

NATIONAL

AGE RANGE: 15-Over (as of Dec 31, 23)

POOL SESSIONS: 8-9

POOL HOURS: 15-16.5

DRYLAND/SPORTS SCIENCE: TBA



PROFILE:

National is designed for swimmers aged 15 and over who are at the national level or on track to be at the national level. Swimmers in this group compete at the highest provincial level competition in multiple events and national level competitions, with aspirations of gaining more qualifying swims or qualifying for higher competitions.

The training program is tailored around the swimmer with the process around key event specialization. Swimmers in the squad will continue to develop a multi-stroke approach.

Swimmers in National are expected to uphold a 90% attendance rate, adhere to our club values, and have chosen swimming as their main extracurricular activity.

ENTRY:

The following criteria will be considered for all existing HTAC swimmers or swimmers from other clubs while determining a swimmer's squad placement.

NATIONAL CRITERIA:

Swimmers will be invited to join National at the discretion of the Head Coach. Swimmers must be within a percentage of a national standard.

Below you will find the overall swimmer profile and key measurements.

- Swimmers who have chosen swimming as their main sport/activity.
- National level qualifier or within a percentage of a national standard.
- Who is working towards adding more national qualifying times.
- Who are working towards higher national level competitions.

KEY MEASUREMENTS:

- Within the recommended age range.
- Obtains national track standards (developed by Head Coach).
- Adheres to club values of respect, support, and competitiveness.
- Accepts the role of a leader and ambassador of the Halifax Trojan Aquatic Club.
- High level of work ethic/effort (practice performance/coachability).
- High level of commitment to the training program/competition schedule.

Please note that achieving a national track standard time does not guarantee a spot in the squad. The coach will always assess if the swimmer upholds a high level of work ethic and commitment before determining their squad placement.

NATIONAL DEVELOPMENT



AGE RANGE: 13-Over Female / 14-Over Male (as of Dec 31, 23)

POOL SESSIONS: 7-8

POOL HOURS: 12-13.5

DRYLAND/SPORTS SCIENCE: TBA

PROFILE:

National Development is designed for swimmers aged 13-over who are at the national level or on-track to be at the national level. Swimmers in this group compete at the highest provincial level competition in multiple events and national level competitions, with aspirations of gaining more qualifying swims or qualifying for higher competitions.

The training program takes a multi-stroke approach with the introduction of key event specialization.

Swimmers in National Development are expected to uphold an 85% attendance rate, adhere to our club values and have chosen swimming as one of their main extracurricular activities.

ENTRY:

The following criteria will be considered for all existing HTAC swimmers or swimmers from other clubs while determining a swimmer's squad placement.

NATIONAL DEVELOPMENT CRITERIA:

Swimmers will be invited to join National Development at the discretion of the Head Coach. Generally, swimmers are within a percentage of a national standard.

Below you will find the overall swimmer profile and key measurements.

- Swimmers who have chosen swimming as one of their main sports.
- That do other sports or activities outside of swimming.
- National level qualifier but doesn't meet the National age requirements.
- Is within a percentage of a national standard.
- Who are working towards qualifying/obtaining more national standards.
- Who aspire to be promoted to National squad.

KEY MEASUREMENTS:

- Within the recommended age range (Female 13-Over & Male 14-Over) as of December 31st, 2023.
- Obtains national track standards/within reach of (developed by Head Coach).
- Adheres to club values of respect, support, and competitiveness.
- Accepts the role of a leader and ambassador of the Halifax Trojan Aquatic Club.
- Clearly demonstrates a strong level of work ethic/effort (practice performance/coachability).
- Commitment to the training program/competition schedule.

Please note that achieving a national track standard time does not guarantee a spot in the squad. The coach will always assess if the swimmer upholds a high level of work ethic and commitment before determining their squad placement.

MAINTAINING SQUAD PLACEMENT:

Swimmers in National Development will be reviewed on a continuous basis. All key measurements above must be met.

