

## **LASC 2025-26 Group Notes**

Last year LASC made the biggest change to our club structure in decades with the University of Lethbridge requesting to re-work the Head Coach position/partnership. Prior to last year the HC position was evenly split (50/50) between U Lethbridge and LASC. In 2024-25 the HC position moved to a primarily U Lethbridge role (75/25) and this change allowed LASC to maintain their partnership and HC with the University and budget to hire a full-time staff member (Assistant Head Coach).

For 2025-26 we don't have as big a change as last year, but every season we review our program, taking feedback from our members and coaches, evaluating swimmer progression and retention, and reviewing our current and future opportunities and challenges. This year we were also able to specifically reference the values outlined in the newly formed LASC Strategic Plan.

### ***Support***

*We uplift and empower every swimmer, coach and family to reach their full potential.*

### ***Commitment***

*We dedicate ourselves to excellence in training, competition and personal growth*

### ***Respect***

*We foster an environment of integrity, sportsmanship, and mutual appreciation*

### ***Community***

*We unite swimmers, families, and supporters to create a strong, inclusive community.*

For this season we have made improvements in our group progressions to improve member retention, have addressed the JRN/NAT group size and the scope of the Provincial group, increased our pool utilization by competitive groups and changed some coaching positions.

Unfortunately, we do have some changes to our pool access at Max Bell that directly impacts our Jr Horns Blue program. We no longer have access to the variable depth tank and are only able to run Jr Horns GOLD groups swimming in the middle/deep tank. Swimmers registering in Jr Horns Gold must be able and comfortable in deep water.

## **Groups and Swimmer Placement**

Group Lists - For the competitive groups the coaching staff collaborate on swimmer placement with attention to the individual within the overall club structure. Our groups reflect appropriate athlete development and the demographic of our membership – as a result, we have a 2-3 age range within each of the groups that helps create a balance of similar abilities and ages. *The group age ranges may have individual exceptions when appropriate for the swimmer and group.*

Olympic Way – we are continuing with two groups offering the same program while accommodating family schedules and using our pool space effectively. Swimmers can register in either OW1 or OW2.

*3-4 practices/week. Average age 9.5 (8-11)*

Provincial – as with OW, we will have two Provincial groups with some difference in programming between the groups. Swimmers registering for the P2 group should prioritize swimming commitment, attendance and competition. Swimmers registering in the P1 group may have a less competitive focus, be balancing swimming with other activities or newer to the sport. Swimmers may progress from the P1 group to the P2 group or from either group to Jr National.

*4-5 practices /week. Average age 11.5 (10-13)*

Jr National – will return as a stand-alone group while maintaining some practice and coaching overlap with the National group. Swimmers may progress into the competitively focused Jr National group from either P1 or P2 groups.

*5-6 practices/week. Average age is 13.5 (12-15)*

National/Academy – swimmers have the option of registering in either group with the most significant difference being the afternoon training times and some training/swimmer specific overlap with the Horns program. Swimmers registering in the Academy group should be able to make at least 3/5 early afternoon practice times. Swimmers in both the National and Academy groups should have a competitive focus and commitment.

*7-8 practices/week. Average age 15.5 (14-17)*

Jr Horns – due to the changes in facility access at the Max Bell Pool we do not have any access to the shallow tank on weekday afternoons and cannot offer any Blue programming this season. Jr Horns Gold swimmers will practice in the middle and 25 tanks. Swimmers can register Jr Horns Gold programming based on preference/availability of Monday/Wednesday or Tuesday/Thursday – the programming is the same for each.

*2 practices/week. Average age 8.5 (7-10)*

Please contact Head Coach Peter Schori ([peter.schori@uleth.ca](mailto:peter.schori@uleth.ca)) or Assistant Head Coach Josh Sorensen ([josh.sorensen95@gmail.com](mailto:josh.sorensen95@gmail.com)) if you have any questions regarding registration for 2025-26.