

Youth Program (Ages 10-14)

The Chena Youth program aims to teach swimmers how to explore their potential as a competitive swimmer in a team environment. Youth swimmers will stay happy and healthy by prioritizing technique development, learning how to train with intention, and applying their new skills in each race.

Competitions will focus on building their confidence through smart goal setting, working as a team, and focusing on the process to achieve their goals.

Goal Outline:

- **Personal Development:**
 - Learn how to set a SMART goal, and the process of working towards the goal
 - Learn how to navigate emotions, handle stress, and overcome setbacks.
 - Positive attitude and respect for self, sport and others
 - Learn to love swimming as a team sport through practice and competition
 - Practice respect for coaches, teammates, peers and parents.
- **Pool**
 - Development for all strokes and distances with an emphasis on technique
 - Learn basic practice skills such as lane etiquette, use of pace clock, and navigating a training set.
 - Continuous refinement of swim and race techniques
 - Begin independence and taking ownership over swimming and training
 - Introduction of and building training skills to prepare for senior level
- **Dryland**
 - Developing well rounded, healthy, injury free athletes
 - Focus on balance, flexibility, coordination, and core strengthening
 - Introduce basic injury prevention methods
- **Competition**
 - Compete and enjoy racing all strokes and all events
 - Learning race preparation and applying practice to racing
 - Handling nerves, success, and disappointments

Youth Green

The Youth Green Group is the advanced competitive group for swimmers between Grades 6-8. Swimmers will work towards qualification and competition at Swim BC Divisional Championships and beyond. Youth Green will aim to develop well rounded, resilient swimmers by refining their swimming technique and speed across all distances and disciplines, building independence and mental skills, and introducing foundational training skills necessary to succeed in the next level.

Group Requirements

| Ages | Practice Attendance | Meet Attendance | Performance |
|-------|--|--|-------------------------------|
| 11-14 | Required: 70% (3.5/5 per week) Recommended 80% (4/5 per week) | Required: 100% of all championship + coach recommended ; Highest level of meet qualified for | Min. LMR Champs Qualification |

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, Divisional Champs
- Group Goal: Explore racing all strokes and distances towards racing a 400 IM. Learn to work and have fun in a team training environment. Work towards Divisional Champs qualification or beyond.

Youth Blue

Youth Blue is the intermediate competitive program for swimmers in between Grade 6-8. Swimmers will aim towards qualification for LMR Championships and beyond. Swimmers in Youth Blue will continue to develop their swimming technique and practice habits with emphasis on quality over quantity, mental engagement, and well roundedness across all distances and disciplines.

Group Requirements

| Ages | Practice Attendance | Meet Attendance | Performance |
|-------|--|--|--|
| 11-14 | Required: 60% (3/5 per week) Recommended 75% (4/5 per week) | Recommend: 75% of all championship + coach recommended | Min. LMR Qualification (200 IM < 4:00) |

Details:

- Season Duration: September to Late June
- Practices per week: 5
- Dryland Sessions per week: 1-2
- In water time per practice: 75-90min
- 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: Explore racing all strokes and distances. Develop technical and training skills in a fun training environment. Work towards LMR Champs qualification.

Youth White

Youth White is Chena's developmental competitive program for swimmers in grade 5 to 7. This group is targeted towards swimmers who have minimal competition experience. Swimmers in Youth White learn and refine the foundational competitive swim skills for all 4 strokes with the aim to progress towards the LMR Standard.

Group Requirements

| Ages | Practice Attendance | Meet Attendance | Performance |
|-------|-----------------------------------|------------------------|---|
| 10-13 | Recommended 70% (3/4 per week) | Recommend: 1 per month | Proficiency in all 4 competitive strokes 100 IM < 2:30 |

Details:

- Season Duration: September to Late June
- Off Days: Holidays such as Christmas, Easter, Spring Break, etc.
- Practices per week 4
- Dryland Sessions per week 1
- In water time per practice: 75-90min
- Dryland time per practice 15min per water session; 30-45min per dryland session
- Competitions 1x per month (LMR Meets & Development Meets)
- Group Goal: Explore racing all strokes and distances. Learn competitive technical and training skills in a fun training environment. Work towards LMR and completing a legal 200 IM.

