

Strathmore Silver Sharks Swim Club

The goal of the Strathmore Silver Sharks Swim Club (“SSSSC”) is to provide each swimmer an opportunity to reach their maximum potential through a positive experience in the sport of swimming. To also encourage individual athletic performance and a positive team spirit within the sport.

Strathmore Silver Sharks Swim Club is a competitive swim club for athletes who swim two to five times per week, depending on their skill level.

Our mission is to develop abilities in our young people that will inspire and empower them to achieve excellence in life through a positive competitive swimming experience. We believe that our sport teaches fundamental life skills that are invaluable beyond the pool.

By moulding, teaching, and instructing our swimmers, we aim to develop in them the self-discipline, personal responsibility, physical fitness, and personal excellence necessary for success in competitive swimming and beyond.

SSSSC Group Structure

All groups are designed based on Swim Canada’s Long Term Athlete Development (LTAD) Model in terms of swimmer’s abilities.

Stream	Group	LTAD
Performance	Platinum	Train to Train (T2T) to Train to Compete (T2C)
Competitive Development	Gold	Train to Train (T2T)
	Sterling Silver	Learn to Train (L2T)
	Silver	Fundamentals to L2T
	Bronze	Fundamentals
Pre-Competitive	Minnows	Fundamentals
Non-Competitive	Sport for Life	Active for Life (A4L)
Masters	Masters	Competitive for Life (C4L) & A4L

Pre-Competitive Stream

Minnows - Fundamentals

Prerequisite to join:

- Must be able to swim the 25m length of the pool unassisted, without touching the wall or floor, and with no flotation devices
- Minimum 5 years of age

Minnows is for non-competitive, novice swimmers who do not have the confidence or strength to swim multiple laps in the pool. Minnows is focused on introducing strokes and skills.

Minnow swimmers are strongly encouraged, but not required, to participate in any home-hosted swim meets.

Minnows practice twice a week for 30 minutes. Practices are on Mondays and Wednesdays with three time slots available. Swimmers are expected to be on time for a prompt start. *Please note that you may not be granted your desired time slot due to limited space.*

We offer 3 separate 8-week sessions during the season: mid-October to mid-December, mid-January to mid-March, and mid-March to mid-May. Swimmers can register for 1, 2, 3 of the 8-week sessions offered.

Required equipment:

- Swim goggles
- Swim cap (provided)
- One-piece bathing suit for females, Jammers or Briefs for males

Competitive Development Stream

Bronze - Fundamentals

Prerequisite to join:

- Must be able to swim 25-50m (1-2 lengths of the 25m pool) unassisted, without touching the wall or floor, and with no flotation devices
- Minimum recommended age 7, but not limited to

Bronze is for beginner swimmers who are interested in the sport of swimming. Bronze is focused on introducing the swimmers to all strokes, starts, and turns.

Bronze swimmers are strongly encouraged, but not required, to participate in the Fundamental Circuit Competitions and any home-hosted swim meets.

Bronze practices twice a week on Mondays and Wednesdays from the beginning of October to the end of May. Swimmers are expected to be on deck on time for a prompt start of warm-up.

Required equipment:

- Swim goggles
- Swim cap
- One-piece bathing suit for females, Jammers or Briefs for males
- Water bottle
- Team t-shirt and team swim cap to wear at swim meets (provided)

Silver - Fundamentals to Learn to Train (L2T)

Prerequisite to join:

- Must be able to swim 100m of freestyle and backstroke without stopping
- Must be able to kick 25m of breaststroke and butterfly kick

Silver is for beginner to intermediate swimmers who want to start competing as a swimmer. Silver is focused on introducing technical skills in all strokes, starts and turns, developing underwaters, and building endurance.

Silver swimmers are required to attend 50% of the Fundamental Circuit Competitions, all home-hosted swim meets, and the Swim Alberta Festival competitions (usually held in January and June), if qualified.

