



# Swim School Program 2011/12

Updated August 2011

## Swim School Program (Active Start Stage)

Penguin Swimming's Swim School uses advanced coaching techniques designed to teach higher quality swimming in less time than other methods. Small class size and excellent coaches help children learn to swim more quickly and efficiently. The Swim School focus is on learning to swim, being confident, and having fun in the water.

- Ages:**
  - 10&Under
- Objectives:**
  - Learn to swim with strong skills and confidence
  - Advancement into the Rockhopper or Novice Programs
- Prerequisites:**
  - Assessed by coaching team
  - Must be able to float unassisted on front and back
  - Comfortable putting face in water
  - Comfortable blowing bubbles
- Attendance:**
  - 1 practice/week for 10 weeks (unless specified differently)
- Expectations:**
  - See Parent Expectations and Parent Code of Conduct
- Required Equipment:**
  - Goggles (or prescription goggles)
- Sessions:**
  - **Fall** (October 12, 2011 – December 16, 2011)
  - **Winter** (January 11, 2012 – March 23, 2012)
  - **Spring** (April 11, 2012 – June 1, 2012)

### Schedule:

<b>Fall Practice Schedule</b> (October 12, 2011 – December 16, 2011)						
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>PM</b>			6:00-6:45 6:45-7:30 MacEwan	5:30-6:15 6:15-7:00 Eastglen	5:30-6:15 6:15-7:00 Confed	

<b>Winter Practice Schedule</b> (January 11, 2012 – March 23, 2012)						
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>PM</b>			6:00-6:45 6:45-7:30 MacEwan	5:30-6:15 6:15-7:00 Eastglen	5:30-6:15 6:15-7:00 Confed	

<b>Modified Spring Practice Schedule</b> (April 11, 2012 – June 1, 2012)						
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>PM</b>			*MacEwan	*Eastglen	5:30-6:15 6:15-7:00 Confed	

\*NOTE: Due to annual maintenance schedules at Grant MacEwan and Eastglen, a **Modified Spring Practice Schedule** (April 11, 2012 – June 1, 2012) for Wednesdays and Thursdays will be introduced. Schedule TBA.

- Grant MacEwan Centre for Sport & Wellness (10800-104 Avenue)
- Eastglen Leisure Centre (11426-68 Street)
- Confederation Leisure Centre (11204-43 Avenue)



# Rockhopper Program 2011/12

Updated August 2011

## Rockhopper Program (FUNdamentals Stage)

The Rockhopper Program is designed specifically for athletes aged 8 and under who are ready for a greater challenge than our once/week Swim School program. Emphasis is placed on technique, being a part of the team, and having fun! Refinement and continued development of swimming skills in a fun environment is the main objective. Pre-swimming warm-up/stretching routines will be introduced. Athletes will be encouraged to attend fun "mini" competitions (1-2/session). Involvement in other sports and activities are highly encouraged.

- Ages:**
  - 8&Under
- Objectives:**
  - Advancement into the Novice Program
  - Develop a strong base level of swimming skills while having fun in a supportive team environment
- Prerequisites:**
  - One (1) session of Swim School Stage 3 OR evaluation by the coaching team
  - Strong Freestyle (with bilateral breathing) and Backstroke, basic competency in Breaststroke and Butterfly kicks, and basic concept of Breaststroke and Butterfly
- Attendance:**
  - Attend two (2) scheduled Rockhopper practices/week
- Expectations:**
  - See Athlete Expectations and Athlete Code of Conduct
  - See Parent Expectations and Parent Code of Conduct
- Required Equipment:**
  - Penguin Team Suit (for swim meets)
  - Penguin Swim Cap (latex or silicone)
  - Goggles (or prescription goggles)
  - Penguin Water Bottle
- Swim Meets:**
  - Invited to attend Penguin's Challenge, Penguin Novice Series, and one other specially selected meet
- Sessions:**
  - **Fall** (September 20, 2011 – December 16, 2011)
  - **Winter** (January 10, 2012 – March 23, 2012)
  - **Spring** (April 3, 2012 – June 15, 2012)

## Schedule:

<b>Regular Practice Schedule</b> (September 20, 2011 – March 23, 2012)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>PM</b>		5:45-7:05 Eastglen	5:45-7:05 MacEwan		5:45-7:05 Confed  *6:15-7:35 Kinsmen	

\*NOTE: The Friday practices will be Kinsmen Sports Centre from 6:15-7:35 PM until Confederation re-opens Friday October 21, 2011.

