

LONG TERM ATHLETE DEVELOPMENT



Updated June 2024 | JCV



1



Swimmers 7+ yrs
2 x 45 minute practices
3 x 12 week sessions

**WILL BE OFFERED
IN THE FUTURE!**

2



Swimmers 7+ yrs
2 x 45 minute practices
3 x 12 week sessions
Pre-competitive

3



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

4



Swimmers 9+ yrs
3 x 60 minute practices
September to May

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5

6

7

8

**T3+
BRONZE**

Swimmers 12+ yrs
3 x 90-120 minute practices
September to June

**T4
SILVER**

Swimmers 12+ yrs
4 x 90-120 minute practices
September to June

**T5
GOLD**

Swimmers 13+ yrs
5 x 90-120 minute practices
September to July

**T6
PLATINUM**

Swimmers 14+ yrs
6 x 90-120 minute practices
September to August

MINIMUM QUALIFICATION
PROVINCIAL STANDARD (TRIALS/CHAMPIONSHIPS)
OR
RECOMMENDATION FROM HEAD COACH

NATIONAL STANDARD
(CJC, CSC, TRIALS)