



2017-2018 Competition Pathway

NOVICE PROGRAM

Purpose of the Novice Program

To provide a fun and educational competitive swimming experience for those athletes within their first years of competitive swimming (10 & under) with a like peer group with a minimum overall time and financial investment required by athletes and families. Clubs are encouraged to host in-house novice competitions that match their own athlete development structure, as well as work with other local clubs to introduce athletes to the competitive swimming environment.

Targeted Athletes

- 10 and under athletes in the first few years of competitive swimming;
- 10 to 12 years old swimmers that have not achieved the Novice Graduation Standards;
- 13+ year old swimmers at coach's discretion (competitive experience versus athlete peer group)

Competition Structure and Goals

- Brief competition duration (1-3 hours total from arrival to departure);
- Diverse event spectrum focused on assessing race skills, short speed races, and stroke efficiency;
- Focus on personal improvement rather than competition ranking;
- Learning the rules of competition without consequence of formal disqualification, rather athletes informed of error via "Oops Card" or allowed to repeat the skill a second time;
- Athletes are active throughout competition, rested but not bored;
- Have fun!

Minimum Standard

Before attending a Novice Competition, all swimmers are encouraged to have met all the following minimum standards:

- Be at least 6 years old;
- Can legally swim up to 25m of freestyle, backstroke, and breaststroke at practice;
- Have experience in swimming up to 200m without stopping at practice; and
- Have experience in swimming a 100m individual medley without stopping at practice.

Novice Graduation Standards and Development Competition Readiness

All swimmers are encouraged to have met all the following minimum standards:

- Athletes will have a strong foundation of the rules of competition learned through Novice competitions, unsanctioned time trials, and mock events;
- Athletes will have a strong understanding of stroke and turn rules, and be able to perform all competitive strokes and turns legally;
- Athletes will be able to swim a 200m freestyle in a time of 4:15 or faster; and
- Athletes will be able to swim a 100m individual medley in a time of 2:15 or faster.

**Clubs may wish to have additional standards and definitions of competitive readiness in addition to the ones listed above, but not in place of the ones listed above.*





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DEVELOPMENT PROGRAM

Purpose of the Development Competition Program

To provide a fun, educational, and challenging competitive swimming experience for those athletes that have graduated from the Novice Program with a similar peer group. Each competition will offer a diverse set of competitive events, both in stroke and in distance, to encourage well-rounded athlete development and avoid competitive stagnation.

Targeted Athletes

- Girls 12 and under, boys 13 and under, that have achieved the Novice Graduation Standards;
- Girls 13 and over, boys 14 and over, at their coach's discretion for all invitational competitions, however, athletes must achieve a Saskatchewan "A" or "AA" standard to qualify for these respective championships;
- All athletes that have achieved a Saskatchewan "AA" standard may attend Development Competitions at their coach's discretion.

Competition Structure and Goals

- Brief competition session duration (2-4 hours total from arrival to departure), 1 to 2 sessions per day, 1 to 2-day competitions;
- Diverse event spectrum focused on both speed and endurance in all competitive strokes;
- Focus on personal improvement rather than competition ranking;
- Develop strategies and tactics for races 50m to 800m in length;
- Short course competitions from September to March overlapping with long course competitions from January to August;
- Have fun!

Minimum Standard

Before attending a Development Competition, all swimmers are encouraged to have met the following minimum standards:

- Be at least 7 years old;
- Have experience in swimming up to 800m without stopping at practice; and
- Have experience in legally swimming all Development Competition events at practice.

Development Graduation Standards and Age Group Competition Readiness

All swimmers are encouraged to have met all the following minimum standards:

- Athletes will have full understanding of the rules governing competition;
- Athletes will have full understanding of stroke and turn rules governing competition;
- 12 & under girls, 13 & under boys, that have achieved a Saskatchewan "AA" standard; and
- 13 & over girls, 14 & over boys, may attend Age Group invitational competitions at their coach's consent, but must meet a "AA" standard to qualify for "AA" championship competitions.

**Clubs may wish to have additional standards and definitions of competitive readiness in addition to the ones listed above, but not in place of the ones listed above.*





2017-2018 Competition Pathway

AGE GROUP PROGRAM

Purpose of Age Group Competition Program

To provide a fun, educational, and challenging competitive swimming experience for those athletes that have graduated from the Development Competition program with a similar peer group. Each competition will offer a diverse set of competitive events, both in stroke and in distance, to encourage well-rounded athlete development and avoid competitive stagnation. At the Age Group competition level, athletes will participate in both time final events as well as heats and final events.

Targeted Athletes

- Girls 12 and under, boys 13 and under, that have achieved a Saskatchewan “AA” standard;
- Girls 13 and over, boys 14 and over, at their coach’s discretion for all invitational competitions, however, athletes must achieve a Saskatchewan “AA” standard to qualify “AA” championships;
- All athletes that have achieved a Saskatchewan “AA” standard may attend Development Competitions at their coach’s discretion;

Competition Structure and Goals

- Brief competition sessions duration (2-4 hours total from arrival to departure), 1 to 2 sessions per day, 2 to 5-day competitions;
- Diverse event spectrum focused on both speed and endurance in all competitive strokes;
- Focus on personal improvement rather than competition ranking;
- Develop strategies and tactics for races 50m to 1500m in length;
- Short course competitions from September to December, long course competitions from January to August;
- Have fun!

Minimum Standard

Before attending an Age Group Competition, all swimmers are encouraged to have met the following minimum standards:

- Have a Saskatchewan “AA” standard in their age group;
- Have experience in swimming up to 1500m without stopping at practice; and
- Have experience in repeated racing experiences events at successive practices to simulate heats and finals type of competition.

National Competition Readiness

All swimmers are encouraged to have met all the following minimum standards:

- Athletes will have achieved a national time standard for their age group at each nationally competitive stage (i.e. Western Championships, Canadian Swimming Championships, etc.).

**Clubs may wish to have additional standards and definitions of competitive readiness in addition to the ones listed above, but not in place of the ones listed above.*