<b>Modified Spring Practice Schedule</b> (April 3, 2012 – June 15, 2012)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>PM</b>		*Eastglen	*MacEwan		5:45-7:05 Confed	

\*NOTE: Due to annual maintenance schedules at Eastglen and Grant MacEwan, a **Modified Spring Practice Schedule** (April 3, 2012 – June 15, 2012) for Tuesdays and Wednesdays will be introduced. Schedule TBA.

- Eastglen Leisure Centre (11426-68 Street)
- Grant MacEwan Centre for Sport & Wellness (10800-104 Avenue)
- Confederation Leisure Centre (11204-43 Avenue)
- Kinsmen Sports Centre (9100 Walterdale Hill)



# Novice Program 2011/12

Updated August 2011

## **Novice Program** (*Learning to Train Stage*)

The Novice Program is for 9-12 year olds who have progressed through our Swim School and Rockhopper Programs or are new to the sport of swimming. The program places heavy emphasis on technique as well as goal setting, beginning competition, being a part of the team, personal challenge and achievement, an increased level of fitness, and having fun! An important goal is for each athlete to develop a love for the sport of swimming through the introduction of new skills, giving athletes new and individual challenges, and helping them to enjoy racing. Dryland exercises and increased stretching will begin at this level. Training and racing skills will be introduced at the later stages of the Novice Program.

- Ages:**
- 9-12
- Objectives:**
- Advancement into the Age Group or Swim FITT Program
  - Develop a strong base level of swimming skills, and be introduced to swim meets
  - Learn about being on a team, and begin developing self motivation
  - Have Fun
- Prerequisites:**
- Completion of Swim School Stage 3 OR evaluation by the coaching team
  - 25m Freestyle and Backstroke, and knowledge of Breaststroke and Butterfly are an asset (but not necessary)
- Attendance:**
- Attend three (3) scheduled Novice practices/week (must include Saturday AM) (attending 2 practices/week may be allowed only with special permission from the coaching team)
- Expectations:**
- See Athlete Expectations and Athlete Code of Conduct
  - See Parent Expectations and Parent Code of Conduct
- Required Equipment:**
- Penguin Team Suit (for swim meets)
  - Penguin Swim Cap (latex or silicone)
  - Training Suit (recommended)
  - Goggles (or prescription goggles)
  - Penguin Water Bottle
- Swim Meets:**
- Attend ALL scheduled Novice swim meets
- Sessions:**
- **Fall** (September 19, 2011 – December 16, 2011)
  - **Winter** (January 9, 2012 – March 23, 2012)
  - **Spring** (April 2, 2012 – June 15, 2012)

## **Schedule:**

<b>Regular Practice Schedule</b> (September 19, 2011 – March 23, 2012)						
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>AM</b>						7:45-9:05 Eastglen
<b>PM</b>	5:45-7:15 MacEwan	5:45-7:15 Eastglen	5:45-7:15 MacEwan	5:45-7:15 Eastglen		

<b>Modified Spring Practice Schedule</b> (April 2, 2012 – June 15, 2012)						
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>AM</b>						*Eastglen
<b>PM</b>	*MacEwan	*Eastglen	*MacEwan	*Eastglen		

\*NOTE: Due to annual maintenance schedules at Eastglen and Grant MacEwan, a **Modified Spring Practice Schedule** (April 2, 2012 – June 15, 2012) will be introduced. Schedule TBA.

- Grant MacEwan Centre for Sport & Wellness (10800-104 Avenue)
- Eastglen Leisure Centre (11426-68 Street)



# Age Group Program 2011/12

Updated August 2011

## Age Group Program (Learning to Train Stage)

The Age Group Program works specifically towards developing a good work ethic, continued stroke and technique development, individual seasonal and swim meet goal setting, development of endurance, speed and fitness, and a love for racing! Athletes will be introduced to more challenging training, racing techniques, leadership skills, time management, and athlete nutrition.

**Ages:** • 10-14

**Objectives:**

- Advancement into the Youth Program.
- Qualify for Alberta Age Group Trials and Provincial Championships.
- Athletes take personal responsibility for all aspects of their swimming.

**Prerequisites:**

- 200IM (4:00 or faster)
- 300FR (6:00 or faster)
- 200FR Kick (4:30 or faster)

**Attendance:** • Attend ALL scheduled Age Group practices.

**Expectations:**

- See Athlete Expectations and Athlete Code of Conduct.
- See Parent Expectations and Parent Code of Conduct.

