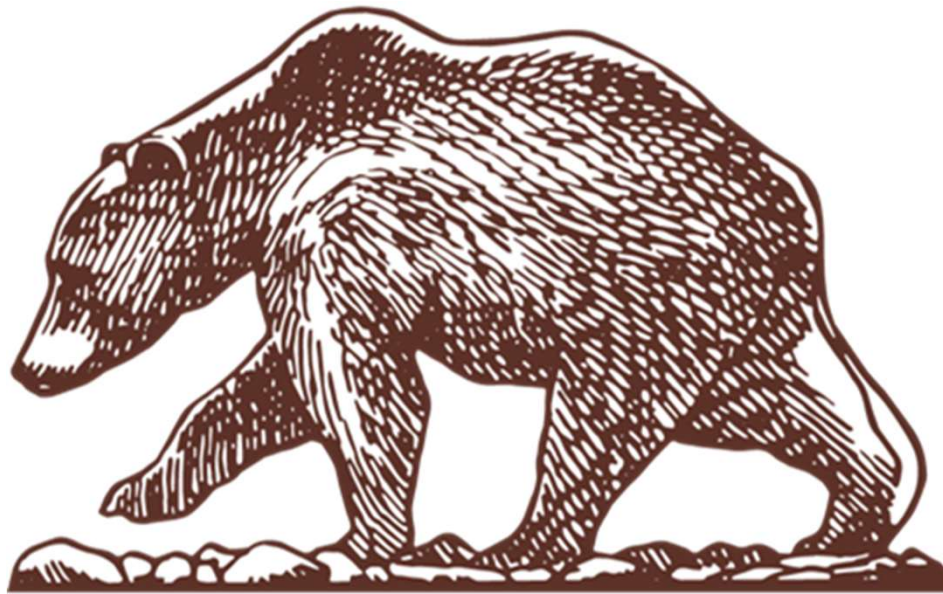




**EDMONTON**

**KEYANO**

**SWIM CLUB**

## **Development Parents - Intro to Competitive Swimming**

Wednesday, November 26, 2025

4:30-5:30pm

&

5:30-6:30pm



## Development Program 101

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The development program consists of 3 groups:

- Bronze (expected ages 6-9)
- Silver (expected ages 8-11)
- Gold (expected ages 10-13)

These groups are offered out of 10 different facilities:

|               |                      |                     |                      |
|---------------|----------------------|---------------------|----------------------|
| Bonnie Doon   | Bronze, Silver, Gold | Royal Glenora Club  | Bronze, Silver, Gold |
| Confederation | Bronze, Silver, Gold | Terwillegar         | Bronze, Silver       |
| Jasper Place  | Bronze, Silver, Gold | YMCA Don Wheaton    | Bronze, Silver       |
| Kinsmen       | Gold                 | YMCA Jamie Platz    | Bronze, Silver       |
| Meadows       | Bronze, Silver, Gold | YMCA William Lutsky | Bronze, Silver       |



## Development Program 101

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| Group  | Target Age | Max Age | Entry Ability                                                            | Highlights                                                                                                                                                                                                                                |
|--------|------------|---------|--------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Bronze | 6-9        | 10      | Swim 2 lengths<br>Ability to train in group setting                      | <ul style="list-style-type: none"><li>- learning 4 competitive swim strokes</li><li>- sticker chart program, tracks swimmer progression</li><li>- race in in-house Bear Cubs series</li></ul>                                             |
| Silver | 8-10       | 11      | Swim Free and Back proficiently, perform basic skills for Breast and Fly | <ul style="list-style-type: none"><li>- sticker chart program, tracks swimmer progression</li><li>- compete in local and in-house meets</li><li>- targeting Swim AB Festival standard</li></ul>                                           |
| Gold   | 9-12       | 13      | Swim all 4 strokes proficiently<br><br>Swim AB 10yo+ Standard            | <ul style="list-style-type: none"><li>- targeting Swim AB Festival/ Provincial Standard</li><li>- competing at Provincial competitions</li><li>- Introduction to interval training</li><li>- participate in club-wide swim sets</li></ul> |



## Development Program 101

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### Swimmer Group Movement

- In general, group transitions or 'move-ups' (i.e.: from Bronze to Silver) occur at the end of any of the 3 training cycles of the competitive swim season: September-December; January-March; April-June.
- Having 'move-ups' at the end of a training phase ensures that swimmers will not be moving up into a group that is in the middle of a training progression, nor will they miss any portion of a training progression from their current group.
- Every season brings new levels of swimmers, different abilities, and different depth in numbers at all the group levels within Keyano.



