



**The Swimming Canada
Competition Framework
2017-2020
Improvement Plan**

**Prepared by
John D. Atkinson
High Performance Director**

The Swimming Canada Competition Framework 2017-2020 Improvement Plan

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1. Acknowledgements

The staff at Swimming Canada would not be in a position to implement such positive improvements to the competition system in Canada were it not for the strong leadership and support of many people and organizations.

The Board of Directors of Swimming Canada have fully embraced the need for change in the system and are fully supportive in the direction moving forward. Through the Sport Development board committee and the board policy on Long Term Athlete Development, we have also been provided the guidance and the mandate to make the changes required to be in line with the scientific principles of athlete development.

This process would also not be possible without the support provided by our Provincial Sections and the CSCTA. These groups have and will continue to play an important role not only in shaping the discussion moving forward but also in playing leadership roles within their own spheres of influence.

At our inaugural competition review meeting, technical representatives from most of the provinces were in attendance and provided valuable insight into the conversation. The Executive Director from the CSCTA was also present and added positive insight to the discussions. The following individuals took part in the discussion and will continue to play a role in the future as more decisions are made concerning competition structure:

Mike Flegel	Provincial Performance Director Coach	BC
Mark Perry	Provincial Mentor Coach	AB
Aaron Maszko	Provincial Mentor Coach/ High Performance Development Coach	SK
Darin Muma	Performance Programs Manager	ON
Michel Bérubé	Director, Performance, Next Gen, and Development	QC
Lance Cansdale	Provincial Coach	NS
Chris Hindmarch-Watson	Executive Director	CSCTA

Throughout this process we were very fortunate to have the support of one of the world's leading experts in athlete development and how this specifically relates to the structure of competition. Istvan Balyi has and will continue to support our work as we continue to improve swimming in Canada through the restructuring of competition.

We look forward to engaging the rest of the swimming community in the future as we start to look at the next steps in this project. The strength of our collective system is dependent upon the support of everyone in the community.

This report outlining the improvements that will be made to our competition system in the short term is only the first step in this long term project. The report will be updated and re-circulated as required to accommodate the next stages of the project.

2. Executive Summary

2.1 Background

A Long Term Athlete Development Model was published in 2008 as a starting point to address the appropriate development of swimmers as they grow and mature. As a starting point, this document provided some guidelines for training and competition but no concrete direction was given by Swimming Canada at the time as to how implementation should occur.

With Swimming Canada identifying a need for change based on gaps in the system and our funding partners pushing for all sports to start addressing athlete pathways from the development level all the way through to the podium performers, we moved in 2015 to start looking at how competition was run in Canada.

The initial work completed in 2015-16 will start to address the gaps that we observed and will be the first step in making significant improvements to swimming in Canada.

2.2 The need for improvement

Improvement has been a theme implemented by the High Performance and Sport Director since his appointment in March 2013. It is a simple statement that all can understand, however at times, to get improvements, one needs to change the way that they operate. Change is always a challenge for anyone wanting to improve. Differences of opinion are inevitable when talking about improving an entire system but hopefully all will recognize that in order to improve, changes must be made. As the national body, Swimming Canada must take a leadership role and make the improvements required in order to advance as a swimming nation.

To do the same thing over and over again and expect a different result in the world of high performance is not realistic, especially as other nations are adapting and improving. If we do nothing, we will fall back and not move forwards. Currently Swimming Canada is essentially a 0 to 3 medal winning nation and in order to achieve the expected results as laid out in Swimming Canada's Strategic Plan (Top 6 total medal producing nation at the Olympic and Paralympic Games in 2020) we need to collectively change how we are operating. A number of gaps have been identified in this process, and have been documented in this paper. These identified gaps can be directly linked to how we currently operate.

For Swimming Canada to be successful at all levels we need athletes prepared to swim fast at the right competitions in the season and this needs to be nationally driven and directed. The ability to swim fast in the March/April timeframe and then faster in the Summer (July/August) should be the goal of every athlete and their coach. The competition framework across Canada should allow for this to happen at every level with the athletes' coach providing the support required for this to occur. If our clubs all prepare athletes in the timeframes as outlined, this in turn will have a positive impact of all athletes getting ready to swim fast when it counts and at the right competition, and this will eventually translate into improved National team performances.

