

General Training Group Outlines

DEVELOPMENTAL AGE GROUP PROGRAM- Academy 1 and Academy 2

This program is for swimmers that may be new to ASA programs and are interested in developing the stroke techniques, training background and competitive swimming savvy necessary to one day develop into outstanding swimmers. Emphasis will be placed on ensuring that swimmers receive instruction in proper stroke mechanics. In addition, emphasis will be placed on acquainting swimmers with very basic racing skills and gradually developing their conditioning and training capacity while enjoying the sport in a low pressure environment.

Sessions per week: 2-3 sessions (2-3 hours per week)

ADVANCED AGE GROUP PROGRAM- County Squad

This program is for younger swimmers (aged 9-12) that have already had experience competing for and training with an ASA program, or similar school or learn to swim program. As with the Developmental Age Group Program, emphasis will be placed on ensuring that swimmers receive instruction in proper stroke mechanics. The Advanced Age Group Program will also place greater emphasis on conditioning, developing race strategies, and educating participants and their parents about the basics of physiology, nutritional and psychological concepts that will help them gain success in the sport of swimming.

Sessions per week: 3-4 (4-5 hours per week)

JUNIOR PROGRAM- Regional Squad

The Junior level is a preparatory stage for the senior performance program. The junior program is designed to introduce and incorporate a number of aspects of senior training to top (elite) level age group swimmers (aged 11-14) who have attained an advanced training capacity and a sound background in competitive training. The junior program will emphasize stroke technique and biomechanics, aerobic (endurance) conditioning, general dry land skills, and teamwork.

Each swimmer's attendance and attitude should reflect a commitment to excelling in this program. At the junior level of training, respect for the team, coaches and teammates, consistency, and dedication are critical to the success of each individual and of the team.

Sessions per week: 4-6 (6-10 hours per week)

SENIOR PROGRAM- National Squad

The Performance group is a program for London Regional, Age Group, Youth, and Senior National level swimmers that are committed to reaching one hundred percent of their potential in the sport. This group is the highest level of training inside the program and represents a pursuit of excellence both in and out of the water. The program includes extensive stroke development and analysis, dry land training, nutritional counselling and psychological preparation for competition.

Other goals of the Performance program are as follows:

-To advance the swimmer's skills in flexibility, coordination, goal setting, mental training, and race strategy.

-To increase general and swim-specific endurance, general and swim-specific strength, and to enhance their knowledge of physiology, anatomy, and nutrition

-To increase their awareness of the world of competitive swimming, and to increase their overall training capacity (Time, Distance, Effort).

Sessions per week: Minimum of 7 (14-18 hours per week)

JUNIOR and SENIOR CLUB SQUAD- Fitness Squads (Starting in Spring 2018)

The Fitness squads are for those swimmers (Junior: 10-13 year olds, Senior: +13 years) who have made the decision, (or are not physically or mentally prepared) not to commit to the rigorous demands of either the Junior or Senior Program. Swimmers will not have to commit to a minimum number of sessions per week and the training emphasis of the group will be on general fitness and a basic level of continued skill acquisition. Swimmers will have the same opportunities to compete for the club as well as the opportunity to train under different coaches. Swimmers allocated to the Fitness squads will always have the option to move back into the competitive program should they demonstrate the desire, dedication and skill set required for the Junior or Senior programs.

Sessions per week: Swimmers Choice (up to 3 hours per week)

Movement from Group to Group within the Club

Many factors go into deciding the appropriate group for a swimmer, and into the decision to move a swimmer from one group to the next level up. These include but are not limited to the following:

- Age, sex, and physical maturation
- Technical proficiency across all aspects of swimming
- Mental and physical ability to handle increased workload
- Past commitment level and understanding (swimmer and parent) of expectations at next level
- Respect shown to program (prepared for sessions, on time, etc), coaches and peers
- Speed (actual times in swimming events)
- General "Coach-ability"