2026 Pacific Sea Wolves Swim Club Visit

We would like to start by thanking BCSCA for providing a grant that supports these kinds of visitations, and also by thanking Jy and all the PSW coaching staff for being so accommodating during our time in Surrey. Over the course of 5 days, we had the opportunity to observe their lowest developmental groups all the way up to their top high performance groups.

Iain:

My main goal with this visitation was to see how a successful club such as PSW builds up their 10&U swimmers, and then view how they progress afterwards throughout the entire program. Right from the lowest group, there were some key differences compared to how our program is structured. For one, their youngest and lowest ability swimmers, ages 6-9, on average spend less time in the water than we do. In this time, I noticed that they went through a much larger index of drills and activities than our swimmers of similar age and ability. Outside of the water, only the top 10&Under group had a dryland session. All other groups were limited to a 15 minute activation before every practice. One big difference between their program and ours is that they register all kids as competitive. Being competitive is an aspect they push at all group levels; if a swimmer is competitive, they are guaranteed a place in the club come next season.

For me, the most fascinating part was without a doubt the way PSW handles group placement and club progression, especially in their 10&Under program. Firstly, one of the immediate things I noticed was how many more groups they had in their 10&Under program. Not only does this allow for a wider net to be cast when building a strong base for the club, but it also allows them to break down their groups into more similarly levelled swimmers. Secondly, they also heavily restrict group movements that are done mid-season. In doing so, swimmers get the opportunity to become comfortable in the group atmosphere, and progress under the guidance of the same coach all year.

Karim:

During the visit, my main focus was to understand how PSW develops their 10&U swimmers and how those athletes progress through the rest of the program. It was valuable to see their pathway in action and get a sense of how the structure supports long-term development.

One of the first things I noticed was how intentional everything felt at the younger levels. Practices were very structured, and even within a relatively short time in the pool, there was a clear purpose to what swimmers were doing. The sessions moved quickly between different skills and activities, which kept things varied and focused at the same time.

The way swimmers are organized within the club also stood out to me. The structure allows for clear placement based on ability, and there seems to be a strong focus on keeping swimmers within stable group environments to support their development over time.

As a whole, the program felt very organized and deliberate in how it is built from the top down. There is a clear system in place that guides how swimmers are developed and supported through each stage.

The visit gave me a lot to think about in terms of how different programs structure athlete development, and it was helpful to see another approach to building a long-term pathway for swimmers.

Overall:

The underlying philosophy around PSW's placements and movements revolves around being as objective as possible. This extends even to awards, or games that foster club participation; it all has the goal of being as consistent as possible in their year to year approach. It was very eye opening how this philosophy, though different than ours, can still lead to the same high level of swimming. As we return to coaching at CDSC and plan for next season, we will look to incorporate some learnings.

If you have any questions about our visit, please reach out.

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