MOVEMENT BETWEEN SQUADS:

Swimmers will be given a three-month probationary period. During this time the coaching staff will monitor swimmers and ensure swimmers are in the appropriate squad.

Swimmers who don't meet the necessary key measurements may be transferred to a more appropriate training squad at any point during the season pending space availability. Transfers are at the discretion of the coaching staff.

Swimmers who meet the relevant key measurements of National may be considered for a promotion at any point during the season pending space availability, at the discretion of the coaching staff. Below you will find the appropriate training squads a swimmer may be transferred to.

- National
- Senior 2

SCHEDULED BREAKS:

- Christmas Break – Wednesday, December 20th to Tuesday, December 26th, 2023 (7-Days)
- March Break – Sunday, March 10th to Thursday, March 14th, 2024 (5-Days – Maintenance / Non-National)
- March Break – Thursday, March 28th to Monday, April 1st, 2024 (5-Days – Maintenance / Easterns)
- May Break – Wednesday, May 22nd to Sunday, May 26th, 2024 (5-Days – Maintenance / Trials)

TRAINING CAMPS:

- Christmas Camp – Wednesday, December 27th to Sunday, December 31st, 2023 (in-house)
- Away Travel Camp (TBD) – Information to come in August/September
- March Break – Monday, March 11th to Friday, March 15th, 2024 (National Qualifiers + in-house)

Please note that the above dates are subject to change.

TROJAN VALUES:

RESPECT

- Regardless of who you are and what you wish to accomplish, you will be treated with respect.

SUPPORT

- This is a club where members will support one another.

COMPETITIVE

- We commit to what we are able, and we try our best when we are present.
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SENIOR 2

AGE RANGE: 14-Over Female / 15-Over Male (as of Dec 31, 23)

POOL SESSIONS: 6-7

POOL HOURS: 10.5-12

DRYLAND/SPORTS SCIENCE: TBA



PROFILE:

Senior 2 is designed for swimmers aged 14-over who are at the provincial level (AAA & AA) with aspirations of gaining more qualifications or qualifying for higher level competitions.

The training program takes a multi-stroke approach with the introduction of key event specialization.

Swimmers in Senior 2 are expected to uphold an 80% attendance rate, adhere to our club values and have chosen swimming as one of their main extracurricular activities.

ENTRY:

The following criteria will be considered for all existing HTAC swimmers or swimmers from other clubs while determining a swimmer's squad placement.

SENIOR 2 CRITERIA:

Swimmers in this squad are age group level swimmers (AAA & AA) with aspirations to attain the required standard to be eventually promoted to a higher level.

Below you will find the overall swimmer profile and key measurements.

- Swimmers who have chosen swimming as one of their main sport.
- That do other sports or activities outside of swimming.
- Who are working towards more AAA qualifying times.
- Who are working towards qualifying for a AAA qualifying time.
- Who are not able to commit to National or National Development.
- Who aspire to be promoted to National Development or National.

KEY MEASUREMENTS:

- Within the recommended age range (Female 14-Over & Male 15-Over) as of December 31st, 2023.
- Age group leveled swimmer (AAA or AA).
- Adheres to club values of respect, support, and competitiveness.
- Accepts the role of a leader and ambassador of the Halifax Trojan Aquatic Club.
- Demonstrates sustained work ethic/effort (practice performance/coachability).
- Commitment to the training program/competition schedule.

Please note that achieving a national track standard time does not guarantee a spot in the squad. The coach will always assess if the swimmer upholds a high level of work ethic and commitment before determining their squad placement.



MAINTAINING SQUAD PLACEMENT:

Swimmers in Senior 2 will be reviewed on a continuous basis. All key measurements above must be met.

MOVEMENT BETWEEN SQUADS:

Throughout the season, the coaching staff will monitor swimmers and ensure swimmers are in the appropriate squad.

Swimmers who don't meet the necessary key measurements may be transferred to a more appropriate training squad at any point during the season pending space availability. Transfers are at the discretion of the coaching staff.

