for all four strokes as well as start and turn skills. The Junior White Group is for athletes in grades 1-5 and is the first step in building a solid foundation for the young swimmers in the Chena Program. For the 2019-2020 Season Chena will be running an East & West Junior White Group. The East group will swim their 2 weekday practices at Ron Andrews and the West group will swim their 2 weekday practices at Harry Jerome & Delbrook. Both groups (East & West) will come together to swim as one group on Saturday mornings at Ron Andrews.

Junior Blue

The Junior Blue is the second stage of development in the Chena Program and is geared towards athletes in grades 3-5 with a strong base of competitive swimming skills in all four strokes as well as start and turn skills. Athletes in the Junior Blue Group will compete in PASS meets until they achieve the Lower Mainland Region (LMR) time standard which allows swimmers to begin attending Swim BC sanctioned competitive swim meets all over the lower mainland. A swimmers achieves the LMR standard when they successfully complete a 200 meter IM in under 4 minutes. A swimmer can achieve this at either a practice with their coach timing them or at a PASS meet. The Junior Blue Group will compete at approximately 8-12 meets during the season. The Junior Blue Group is offered 4 practices per week with the water time ranging from 1 to 1.25 hours plus 10-15 minutes of activation before each practice and 10-15 minutes of stretching after each practice. The main focus of the Junior Blue Group is to build on the skill development the athlete gained in the Junior White Group. Swimmers will learn to maintain sound technical skills and details for longer distances than in Junior White. Junior Blue swimmers will also advance their racing skills and tactics through increased race exposure both in number of competitions and events.

Junior Green

The Junior Green Group is the final stage in the junior section of Chena Swim Club's program. Swimmers in the Junior Green Group are offered 4-5 practices per week ranging from 1.25 to 1.5 hours in length plus 15-30 minutes of activation and land work before each practice as well as 15 minutes of stretching after each practice. Junior Green swimmers are generally athletes in grades 4 and 5 who compete at LMR meets as well as invitational swim meets in BC. Junior Green swimmers will also start competing at Swim BC Tier I Provincial Championships when they achieve the qualifying time standards required for entry in the meets. The Junior Green Group will compete at approximately 10-12 meets per season. The Swim BC Time Standards can be found at www.swimbc.ca. The focus of the Junior Green Group is to prepare the athletes for the Youth Program which is the next stage in development with Chena Swim Club. As in the other junior groups, the main focus is always on technical skill development and overall swimming proficiency. Swimmers will swim longer distance but always with the main focus of performing the skills and movements correctly at all times.

Youth White

The Youth White Group is geared towards swimmers in grades 6 & 7 who are at a PASS meet to beginner LMR level. The athletes in the Youth White Group are offered 5 practices per week with each swim running for 1.25 to 1.5 hours in water plus 15 minutes of activation before and 15-30 minutes of stretching and land work after each practice. In addition to water and land training the swimmers will participate in Injury Prevention Session every 4-6 weeks with a Physiotherapist. The Youth White Group much like the junior groups is focused on skill and technical swimming development but for athletes who are a little older. Youth White swimmers will compete at PASS meets (if they are still working on achieving their LMR time), LMR and invitational swim meets. The Youth White Group will compete in approximately 8-12 meets per season. The athletes in the Youth White Group will concentrate on skill development through performing interval sets in practices as they work to increase their ability to perform excellent skills for longer distances and periods of time.

Youth Blue

The Youth Blue Group is the second level in Chena Swim Club for swimmers in Grades 6 & 7 and is geared towards athletes at a strong LMR to LMR Championships level and working towards the Swim BC Tier I Provincial level. The athletes in the Youth Blue Group are offered 6 practices per week with 1.5 to 2 hours of water time per practice plus 15 minutes of activation before each practice and 15-30 minutes of land work and stretching after each practice. In addition to water and land training the swimmers will participate in Injury Prevention Session every 4-6 weeks with a Physiotherapist. Athletes in the Youth Blue Group will compete at LMR, Invitational, and Swim BC Championship meets with approximately 10-12 meets per season. The focus of the Youth Blue Group is to learn about training to be a competitive swimmer. Although the athletes will be learning to train they will be doing so following the Chena Program philosophy of performing each and every set with proper skill and technical details. The goal is to develop a healthy and well-rounded athlete with excellent skills.