## Development Program 101

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### Swimmer Group Movement

There are no absolute criteria for moving up a swimmer.

Move-ups happen over a window where swimmers would fit into both their current and next group. A balance of factors decide the right moment for a move-up.

On average, swimmers take more than one year to move up from group to group.

‘Move-ups’ are dependent on existing group sizes, skill levels, and the overall best interests of the swimmers.



## Development Program 101

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### Swimmer Group Movement

Generally, swimmers must:

- (1) Exceed the expectation level of their current group on the majority of learned skills
- (2) Have no gaping deficiency in any of the major skills learned in their group
- (3) Meet the expectation level of the next group on as many skills as possible
- (4) Meet the expectation level of the next group in attendance, attitude, trainability, commitment & performance.
- (5) Be 'age-ready' as per the composition of the current groups.



## What are Swim Meets?

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Swim meets are the target for our swimmers. Every group has a specific swim meet calendar, which you are expected to follow to the best of your ability. Here are a few bits about swim meets:

- There are two formats for racing: Short course (25 m) and Long Course (50 m);
- Keyano runs Bear Cubs race nights to introduce swimmers to a meet setting;
- Novice meets are open to any swimmer, whereas some meets have qualification standards;
- Meets can be local or require travel to another city;
- Qualification standards in swimming go off your actual age as of each competition, and not your year of birth like many team sports;
- Costs for swim meets are independent of the membership requirements;
- Keyano communicates a group calendar for each group level in the club.



## Types of Swim Meets?

| Type                 | Description / Suitability                                                                                                                                             | Parent Role                                                         |
|----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|
| Bear Cubs Race Night | EKSC's in-house series for only Bronze and Silver swimmers.                                                                                                           | Negligible. Come along and support your child.                      |
| Novice Meets         | First level officially sanctioned meet.<br><br>No Qualifying times but EKSC restricts entry until we feel swimmers are capable.                                       | Parent volunteers needed when EKSC hosts the meet eg. Candy Cane    |
| Invitational Meets   | Open to other clubs in the region.<br>Keyano communicates eligibility through each event page.                                                                        | Parent volunteers needed when EKSC hosts the meet eg. Edmonton Open |
| Provincial Meets     | Strict enforcement of qualifying standards <ul style="list-style-type: none"><li>• Festivals</li><li>• Provincial Trials</li><li>• Provincial Championships</li></ul> | Parent volunteers needed when EKSC hosts the meet eg. Edmonton Open |



## Time Standards

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Swim meets may have qualifying or de-qualifying standards.

The first development meet of the season with time standards is the Candy Cane Invitational.

### **What does achieving a time standard do for a swimmer?**

- It opens up a new meet now available to your swimmer.
- It is expected that swimmers attend their target meets.
- Those that don't achieve time standards still have target meets.



## Time Standards as goals

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### **Parents support the goal of:**

Performing your best at your meet; be proud of the effort, not the time.

### **Coaches support the goal of:**

Raising expectations according to training and signs of readiness. Coaches will introduce Time Standards at the appropriate moment; it does not help to stress over these too early.