Swimmers who meet the relevant key measurements of National Development may be considered for a promotion at any point during the season pending space availability, at the discretion of the coaching staff. Below you will find the appropriate training squads a swimmer may be transferred to.

- National Development
- Senior 1

SCHEDULED BREAKS:

- Christmas Break – Wednesday, December 20th to Tuesday, December 26th, 2023 (7-Days)
- March Break – Sunday, March 10th to Thursday, March 14th, 2024 (5-Days – Maintenance)

TRAINING CAMPS:

- Christmas Camp – Wednesday, December 27th to Sunday, December 31st, 2023 (in-house)
- Away Travel Camp (TBD) – Information to come in August/September (by invite only)

Please note that the above dates are subject to change.

TROJAN VALUES:

RESPECT

- Regardless of who you are and what you wish to accomplish, you will be treated with respect.

SUPPORT

- This is a club where members will support one another.

COMPETITIVE

- We commit to what we are able, and we try our best when we are present.
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SENIOR 1

AGE RANGE: 14-Over (as of Dec 31, 23)

POOL SESSIONS: 5

POOL HOURS: 7.5

DRYLAND/SPORTS SCIENCE: TBA



PROFILE:

Senior 1 is designed for swimmers aged 14-over who wish to compete but have not yet reached the appropriate development level or who are not ready to make the necessary level of commitment to the other competitive squads.

The training program takes a multi-stroke approach.

Swimmers in Senior 1 do not have an attendance requirement but must adhere to our club values.

ENTRY:

The following criteria will be considered for all existing HTAC swimmers or swimmers from other clubs while determining a swimmer's squad placement.

SENIOR 1 CRITERIA:

Swimmers in this squad are generally AA level swimmers that wish to compete at their own leisure.

Below you will find the overall swimmer profile.

- Who have not reached the appropriate development of the above level.
 - That are not ready to make the necessary level of commitment to the above level.
 - That do other sports or activities outside of swimming.
 - Starting later in competitive swimming.
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MOVEMENT BETWEEN SQUADS:

Throughout the season, the coaching staff will monitor swimmers and ensure swimmers are in the appropriate squad.

Swimmers who meet the relevant key measurements of Senior 2 may be considered for a promotion at any point during the season pending space availability, at the discretion of the coaching staff. Below you will find the appropriate training squads a swimmer may be transferred to.

- Senior 2

SCHEDULED BREAKS:

- Christmas Break – Wednesday, December 20th to Tuesday, December 26th, 2023 (7-Days)
- March Break – Sunday, March 10th to Sunday, March 17th, 2024 (8-Days)

TRAINING CAMPS:

- Christmas Camp – Wednesday, December 27th to Sunday, December 31st, 2023 (in-house)

Please note that the above dates are subject to change.

TROJAN VALUES:

RESPECT

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SUPPORT

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COMPETITIVE

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AGE GROUP 3

AGE RANGE: 12-13 Female / 12-14 Male (as of Dec 31, 23)

POOL SESSIONS: 6

POOL HOURS: 9

DRYLAND/SPORTS SCIENCE: TBA



PROFILE:

Age Group 3 is designed for swimmers aged 12-14 who are at the provincial level (AAA & AA) with aspirations of gaining more qualifications or qualifying for higher level competitions.

The Age Group stream is an Individual Medley based program, targeting both Aerobic Development and Skill Development. Swimmers in the Age Group 3 squad are expected to uphold an 80% attendance rate for appropriate development and adhere to our club values.

ENTRY:

The following criteria will be considered for all existing HTAC swimmers or swimmers from other clubs while determining a swimmer's squad placement.

AGE GROUP 3 CRITERIA:

Swimmers in this squad are age group level swimmers (AAA & AA) with aspirations to attain the required standard to be eventually promoted to a higher level.

Below you will find the overall swimmer profile.