A fundamental shift across the nation is required to address the gaps through the swimming pathway for Canada that would run from club and provincial level to our national program and then impact at the National team for 2020 and more importantly for a significant impact by 2024. Annual monitoring of the gaps and suggested tracking will be implemented, with annual reviews and adjustments to refine the competition framework as we go forwards.

It is crucial that the competition framework is adopted as a whole at every level for a period of time i.e. 2 quads so that the improvements made to the competition framework along with reworking the LTAD principles and NCCP courses have time to translate as improvements in performance.

2.3 Process

A domestic competition review process was initiated by Swimming Canada's Domestic Operations department early in 2015 and moved to be led by the High Performance department towards the end of 2015. With this change in leadership came a sense of urgency in addressing the gaps in our current system.

A meeting was held at the end of January 2016 where the official technical representatives were invited from the provinces along with a representative from the CSCTA to engage in a discussion with Swimming Canada staff about the need for a competition review. The Director of High

Performance, John Atkinson produced a paper for review and reflection that was used as a basis for discussion by the group.

Out of this meeting, a set of agreed upon principles were developed. Some of these principles were turned into key changes that will take place over the next couple of years and some will need to be discussed further in order to appropriately implement them. The key changes are listed below with the next steps section addressing the principles that still need to be discussed.

2.4 Key Improvements

1. Establishment of training blocks where competitions can still take place, however times done in these training and preparation periods cannot be used to qualify for Swimming Canada competitions. (September to February and May to June)
2. No Short course times to be used for qualification to any Swimming Canada competitions.
3. All major competitions at which a peak in performance is expected will be held in the March-April time frame and in the summer (July-August) and these will be termed peak performance windows.
4. The Eastern and Western Canadian Championships will be moved to take place following the Trials in the spring timeframe (and will become a championships)
5. All provincial championships will move to take place in the peak performance windows.
6. Canadian Age Group Championships will become the Canadian Junior Championships and the age groups will be 13/14 girls, 15/16/17 girls, 14/15/16 boys and 17/18 boys
7. Age specific qualification times will be developed for trials so that junior athletes can use times established in the previous summer to qualify for trials. The ages will correlate with the World Junior Championships age bands (14 to 17 girls and 15 to 18 boys).
8. Rankings from the approved Peak Performance window (including Eastern and Western Canadian Open and all long course provincial championships) will be used to qualify Olympic event relays for the Canadian Junior Championships (male and female relays in the following events 4x100 FS, 4 x 200 FS, 4 x 100 Medley) in the appropriate age groups. The top 20 ranked club relays will be invited to swim and if a club turns down their spot, the next ranked club will be accepted.
9. All heats at the Junior Championships will be swum together and then two A finals swum in the age groups as mentioned in the above point 6.
10. 50m events for Butterfly, Backstroke and Breaststroke will be removed from the Canadian Junior Championships.

2.5 Next Steps (short term and long term)

1. Swimming Canada to review and update its sanction policy and process to ensure alignment of the competition calendar
2. Swimming Canada to work with Provincial Sections to ensure that their governance structures allow the Provincial Sections to have full authority over competition placement
3. Present this information to the Sport Development Committee (board committee) for support moving forward and board endorsement
4. Swimming Canada to review other policies to ensure they support our proposed competition framework
5. Prepare and operationalize a communication strategy to clearly communicate messaging about the Competition Review and the upcoming changes
6. Outline what phase 2 of this project looks like around the development of the "content" of competition
7. National Strategy for Open Water swimming linked to competition
8. Conduct an assessment of the facilities required to host competitions at all levels
9. Thorough review of NCCP and create a plan to fully integrate LTAD elements
10. Explore the feasibility of integrating LTAD in the Learn to Swim programs
11. Look at Swimming Canada rulebook and potentially create an Age Group rulebook to be in line with the future proposed changes of age group competition

12. Look at different event structures for different stages of athlete development depending on maturation
13. Conduct an assessment of what reward and recognition look like once our competition system changes
14. Explore in further detail the benefits of age on day vs Age as at 31st December in year of competition
15. Bonus Swims and Time trials to be considered in further detail.
16. CIS follow up regarding movement of their Championships into early March and how this will work for FISU qualification.
17. Establish the annual review and tracking requirements for the whole competition framework.

