

Proposed Nova Scotia Summer Swimming Competitive Structure

Swim Nova Scotia Mission Statement:

- Swim Nova Scotia will promote excellence in swimming

Goals of Summer Swimming:

- Promote and develop a swimming program for youth that develops their swimming skills, and develops the swimmer as a person (increased self-confidence, self-esteem, physical fitness, etc) while maintaining a fun, and social environment.

Aims of Proposal:

- Promote a progression of skill level by introducing a learning stage for racing that progress to the execution stage of racing.
- Support Coach development
- Support Officials development

How:

How do we accomplish these aims while maintaining the culture of the current summer swimming model?

- Introduce a skill based graduation program through the invitational meet templates.
- Focus on technique, short duration speed
- Support a learning curve for sport rules
- Keep kids moving, just play the game
- Progressive events
 - Entry to competition - focuses on short speed bursts (25m) and rhythm (IM), just play the game; learn the rules but compliance not required.
 - Once a level of performance is attained in 100 IM progress to add in 50m events to include all turn technique.
 - Keep focus on short speed, add full range of turn technique, develop rhythm (IM) endurance (200m)
 - Once a level of performance is attained in 100 IM and Free then add in 200 IM and Free
 - A swimmer graduates into the Age Group level once he/she has attained a performance level in both the 100 IM and 100 Free
- Progressive incentive
 - Graduation at each level is awarded- certificates and medals presented
- Progressive involvement of Coaches
 - Coach contact with the athlete is part of athlete development
 - Coaches provide technical feedback to athletes immediately after the event
- Progressive involvement of Officials
 - No DQ's at the Participation level
 - This allows for the development of the Officials through mentorship

Measures/Evaluation:

How do we measure and evaluate the success of the program?

- It takes a minimum of four years to measure success of an athlete.
- Ongoing feedback sessions with Summer Clubs.
- Tracking improvements of times at Provincial Championships
- Tracking the technical improvements of athletes- are athletes graduating to the Age Group level quicker over time?
- Tracking the number of graduates from the Participation level.
- Retention of swimmers- Are swimmers staying in the summer program longer? Are they moving to the year round program? Are they leaving the sport altogether?

Summer 2012 Meet Templates

Levels	Template A	Template B	Template C	Template D	Awards	Graduation
Participation Open age group <i>(will be noted as single digit event numbers, i.e. 1-9)</i>	-25 Free -50 Kick -100 IM - No DQ, learn through Coaches	-25 Back -50 Kick -50 Free - No DQ, learn through Coaches	-25 Breast -50 Kick -100 IM - No DQ, learn through Coaches	-25 Fly -50 Kick -50m Free - No DQ, learn through Coaches	Swim Nova Scotia Skills Report	100 IM and 50 Free Time Standards to move to Novice level, and legal strokes (included in the Skills Report).
Novice Open age group <i>(will be noted as double digit event numbers, i.e. 10-19)</i>	- 25Free -50 Kick -100 IM -Fun Relay	- 25 Back -50 Kick -100 Free -Fun Relay	- 25 Breast -50 Kick -100 IM -Fun Relay	- 25Fly -50 Kick -100 Free -Fun Relay	Swim Nova Scotia Skills Report; Best Time Ribbons	100 IM and 100 Free Time Standards to move to Age Group levels
12 & Under <i>(will be noted as triple digits event numbers, i.e. 100 & up)</i>	- 50 Free -50 Kick -200 IM -4X50 FR	- 50 Back -50 Kick -200 Free or 400 Free - 4X50 MR	- 50 Breast -50 Kick -200 IM -4X50 FR	- 50 Fly -50 Kick -200 Free or 400 Free - 4X50 MR	Swim Nova Scotia Best Time Ribbons; Place Ribbons	
13 & 14 <i>(will be noted as triple digits event numbers, i.e. 100 & up)</i>	-50 Free -100 Breast -200 IM -4X50 FR	-50 Back -100 Fly -200 Free or 400 Free -4X50 MR	-50 Breast -100 Free -200 IM -4X50 FR	-50 Fly -100 Back -200 Free or 400 Free -4X50 MR	Place Ribbons	
15 & Over <i>(will be noted as triple digits event numbers, i.e. 100 & up)</i>	-50 Free -100 Breast -200 IM -4X50 FR	-50 Back -100 Fly -200 Free or 400 Free -4X50 MR	-50 Free -100 Breast -200 IM -4X50 FR	-50 Back -100 Fly -200 Free or 400 Free -4X50 MR	Place Ribbons	

- 400 Free will be swum as 11 & over (scores and awards by multi-age group) and will be swum two per lane.
- 50m Kick will be swum as 12 & under, with the use of a flutter board, dolphin or flutter kick are acceptable, everyone will start in the water with one hand on their board and one hand on the wall with the flutter board touching the wall for the finish; will swim two per lane.
- Relays for Novice & Participation will be combined and open (mixed teams and genders) can be run by the host club maximum of 25m distance as a fun relay during the break.
- Graduation by ability not age and will be tracked by the Club Coaches.
- Celebration of success of achievements through best time ribbons, graduation medals and graduation certificates.

Provincial Championships

- Access for Age Group Swimmers based on qualifying times in the 400m Free & 200m IM by age group. Achieving both standards will allow swimmers to swim up to 5 individual events.
- Novice swimmers are eligible to swim up to 5 individual events (no qualifying times)
- 2 1/2 day competition
- Individual Awards:
 - ⇒ Best time ribbons for all Novice swimmers
 - ⇒ Medals/ribbons for 1-6th place in relays and individual events in the following age groups at the Age Group level: 12 & Under, 13-14, 15 & Over
- Team Awards:
 - ⇒ Overall Team Award
 - ⇒ Most Improved Team Award

YEAR END CHAMPIONSHIPS	Day 1	Day 2	Day 3
The Novice Meet will take place as a separate meet but during breaks during the Age Group Meet.	400m Free 100m Free (Novice) 200m Medley Relay	50m Free 100m Back 50m Breast 25m Free (Novice) 25m Breast (Novice) 100m Fly 200m IM 200m Free Relay	100m Free 50m Fly 100m Breast 25m Fly (Novice) 25m Back (Novice) 50m Back 200m Free