- Clear understanding of the four competitive strokes, starts and turns.
- Clear understanding of training and work ethic while at practice.
- Are working towards adding more AAA qualifying times.
- Are working towards qualifying for AAA leveled competitions.

KEY MEASUREMENTS:

- Within the recommended age range (Female 12-13 & Male 12-14) as of December 31st, 2023.
- Age group leveled swimmer (AAA or AA).
- Adheres to club values of respect, support, and competitiveness.
- Clearly demonstrates a strong level of work ethic/effort (practice performance/coachability).
- Commitment to the training program/competition schedule.

Please note that achieving an age group level standard time does not guarantee a spot in the squad. The coach will assess if the swimmer upholds the appropriate level of work ethic and commitment before determining their squad placement.



MAINTAINING SQUAD PLACEMENT:

Swimmers of the Age Group 3 squad will be reviewed on a continuous basis. All key measurements above must be met.

MOVEMENT BETWEEN SQUADS:

Throughout the season, the coaching staff will monitor swimmers and ensure swimmers are in the appropriate squad.

Swimmers who don't meet the necessary key measurements may be transferred to a more appropriate training squad at any point during the season pending space availability. Transfers are at the discretion of the coaching staff. Below you will find the appropriate training squads a swimmer may be transferred to.

- Age Group 2
- Age Group 1

AGE OUT:

Typically, female swimmers aged 14 years or older and male swimmers aged 15 years or older as of December 31, 2023, will time out of this squad in August 2024. Below you will find the appropriate groups swimmers will progress into.

- National Development
- Senior 2
- Senior 1

SCHEDULED BREAKS:

- Christmas Break – Wednesday, December 20th to Tuesday, December 26th, 2023 (7-Days)
- March Break – Sunday, March 10th to Sunday, March 17th, 2024 (8-Days)

TRAINING CAMPS:

- Christmas Camp – Wednesday, December 27th to Sunday, December 31st, 2023 (in-house)

Please note that the above dates are subject to change.

TROJAN VALUES:

RESPECT

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SUPPORT

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COMPETITIVE

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-

AGE GROUP 2

AGE RANGE: 11-13 Female / 11-14 Male (as of Dec 31, 23)

POOL SESSIONS: 5

POOL HOURS: 7.5

DRYLAND/SPORTS SCIENCE: TBA



PROFILE:

Age Group 2 is designed for swimmers aged 11-14 who are at the provincial level (AAA & AA) with aspirations of gaining more qualifications or qualifying for higher level competitions.

The Age Group stream is an Individual Medley based program, targeting both Aerobic Development and Skill Development. Swimmers in the Age Group 2 squad are expected to uphold an 80% attendance rate for appropriate development and adhere to our club values.

ENTRY:

The following criteria will be considered for all existing HTAC swimmers or swimmers from other clubs while determining a swimmer's squad placement.

AGE GROUP 2 CRITERIA:

Swimmers in this squad are age group level swimmers (AAA & AA) with aspirations to attain the required standard to be eventually promoted to a higher level.

Below you will find the overall swimmer profile.

- 11-year-old AAA swimmer.
- Aspirations to advance to Age Group 3.
- Are working towards adding more AAA qualifying times.
- Are working towards qualifying for AAA leveled competitions.
- Are not ready for the training demands of Age Group 3.
- Are not able to commit to the Age Group 3 schedule/commitments.
- Who participate in multiple sports outside swimming.

KEY MEASUREMENTS:

- Within the recommended age range (Female 11-13 & Male 11-14) as of December 31st, 2023.
- Age group leveled swimmer (AAA or AA).
- Adheres to club values of respect, support, and competitiveness.
- Demonstrated sustained work ethic/effort.
- Commitment to the training program/competition schedule.

Please note that achieving an age group level standard time does not guarantee a spot in the squad. The coach will assess if the swimmer upholds the appropriate level of work ethic and commitment before determining their squad placement.

