



Provincial Development Activities 2025-2026

	2025-2026
Advanced Development Team Females born 2012 and younger. Males born 2012 and younger.	Selected from SNC Rankings and by invitation: Maximum 18 male and 18 female, including up to 2 para-athletes per gender, in addition to the 18. Swimmers will attend Core Strength, injury prevention, and IM-based training. Parents are responsible for travel costs, meals, and accommodations. These swimmers will work with the Provincial Coach and other NL coaches Team Training - Easter, April 6,7,8 - Metro Area: 4 sessions and a social event/classroom session. Training Camp - July 2026 - Location TBA: 4 sessions over 3 days, plus a social event and outdoor dryland. Participation fee per swimmer: \$100
Junior Provincial Team: Females and Males born 2010, 2011, 2012.	8 males and 8 females born in 2010, 2011, or 2012 will be selected to attend Dr. Ralph Hicken Invitational - Etobicoke, Ontario, April 29/30 - May 4, 2026. All swimmers are required to participate in team travel and stay with the team at the designated hotel in shared rooms. Approximate cost: \$1500 The top 8 swimmers per gender exceeding the minimum World Aquatic's Points will be ranked in each event except 100IM. The top 8 in each event will be considered, based on who ranks highest. Swimmers will be ranked once per event using their highest points in that event, be it short or long course, not both. Should there be more than 8 swimmers per gender in the top 8, any swimmer with just one top 8 ranking will be eliminated first, then any swimmer with just two, eliminating first the swimmer with the lowest World Aquatic point add up for all events in which they are in the top 8. If there are still more than 8 swimmers identified, the swimmers ranking in 3 events will be eliminated based on who has



	<p>the lowest World Aquatic Point add up in those three events. This process will continue with those ranked in 4, 5, and 6 events in that order, until only 8 swimmers remain. Results from September 1, 2025 - Mar 30, 2026, will be included for selection.</p> <p>Minimum World Aquatic points are as follows:</p> <p>Males: All free events 350 points. All other events minimum 300 points.</p> <p>Females: All free, back, and IM events 400 points. Breast and fly events 375 points.</p> <p>To be considered for selection, complete the following form by Feb 1st, 2026:</p> <p>https://docs.google.com/forms/d/e/1FAIpQLSdVdEyVzHusulJ1tjAI9mswwoiahdkISN5gkq8AUo_KpHWKKg/viewform?usp=header</p> <p>Participation fee per swimmer: \$1500</p>
<p>Senior Provincial Team: Targeting high school swimmers who are training full-time and not eligible for the Junior Team.</p>	<p>4 male 4 female swimmers selected to attend Dr Ralph Hicken Invitational - Etobicoke, Ontario, April 29/30-May 4. All swimmers are required to participate in team travel and stay with the team at the designated hotel in shared rooms. Approximate cost: \$1500.</p> <p>The top 4 swimmers per gender will be ranked in each event except 100IM. The top 4 in each event will be considered, based on who ranks highest the most often. Swimmers will be ranked once per event using their highest points in that event, be it short or long course, not both. The first swimmer selected will have the most 1st place rankings. The second, third, and fourth will have the second, third, and fourth most first-place rankings. Should there be more than one swimmer with the same number of 1st place finishes, points will be awarded: 1st 20 pts, 2nd 15 pts, 3rd 10 pts, 4th 5 pts. The swimmer with the most points will be selected first. If there are not 4 swimmers with first-place rankings the next swimmer selected will have the most second-place rankings. If a tiebreaker is needed, the above point system will be used. Results from September 1, 2025 - Mar 30, 2026 will be included for selection.</p>



	<p>To be considered for selection, complete the following form by Feb 1st, 2026: https://docs.google.com/forms/d/e/1FAIpQLSe4zeVWgaPIEbBVcCva8NVZpLYRLKuGpGA1vxWv6dKqlfcaeQ/viewform?usp=header</p> <p>Participation fee per swimmer: \$1500</p>
Atlantic Prospects team:	<p>8 swimmers selected to attend a training camp. The team will meet in Halifax, bus to Charlotte Town PEI, swim 4 x 2 hour training sessions while staying at the University residence in a camp atmosphere. An SNC Coach will be running the camp with a coach from each of the Atlantic Provinces.</p> <p>Selection: A minimum of 500 FINA points is required per event to be considered. Any swimmer who is qualified for Trials, junior or senior will be selected first. If spots remain swimmers qualified for Canadian Open will be selected. Remaining spots will go to those with the highest World Aquatic point total for three events. Coaches must verify that swimmers are at an appropriate training level for this camp.</p> <p>To be considered please complete this google form: https://docs.google.com/forms/d/e/1FAIpQLScJpsTs6G3bN34xg24SbWjbN2xWQtripZbUunRhefleRttVNw/viewform?usp=header</p> <p>Participation fee per swimmer: TBA</p>
Coaches:	Coaches encouraged to attend all Provincial Activities and based on participation will receive PD Points. Email duffy.earle@gmail.com to indicate interest!



Definitions:

General Technical Development Group: This group can include any competitive swimmers in the Province, no matter what their experience or skill level. Ideally, we are reaching swimmers 10-12 whose regular training schedule allows for additional technical sessions; however, in some programs, it will include older and younger swimmers as well. These swimmers will be reached through large group sessions held in various locations around the province in drop-in sessions.

Advanced Development Group: Females born 2012 or later and males born 2012 or later, meeting selection criteria, focused on development in line with the Canada Games cycle.

Junior Provincial Team: Females and Males meeting selection criteria. Application forms will be required from parents. The applicable age for participants will be adjusted throughout the 4-year training cycle.

Senior Provincial Team: Females or Males in high school who are not eligible for the junior team must be fully committed to a minimum of a 10-month training program. Application forms will be required, with coaches verifying commitment.

ADT Camps: Easter and Summer- 4 pool sessions and a social event. Further information for this Development program will be provided at a later date.

PEI Atlantic Prospects Training Camp: May 8-10, 2026. This is a new event to provide exposure to training with different swimmers and coaches geared to swimmers ages 15-17 (in high school). The camp will be coached by selected coaches from the Atlantic provinces and a guest coach from Swimming Canada. 8 swimmers will be selected, choosing first those who are nationally qualified and then rolling down through the highest qualified/ranked swimmers