

### Senior Program (Ages 13-18+)

The Chena Senior program provides opportunities for swimmers to make swimming their own. Athletes in the Senior program will learn to set goals, develop ownership for their pursuits, and work towards reaching their fullest potential. Whether it is to pursue a performance or competitive pathway, or to remain active in the sport for health, our goal for our Seniors is for them to become the best version of themselves and become a passionate leader of the Chena community.

#### Goal Outline:

- Personal Development:
  - Setting and owning goals - making swimming yours
  - Contributing to a positive and supportive team environment
  - Facing setbacks, learning from disappointments, and tackling challenges
  - Developing and maintaining a coach-athlete relationship – Communication
  - Becoming a leader and role model in the Chena community
- Pool
  - Building enjoyment for practicing and training in a team environment
  - Mastering the training process - attention to detail, consistent effort and engagement.
  - Connection between practicing with purpose and executing plans during competition.
  - Developing well rounded swimmers - all strokes, mid distance focus ; increasing specificity according to swimmer
- Dryland
  - Injury prevention, posture, mobility and strength in swimming positions
  - Introduce resistance training – focus on form, swimming transfer, progressive loading
  - Building injury prevention habits – stretching, mobility, maintenance exercises
- Competition
  - Setting long term goals and relating them to short term process goals
  - Handling pressure under performance situations
  - Learning race preparation and applying practice to racing
  - Resilience and handling disappointments – internal and external zones of control

**Senior National**

The Senior National Group is Chena's Performance stream for athletes in grades 10 to Post Secondary who are training to compete nationally, and pursuing swimming at the post secondary level or beyond. In order to be considered for the Senior National Group, swimmers must be fully committed towards the pursuit of their swimming goals, be exemplary in upholding our Chena values and behaviours, and be invested in becoming the best version of themselves as an athlete and as a person.

**Group Requirements**

| <b>Ages</b> | <b>Practice Attendance</b> | <b>Meet Attendance</b>   | <b>Performance</b>                     |
|-------------|----------------------------|--|--|
| 15-18+      | Required: 95%+*            | Required: 100% of all championship + coach recommended ; Highest level of meet qualified for | Min. Provincial Qualification (13-14+) |

\*School: requires Peak Performance/Pursuit school Program (training weekdays during regular school hours)

**Details:**

- Season Duration: Early September to final championship meet (End of July)
- Practices per week: 8-9
- Dryland Sessions per week: 3-4 (2-3 dryland/strength sessions, 1 yoga session)
- In water time per practice: 90-120min
- Dryland time per practice: 15min per water session; 60-90min per dryland session
- Competitions: 1x per month (Invitational Meets) ; Provincial Champs and National Champs ; 2-3 travel opportunities through season
- Group Goal: Explore and maximize competition potential. Work towards finals qualification at Provincial championships and qualification for National level competitions. Progression towards post secondary swimming career.

## Senior Provincial

The Senior Provincial Group is a Competitive program for athletes in grades 8-12 who are competing at the Divisional Championship level and pursuing their swimming goals at the Provincial level and beyond. Swimmers must demonstrate commitment and dedication towards pursuing their competitive goals. Senior Provincial aims to transition new swimmers into the senior program smoothly and progress the group down the performance pathway towards success in swimming past secondary school.

### Group Requirements

| Ages  | Practice Attendance                 | Meet Attendance  | Performance                            |
|-------|-------------------------------------|--|--|
| 13-17 | Required: Min 80%<br>(5/6 per week) | Required: 100% of all championship + coach recommended ; Highest level of meet qualified for | Min. Divisional Qualification (13-14+) |

- Grade 9+ swimmers who are excelling at SP expectations and at 15&O Divisional qualification standard may be invited to participate in Senior National morning practices during the week based on coach's discretion.

### Details:

- Season Duration: Early September to conclusion of final championship meet
- Practices per week: 6-7
- Dryland Sessions per week: 3-4 (2-3 dryland sessions, 1 yoga session)
- In water time per practice: 90-120min
- Dryland time per practice: 15min per water session; 60-90min per dryland session
- Competitions: 1x per month (Invitational Meets) ; Divisional & Provincial Champs ; 2-3 travel opportunities through season
- Group Goal: Explore competition potential across all events and distances. Work towards Provincial qualification. Commitment to swimming as the primary sport.