Swimmers that are aged 10 years and under, that meet the necessary training and skill requirements may be considered.

TROJAN VALUES:

RESPECT

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SUPPORT

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COMPETITIVE

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-

AGE GROUP 1



AGE RANGE: 10-13 Female / 10-14 Male (as of Dec 31, 23)

POOL SESSIONS: 5

POOL HOURS: 6.5

DRYLAND/SPORTS SCIENCE: TBA

PROFILE:

Age Group 1 is designed for swimmers aged 10-14 who are at the entry provincial level (AA) with aspirations of qualifying for higher level competitions.

Age Group 1 is the first step in the Age Group stream. This program is an Individual Medley based program, targeting both Aerobic Development and Skill Development. Swimmers in the Age Group 1 squad are expected to uphold a 75% attendance rate for appropriate development and adhere to our club values.

ENTRY:

The following criteria will be considered for all existing HTAC swimmers or swimmers from other clubs while determining a swimmer's squad placement.

AGE GROUP 1 CRITERIA:

Swimmers in this squad are age group swimmers (AA) with aspirations to attain the required standard to be eventually promoted to a higher level.

Below you will find the overall swimmer profile.

- 10-year-old AAA swimmer.
- Graduated from NovaTech.
- Aspirations to advance to Age Group 2.
- Are not ready for the training demands of Age Group 2.
- Are not able to commit to the Age Group 2 schedule/commitments.
- Who participate in multiple sports outside swimming.

KEY MEASUREMENTS:

- Within the recommended age range (Female 10-13 & Male 10-14) as of December 31st, 2023.
 - Age group leveled swimmer (AA).
 - Legally can swim all four competitive strokes.
 - Adheres to club values of respect, support, and competitiveness.
 - Understands work ethic/effort.
 - Understands the training program/competition schedule.
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MAINTAINING SQUAD PLACEMENT:

Swimmers of the Age Group 1 squad will be reviewed on a continuous basis. All key measurements above must be met.

MOVEMENT BETWEEN SQUADS:

Throughout the season, the coaching staff will monitor swimmers and ensure swimmers are in the appropriate squad.

Swimmers who don't meet the necessary key measurements may be transferred to a more appropriate training squad at any point during the season pending space availability. Transfers are at the discretion of the coaching staff.

Swimmers who meet the relevant key measurements of Age Group 2 may be considered for a promotion at any point during the season pending space availability, at the discretion of the coaching staff. Below you will find the appropriate training squads a swimmer may be transferred to.

- Age Group 2
- Age Group Development

AGE OUT:

Typically, female swimmers aged 14 years or older and male swimmers aged 15 years or older as of December 31, 2023, will time out of this squad in August 2024. Below you will find the appropriate groups swimmers will progress into.

- Senior 1

SCHEDULED BREAKS:

- Christmas Break – Wednesday, December 20th to Tuesday, December 26th, 2023 (7-Days)
- March Break – Sunday, March 10th to Sunday, March 17th, 2024 (8-Days)

TRAINING CAMPS:

- Christmas Camp – Wednesday, December 27th to Sunday, December 31st, 2023 (in-house)

Please note that the above dates are subject to change.

TROJAN VALUES:

RESPECT

- Regardless of who you are and what you wish to accomplish, you will be treated with respect.

SUPPORT

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COMPETITIVE

- We commit to what we are able, and we try our best when we are present.
-

AGE GROUP DEVELOPMENT



AGE RANGE: 12-14 (as of Dec 31, 23)

POOL SESSIONS: 4

POOL HOURS: 5.25

DRYLAND/SPORTS SCIENCE: TBA

PROFILE:

Age Group Development is a transitional group between our Academy and Age Group stream. This is designed for swimmers aged 12-14 who wish to compete but have not yet reached the appropriate development level or who are not ready to make the necessary level of commitment to the other competitive squads.

This program is an Individual Medley based program, targeting both Aerobic Development and Skill Development.

Age Group Development swimmers will continue learning how to train, compete, and the club values.

