



Airdrie Phoenix Swim Club Policy:

# SWIMMING PROGRAM

| REVISION | EDITED BY                                                                                        | APPROVED BY                                                                                    | DATE          |
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| 0        | Elizabeth D.  | Tim Baker  | February 2024 |

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## 1. DEFINITIONS & ROLES

- 1.1. “**APSC**”, “**Club**” and “**Organization**” refers to the Airdrie Phoenix Swim Club.
- 1.2. “**Program**” refers to the APSC Swimming Program Policy.
- 1.3. “**Stream(s)**” refers to the Development and/or Performance progression stages within the Swimming Program.
- 1.4. “**Stage(s)**” refers to the levels within each stream.

## 2. INTRODUCTION

APSC’s Swimming Program offers training opportunities for swimmers of all ages and abilities. It is geared towards developing each swimmer and providing a graduated progression as they advance in sport. As athletes progress through the streams, each stage will build on the skills and knowledge learned in the previous stage.

This policy provides general descriptions and determining criteria for placing swimmers into specific groups/streams. Group placement typically occurs at the end of a season in order to best place swimmers for the upcoming season. Coaches will then use the first 6-8 weeks of a new season to better determine the needs of each swimmer in relation to their group placement. Additional swimmer movement may occur within a season based on the criteria below and, in combination with a coach recommendation.

## 3. 5 PILLARS OF PROGRAM PLACEMENT

- 3.1. **Age:** Competitive swimming is constantly evolving with athletes pushing the boundaries of human performance, breaking record after record. One of the critical factors that contribute to a swimmer’s success is the age at which they peak in performance. Age-related performance is influenced by many factors such as physical development, training, and competition experience. Physical growth and maturation play a significant role in the performance and development age for swimmers.
- 3.2. **Training:** Training follows the Long-Term Athlete Development model (LTAD, <https://sportforlife.ca/wp-content/uploads/2017/04/LTAD-2.1-EN>). Individuals who've amassed years of training will display greater movement competency, strength, power, speed, endurance than those who have not. APSC’s 'technique first' approach ensures that swimmers develop the key technical components of all strokes and turns before developing the conditioning side of the sport. The Development and Performance Stream programs are aligned to build on each other in progressing technical ability. Once swimmers move into the 13+ streams (Provincial, National Development and National), they will have an added layer of physical adeptness and the ability to implement quality technical skills. A swimmers’ career should follow a training-over-time pattern of ‘stimulation’ and ‘adaptation’ where swimmers are challenged by a new ‘stage’ then allowed to master skills taught within that stage before moving forward through the Development and Performance streams.



- 3.3. **Performance:** As swimmers progress through the APSC streams, performance and training are key factors in how training is planned and designed. This is based primarily on the designated competitions they attend. Early in the sport, our goal is for swimmers to train for and compete in a 'multi-event' collection of races. Athletes should progress within the key competitions that take place within each season. Having swimmers grouped together, who follow a similar plan and preparation timeline, is important for helping each swimmer achieve optimal performances.
- 3.4. **Attitude:** An essential component that compliments both training and performance throughout a swimmers' career is their ability to adapt to change. These changes include coping with stress and challenges as well as working with coaches and within a team environment. Swimmers should develop an understanding of the value of daily training, be fully engaged and strive to provide their best efforts at all times. Maturity in these areas develop at different times for all athletes and as such APSC has a scaled approach to allow for these differences.
- 3.5. **Commitment:** Recognizing that a swimmers career can span well over a decade, APSC believes that young swimmers should have time and energy to pursue additional activities. However, as athletes advance through the ranks in their sport, commitment to a full training and competition program will be vital to maintaining and improving technical, physical and mental skills. For this reason, their ability to 'shift' their lifestyle towards a more committed approach to swimming will be key to future success. This shift generally occurs in the early to mid-teenage years and is progressive through to adulthood.