**Required Equipment:**

- Penguin Team Suit (for swim meets)
- Penguin Swim Cap (latex or silicone)
- Training Suit (for practices)
- Finger Paddles
- Mesh Equipment Bag
- Pull Buoys
- Goggles (or prescription goggles)
- Penguin Water Bottle
- Penguin Log Book
- Penguin Track Jacket
- Training Fins

**Swim Meets:** • Attend ALL scheduled Age Group and Qualifying swim meets.

**Sessions:**

- **Fall** (September 20, 2011 – December 16, 2011)
- **Winter** (January 10, 2012 – March 23, 2012)
- **Spring** (April 3, 2012 – June 15, 2012)

**Schedule:**

<b>Regular Practice Schedule</b> (September 20, 2011 – March 23, 2012)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM</b>						6:45-9:05 Eastglen
<b>PM</b>		4:45-6:35 Eastglen		4:45-6:35 Eastglen	6:15-8:05 Kinsmen	

<b>Modified Spring Practice Schedule</b> (April 3, 2012 – June 15, 2012)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM</b>						*Eastglen
<b>PM</b>		*Eastglen		*Eastglen	6:15-8:05 Kinsmen	

\*NOTE: Due to the annual maintenance schedule at Eastglen, a **Modified Spring Practice Schedule** (April 3, 2012 – June 15, 2012) for Tuesdays, Thursdays and Saturdays will be introduced. Schedule TBA.

- Eastglen Leisure Centre (11426-68 Street)
- Kinsmen Sports Centre (9100 Walterdale Hill)



# Youth Program 2011/12

Updated August 2011

## Youth Program (Training to Train / Training to Compete Stage)

The Youth Program is designed to transition athletes from age group swimming to senior swimming through increased volume and intensity of training. The focus is to improve cardiovascular fitness, refine stroke skills, and to gain competitive experience. Athletes will work on developing attributes required for peak performance. The emphasis of the program is on setting and achievement of athletes' individual goals.

- Ages:**
- 13&Over
- Objectives:**
- Advancement into the Senior Program.
  - Qualify for Alberta Age Group and Senior Provincial Championships.
  - Qualify for Western and Age Group Nationals.
- Prerequisites:**
- 200IM (3:00 or faster)
  - 600FR (9:00 or faster)
  - 200FR Kick (4:00 or faster)
- Attendance:**
- Attend 100% of ALL scheduled Youth practices.
- Expectations:**
- See Athlete Expectations and Athlete Code of Conduct.
  - See Parent Expectations and Parent Code of Conduct.
- Required Equipment:**
- Penguin Team Suit (for swim meets)
  - Team Training Suit (for practices)
  - Performance Suit (Nat Qualifiers)
  - Goggles (or prescription goggles)
  - Penguin Swim Cap (latex or silicone)
  - Penguin Water Bottle
  - Training Fins
  - Mesh Equipment Bag
  - Penguin Track Jacket
  - Penguin Log Book
  - Finger Paddles
  - Finis Snorkel + Nose Plugs
  - Pull Buoys
  - StrokeMax Antipaddles
- Swim Meets:**
- Attend ALL scheduled Youth and Qualifying swim meets.

**Schedule:**

<b>Regular Practice Schedule</b> (September 19, 2011 – March 23, 2012)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM</b>						6:45-9:05 Eastglen
<b>PM</b>	5:45-7:35 MacEwan	4:45-7:05 Eastglen	5:45-7:35 MacEwan	4:45-7:05 Eastglen	6:15-8:05 Kinsmen	

<b>Modified Spring Practice Schedule</b> (April 2, 2012 – June 15, 2012)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM</b>						*Eastglen
<b>PM</b>	*MacEwan	*Eastglen	*MacEwan	*Eastglen	6:15-8:05 Kinsmen	

\*NOTE: Due to annual maintenance schedules at Eastglen and Grant MacEwan, a **Modified Spring Practice Schedule** (April 2, 2012 – June 15, 2012) will be introduced. Schedule TBA.

- Grant MacEwan Centre for Sport & Wellness (10800-104 Avenue)
- Eastglen Leisure Centre (11426-68 Street)
- Kinsmen Sports Centre (9100 Walterdale Hill)



# Swim FiTT Program 2011/12

Updated August 2011

## **Swim FiTT Program** (Active for Life Stage)

The Swim FiTT Program is designed for athletes looking for swim training, triathlon training, personal exercise and general fitness. The program is perfect for cross-training and for those whose schedules do not allow for a huge time commitment. Challenging training, personal success, and being part of the team will be fostered within the Swim FiTT program along with an enjoyment of the sport. Each athlete is encouraged to discuss their individual goals with the coach in order to maximize their benefit from, and success in the program. Athletes may use the Swim FiTT program as an introduction to the sport and swimmers can also use the program to develop the necessary skills to advance into the Age Group, Youth or Senior Programs.

