

GROUPS

The YKPBSC is not as large as many of the clubs in the rest of Canada, particularly in Alberta. However, we are similar to other clubs in that we have many different types of athletes and each of these athletes requires a program designed around his/her needs. The club has created a new training schedule to better suit all of the team members. Not only will this system create a fantastic training and learning environment, but it will also give each athlete several goals to strive for within the team.

There are six different training groups within the team. It is important to place first time swimmers in the proper level so they enjoy their experience, learn new skills and are encouraged to continue with the Club. The coaching team determines where all swimmers are placed by evaluating various aspects of the swimmer's individual traits. Coaches will evaluate all swimmers formally at least three times each year to determine whether they should progress to the next program level within the Club. Coaches evaluate on an ongoing basis throughout the year as well. Our Registrar will advise parents of changes/increases in a swimmer's fees, as a result of advancement to another level.

DYNAMOS/BELUGAS/DOLPHINS

This is the entry-level group for the club. The swimmers at this level are introduced to all of the competitive swimming strokes. Emphasis is placed on FUN, skill development, team spirit, fair play and building endurance. Squad goals are:

- ❖ Become comfortable in the deep end
- ❖ Learn about all the racing strokes
- ❖ Learn plenty of skills for competitive swimming
- ❖ Play games and have fun
- ❖ Support fellow team members
- ❖ Participate in time trials, if desired

SHARKS (TIGER/MACO/HAMMERHEAD)

These swimmers should have the ability to do breaststroke, backstroke and free style. The swimmers at this level are encouraged to improve their strokes, starts and turns. In this level, swimmers will master the technique of fun. Squad goals are:

- ❖ Learn new swim skills (strokes, starts, turns)
- ❖ Introduction to the butterfly stroke
- ❖ Play games and have fun
- ❖ Strive to be the best possible
- ❖ Participate in time trials, if desired

CUBS

The Cubs continue to build endurance and to develop skills in free style, backstroke, butterfly, breaststroke, starts and turns. Swimmers learn to use the pace clock, and are introduced to the individual medley, relays and interval training. Squad goals are:

- ❖ Learn to use the pace clock
- ❖ Improve skill level (strokes, starts, turns)
- ❖ Increase team spirit
- ❖ Have fun
- ❖ Strive to be the best possible
- ❖ Begin competing, if desired

BRONZE

The development of fundamentals in all strokes is stressed. The swimmers are expected to try their hardest to improve and attempt changes in order to continue to grow as swimmers. Plenty of time is spent on skills such as starts and turns. Individual medley, relays, interval training endurance, team spirit, fair play and competitive spirit are stressed. Squad goals are:

- ❖ Learn to use the pace clock
- ❖ Improve on all competitive strokes and skills (starts, turns)
- ❖ Increase team spirit
- ❖ Have fun
- ❖ Try their hardest at all times
- ❖ Begin endurance work
- ❖ Compete at time trials and swim meets.

SILVER

Development of fundamentals in all competitive strokes will continue to be stressed. Training methods and conditioning will be developed in order to encourage these swimmers to reach their goals. This group will spend most of their time practicing alongside the Gold squad, while training at different levels. Squad goals are:

- ❖ Improve on fundamentals in all competitive strokes
- ❖ Increase overall strength and endurance
- ❖ Increase team spirit
- ❖ Develop awareness of personal best times and personal goals
- ❖ Achieve "B" time standards
- ❖ Try their hardest to improve at all times.

GOLD

These athletes represent the best of our team in skill and team spirit. Attendance, training habits and physical conditioning are greatly stressed. The swimmers at this level are charged with the responsibility of continually improving their technique in all strokes as well as the perfection of starts and turns. More stress is put on nutrition and healthy living. Squad goals are:

- ❖ To become skilled in use of pace clock
- ❖ Knowledge of personal performance measures and best times and personal goals throughout the year
- ❖ Strive for "A" times and Junior National qualifier times
- ❖ Be team leaders at practice and swim meets
- ❖ Be aware of nutrition and its importance for success
- ❖ Be the best they can be.