## 4. PROGRAM STRUCTURE

| Level                            | Age | Training                                                | Performance                                                                                                                                                                                                 | Attitude                                                                                                                                                                                                                        | Commitment                                                                                                                                                                                                                                                       |
|----------------------------------|-----|---------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>DEVELOPMENT STREAM</b>        |     |                                                         |                                                                                                                                                                                                             |                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                  |
| <b>ICS 1</b>                     | 7+  | 2 practices/week<br>= 1.5 hrs.                          | <ul style="list-style-type: none"> <li>Swim Kids 5 (former Red Cross Program), Swimmer 3 (Lifesaving Society Program) OR recommendation from Head Coach or Assistant Coaches.</li> </ul>                    | <ul style="list-style-type: none"> <li>Should have a healthy enjoyment of sport.</li> <li>Willing to try new challenges while developing skills and strokes.</li> </ul>                                                         | <ul style="list-style-type: none"> <li>Swimmers are encouraged to continue with other activities and notify coaches of conflicts with multi-sport activities.</li> </ul>                                                                                         |
| <b>ICS 2</b>                     | 7+  | 2 practices/week<br>= 1.5 hrs.                          | <ul style="list-style-type: none"> <li>Swim Kids 5 (former Red Cross Program), Swimmer 3 (Lifesaving Society Program) OR recommendation from Head Coach or Assistant Coaches.</li> </ul>                    | <ul style="list-style-type: none"> <li>Begin to identify as "swimmers" and should have a healthy enjoyment of sport.</li> <li>Willing to take on challenges and develop skills and strokes.</li> </ul>                          | <ul style="list-style-type: none"> <li>Swimmers are encouraged to continue with other activities and notify coaches of conflicts with multi-sport activities.</li> </ul>                                                                                         |
| <del>ICS 3</del><br><b>ICS2+</b> | 7+  | 2 practices/week<br>= 1.5 - 2hrs.                       | <ul style="list-style-type: none"> <li>Recommendation from Head Coach or Assistant Coaches.</li> </ul>                                                                                                      | <ul style="list-style-type: none"> <li>Challenge themselves, strive to improve and work towards refining strokes.</li> <li>Learning to accept and understand technical feedback.</li> </ul>                                     | <ul style="list-style-type: none"> <li>Swimmers continue with other activities and notify coaches of conflicts with multi-sport activities.</li> <li>Swimmers begin to understand that improvements in technique require ongoing reliable commitment.</li> </ul> |
| <del>Copper</del><br><b>T3</b>   | 9+  | 3 practices/week<br>= 3 hrs.                            | <ul style="list-style-type: none"> <li>Recommendation from Head Coach or Assistant Coaches.</li> <li>Participates in fundamental competitions.</li> </ul>                                                   | <ul style="list-style-type: none"> <li>Seeks improvement while increasing training duration and endurance.</li> <li>Develops bonds with teammates and coaches as an important part of long-term success in swimming.</li> </ul> | <ul style="list-style-type: none"> <li>Learn to balance school, other activities and swimming commitments.</li> <li>Long term improvement will come with understanding an increased level of commitment will be required at each successive stage.</li> </ul>    |
| <del>Bronze</del><br><b>T3+</b>  | 12+ | 3 practices/week<br>incl. dryland training.<br>= 6 hrs. | <ul style="list-style-type: none"> <li>Recommendation from Head Coach.</li> <li>Strives to improve from Regional to Provincial level performances.</li> </ul>                                               | <ul style="list-style-type: none"> <li>Focuses on improving technical competencies and a willingness to develop new skills.</li> <li>Enjoys being challenged and welcomes technical feedback.</li> </ul>                        | <ul style="list-style-type: none"> <li>Commitment to both training and competing throughout an entire swimming season.</li> </ul>                                                                                                                                |
| <del>Silver</del><br><b>T4</b>   | 12+ | 4 practices/week<br>incl. dryland training<br>= 8 hrs.  | <ul style="list-style-type: none"> <li>Provincial standard times OR 13+ yrs old and recommendation from Head Coach.</li> <li>Participates in Provincial competitions and Regional Invitationals.</li> </ul> | <ul style="list-style-type: none"> <li>Embraces challenges and begins to demonstrate self-motivation.</li> <li>Works well with coaches and teammates.</li> </ul>                                                                | <ul style="list-style-type: none"> <li>Commitment to continuous improvement.</li> <li>Increased focus on training and competitions.</li> </ul>                                                                                                                   |



| PERFORMANCE STREAM           |     |                                                         |                                                                                                                                          |                                                                                                                                                                                          |                                                                                                                                                |
|------------------------------|-----|---------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| <i>Gold</i><br><b>T5</b>     | 13+ | 5 practices/week<br>incl. dryland training<br>= 10 hrs. | <ul style="list-style-type: none"><li>Provincial standard times<br/>OR 15+ yrs old and<br/>recommendation from<br/>Head Coach.</li></ul> | <ul style="list-style-type: none"><li>Seeks constructive<br/>feedback and<br/>demonstrates ability to<br/>adapt to challenges.</li><li>Engaged with coaches<br/>and teammates.</li></ul> | <ul style="list-style-type: none"><li>Reliable level of<br/>commitment to training,<br/>competitions and sport<br/>camps.</li></ul>            |
| <i>Platinum</i><br><b>T6</b> | 14+ | 6 practices/week<br>incl. dryland training<br>= 12 hrs. | <ul style="list-style-type: none"><li>National standard times -<br/>e.g. Eastern, Western,<br/>Juniors, National.</li></ul>              | <ul style="list-style-type: none"><li>Focused, self-driven and<br/>able to adapt to difficult<br/>situations.</li><li>Actively engaged with<br/>coaches and teammates.</li></ul>         | <ul style="list-style-type: none"><li>Year over year high level<br/>of attendance at training,<br/>competitions and sport<br/>camps.</li></ul> |

## 5. TEAM TRAVEL & EXPENSES

APSC is committed to supporting our athletes as they advance through their streams. This applies to all stages of their development including when they achieve qualifying times for competitions. For this reason, APSC recognizes that team travel is an integral component of the training and technical curriculum of competitive swimming. It offers swimmers supervised opportunities to learn and practice independence while developing their skills in sport. Travel opportunities may include but are not limited to: international, national, out-of-province or in-province swim competitions, training camps and club-hosted recreational activities.

- 5.1. **Swim Meets:** All swim meets shall have at least one (1) qualified APSC Coach in attendance. This may include the Head Coach and/or Assistant Coaches.
- 5.2. **Qualifying Athletes:** In the event that an athlete is eligible to participate in a competition that requires travel (e.g. provincials, westerns, nationals, etc.), a qualified APSC Coach shall accompany the athlete in addition to their parent/guardian or APSC approved Chaperone (refer to Chaperone Policy).
  - 5.2.1. All costs associated with the Coach's remuneration including travel, accommodations and meal per diem shall be paid for by APSC.
    - 5.2.1.1. Coach and swimmer shall have separate accommodations.
  - 5.2.2. Athletes, parents/guardians and/or the chaperone shall be responsible for personal costs associated with the competition including but not limited to: travel, accommodations, meals and competition fees.
- 5.3. **Training Camps (optional):** Athletes and their families are responsible for equally sharing Coach, chaperone and athlete expenses at 'away' training camps including but not limited to: travel (e.g. airfare, mileage, bus, train, etc.), accommodations, ground transportation, meals and fees for team outings/activities.
- 5.4. **Club-Hosted Recreational Activities:** APSC shall cover the cost of hosting recreational activities - e.g. annual in-house swim meet and end-of-the-year event.

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