

Annex G – Swimming Levels and Criteria

1. Team Programs

1.1 Overview

- a) The following levels for FY2010/11 Season will apply within the team:

Up to 13 Years	13 Years and up
Junior Bronze & Dragons Junior Silver Junior Gold Junior Elite	Senior Bronze Senior Silver Senior Gold Senior Elite

- b) The different levels and criteria for each are contained below. For all information contained, the final and definitive qualification is dependant upon this handbook and any such changes as authorized by Executive decision as recorded in any Minutes to Executive Meetings.

2. Junior Bronze

2.1 Description

- a) This is the first level in our fully competitive swimming program. This program is for swimmers who have learned the four competitive strokes and basic competition techniques. Swimmers are selected to join this group based on age, ability and attitude. Swimmers at this level may compete 6 - 8 times per year at various swim meets.

2.2 Time

- a) Approximately 5 hours per week

2.3 Prerequisite and test sets

50m Freestyle	0:50
100m Freestyle	2:00
100m I.M.	any

- a) 5 x 100m FS at 2:45 on 4:00
- b) 50 fly with fins

2.4 Cost

- a) Annual affiliation fee plus BYST membership fees, participation and fundraising (Bingos, Swim-a-thon and other fundraisers). Equipment and meet fees are additional.

**2.5 Expectations**

- a) Improve stroke technique in 4 events
- b) Learn all stroke progression drills for all 4 strokes
- c) Use test swims to monitor improvement
- d) Practice IM swimming sets
- e) Perfect starts, turns, and finishes on all 4 competitive strokes including IM turns
- f) Perfect relay take-overs
- g) Move to independently monitoring own training with pace clock
- h) Work on pace swims, builds, negative splits and over-distance swims
- i) Learn the rules of the sport
- j) Increase distance in training to increase endurance
- k) Participate in time trials, with a full range of distances and events
- l) Participate in low level meets
- m) Begin to use goal setting --- Begin using a log book
- n) Learn and practice stretching
- o) Training equipment needed: water bottle, pull buoy, flippers and kick board
- p) Working to cover 2500-3000m in a practice
- q) 200 m fr with flip turns and bilateral breathing
- r) 200 m bk with flip turns and bent arm pull
- s) 100 m breast with proper kicks, pullouts and correct stroke timing
- t) 50m fly with fins and correct turns
- u) 100 IM and turns
- v) A competitive racing start
- w) Correct finishes on the four competitive strokes

**3. Junior Silver****3.1 Description**

- a) This is the second level in our competitive swimming program. This program is for swimmers who have learned and strengthened the four competitive strokes and basic competition techniques. These swimmers are preparing for obtaining some of their EOSA prerequisites. Training distances and intensity will be greatly increased. Emphasis on building a strong aerobic base and further

perfection of stroke mechanics. Swimmers are selected to join this group based on age, ability and attitude. Swimmers at this level may compete 6 - 8 times per year at various swim meets. Movement will depend on a number of factors.

3.2 Time

- a) Approximately 7 hours per week

3.3 Prerequisites and Test Sets

100m Freestyle	1:40
200m Freestyle	3:45
200m I.M.	4:15
400M Freestyle	8:00

- 5 x 100 FS at 2:30 on 3:30 with correct turns
- 5 x 100 IM at 3:15 on 4:15 with correct turns
- Able to complete a legal 50 fly
- Able to swim a 200IM in competition

- a) Attendance at Junior Bronze level is exemplary
- b) Maturity level (social and peer)
- c) Positive and supportive attitude
- d) Willingness to participate in meets
- e) Technical skills and ability

3.4 Cost

- a) Annual affiliation fee plus BYST membership fees, participation and fundraising (Bingos, Swim-a-thon and other fundraisers). Equipment and meet fees are additional.

3.5 Expectations

- a) Swimmer perfects all stroke progressions presented
- b) Frequent test sets to monitor progress in pull; kick; stroke, endurance (aerobic and anaerobic)
- c) Introduction to all types of training sets (aerobic, aerobic endurance, anaerobic lactic (age specific training) anaerobic alactic, pace work and speed work
- d) Equal amounts of work on pull and kick
- e) Speed work in every session
- f) Swimmers learn pace, stroke count, stroke rate and begin to monitor heart rate (sets will be based on pace more than heart rate)
- g) Assisted stretching procedures understood

4. Junior Gold

4.1 Description

- a) These swimmers are preparing at obtaining both of their EOSA prerequisites. Training distances and intensity will be again increased Emphasis on building a strong aerobic base, anaerobic sets will be included and further perfection of stroke mechanics. Movement will depend on a number of factors Swimmers at this level may compete 6 - 8 times per year at various swim meets.