3. Introduction

The current Swimming Canada competition framework has been reviewed with the intention to improve everything we do in Canadian swimming. In taking a look at how swimming currently operates in Canada and the correlating results in the pool, as mentioned already we cannot stand still. If we want to meet the objectives laid out in Swimming Canada's strategic plan, improvement strategies need to be implemented sooner rather than later.

There will be different phases of implementation to realize the vision of the Competition Framework. Some improvements will be ready to be implemented in the 2016-2017 season while some are yet to be developed. Much more work will come in order to determine what some of the remaining pieces of the framework should look like and how they should ideally be implemented.

This plan is relevant for both pool and open water swimming in the Olympic stream, including Junior and Senior swimmers as well as Paralympic stream.

This competition review is a great opportunity for Swimming Canada, along with its partners, to develop a competition framework that will serve the best interests of all athletes at every level of competition for the next decade.

One of our aims is to have the philosophy for the Canadian Senior team athlete also be followed by every level of athlete down to the Provincial qualifier in Canada. Using this philosophy will enable Canada to develop all of our swimmers with the end in mind. This alignment will lead to a more robust domestic competition framework for all swimmers in Canada from our national team members all the way down to those who strive for excellence at the provincial level.

We are also aiming to provide the same type of competition format to all levels of athletes within Canada, to ensure appropriate training blocks that build capacity, enhance technical skills and provide appropriate competitions at the right time of the year. We need to move away from over competing and under training and allow for the training blocks to take place for the athletes' overall development without them competing too often. We too often see swimmers and coaches chasing times, either at different competitions or in arranged last chance qualifying meets after the weekend competition, to qualify for different meets at the expense of the correct training that needs to be done.

The competition framework needs to be nationally driven for the best interest of every level of athlete in Canada whilst also considering some provincial differences. However, these provincial differences should not be a factor in what is the right framework for the nation as a whole.

For swimming in Canada to be successful at all levels we need athletes prepared to swim fast at the right competitions in the season and this needs to be nationally driven and directed. The ability to swim fast in the March/April timeframe and then faster in the Summer should be the goal of every athlete and the competition framework across Canada should allow for this to happen at every level with the athletes' coach providing the support required for this to occur. If our clubs all

prepare athletes in the timeframes as outlined, this in turn will have an impact on all athletes getting ready to swim fast when it counts and at the right competition.

4. Background

- A Swimming Canada LTAD model was published in 2008 after a significant amount of work by an LTAD Expert Committee and Working Group
- As a result of this model, a number of other additional documents were to be produced including a Competition Review, Stage Skills Checklist, Implications for Clubs and Parents, and NCCP Integration
- Based on a review of the work that was completed post publication of this model, elements of a Competition Review were completed as well as some LTAD concepts that were integrated into our NCCP system
- Although much of this was done with best intentions to improve swimming in Canada, there were some significant gaps in ensuring that the principles of LTAD were implemented effectively:
 - Swimming Canada asked the provinces to implement elements of the LTAD specifically pertaining to competition restructuring but did not take a leadership role in helping guide the provinces through the transition
 - Swimming Canada did not make organizational changes to support the implementation of LTAD starting at the top through engagement of the board and committees of the board
 - Swimming Canada also did not create or update key policies within the organization to support LTAD implementation such as creating a Sanctioning policy to support the changing structure of competition
 - There was also a lack of effective education provided to the membership as to why there was a need for the change in how we collectively conducted our swimming business
 - Finally, there was no formal reporting and review mechanism established so that we could effectively track the progress of implementation
- Over the last couple of years, there has been a push from Sport Canada and Own the Podium for sports to implement key elements of their LTAD models to ensure a more seamless pathway in the system
- Swimming Canada had also identified some significant gaps in swimming in Canada that requires us to make changes in order to achieve the goals set out in our Strategic Plan
- The 2 key areas of focus that were identified to be worked on in the 2015-16 fiscal year were Competition Review and the development of a comprehensive Athlete Development Matrix
- With the structural changes in Swimming Canada came an alignment of programming to specifically address the gaps identified at the High Performance level

5. Identified Gaps

Gaps in the Olympic Program

1. Low percentage of top 8/16 performances in distance (400m +) events at Senior and Junior World Championships in 2015
2. Lack of depth nationally in the 400m and longer events compared to the rest of the world
3. Low percentage of swimmers making “on track times” in the 400m and longer events as well as the 200 fly
4. Very few swimmers are capable of competing in multi events, both nationally and internationally
5. Poor stroke technique and technical skills (turns, underwater work, starts etc) observed in the vast majority of swimmers across most events at all developmental levels in Canada