- Ages:**
  - 11&Over
- Objectives:**
  - Set and strive towards individual goals.
  - Improve swimming technique, skills, training ability, and level of fitness.
  - Foster an enjoyment of the sport of swimming.
- Prerequisites:**
  - Ability to swim 100FR, 100BK, 25BR, 25FL, and 300m continuous.
- Attendance:**
  - Attend a minimum of 2 scheduled Swim FiTT practices/week.
- Expectations:**
  - See Athlete Expectations and Athlete Code of Conduct.
  - See Parent Expectations and Parent Code of Conduct.
- Required Equipment:**
  - Penguin Team Suit (for swim meets)
  - Training Suit (recommended)
  - Goggles (or prescription goggles)
  - Penguin Swim Cap (latex or silicone)
  - Mesh Equipment Bag
  - Penguin Water Bottle
  - Training Fins
- Swim Meets:**
  - Attend ALL scheduled Swim FiTT swim meets.
- Sessions:**
  - **Fall** (September 19, 2011 – December 16, 2011)
  - **Winter** (January 9, 2012 – March 23, 2012)
  - **Spring** (April 4, 2012 – June 15, 2012)

## **Schedule:**

<b>Regular Practice Schedule</b> (September 19, 2011 – March 23, 2012)						
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>PM</b>	5:45-7:05 MacEwan		5:45-7:05 MacEwan		6:15-8:05 Kinsmen	

<b>Modified Spring Practice Schedule</b> (April 4, 2012 – June 15, 2012)						
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>PM</b>	*MacEwan		*MacEwan		6:15-8:05 Kinsmen	

\*NOTE: Due to the annual maintenance schedule at Grant MacEwan, a **Modified Spring Practice Schedule** (April 4, 2012 – June 15, 2012) for Mondays and Wednesdays will be introduced. Schedule TBA.

- Grant MacEwan Centre for Sport & Wellness (10800-104 Avenue)
- Kinsmen Sports Centre (9100 Walterdale Hill)



# Masters Program 2011/12

Updated August 2011

## Masters Program (Active for Life Stage)

The Masters Program (Penguin Masters Swimming) is one of Canada's largest masters swim teams. Swimming abilities range from fitness athletes to former national qualifiers. Athletes are strongly encouraged to participate in masters swim meets and regular social outings which are offered throughout the academic year.

- Ages:**
  - 18&Over (17 year old post-secondary students also accepted)
- Objectives:**
  - Social
  - Structured Practices
  - Fitness
  - Fun Competition
  - Other, based on Individual Goals
- Prerequisites:**
  - Ability to swim 100FR, 100BK, 25BR, 25FL, and 300m continuous.
- Expectations:**
  - See Masters Code of Conduct.
- Required Equipment:**
  - Goggles (must have prescription goggles if visually challenged)
  - Training Suit (recommended)
- Swim Meets:**
  - Invited to attend local and travel meets.
- Sessions:**
  - **Fall** (September 12, 2011 – December 7, 2011)  
Evening practices (September 12, 2011 – December 15, 2011)
  - **Winter** (January 9, 2012 – April 5, 2012)
  - **Spring** (April 10, 2012 – June 14, 2012)
- Practice Options:**
  - Option A – Attend 1-2 practices/week
  - Option B – Attend 3-5 practices/week
  - Option C – Spring Session

## Schedule:

<b>Regular Practice Schedule</b> (September 12, 2011 – March 30, 2012)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>PM</b>	3:00-4:00 UofA East		3:00-4:00 UofA East		3:00-4:00 UofA East	
	7:30-8:30* MacEwan	7:30-8:30* Kinsmen	7:30-8:30* MacEwan	7:30-8:30* Kinsmen		

\*NOTE: Evening practice space may be limited. Athletes will need permission from the coaching team to attend evening practices. Athlete selection will be determined by swimming ability.

<b>Modified Spring Practice Schedule</b> (April 2, 2012 – June 14, 2012)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>PM</b>	*MacEwan	7:30-8:30 Kinsmen	*MacEwan	7:30-8:30 Kinsmen		

\*NOTE: Due to the annual maintenance schedule at Grant MacEwan, a **Modified Spring Practice Schedule** (April 2, 2012 – June 14, 2012) for Mondays and Wednesdays will be introduced. Schedule TBA.

- University of Alberta, Van Vliet Centre, East Pool
- Grant MacEwan Centre for Sport & Wellness (10800-104 Avenue)
- Kinsmen Sports Centre (9100 Walterdale Hill)