Silver practices twice a week on Mondays and Wednesdays from the beginning of October to the end of May. Swimmers are expected to be on deck on time for a prompt start of warm-up.

- *Any Silver swimmers qualified for the Swim Alberta Summer Festivals, usually held in mid-June, will train with Sterling Silver in June.*

Required equipment:

- Swim goggles
- Swim cap
- One-piece bathing suit for females, Jammers or Briefs for males
- Water bottle
- Team t-shirt and team swim cap to wear at swim meets (provided)

Sterling Silver - Learn to Train (L2T)

Prerequisite to join:

- Show dedication to the sport by starting to demonstrate the Key Performance Factors for Sterling
- Must be able to swim 100m of freestyle and backstroke, 50m of breaststroke, and 25m of butterfly without stopping

Sterling Silver is for intermediate swimmers who want to compete more often as a swimmer. Sterling is focused on furthering technical skills in all strokes, starts and turns, and underwaters, and enhancing endurance. Sterling swimmers are introduced to racing strategies and developing goals for swim meets.

Sterling swimmers are required to attend 70% of practices and swim meets offered, all home-hosted swim meets, and the Swim Alberta Festival or Swim Alberta Provincial Trials competitions, if qualified.

Sterling practices three times a week on Mondays, Wednesdays, and Fridays from the beginning of October to the end of June. Swimmers are expected to be on deck 10 minutes early for dryland to ensure a prompt pool start.

Key Performance Factors for Sterling Swimmers

- *Coachability:* Wanting to learn to be adaptable and willing to attempt new tasks and apply simple stroke corrections.
- *Motivation:* Willing to make simple goals and want to achieve them at practice.
- *Work Ethic:* Keen to reinforce previous skills and are eager to explore and develop new skills.
- *Attitude:* Positive mindset, teamwork, and sportsmanship.

Required equipment:

- Swim goggles

- Swim cap (provided)
- One-piece bathing suit for females, Jammers or Briefs for males
- Water bottle
- Fins
- Board
- Pull buoy
- Snorkel
- Nose clip
- Equipment bag to hold gear
- Team t-shirt and team swim cap to wear at swim meets (provided)

Gold - Train to Train (T2T)

Prerequisite to join:

- Show dedication to the sport by demonstrating the Key Performance Factors for Gold
- Must be able to swim repetitions of 100m of freestyle, backstroke, and breaststroke, 100m Individual Medley, 50m of butterfly, 100m of kick on all strokes, and consistent underwaters past 5m

Gold is for intermediate to advanced swimmers who are working towards Provincial qualifying standards. Gold swimmers are required to demonstrate good technical skills in all four strokes, starts, turns, and underwaters. At swim meets, Gold swimmers are introduced to race strategies, planning, and evaluation.

Gold swimmers are required to attend 80% of practices and swim meets offered, all home-hosted swim meets, and the Swim Alberta Provincial Trials competitions, if qualified, unless otherwise pre-discussed with the coach.

Gold practices four times a week on Mondays, Wednesdays, Fridays, and Saturdays from the beginning of October to the end of June. Swimmers are expected to be on deck 10 minutes early for dryland to ensure a prompt pool start.

Key Performance Factors for Gold Swimmers

- *Coachability:* Can initiate conversation on stroke improvements with the coach and making self-corrections during practice.
- *Motivation:* Creates and monitors short-term swimming goals.
- *Work Ethic:* Wanting to be consistent with practice attendance, effort, and focus to achieve swimming goals.
- *Attitude:* Positive mindset, teamwork, and sportsmanship.
- *Time Management:* Identifies and applies strategies for planning, prioritizing, and managing their time to meet their personal, academic, and swimming goals.

