

SWIM NOVA SCOTIA GRASSROOTS PROGRAM NOVA TECH AQUA KIDS FUNdAMENTALS STAGE OF SWIMMING CANADA ATHLETE DEVELOPMENT MATRIX

Swim Nova Scotia's grassroots program is the entry point into the sport of competitive swimming and follows [Swimming Canada's Athlete Development Matrix](#). Swimmers progress through the Nova Tech Aqua Kids Program, which is designed to introduce competitions to new swimmers.

Nova Tech Aqua Kids starts with in-house club activities that are Coach lead (Participation level). Once swimmers demonstrate a proficiency in skills, they may graduate to Nova Tech Aqua Kids Level 1 followed by Level 2.

Swimmers in Level 1 & 2 of the Nova Tech Aqua Kids program are introduced to multi-team competition where the Province is divided into three regions based on geographic location (North, South, Central). Short competitions take place within each region throughout the season (November – April), with one final Province-wide event (Nova Tech Explosion) in late May or early June. Nova Tech meets are limited to one session while the Nova Tech Explosion takes place over two days.

NOVA TECH AQUA KIDS – PARTICIPATION

IN- HOUSE CLUB ACTIVITIES

PROGRAM GOALS

- Keep kids moving, enjoy swimming and develop a love for the sport
- Focus on basic skills, technique, short duration speed
- Multi-stroke development to facilitate well versed swimmers
- Support a learning curve for the rules of swimming in a safe environment
- Learn to race (without disqualification)
- Graduation from this level is done in-house, all season, swimmers progress at their own rate

IN-HOUSE

NOVA TECH ACTIVE KIDS	EVENTS	AWARDS	GRADUATION
PARTICIPATION Level	- 25's all strokes - 25 Kick (Dolphin) - 100 IM - Fun relays - No DQ (learning)	- Prepared/Distributed In-House - Graduate to Level One also receive a Nova Tech Bronze medal	100 IM under 2:15 25 Kick under 0:45 (Dolphin kick)

- *Swim NS can provide graduation medals (bronze)*
- *Progressive involvement of parent support*

NOVA TECH AQUA KIDS – LEVEL 1 & 2

MULTI- CLUB REGIONAL SANCTIONED COMPETITIONS

PROGRAM GOALS

- Keep kids moving, enjoy swimming and develop a love for the sport
- In-house training skills are transferred to a competitive racing environment
- Multi-stroke development to facilitate well versed swimmers with the introduction of greater distances
- Continue to support a learning curve for the rules of swimming in a safe environment
- Learn to race (with a progressive approach to disqualifications)

REGIONAL ACTIVITIES

NOVA TECH ACTIVE KIDS	EVENTS	AWARDS	GRADUATION
LEVEL ONE	- 50's all strokes - 100 IM - No DQ's (verbal feedback from Officials to swimmers)	- Prepared/Distributed In-House (best time ribbons) - Graduates to level TWO also receive a Nova Tech Silver medal	100 IM under 2:00
LEVEL TWO	- 50/100's all strokes - 200 IM, 200 free - DQ's	- Prepared/Distributed In-House (best time ribbons) - Graduation by ability not age - Graduates from level TWO - Age group and invitational meets also receive a Nova Tech Gold medal and letter of recognition from PSO & Province	200 IM under 4:00 200 Free under 3:30

Nova Tech Aqua Kids Levels 1 & 2 - Competition

- *Swimmers race mixed gender*
- *Meet format established by Swim NS*

**SWIM NOVA SCOTIA
YOUTH COMPETITIVE PROGRAM
SCOTIA SPRINTS
LEARN TO TRAIN STAGE OF
SWIMMING CANADA ATHLETE DEVELOPMENT MATRIX**

Swim Nova Scotia's Scotia Sprints League is a fun, exciting team event designed for youth swimmers to develop their skills and grow their love for the sport in a team-based environment.

The Scotia Sprints League will see up to 350 young upcoming swimmers between the ages of 8 and 12 (year of birth) from 14 clubs compete in three regions throughout the year in league meets, before the top three teams compete in the league championship in late Spring.

SCOTIA SPRINTS LEAGUE

MULTI CLUB REGIONAL DUAL SANCTIONED COMPETITIONS

PROGRAM GOALS

- Short, exciting, dual style competitions in a league format over a 12- 16-week period: ~March - May
- Team building/comradery
- Focus on race skills and speed

THREE REGIONS

NORTH	SOUTH	CENTRAL
CBD	GDSC	DCSC
CSSC - PCM	KES	HTAC
PHAST	WTSC	HWAC - SBSC
TCSC	YYW	SWAT

See Scotia Sprints League Competition Rules for further information

**SWIM NOVA SCOTIA
DEVELOPMENT COMPETITIVE PROGRAM
AA & AAA
LEARN TO TRAIN & TRAIN TO TRAIN STAGES OF
SWIMMING CANADA ATHLETE DEVELOPMENT MATRIX**

Graduates from Nova Tech Aqua Kids are automatically eligible for AA competitions. Swimmers at the AA level must achieve qualifying times for AAA meets and N.S. Provincial Championships (David Fry & Ken Dunn). The AA program is also designed to introduce swimmers to age group invitational competitions and racing against the entire province.

More information is available on Swim Nova Scotia's [events page](#)

The goals are for swimmers to race similarly skilled swimmers based on entry times and achieve their own personal best times and higher qualification standards. Swimmers learn to perform on demand at different times of the year, both in season and out.

**SWIM NOVA SCOTIA
COMPETITIVE PROGRAM
NATIONAL
TRAIN TO COMPETE STAGE OF
SWIMMING CANADA ATHLETE DEVELOPMENT MATRIX**

Swimmers at this level are progressing or have already progressed toward higher levels of National level meets and are learning to compete and succeed at a national level.

National level meets include:

- Canadian Trials
- Senior Nationals
- Junior Nationals
- Eastern Canadian Championships

[Swimming Canada National Standards](#)

**SWIM NOVA SCOTIA
COMPETITIVE PROGRAM
VARSITY
TRAIN TO COMPETE STAGE OF
SWIMMING CANADA ATHLETE DEVELOPMENT MATRIX**

Atlantic University Sport is the sport organization responsible for governing university sport at member Atlantic Canadian universities. The conference represents member universities and supports their academic missions. There are two conference swim teams in Nova Scotia: Acadia University and Dalhousie University.

Swimmers compete in conference invitational meets from October – February followed by their conference championships in mid-February and National Championships in late February.

**SWIM NOVA SCOTIA
COMPETITIVE PROGRAM
MASTERS
ACTIVE FOR LIFE STAGE OF
SWIMMING CANADA ATHLETE DEVELOPMENT MATRIX**

A fun, relaxed atmosphere for adults aged 18 or older to enjoy the sport of swimming at any level of performance. Some may choose to compete, and others may choose to swim for fitness and social reasons.