## Target Meets

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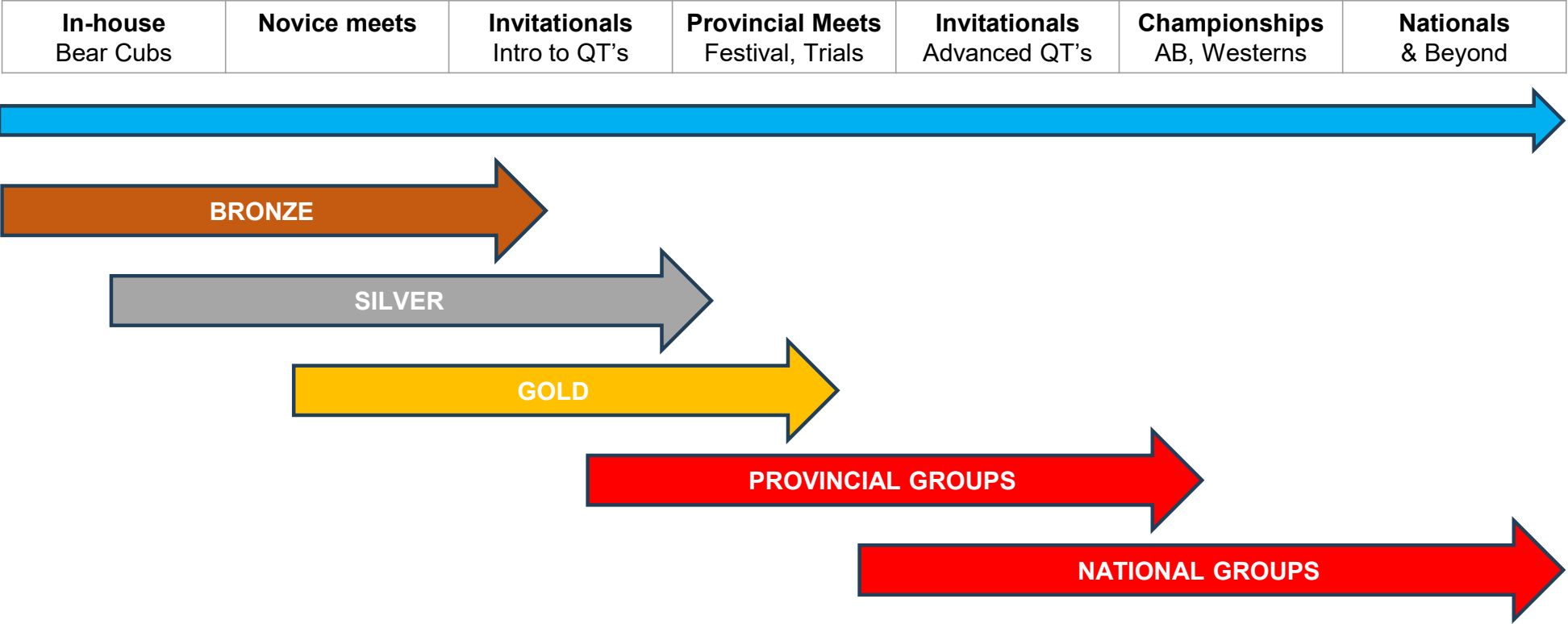
**Target meets** are the focus meets for each group each period or cycle.

**Competition** brings out performances in swimmers that they have never done before. Swim meets are the springboards for improvement in our sport.

We strongly encourage swimmers to do their very best to attend these meets and for families to try to adjust their schedules to accommodate these meets.