4.2 Time

- a) Approximately 9 hours per week

4.3 Prerequisites and Test Sets

100m Freestyle	1:30
200m Freestyle	3:15
200m I.M.	4:00
400m Freestyle	7:00

- 5 x 100 FS at 2:15 on 3:15 with correct turns
- 5 x 100 IM at 3:00 on 4:00 with correct turns
- Able to complete a legal 100 fly with fins
- Able to swim a 200IM in competition

- a) Attendance at junior Silver level is exemplary
- b) Maturity level (social and peer)
- c) Supportive and positive attitude
- d) Willingness to participate in meets
- e) All turns are technically correct including IM switches

4.4 Cost

- a) Annual affiliation fee plus BYST membership fees, participation and fundraising (Bingos, Swim-a-thon and other fundraisers). Equipment and meet fees are additional.

4.5 Expectations

- a) Swimmer shows high proficiency in all stroke progressions presented
- b) Frequent test sets to monitor progress in pull; kick; stroke, endurance (aerobic and anaerobic)
- c) Introduction to all types of training sets (aerobic, aerobic endurance, anaerobic lactic (age specific training) anaerobic alactic, pace work and speed work
- d) Equal amounts of work on pull and kick

- e) Speed work in every session
- f) Swimmers learn pace, stroke count, stroke rate and begin to monitor heart rate (sets will be based on pace more than heart rate)
- g) Independent stretching

5. Junior Elite

5.1 Description

- a) This is a more competitive program for young swimmers who are refining their strokes and skills through more challenging workouts. Provincial times should be the goal of swimmers in this level as well as the 400 IM and the 800 free provincial prerequisite

5.2 Time

- a) Approximately 11 hours per week

5.3 Prerequisite and Test Sets

100m Freestyle	1:15
200m Freestyle	2:45
200m I.M.	3:10
400m Freestyle	6:00
800m Freestyle	13:00

- 10 x 100m FS at 1:30 on 2:15 with correct turns
- 10 x 100m IM on 2:30 with correct turns
- 1 x 100m Fly swam legally.

- a) Near perfect attendance in Junior Gold with a positive approach and attitude
- b) An agreement must be made to train at this level by both the swimmer and parent.

5.4 Cost

- a) Annual affiliation fee plus BYST membership fee, participation and fundraising (Bingos, Swim-a-thon, and other fundraisers). Equipment and meet fees are additional.

5.5 Expectations

- a) Frequent stroke analysis and stroke drills will be incorporated into the practice in order to perfect swimmers technical ability;
- b) Swimmers will be expected to attend early morning sessions as well as evening session on an extremely regular basis (one missed practice/week)
- c) Punctuality at practice is mandatory;
- d) Attendance (no more then one missed practice per week);

- e) Development of personal record keeping concerning goals, best times etc.
- f) Compulsory goal setting;
- g) Must attend nutrition and physio-workshops when given;
- h) Punctuality at practice is expected (5 min minimum arrival before beginning of practice time. It is expected that all swimmers are ready to enter the water at the starting time)

*Non compliance in the above areas is counter productive to the development of the swimmer as periodization becomes a large factor in the training program and missed practices all impact on the development of the swimmer. Swimmers who do not continue to meet the attendance, punctuality and performance standards (set intervals) will be asked to move to Junior Gold for further refinement of Junior Elite expectations*

**6. Senior Bronze**

**6.1 Description**

- a) Senior Bronze is suited to the senior athlete who wishes to hone their stroke technical skills for movement into a more competitive group or for older athletes who have joined the team at an older age and wish to learn competitive swimming and then move to more competitive swimming groups. This competitive level is designed for swimmers 13 and over who have achieved success in their strokes and skills. The swimmers in this training group have also developed excellent training habits. These swimmers are learning race techniques and strategies.

**6.2 Time**

- a) Approximately 9 hours per week

**6.3 Prerequisite**

- a) Age is the primary factor but the swimmer should, but not necessarily, be capable of the times. The main criteria is ability to complete the practice programs.
- b) Swimmers must demonstrate dedication to the sport, good training habits.