Youth Green

The Youth Green Group is the highest level in Chena Swim Club for swimmers in Grades 6 & 7 and is geared towards athletes who are qualified to compete at Swim BC Tier I Provincial Championships. The athletes in the Youth Green Group are offered 6 practices per week with 1.5 to 2 hours of water time per practice plus 15 minutes of activation before each practice and 15-30 minutes of land work and stretching after each practice. In addition to water and land training the swimmers will participate in Injury Prevention Session every 4-6 weeks with a Physiotherapist. Athletes in the Youth Green Group will compete at Invitational, and Swim BC Championship meets with approximately 10-12 meets per season. The focus of the Youth Green Group is to learn about training to be a competitive swimmer. Although the athletes will be learning to train they will be doing so following the Chena Program philosophy of performing each and every set with proper skill and technical details. The goal is to develop a healthy and well-rounded athlete with excellent skills.

Senior White

The Senior White Group is a senior group geared towards athletes in grade 8 to 12 who would like to practice 4 times per week to maintain their swimming fitness or cross train for other sports they participate in. The Senior White Group is offered 4 practice per week with a duration of 1.5 to 1.75 hours in water plus 15 minutes of activation before each practice and 15 minutes of stretching after each practice. Senior White practices will primarily take place at the same location and time as Senior Green practices with 1 practice per week being separate from the Senior Green group. Athletes in the Senior White Group will receive competitive swimming training and technical feedback consistent with Chena Swim Clubs overall development philosophy. Senior White athletes will have the option of competing at LMR meets throughout the season.

Senior Green

The Senior Green Group is the first stage in Chena Swim Clubs Senior Program and is geared towards athletes in grades 8-12 who are LMR Champ to Swim BC Tier II Provincial qualified. Senior Green athletes are offered 7 practices per week ranging from 1.5 to 2 hours of water time plus 15 minutes of activation before each practice and 15 minutes of stretching after each practice. All Senior Green practices occur outside of regular school hours. Athletes in the Senior Green Group will also participate in body weight based land training 2 times per week for roughly 30-45 minutes with a focus of core stability, overall body awareness, and injury prevention work. The Senior Green Group will be invited to compete at LMR, Invitational, and Swim BC Provincial meets with approximately 10-12 meets per season. In this group athletes will learn to be pushed in training and they will learn to find and test their limits while maintaining a strong focus on technical details and swimming the correct way.

Senior Provincial

The Senior Provincial Group is geared towards athletes in grades 8-12 training to compete at Swim BC Tier II Provincial Championship meets, Speedo Western Canadian Championships and Canadian Junior Nationals. Swimmers must have achieved or be within 2% of the Swim BC Tier II Standard prior to the start of the 2018-2019 Season in order to be eligible for the Senior Provincial Group as well as having shown dedication and commitment to their competitive swimming career. Swimmers in the Senior Provincial Group are offered 7-8 practices per week with a duration of 1.5 to 2 hours of water time plus 15 minutes of activation before each practice and 15 minutes of stretching after each practice. Swimmers will be required to participate in a Super Achiever/Peak Performance Program at their schools in order to take part in the Senior Provincial Group as the group swims between 1:15-3:45 pm from Monday to Friday every week. In addition to swim practices, Senior Provincial athletes will be offered additional land training in various areas (i.e. Strength Training, Yoga, Spin, and Injury Prevention). Senior Provincial swimmers will compete in approximately 13-15 competitions comprised of invitational and championship meets throughout the season. Swimmers in the Senior Provincial Group are expected to maintain excellent attendance, commitment, and communication with their coach. The athletes will be challenged as they enter the training years of their competitive swimming careers. Athletes will strive to enhance both their technical development and training ability through exposure to greater content of both volume and intensity while aiming to be the most technically proficient athletes in the country.

Performance Group

The Performance Group is for athletes in grades 10 to Post Secondary who are training to compete nationally and internationally at the highest level. In order to be considered for the Performance Group, swimmers must be fully committed to their swimming careers and they must be Canadian Western National qualified prior to the start of the 2018-2019 Season. Athletes in the Performance Group are also expected to be ambassadors for Chena Swim Club as leaders and support for all Chena members from all groups and ages. Performance Group athletes will practice 6 days per week with 9 water practices per week ranging from 1.75 to 2 hours of water time per practice plus 15 minutes of activation before each practice and 15 minutes of stretching after each practice. In addition to water training, athletes will also participate in spin classes, yoga classes, strength training sessions, and Injury Prevention Sessions. Performance Group athletes will compete approximately 12-15 times per season at invitational meets, Swim BC meets, Pro Series meets, and Swimming Canada competitions. The goal of Performance Group athletes is to represent Canada or their native county on the highest stage each year at world class events such as the Olympic Games, World Championships, Commonwealth Games, Pan Pacific Championships, Pan American Games, and FISU World University Championships or International Junior Teams (age permitting).