# Target Meets





## Bronze Meets

| Date       | Event                   | Location     | Sign-Up for:                                                                                     | Sign-up                       |
|------------|-------------------------|--------------|--------------------------------------------------------------------------------------------------|-------------------------------|
| Sun Nov 9  | 12 and U series         | Kinsmen      | Meet Readiness Sticker                                                                           | Passed                        |
| Fri Nov 28 | Candy Cane              | Kinsmen      | Candy Cane Qualifying Time                                                                       | Passed                        |
| Sun Dec 7  | Rockin' Reindeer        | Spruce Grove | Meet Readiness Sticker + Ready to race 50m events                                                | Passed                        |
| Sun Jan 11 | 12 and U series         | Kinsmen      | Meet Readiness Sticker                                                                           | <b>Open</b><br>Deadline Dec 8 |
| Feb 7-8    | Valentine               | Red Deer     | Meet Readiness Sticker + Ready to race 50m events<br>Terwillegar + YMCA + Meadows + Jasper + RGC | <b>Open</b><br>Deadline Dec 8 |
| Feb 21-22  | Cookie Classic          | Ponoka       | Meet Readiness Sticker + Ready to race 50m events<br>Confed + Bonnie Doon                        | <b>Open</b><br>Deadline Dec 8 |
| Mar TBD    | Development Mini Meet   | Kinsmen      | All bronze swimmers are eligible.<br>This might be in-house.                                     | TBC                           |
| Sat Apr 11 | Canada Open Watch Party | Kinsmen      | All bronze swimmers are eligible.<br>This is to watch Olympic swimmers!                          | To open in Jan-Feb            |
| Apr 11-12  | Dino Cup                | Calgary      | Meet Readiness Sticker + Ready to race 50m events                                                | To open in Jan-Feb            |
| Sun Apr 12 | 12 and U series         | Kinsmen      | Meet Readiness Sticker                                                                           | To open in Jan-Feb            |
| Sun May 24 | 12 and U series         | Kinsmen      | Meet Readiness Sticker                                                                           | To open in Jan-Feb            |
| June 20-21 | Parkland Pirates        | Spruce Grove | Meet Readiness Sticker + Ready to race 50m events                                                | To open in Jan-Feb            |
| Wed Jun 24 | Bear Champs             | Kinsmen      | Meet Readiness Sticker + Ready to race 50m events                                                | To open in Apr-May            |



## Silver Meets

| Date       | Event                   | Location       | Sign-Up for:                                                 | Sign-up               |
|------------|-------------------------|----------------|--------------------------------------------------------------|-----------------------|
| Sat Oct 18 | Octoberfest             | Kinsmen        | All Silver eligible                                          | Passed                |
| Oct 25-26  | Poppy                   | Kinsmen        | All Silver eligible; best if ready for 100m events           | Passed                |
| Sun Nov 9  | 12 and U series         | Kinsmen        | All Silver eligible; best if not ready for 100m events       | Passed                |
| Nov 28-30  | Candy Cane              | Kinsmen        | All Silver eligible; target meet                             | Passed                |
| Sun Dec 7  | Rockin Reindeer         | Spruce Grove   | All Silver eligible; bonus meet                              | Passed                |
| Sun Jan 11 | 12 and U series         | Kinsmen        | All Silver eligible; bonus meet                              | Open - Deadline Dec 8 |
| Jan 16-18  | Blue Bears              | Kinsmen        | All Silver eligible; target meet for non-Festival Qualifiers | Open - Deadline Dec 8 |
| Jan 23-25  | Festivals               | Calgary        | Festival Qualifiers only                                     | Open - Deadline Dec 8 |
| Feb 14-15  | WTF #1                  | Calgary        | All Silver eligible; target meet                             | Open - Deadline Dec 8 |
| Mar 14-15  | Neil Lepps              | Sherwood Park  | All Silver eligible; target meet                             | Open - Deadline Dec 8 |
| Sat Apr 11 | Canada Open Watch Party | Kinsmen        | All swimmers are eligible                                    | TBC                   |
| Apr 18-19  | Speed Demon             | Kinsmen        | All Silver eligible; target meet                             | To open in Jan-Feb    |
| May 1-3    | Northern Lights         | Grande Prairie | All Silver eligible; target meet                             | To open in Jan-Feb    |
| Sun May 24 | 12 and U series         | Kinsmen        | All Silver eligible; bonus meet                              | To open in Jan-Feb    |
| May 29-31  | SilverRays Invitational | Kinsmen        | All Silver eligible; target meet                             | To open in Jan-Feb    |
| June 12-14 | Festivals               | Grande Prairie | Festival Qualifiers only                                     | To open in Jan-Feb    |
| June 20-21 | Parkland Pirates        | Spruce Grove   | All Silver eligible; target meet for non-Festival Qualifiers | To open in Jan-Feb    |
| Wed Jun 24 | Bear Champs             | Kinsmen        | All Silver eligible; year-end event                          | To open in Apr-May    |



## Provincial Standards

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There are 3 provincial level meets swimmers can qualify for. Time standards for those meets are set by Swim Alberta.