6. Swimmers are peaking at the wrong time in the season, resting too often and not establishing an appropriate training base
7. High percent of “failed” swims at nationals/trials – swimmers swimming slower than their entry times
8. Swimming Clubs run open meets to make money and thus serve as fundraisers rather than part of the development of an appropriate competition structure based on the principles of LTAD

Gaps in the Paralympic Program

1. Para-swimmers are lacking physical literacy and technical skills because there is a desire to accelerate swimmers with an impairment through the program.
2. An over emphasis to taper and shave too often without building the aerobic/endurance base and lack of focus on technical skill development.
3. Early specialization is evident and athletes do not have the physical or tactical skills to develop all strokes.
4. Some coaches are focusing training of their swimmers in non-Paralympic program events
5. No consistent application of the set provincial standards and eligible events.
6. Many PSOs and clubs are limiting the ability of Paralympic Program swimmers to participate in middle distance/distance events.
7. Para-swimmers are lacking appropriate development plans as evidence through over competing in the wrong events

6. Principles of a Swimming Season

Olympic

It is critical for swimming in Canada that meaningful changes occur in our competition framework and that the Swimming Canada principles are implemented at all levels.

The Swimming Canada philosophy of the High Performance department as well as the required competition framework have been incorporated into this competition review.

This review has also considered every year through the next quad and up to 2021. Swimming Canada is planning on establishing an ongoing competition review group which will meet face to face annually throughout the Quad. In 2020, this review group would undertake a full review post the Tokyo Olympic/Paralympic Games. This would take place at the end of 2020 so that any adjustments and or changes can be implemented for 2022.

A swimming season in Canada should run according to the following guidelines for athletes who are eligible to participate in the Canadian Junior Championship and above (13& over girls and 14& over boys). For athletes in age groups below those of the Canadian Junior Championships i.e. 12 and under girls and 13 and under boys, provincial programming will look after the competition needs of these athletes.

Paralympic

Swimming for athletes with a physical, intellectual or visual impairment that are part of the eligible impairments under the International Paralympic Committee will have some independent components, but for the primary delivery, the programming will mirror the Olympic Program. This thought is based on the need for clubs/programs to be able to deliver similar programming during the various periods of competition and training throughout the year. To have a completely independent model for swimmers with impairments is not feasible.

The general training blocks and participation blocks will match the Olympic pool program. The deviation from the linked programming will be in years where the major international competitions are placed outside of the regular months. Historically this has occurred for Paralympic years when the Paralympic Games follows after the Olympic Games by up to 4 weeks. Additionally

there are years where based on the international calendar there is a limited window available due to the conflict to host a Can Am Championships, in those years events for para-swimmers will be integrated in to the summer Canadian Swimming Championships.

The Paralympic Program also recognizes the importance of at least one in season competition (no shave/no taper) where swimmers are provided the opportunity for sport class racing and to be mixed with a larger group than they normally compete against in the club/provincial environment.

6.1 Olympic and Paralympic Pool Swimming Philosophy

6.1.1 August and September

Return to training early in September and build training both in volume and intensity, without forgetting technical enhancements.

[The anomalous years are those that include the Paralympics as this event extends the season in to mid-September.](#)

6.1.2 October, November, and December

Training is the main focus while maintaining the work levels as established in September and maintaining throughout October and November.

All competitions conducted through this time frame should be constructed so that the athletes experience racing without any compromise in their training focus. Therefore, no target competitions should be held in this September to December phase.

Appropriate Short Course competitions need to be provided from mid-October to December in Canada that are also no shave and taper competitions.

September and October provincial camp opportunities should take place in this period. [These camps should also be set up as classification opportunities to support athletes to get their provincial level classifications completed for physical impairment athletes.](#)

Training would be maintained through Christmas and the New Year without long breaks being taken out of the pool. The athlete has just spent time building their capacity through the previous 4 months and should not be detraining though this period. All levels of athletes should be following this principle. Provincial camps could be considered pre-Christmas and between Christmas and the New Year to ensure training is maintained.

Whilst an end of calendar year focus competition may be sought this should NOT be a taper and shave situation. Swimmers are still in a key preparatory phase and this should be considered a preparation meet to get ready for the New Year and the trials. This would be a late December short course competition.