Required equipment:

- Swim goggles
- Swim cap
- One-piece bathing suit for females, Jammers or Briefs for males
- Water bottle
- Fins
- Board
- Pull buoy
- Snorkel
- Nose clip

- Paddles
- Equipment bag to hold gear
- Team t-shirt and team swim cap to wear at swim meets (provided)

Performance Stream

Platinum - Train to Train (T2T) to Train to Compete (T2C)

Prerequisite to join:

- At least 1 Provincial Trials time OR close to achieving at least 1 Provincial Trials time & recommendation from Head Coach
- Show dedication to the sport by demonstrating the Key Performance Factors for Platinum
- Must be able to swim repetitions of 200m of freestyle, backstroke, and breaststroke, 200m Individual Medley, 100m of butterfly, 200m of kick on all strokes, and consistent underwaters past 7m

Platinum is for advanced swimmers who have Provincial qualifying standards. Platinum swimmers are required to demonstrate excellent technical skills in all four strokes, starts, turns, and underwaters. At swim meets, Platinum swimmers continue to develop race planning and evaluation, with enhanced racing strategies.

Platinum swimmers are required to attend 80% of practices and swim meets offered, all home-hosted swim meets, and the Swim Alberta Provincial competitions, Provincial Series competitions, and other invitational qualifier competitions, if qualified.

Platinum practices six times a week on Mondays, Tuesdays, Wednesdays, Fridays, and Saturdays, including one dryland practice, from the beginning of October to the end of June, and to the end of July for any qualified swimmers. Swimmers are expected to be on deck 10 minutes early for dryland to ensure a prompt pool start.

Key Performance Factors for Platinum Swimmers

- *Coachability:* Can initiate conversation on stroke improvements with the coach, self-corrects technique during practice, is capable of more complex stroke corrections, and how change effects stroke dynamics.
- *Motivation:* Developing internal motivation and have the desire to work for short and long term goals.
- *Work Ethic:* Beginning to take ownership of their practice attendance, effort, and focus, to achieve swimming goals.
- *Attitude:* Positive mindset, teamwork, and sportsmanship, and ability to handle pressure, stay focused and overcome setbacks.
- *Time Management:* Identifies and applies strategies for planning, prioritizing, and managing their time to meet their personal, academic, and swimming goals.

Required equipment:

- Swim goggles
- Swim cap
- One-piece bathing suit for females, Jammers or Briefs for males
- Water bottle
- Fins
- Board

- Pull buoy
- Snorkel
- Nose clip
- Paddles
- Equipment bag to hold gear
- Team t-shirt and team swim cap to wear at swim meets (provided)

Non-Competitive Stream

Sport For Life

Prerequisite to join:

- Must be able to swim 25-50m (1-2 lengths of the 25m pool) unassisted, without touching the wall or floor, and with no flotation devices.
- Minimum recommended age 7

Sport For Life is different from swimming lessons as we focus on developing confident swimmers by teaching fundamental swimming skills and correcting technique to reduce drag, improve efficiency, and increase endurance.

Sport for Life trains twice a week from beginning of October to the end of May. Swimmers are taught as a group, yet receive individual feedback to improve their technique, endurance, and speed based on personal goals.

Sport For Life has had swimmers stay with us until high school graduation. Our group is perfect for children and youth who like to swim, but do not want to compete.

Required equipment:

- Swim goggles
- Swim cap
- One-piece bathing suit for females, Jammers or Briefs for males

Masters Stream

Masters

Prerequisite to join:

- Must be able to swim 25-50m (1-2 lengths of the 25m pool) unassisted, without touching the wall or floor, and with no flotation devices.
- Minimum age 18

Whether you are a novice adult swimmer and like the idea of swimming for fitness, a triathlete wanting to improve on your swim skills, or a former swimmer looking to compete again, our Masters' group is for you!

Masters is a structured, professionally coached team environment with a focus on improving stroke technique, endurance, and speed based on personal goals.

Swimmers are encouraged to, but not required, attend Masters swim meets.

Required equipment:

- Swim goggles,
- Swim cap
- One-piece bathing suit for females, Jammers or Briefs for males