- [Festivals](#) - which has time standards for kids 10 and under, 11 and 12yo.

This meet is for Alberta's top swimmers 12 and U.

- [Provincial Trials](#) - which has time standards for kids 13 and U, 14, 15, 16+O

This meet is best described as Tier II provincials. Swimmers with Champs times are not eligible.

- [Provincial Championships](#) - is the highest level of provincial competition and has standards for kids 13 and U, 14, 15, 16 and 17+O/open.



## Meet Entry Procedures

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### Entering swim meets

Meet attendance must be confirmed with EKSC prior to the sign-up deadline, using the online swim meet declaration system. This is easy to do from the Events tab on the front page at [www.eksc.com](http://www.eksc.com).

Failure to sign-up / decline may result in:

1. The swimmer being unable to attend the swim meet;
2. The member being responsible for any additional costs corresponding to late sign-up.

Coaches are responsible for the event selection of swimmers at a given swim meet. It is appropriate for parents to ask the coach about the goals of a swim meet in order to support the event selection with their swimmer.



## Meet Entry Procedures

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### **Billing for swim meets**

After the deadline, the billing process for a swim meet begins. For any local swim meets, this will usually be limited to an entry fee that is invoiced about 2 weeks before the meet.

### **Changes to declaration and late withdrawal**

A member may withdraw or alter their declaration, but this change must be made online AND be communicated to the group coach and office before the deadline. Communication proof may be requested by email. If the member changes or alters their declaration after the deadline, they will be responsible for any corresponding costs, including all the travel costs.



## Meet Entry Procedures

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### Attending swim meets

When you get to a swim meet, swimmers are expected to show up 15 minutes prior to the start of warm-ups for a team activation.

During this time, swimmers will check-in with their coach (or coach substitute) who will assist them in knowing what to do.

For younger swimmers, the coach will help them with their heat and lane assignments and supervise them throughout the session.

Parents are encouraged to volunteer whenever their swimmer takes part in a competition, which will earn Participation Points. Parents who are not volunteering are required by Swim Alberta to watch and cheer on their swimmer from the stands.



## Meet Calendars

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[Full team](#)

[By Group](#)

# Training for Parents

## What to do during training

**Avoid any contact with your swimmer** during their training session. It may be tempting to coach from the side or motion to them to pay attention, but this has the opposite effect you intend. Swimmers must learn to listen directly to their coach during training. If a parent becomes a distraction even from the spectators' area they may be asked to leave.

**Stay off the pool deck.** This is a safety and insurance issue amongst many other possible problems. Training sessions are for the swimmer and coach; parents may communicate with their swimmer or coach after the session is completed.

**Make friends.** Many lifelong friendships start with a chat in the stands. Remember to keep your talking on the positive side as negative talk can spiral beyond what anyone intends. Make swimming a happy place for you and your fellow parents.

**Run errands.** Ever felt your little one was slowing you down or distracting in the grocery store? You now have time to yourself to run a quick errand, grocery run, a workout, or grab coffee with a friend. Once your little one

# Training for Swimmers

## Other expectations

Arrive prepared, on time with training equipment.

Wear Keyano gear at practice and competitions.

Maintain positive attitude and communication with teammates, coaches and all others.

## Outcomes for long-term swimmers

What are swimmers like if they stick with swimming into High School or University?

- **Hardy work ethic:** Know the value of hard work and will get ahead many times.
- **Time management:** Know how to balance work / life; swimmers are good students.
- **Goal setting:** Know how to look set personal goals in life and make plans to attain them.
- **Long-term friendships:** The bond of working hard together toward common goals lasts a lifetime.



## Final Thoughts

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### How to support your swimmer???

“I Love To Watch You Swim” - we never want a swimmer to feel their worth is determined by their outcome. The outcome is just a bonus.

Smiles Make You Swim Faster - not the latest phone, croc, suit,

Find ways to have fun working hard

The Car Ride Home:

Did you enjoy learning something today? Did you have fun with your friends? Silence is powerful. Be there to listen.

I know you missed them but kids need time to decompress. [Home from work?](#)

Let the swimmers swim, let the coaches coach, and the parents support.