



## 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.*





## 2017-2018 Competition Pathway

### 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.*