ENTRY:

The following criteria will be considered for all existing HTAC swimmers or swimmers from other clubs while determining a swimmer's squad placement.

AGE GROUP 1 CRITERIA:

Swimmers in this squad are NovaTech to Age Group level swimmers (AA) with aspirations to attain the required standard to be eventually promoted to a higher level.

Below you will find the overall swimmer profile.

- Who aspire to be promoted to Age Group 1.
- Recently graduated from NovaTech and need additional training before advancing.
- Later developers at the Nova Tech level.
- Who are not able to commit to the Age Group 1 or Age Group 2 squads.
- Who participate in multiple sports outside swimming.

KEY MEASUREMENTS:

- Within the recommended age range of 12-14 as of December 31st, 2023.
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MOVEMENT BETWEEN SQUADS:

Throughout the season, the coaching staff will monitor swimmers and ensure swimmers are in the appropriate squad.

Swimmers who meet the relevant key measurements of Age Group 1 may be considered for a promotion at any point during the season pending space availability, at the discretion of the coaching staff. Below you will find the appropriate training squads a swimmer may be transferred to.

- Age Group 1

AGE OUT:

Typically, swimmers aged 15 years or older as of December 31, 2023, will time out of this squad in August 2024. Below you will find the appropriate groups swimmers will progress into.

- Senior 1

SCHEDULED BREAKS:

- Christmas Break – Wednesday, December 20th to Tuesday, December 26th, 2023 (7-Days)
- March Break – Sunday, March 10th to Sunday, March 17th, 2024 (8-Days)

TRAINING CAMPS:

- Christmas Camp – Wednesday, December 27th to Sunday, December 31st, 2023 (in-house)

Please note that the above dates are subject to change.

TROJAN VALUES:

RESPECT

- Regardless of who you are and what you wish to accomplish, you will be treated with respect.

SUPPORT

- This is a club where members will support one another.

COMPETITIVE

- We commit to what we are able, and we try our best when we are present.
-

GOLD

AGE RANGE: 6-11 (as of Dec 31, 23)

POOL SESSIONS: 4

POOL HOURS: 4

DRYLAND/SPORTS SCIENCE: TBA



PROFILE:

Gold is part of the Trojan Academy and is designed for swimmers aged 11-Under who are at the NovaTech level.

The training program is entirely skill based. Using a report card system, swimmers will learn the four competitive strokes, starts, and turns.

Academy members will also be taught how to train, compete, and learn the club values.

ENTRY:

The following criteria will be considered for all existing HTAC swimmers or swimmers from other clubs while determining a swimmer's squad placement.

- Was currently part of the HTAC Skills or Aspire program.
- Was screened by HTAC staff and placed into the Academy.

CRITERIA:

- Generally, swimmers are at the Nova Tech level 2 or close to qualifying.

MOVEMENT BETWEEN SQUADS:

The Academy is run over three 10-week terms. Movements can be made once a term is complete. This ensures that the swimmer in each squad develops appropriately to the squad's training plan.

Swimmers who meet the relevant key measurements once a term is complete for the **Age Group 1** or **Age Group Development** may be considered for a promotion at the discretion of the coaching staff.

TERM DATES:

- Term 1: Tuesday, October 2nd, 2023, to Saturday, December 9th, 2023 (2x Official Competition)
- Term 2: Tuesday, January 2nd, 2024, to Saturday, March 9th, 2024 (2x Official Competition)
- Term 3: Monday, March 25th, 2024, to Saturday, June 1st, 2024 (2x Official Competition)

SQUAD LIMIT:

Gold will have a maximum of 32 swimmers per term. This ensures that our coach to swimmer ratio is 1:8 to 1:10.

SILVER

AGE RANGE: 6-11 (as of Dec 31, 23)

POOL SESSIONS: 3

POOL HOURS: 3

DRYLAND/SPORTS SCIENCE: TBA



PROFILE:

Silver is part of the Trojan Academy and is designed for swimmers aged 11-Under who are at the NovaTech level.

