

Senior Performance

Senior Performance - (LTAD - Training to Train, Training to Compete, Training to Win):

This group focuses on performing at the Provincial or National level: Canadian Open, Trials, Short Course Nationals, Westerns as well as competing successfully at provincial level meets. head Coach, Cole Bergen will coach and oversee these swimmers and the assistant coaches who will support its development. A key expectation for these swimmers is to develop the skill of being "coachable".

The training programs are designed in alignment with the LTAD framework for this stage of the swimmer development, taking into account training volume, skill proficiency, events preparation, and each athlete's individual goals and needs.

EXPECTATIONS AND REQUIREMENTS

- Swimmers 15 and over swimming at Provincial Level
- Admission at coaches discretion (2500 Fina points in top 4 Swims)
- Minimum attendance record of 90%
- Ability to make freestyle sets on a 1:20 base, IM sets on a 1:35 base and kick sets on a 1:45 base per 100 metres in SCM
- Attendance to 1 full meet a month and the highest level championship meet in each training cycle

Performance

Performance - (LTAD - Training to Train, Training to Compete):

Performance Tier targets performing at the Provincial level. The focus is on technical development across all four strokes and improving key skills, while progressively increasing training intensity and volume. Racing is a priority in this group, and swimmers will be expected to attend meets unless it has been communicated otherwise.

EXPECTATIONS AND REQUIREMENTS

- Sub 5:00 400 Free, Sub 2:40 200IM
- Swimmers 13 and over swimming at a Provincial Level
- Admission at coaches discretion (2000 Fina points in top 4 swims)
- Minimum attendance record of 80%
- Ability to make freestyle sets on a 1:30 base, IM sets on a 1:40 base and kick sets on a 1:50 base per 100 metres in SCM
- Attendance to 1 full meet a month and the highest level championship meet in each training cycle

Equipment:

- Arena Powerfin Pro Fins
- Hand Paddles
- Pull Buoy
- Snorkel
- Kickboard
- Skipping Rope

- VKSC Swim Cap
- VKSC T-shirt

Junior Performance

Junior Performance - (LTAD - Training to Train, Learning to Compete):

The Junior Performance Tier focus on competition at the Regional and Divisional levels. The primary goals are to develop sound technique across all four strokes and to build stamina necessary for swimming all the various distances of each strokes. Swimmers in this group demonstrate a commitment of 80% attendance, and are working towards qualifying for provincial level competition

EXPECTATIONS AND REQUIREMENTS

- Swimmers 12 and over swimming at a divisional level (Qualified)
- Minimum attendance record of 75%
- Ability to race all events over the course of a season
- Ability to make freestyle sets on a 1:35 base, IM sets on a 1:55 base and kick sets on a 2:00 base per 100 metres in SCM
- Attendance to 1 full meet a month and the highest-level championship meet in each training cycle

Equipment:

- Arena Powerfin Pro Fins
- Finger Paddles
- Pull Buoy
- Snorkel
- Kickboard
- VKSC Swim Cap
- VKSC T-shirt

Development

Development - (LTAD – Learn to train, Training to Train):

Development Tier targets performing at the Divisional level, with swimmers working towards achieving divisional standards across all four strokes. The focus is on technical development and improving foundational skills, while increasing exposure to racing and providing more opportunity to compete at the regional level and larger meet formats.

EXPECTATIONS AND REQUIREMENTS

- Swimmers 10 and over swimming at a Regional Level
- Minimum attendance record of 70%
- Ability to make freestyle sets on a 2:00 base
- Perform a sub 3:30 200IM, and Race 100M of each stroke individually
- Attendance to 1 full meet a month and the highest-level championship meet in each training cycle

Equipment:

- Arena Powerfin Pro Fins
- Finger Paddles
- Pull Buoy
- Snorkel
- Kickboard
- VKSC Swim Cap
- VKSC T-shirt

Junior Development

Junior Development - (LTAD – Learn to train):

Development Tier targets Athletes competing at the regional level, having achieved their sub 4:00 200IM. This group is built around helping swimmers develop their love of swimming through challenge, racing, and opportunities to represent the kokanee at meets across the Okanagan.

EXPECTATIONS AND REQUIREMENTS

- Swimmers 12 and under, competing at sanctioned regional meets.
- Swimmers can legally perform a 50 of each stroke, and are working towards/already achieved a sub 4:00 200IM
- Minimum attendance record of 65%
- Attendance to 1 full meet a month and the highest-level championship meet in each training cycle

Equipment:

- Arena Powerfin Pro Fins
- Finger Paddles
- Pull Buoy
- Snorkel
- Kickboard
- VKSC Swim Cap
- VKSC T-shirt

Grassroots 2

Grassroots 2 is the second stage of our introduction to competitive swimming program. Offered in 3 sessions throughout the year, swimmers will develop confidence and competence in the water. Developing foundational skills for long term success as a competitive swimmer.

EXPECTATIONS AND REQUIREMENTS

- Swimmers are excited about swimming and challenge themselves
- Swimmers can interact positively in a team setting
- Swimmers will be able to, or in the process of legally swimming all 4 strokes

- Swimmers attend regional jamboree's

Grassroots 1

Grassroots 1 is our introduction to competitive swimming! Offered in 3 sessions throughout the year, Swimmers are introduced to all 4 competitive strokes through progressions that will help them to develop confidence and competence in the water. Throughout the sessions they will rehearse skills and strokes that will be the groundwork for long term growth in swimming

EXPECTATIONS AND REQUIREMENTS

- Swimmers are excited about swimming and challenge themselves
- Swimmers can interact positively in a team setting
- Swimmers will be able to swim Front Crawl, Backstroke, and breast stroke legally, and develop fly kick