LONG TERM ATHLETE DEVELOPMENT







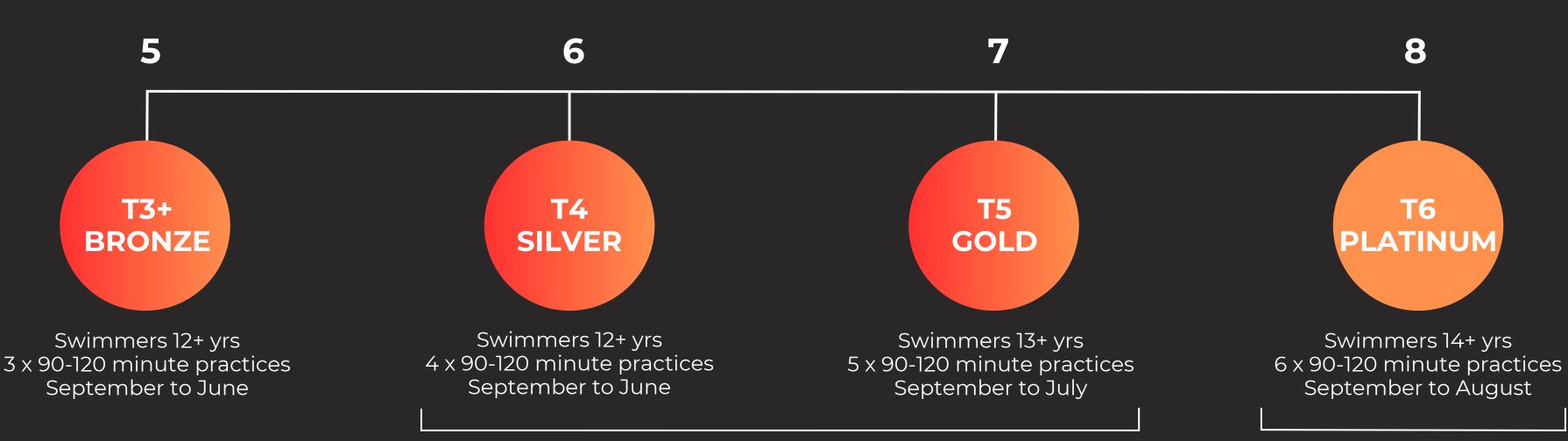
WILL BE OFFERED IN THE FUTURE!

Swimmers 7+ yrs 2 x 45 minute practices 3 x 12 week sessions Pre-competitive Swimmers 7+ yrs 2 x 45-60 minute practices 3 x 12 week sessions Pre-competitive Swimmers 9+ yrs 3 x 60 minute practices September to May

LONG TERM ATHLETE DEVELOPMENT







MINIMUM QUALIFICATION PROVINCIAL STANDARD (TRIALS/CHAMPIONSHIPS)

RECOMMENDATION FROM HEAD COACH

NATIONAL STANDARD (CJC, CSC, TRIALS)