Any provincial Short Course competition that take place between October and December, should not be championships, and should be publicized as preparation meets and not taper/shave opportunities.

Appropriate Short Course competitions need to be provided from mid-October to December in Canada that are also no shave and taper competitions and will provided racing and education opportunities for the swimmer.

[The Paralympic Program will be supporting a Can Am open which allows for an in training racing LC opportunity that allows for sport class events and a recognition of the importance of peer group and exposure to a larger group of swimmers with an impairment that are seen in club or](#)

provincial competition. The senior level swimmers will be provided a Can Am Open racing opportunity in the end of November, beginning of December time frame. This competition will be hosted Long Course. The Can Am Open event is designed to allow for in season racing and does not include a shaving and tapering component.

All club competitions should be open to para-swimmers, and where a club has established a minimum entry time then the club should consider the use of the provincial standards as the basis for time.

6.1.3 January and February

This is a phase of shifting to preparation and training should reflect this. Competitions in 50m pools should be sought with the frequency of competition to be identified by the coach. The rule of thumb would be to attend at least one competition each month, in their focus events to prepare for the trials (or other Peak Competition). Preparation meets in January and February are necessary in Canada, and athletes at an appropriate level would also be able to seek competition in the USA at the Arena pro series for example.

The Eastern and Western Canadian Championships have been removed from the February time frame, and have become a championships (instead of an open), since these competitions acted as a taper/shave opportunity for many coaches and swimmers who were chasing qualifying times for nationals. Swimming Canada is not against the placement of a competition in mid to late February (in fact it is necessary) however, we need to change the focus to a Long Course racing preparation opportunity, potentially with heats and finals instead of a shave and taper meet.

Other types of preparation meets could be provincial open meets, and or club meets, all in 50m long course pools.

All club competitions should be open to para-swimmers, and where a club has established a minimum entry time then the club should consider the use of the provincial standards as the basis for time.

6.1.4 March and April

March and April are considered the first peak performance window in the annual season.

Approximately 2-3 weeks out from the Trials (March timeframe), there needs to be a 50m long course preparation meet. This could be provincial championships that falls within the permitted window for provincial championships.

The Swimming Canada trials (50M) would take place in this period, generally in late March/early April. This is a peak competition for athletes aiming to make the Canadian National Teams for the summer (Senior and Junior teams). It would be referred to as a taper and shave competition (in 2018 this would be the Canadian Swimming Championships as the Commonwealth Games are in April 2018)

Provincial championships will also take place in the March/April timeframe. This period for provincial championships is important so that all club swimmers are targeting a competition in the same timeframe as trials so that they are prepared to peak at the appropriate time (which is when Swimming Canada select Senior and Junior Canadian teams). These provincial championships would also be in an ideal spot to be used as qualification meets for the Canadian Swimming Championships and the Canadian Junior Championships.

The Eastern and Western Canadian Championships will take place in this timeframe and will follow the 2017, 2019 and 2020 trials, and in 2018 will follow the Canadian Swimming Championships.

6.1.5 May and June

During the May and June time frame all training should be focused on having peak performances in July and August ([and September in Paralympic years](#)).

Long course competitions in Canada during May and June should be provided by Clubs and provincial bodies. The Mel Zajac and Quebec Cup are examples of meets that are ideally placed in the calendar in May and June respectively for those swimmers requiring focused senior competitions. Other long course competitions would also be required for the Junior athletes targeting the Canadian Junior Championships and also senior athletes targeting the summer Canadian Championships (trials in 2018).

[For club invitational competitions that include an entry standard, the standards for para-swimmers](#) should be based on the provincial or national standard when compared to the entry standard that has been established for the generic sport participant. The Quebec Cup is an ideally placed integrated opportunity in the calendar in June for those swimmers requiring a focused senior competition. A similar racing opportunity needs to be identified/established in western Canada.

No competition in May or June and early July (in most years) should be peak performance competitions (Shave or Taper) in any way. This detracts from the ability of the swimmers to perform when required and will compromise performance.

6.1.6 July and August

July/August is the second peak performance window in the swimming season. This window should be the main focus of the season and when the fastest performances occur in a fully prepared state. This time frame is when Swimming Canada National team International representation will take place.

As well, the Canadian Swimming Championships ([Can Am Championships for Para swimmers](#)) will take place as a senior swimmer focused target competition in this time frame. These dates have been set to 2020 and would be the priority placed competition of the summer. When possible, the senior championships would be placed so returning National Senior team swimmers can also compete in these championships.