The training program is entirely skill based. Using a report card system, swimmers will learn the four competitive strokes, starts, and turns.

Academy members will also be taught how to train, compete, and learn the club values.

ENTRY:

The following criteria will be considered for all existing HTAC swimmers or swimmers from other clubs while determining a swimmer's squad placement.

- Was currently part of the HTAC Skills or Aspire program.
- Was screened by HTAC staff and placed into the Academy.

CRITERIA:

- Generally, swimmers are at the Nova Tech level 1 or close to qualifying.

MOVEMENT BETWEEN SQUADS:

The Academy is run over three 10-week terms. Movements can be made once a term is complete. This ensures that the swimmer in each squad develops appropriately to the squad's training plan.

Swimmers who meet the relevant key measurements once a term is complete for the **Gold** or **Age Group Development** may be considered for a promotion at the discretion of the coaching staff.

TERM DATES:

- Term 1: Tuesday, October 2nd, 2023, to Saturday, December 9th, 2023 (2x Official Competition)
- Term 2: Tuesday, January 2nd, 2024, to Saturday, March 9th, 2024 (2x Official Competition)
- Term 3: Monday, March 25th, 2024, to Saturday, June 1st, 2024 (2x Official Competition)

SQUAD LIMIT:

Silver will have a maximum of 32 swimmers per term. This ensures that our coach to swimmer ratio is 1:8 to 1:10.

BRONZE

AGE RANGE: 6-11 (as of Dec 31, 23)

POOL SESSIONS: 2

POOL HOURS: 2

DRYLAND/SPORTS SCIENCE: TBA



PROFILE:

Bronze is the first step into the Trojan Academy and is designed for swimmers aged 11-Under who are at the Nova Tech Participation level (in-house).

The training program is entirely skill based. Using a report card system, swimmers will learn the four competitive strokes, starts, and turns.

Academy members will also be taught how to train, compete, and learn the club values.

ENTRY:

The following criteria will be considered for all existing HTAC swimmers or swimmers from other clubs while determining a swimmer's squad placement.

- Was currently part of the HTAC Skills or Aspire program.
- Was screened by HTAC staff and placed into the Academy.

CRITERIA:

- Generally, swimmers are at the Nova Participation level.
- New swimmers that can swim a 25m of FR or BK.
- Ages 6-11.

MOVEMENT BETWEEN SQUADS:

The Academy is run over three 10-week terms. Movements can be made once a term is complete. This ensures that the swimmer in each squad develops appropriately to the squad's training plan.

Swimmers who meet the relevant key measurements once a term is complete for the **Silver** or **Age Group Development** may be considered for a promotion at the discretion of the coaching staff.

TERM DATES:

- Term 1: Tuesday, October 2nd, 2023, to Saturday, December 9th, 2023 (2x Official Competition)
- Term 2: Tuesday, January 2nd, 2024, to Saturday, March 9th, 2024 (2x Official Competition)
- Term 3: Monday, March 25th, 2024, to Saturday, June 1st, 2024 (2x Official Competition)

SQUAD LIMIT:

Bronze will have a maximum of 32 swimmers per term. This ensures that our coach to swimmer ratio is 1:4 to 1:8.

MASTERS

AGE RANGE: 19-Over (as of Dec 31, 23)

POOL SESSIONS: 5

POOL HOURS: 6.5 (TBA)



PROFILE:

Trojan Masters is designed for adult swimmers wishing to continue swimming for fun, fitness or if they choose competition.

There are no attendance requirements for this program. Simply show up when you can and enjoy swimming.

Masters swimmers must adhere to our club values.

TROJAN VALUES:

RESPECT

- Regardless of who you are and what you wish to accomplish, you will be treated with respect.

SUPPORT

- This is a club where members will support one another.

COMPETITIVE

- We commit to what we are able, and we try our best when we are present.
-