100m Freestyle	1:20
200m Freestyle	2:50
400m I.M.	6:45

**6.4 Cost**

- a) Annual affiliation fee plus BYST membership fees, participation and fundraising (Bingos, Swim-a-thon, and other fundraisers). Equipment and meet fees are additional.

**6.5 Expectations**

- a) Improve stroke technique in 4 events;
- b) Learn all stroke progression drills for all 4 strokes;
- c) Use test swims to monitor improvement;
- d) Practice IM swimming sets;
- e) Perfect starts, turns, and finishes on all 4 competitive strokes including IM turns;
- f) Perfect relay takeovers;
- g) Move to independently monitoring own training with pace clock;
- h) Work on pace swims, builds, negative splits and over distance swims;
- i) Learn the rules of the sport;
- j) Increase distance in training to increase endurance;
- k) Participate in time trials, with a full range of distances and events;
- l) Participate in low level meets;
- m) Begin to use goal setting ... begin using log book;
- n) Learn and practice stretching;
- o) Training equipment needed: water bottle, pull buoy, flippers and kick board;
- p) Working to being able to cover 2500 to 3000 m in a practice;
- q) 200 m fr with flip turns and bilateral breathing;
- r) 200 m bk with flip turns and bent arm pull;
- s) 100 m breast with proper kicks, pullouts and correct stroke timing;
- t) 50 m fly with fins and correct turns;
- u) 100 IM and turns;
- v) A competitive racing start;
- w) Correct finishes on the four competitive strokes;
- x) Expectations that key drills will be learned for all 4 strokes.

**7. Senior Silver****7.1 Description**

- a) Senior Silver is suited to the senior athlete who is enhancing their stroke technical skills for movement into a more competitive group. The swimmers in this training group are further developing excellent training habits. These swimmers are continuing to learn race techniques and strategies. Provincial times should be the goal

of swimmers in this level as well as the 400 IM and the 800 free provincial prerequisites.

7.2 Time

- a) Approximately 11 hours per week

7.3 Prerequisite and test sets

- a) Swimmers must demonstrate dedication to the sport, good training habits.

100m Freestyle	1:15
200m Freestyle	2:45
200m IM	3:15
400m IM	6:40

- 10 x 100 Fr holding 1:20 on 2:00 with correct turns
- 10 x 100 IM on 1:45 on 2:00 with correct turns
- 1 x (100fly, 75fly+25bk, 50fly+50bk, 25fly+75bk, 100bk etc.etc...100free) at 2:00
- 800 fr @ 1:30 pace for 12:00.

7.4 Cost

- a) Annual affiliation fee plus BYST membership fees, participation and fundraising (Bingos, Swim-a-thon, and other fundraisers). Equipment and meet fees are additional.

7.5 Expectations

- a) Improve stroke technique in 4 events;
- b) Learn all stroke progression drills for all 4 strokes;
- c) Use test swims to monitor improvement;
- d) Practice IM swimming sets;
- e) Perfect starts, turns, and finishes on all 4 competitive strokes including IM turns;
- f) Perfect relay takeovers;
- g) Move to independently monitoring own training with pace clock;
- h) Work on pace swims, builds, negative splits and over distance swims;
- i) Learn the rules of the sport;
- j) Increase distance in training to increase endurance;
- k) Participate in time trials, with a full range of distances and events;
- l) Participate in low level meets;
- m) Begin to use goal setting ... begin using log book;

- n) Learn and practice stretching;
- o) Training equipment needed: water bottle, pull buoy, flippers and kick board;
- p) Working to being able to cover 2500 to 3000 m in a practice;
- q) 200 m fr with flip turns and bilateral breathing;
- r) 200 m bk with flip turns and bent arm pull;
- s) 100 m breast with proper kicks, pullouts and correct stroke timing;
- t) 50 m fly with fins and correct turns;
- u) 100 IM and turns;
- v) A competitive racing start;
- w) Correct finishes on the four competitive strokes;
- x) Expectations that key drills will be learned for all 4 strokes.

*Non compliance in the above areas is counter productive to the development of the swimmer as periodization becomes a large factor in the training program and missed practices all impact on the development of the swimmer. Swimmers who do not continue to meet the attendance, punctuality and performance standards (set intervals) will be asked to move to Senior Bronze for further refinement of the expectations*

8. Senior Gold

8.1 Description

- a) This is one of the highest levels in our competitive program. This program is designed for older swimmers who have set goals for themselves and have the drive and determination to succeed. These swimmers have excellent strokes and skills and are improving race techniques and strategies. They will have met the time standards below and are training at a very high intensity level.