The National Age Championships will be replaced with a Canadian Junior Championships and serve as a peak competition for our Age Group/Junior athletes. (Size and content of these championships needs to be considered further).

From a provincial perspective, the provincial championships should also be placed in this time frame to act as target competitions for those not attending the Canadian Junior Championship, Canadian Swimming Championships, or [Can Am Championships](#). If the provincial championships are placed in an appropriate place, qualification for summer events at the national level could take place. All swimmers will then have an appropriate target competition in the summer to support the national philosophy.

The Canada Games will also take place in the peak performance window in 2017 (and every 4 years thereafter) and will not conflict with the main summer competitions.

The model will look different in 2018 because we require a LC Championships in April when the National team will be away at the Commonwealth Games and there will be a trials in early August for the Pan Pac Championships qualification in the summer. In this year age specific qualification times would be used in the Canadian Swimming Championships in April as the Junior team will still be selected from that competition.

6.2 Open Water Swimming Philosophy

Swimming Canada have identified four core strategies to develop our Open Water program for 2017-2020. Staffing from a Swimming Canada perspective will be considered to support this.

The Open Water strategy will be complemented by our distance swimming development strategy. Our talented endurance based athletes should be exposed to performance open water swimming because it is different to long distance swimming. We will look to coordinate camps for open water and distance swimming and will direct talented swimmers to both distance swimming and open water swimming who have endurance capabilities.

This fits our ultimate philosophy of developing all age group athletes as 400 metre swimmers who can swim up into longer distances and down into sprint events as they mature.

6.3 Classification

Sport classification is an integral part of para-swimming in the “Train to Train, Train to Compete, and Compete to Win” stages of athlete development. In the late “Train to Train” and shifting into the “Train to Compete” stages of development, sport classification becomes a component of the athlete’s ability to race and compete. Classification in Canada is targeted at athletes who race minimally 10 years of age or older and able to competently complete 50 metres of each stroke. Classification is done at three levels based on the athlete and their stage of development, provincial, national and international classifications are progressions as they athlete moves through the system. The need to progress through the three levels of sport classification is dependent upon what level the swimmer qualifies at.

7. Combined Scheduling Overview

Season	Sept	Oct	Nov	December	January	February	March		April		May	June	July	August																	
2016-2017					Prep Meet 1	Prep Meet 2	Can Am Para-swimming LC Meet	Trials 6-9	Prep Meet 1	Prep Meet 2			CSC 4-7																		
							Prep Meet 3	E/W 20-23			Can Jr Champs 26-31																				
					Provincial Champs (March 1 - April 30)				Provincial Champs mid-July-Aug 31																						
2017-2018				Can Ams 6-8	Prep Meet 1	Prep Meet 2	Prep Meet 3		CSC 5-8	Prep Meet 1	Prep Meet 2			Pan Pac Trials 2-5																	
									E/W 12-15			Can Jr Champs 25-30																			
					Provincial Champs (March 1 - April 30)				Provincial Champs mid-July-Aug 31																						
2018-2019				Can Ams 3-5	Prep Meet 1	Prep Meet 2	Prep Meet 3		Trials 3-6	Prep Meet 1	Prep Meet 2	Can Ams 10-13		CSC 4-7																	
									Can Ams 5-7			Can Jr Champs 24-29																			
					E/W 11-14				Provincial Champs mid-July-Aug 31																						
					Provincial Champs (March 1 - April 30)																										
2019-2020					Prep Meet 1	Prep Meet 2	Olympic/Paralympic Trials March 31-April 5				Prep Meet 1	Prep Meet 2			CSC 6-9																
							Prep Meet 3		E/W 16-19				Can Jr Champs 22-27																		
					Provincial Champs (March 1 - April 30)				Provincial Champs mid-July-Aug 31																						
Building Capacity & Technical Skills (SC), Competitions can take place, however times cannot qualify swimmers for national championships and trials							Consolidation of Training - Spring/Summer Prep Meets (LC), Other competitions can take place, however times cannot qualify swimmers for national championships and trials																								
Winter Prep Meets (LC), competitions are required long course to prepare for trials							PEAK PERFORMANCE SUMMER MEETS																								
PEAK PERFORMANCE SPRING MEETS																															