## Senior Regional

The Senior Regional Group is a Competitive program for athletes in grades 8-12 who are competing at the Lower Mainland Region (LMR) Championship level and pursuing their swimming goals at the Divisional level and beyond. Senior Regional aims to transition new swimmers into the senior program and secondary school smoothly. Swimmers in this program are pursuing or exploring their potential in competitive swimming and will work towards maximizing their potential to progress through our competitive stream.

## Group Requirements

| Ages  | Practice Attendance                   | Meet Attendance                                | Performance                      |
|-------|---------------------------------------|--|----------------------------------|
| 13-17 | Required: Min 70%<br>(3.5/5 per week) | 80% of all championship +<br>coach recommended | Min. LMR Champs<br>Qualification |

- Swimmers who are excelling at SR expectations and have achieved a 13-14 year old Divisional qualification standard may be invited to a bonus Senior Provincial practice based on coach discretion.

### Details:

- Season Duration: September to Late June
- Practices per week: 5-6
- Dryland Sessions per week: 1-2
- In water time per practice: 90-120min
- Dryland time per practice: 15min per water session; 45-60min per dryland session
- Competitions: 1x per month (LMR and Invitational Meets) ; LMR Champs, Divisional Champs
- Group Goal: Explore competitive potential across all events and distances. Work towards Divisional qualification. Explore swimming as primary competitive sport.

## Senior Development

The Senior Development Group is the Competitive Development program for athletes in grades 8-10 who are competing at the Lower Mainland Region (LMR) level and exploring their potential in swimming. Swimmers will work together towards qualification at the LMR Championships. Senior Development will help guide swimmers towards their commitment in our competitive stream, or towards moving into the fitness stream.

## Group Requirements

| Ages  | Practice Attendance              | Meet Attendance                    | Performance                               |
|---|----------------------------------|------------------------------------|---|
| 13-16   | Recommend: 60%<br>(3/5 per week) | Recommend: 1<br>competition/month* | LMR Standard<br><b>(200 IM &lt; 4:00)</b> |
| * Swimmers must demonstrate interest in exploring their competitive goals and will be expected to attend competitions. Swimmers who do not meet the practice attendance expectations will be recommended to move to Senior Cross Training |                                  |                                    |   |

## Details:

- Season Duration: September to Late June
- Practices per week: 5
- Dryland Sessions per week: 1-2
- In water time per practice: 90min
- Dryland time per practice: 15min per water session; 45min per dryland session
- Competitions: 1x per month (LMR Meets and Invitational Meets) ; LMR Champs
- Group Goal: Develop technical and competitive skills across all strokes. Work towards LMR Championship qualification. Learn to train and pursue goals in a team environment.

**Senior Cross Training**

The Senior Cross Training group is targeted towards athletes in grade 8-12 who wish to maintain their swimming fitness or use swimming as a means of cross training for other sports. Senior Cross Training aims to foster the swimmer's development pathway towards a healthy, active lifestyle, and maintaining swimming as a lifelong skill.

**Group Requirements**

| <b>Ages</b>   | <b>Practice Attendance</b>       | <b>Meet Attendance</b> | <b>Performance</b>                        |
|---|----------------------------------|------------------------|---|
| 13-17   | Recommend: 60%<br>(2/3 per week) | Non-Competitive*       | LMR Standard<br><b>(200 IM &lt; 4:00)</b> |
| * Swimmers with interest to explore competitions may be asked to move into Senior Development program to better support their competitive goals |                                  |                        |   |

**Details:**

- Season Duration: September to Late June
- Practices per week: 3
- In water time per practice: 60-90 min
- Dryland time per practice: 15min per water session
- Group Goal: Develop and maintain technique, training skills, and fitness. Participate positively and train in a team environment. Learn fundamentals of training and apply knowledge to/from other fitness activities.