8.2 Time

- a) Approximately 12 hours per week

8.3 Prerequisite and test sets

- a) Near perfect attendance must be obtained in the previous level
- b) An agreement must be made to train at this level by swimmer as well as parent and a positive approach and attitude in training sessions must be demonstrated in the previous levels.

100m Freestyle	1:08
200m Freestyle	2:30
400m I.M.	6:10
800m Freestyle	11:15

- 10 x 100m FS at 1:15 on 2:00
- 5 x 200m IM at 3:00 on 5:00
- 2 x (100fly, 75fly+25bk, 50fly+50bk, 25fly+75bk, 100bk etc.etc...100free) at 2:00

8.4 Cost

- a) Annual affiliation fee plus BYST membership fees, participation and fundraising (Bingos, Swim-a-thon, and other fundraisers). Equipment and meet fees are additional.

8.5 Expectations

- a) Positive supportive attitude must be demonstrated at all times (no negativity will be tolerated);
- b) Frequent stroke analysis and stroke drills will be incorporated into the practice in order to perfect swimmers technical ability;
- c) Swimmers will be expected to attend early morning sessions as well as evening sessions on an extremely regular basis (one missed practice/week);
- d) Punctuality on deck at practice starting time is mandatory;
- e) Attendance (no more then one missed practice per week);
- f) Development of personal record keeping concerning goals, best times and training set times;
- g) Compulsory dryland and mental training sessions;
- h) Must attend nutrition and physio workshops when given;
- i) Punctuality at practice is expected. 5 min minimum arrival before beginning of water entry time for dynamic stretching. It is expected that all swimmers are ready to enter the water at the starting time;
- j) Technical skills should be internalized (i.e. Exemplary finish, turns, and dives with streamline would be executed consistently).

*Non compliance in the above areas is counter productive to the development of the swimmer as periodization becomes a large factor in the training program and missed practices all impact on the development of the swimmer. Swimmers who do not continue to meet the attendance, punctuality and performance standards (set intervals) will be asked to move to Senior 1 for further refinement of Senior 2 expectations.*

9. Senior Elite

9.1 Description

- a) This is the highest level in our competitive program. This program is designed for older swimmers who have set goals for themselves

and have the drive and determination to succeed. These swimmers have excellent strokes and skills and are improving race techniques and strategies. They will have met the time standards below as they are training at a very high intensity level. National and/or Provincial times should be the goal of swimmers in this level as well as the 400 IM and the 800 free provincial prerequisite.

9.2 Time

- a) Approximately 14.0 hours per week

9.3 Prerequisite and test sets

- a) An agreement must be made to train at this level by swimmer as well as parent

100m Freestyle	1:04
200m Freestyle	2:20
800m Freestyle	10:45
400m IM	6:00

- b) 7 x 200 FS @ 2:35 on 5:00 interval
- c) 5 x 200 IM @ 3:00 with correct turns on 5:00
- d) 2 x (100 fly .75 fly +25 bk..50 fly + 50 bk..25 fly + 75 bk ..100 bk etc.etc..100 fr)@ 1:45

9.4 Cost

- a) Annual affiliation fee plus BYST membership fees, participation and fundraising (Bingos, Swim-a-thon, and other fundraisers). Equipment and meet fees are additional.

9.5 Expectations

- a) Prime expectation of Senior Elite Group is to meet junior national or senior national qualifying times
- b) Provincial time have been obtained at the senior level
- c) Swimmers will be expected to attend early morning sessions as well as evening sessions on an extremely regular basis;
- d) Frequent stroke analysis with an emphasis on further perfecting technical abilities of swimmer;
- e) Punctuality at practice is expected;
- f) Further refinement of Senior 2 expectations;
- g) Full understanding of training principles and willingness to practice same on a consistent basis
- h) Full use of personal record keeping concerning goals, practice times and best times etc.
- i) Compulsory dryland and mental training sessions;

- j) Must attend nutrition and physio workshops when given;
- k) Willingness to attend high level meets in order to showcase their talents and goal.

*All practices must be attended; occasional absenteeism is understandable but no one practice should be missed on a consistent basis. Non compliance in the above areas is counter productive to the development of the swimmer as periodization becomes a large factor in the training program and missed practices all impact on the development of the swimmer. Swimmers who do not continue to meet the attendance, punctuality and performance standards (set intervals) will be asked to move to Senior 2.*