

LONG TERM ATHLETE DEVELOPMENT



Created January 2024 | JCV



1

2

3

4



I CAN
SWIM
1

Swimmers 5-8 yrs
2 x 45 minute practices
3 x 12 week sessions

**WILL BE OFFERED
IN THE FUTURE!**



I CAN
SWIM
2

Swimmers 7-10 yrs
2 x 45 minute practices
3 x 12 week sessions
Pre-competitive



I CAN
SWIM
3

Swimmers 8-11 yrs
2 x 45 minute practices
3 x 12 week sessions
Pre-competitive



COPPER

Swimmers 9-13 yrs
3 x 60 minute practices
September to May

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5

6

7

8



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



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



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



Swimmers 13+ yrs
6 x 90-120 minute practices
September to August

MINIMUM QUALIFICATION
PROVINCIAL STANDARD (TRIALS/CHAMPIONSHIPS)

NATIONAL STANDARD
(WESTERNS, CJC, CSC, TRIALS)