



## RICHMOND KIGOOS SWIM CLUB PROGRAM OUTLINE

DIVISIONS*	GROUPS	
5 to 8	Senior II	
4 & 5	Senior I	
3 to 5	Intermediate I	Intermediate II
2 & 3	Junior Development III	Junior II
1 & 2	Junior Development II	Junior I
	Junior Development I	
	Tater Tots	

\*The above-noted divisions are meant to serve as an indication only. Exact group placement will be at the discretion of the Richmond Kigoos coaching staff. Please consult the BCSSA Age Locator document for information on your swimmer's division.

### **TATER TOTS:**

The Tater Tots program is 2 x 30-minute swimming sessions per week for 4 weeks starting on the first Tuesday in July.

Swimmers will:

- Learn the basics of holding their breath underwater, floating on their front and back, kicking on their front and back, and swimming freestyle and backstroke short distances.
- Get comfortable in the water through fun, swimming-oriented games.

**Coaching Ratio:** Max 2 swimmers per 1 in-water coach and/or coach-in-training

**Minimum Swimmer Pre-Requisites:** Comfort entering water, putting face in water, and blowing bubbles.

### **JUNIOR DEVELOPMENT I:**

The Junior Development I program is 4 x 45-minute training sessions per week (15 minutes Dryland and 30 minutes in-water) for 14 weeks from the beginning of May to the end of July.

Swimmers will:

- Learn basic speed swimming technique for freestyle, backstroke, and breaststroke.
- Learn dolphin kick and implement into proper streamline wall breakouts.
- Practice jumping/diving in deep end.
- Build towards swimming 25m of recognizable freestyle and backstroke.

**Swim Meet Eligibility:** Swimmers may compete in Junior Development Meets\*, at the Richmond Icebreaker Meet\*\*, and at Competitive Meets\*\*\* in designated 25m races (for ages 6&under).

**Coaching Ratio:** Max 3 swimmers per 1 in-water coach

**Minimum Swimmer Pre-Requisites:** Ability to swim 10m unassisted in any stroke.

### **JUNIOR DEVELOPMENT II:**

The Junior Development II program is 4 x 60-minute training sessions per week (15 minutes Dryland and 45 minutes in-water) for 14 weeks from the beginning of May to the end of July.

Swimmers will:

- Learn speed swimming techniques for all four strokes.
- Learn proper race start techniques including diving from blocks and streamlining.
- Learn proper turn techniques including two-hand touch turns and flip turns.
- Build towards swimming 50m continuously in freestyle, backstroke, and breaststroke and 25m continuously in butterfly and completing 350m in a 45-minute practice.

**Swim Meet Eligibility:** Swimmers may compete in Junior Development meets, at the Richmond Icebreaker meet, and at Competitive meets beginning in July at the discretion of their coach.

**Coaching Ratio:** Max 6 swimmers per 1 in-water coach

**Minimum Swimmer Pre-Requisites:** Ability to swim 25m unassisted and continuously in a recognizable stroke. *8-year-old and under swimmers who do not meet this pre-requisite may be placed in Junior Development I.*

### **JUNIOR DEVELOPMENT III:**

The Junior Development II program is 4 x 60-minute training sessions per week (15 minutes Dryland and 45 minutes in-water) for 14 weeks from the beginning of May to the end of July.

Swimmers will:

- Learn speed swimming techniques for all four strokes.
- Learn proper race start techniques including diving from blocks and streamlining.
- Learn proper turn techniques including two-hand touch turns and flip turns.
- Build towards swimming 50m continuously in freestyle, backstroke, and breaststroke and 25m continuously in butterfly and completing 350m in a 45-minute practice.

**Swim Meet Eligibility:** Swimmers may compete in Junior Development meets, at the Richmond Icebreaker meet, and at Competitive meets beginning in July at the discretion of their coach.

**Coaching Ratio:** Max 6 swimmers per 1 in-water coach

**Minimum Swimmer Pre-Requisites:** Ability to swim 25m unassisted in a recognizable stroke.

### **JUNIOR I:**

The Junior I program is 6 training sessions per week ranging from 75 to 90 minutes (15-30 minutes Dryland and 60 minutes in-water) for 14 weeks from the beginning of May to the end of July (with the potential for two additional weeks from the end of July to mid-August if the swimmer qualifies for the Provincial Championships).

Swimmers will:

- Refine their technique in all four strokes, race starts, and turns.
- Build endurance by training longer distances at more frequent practices.
- Improve swimming speed and racing consistency.

**Swim Meet Eligibility:** Swimmers may participate in all Competitive meets.

**Coaching Ratio:** Max 15 swimmers per 1 on-deck coach

**Minimum Swimmer Pre-Requisites:** Ability to swim 25-50m legally in all four strokes and complete 350m in a 45-minute practice.

### **JUNIOR II:**

The Junior II program is 7 training sessions per week ranging from 75 to 90 minutes (15-30 minutes Dryland and 60 minutes in-water) for 14 weeks from the beginning of May to the end of July (with the potential for two additional weeks from the end of July to mid-August if the swimmer qualifies for the Provincial Championships).

Swimmers will:

- Refine technique in all four strokes, race starts, and turns.
- Build endurance by training longer distances at more frequent practices.
- Improve swimming speed and racing consistency.

**Swim Meet Eligibility:** Swimmers may participate in all Competitive meets.

**Coaching Ratio:** Max 15 swimmers per 1 on-deck coach

**Minimum Swimmer Pre-Requisites:** Ability to swim 25-50m legally in all four strokes and complete 350m in a 45-minute practice.

## **INTERMEDIATE I:**

The Intermediate I program is 5 x 75-minute training sessions per week (15 minutes Dryland and 60 minutes in-water) for 14 weeks from the beginning of May to the end of July.

Swimmers will:

- Learn speed swimming techniques for all four strokes and build towards legally swimming a 100m or 200m Individual Medley.
- Learn proper race start techniques including diving from blocks and streamlining.
- Learn proper turn techniques including two-hand touch turns and flip turns.
- Build towards swimming up to 1500m in a 60-minute practice.

**Swim Meet Eligibility:** Swimmers may compete in Junior Development meets (depending on age maximums of the meet), at the Richmond Icebreaker, and at designated Competitive meets at the recommendation of their coach.

**Coaching Ratio:** Max 15 swimmers per 1 on-deck coach

**Minimum Swimmer Pre-Requisites:** Ability to swim 50m unassisted in at least two of the four competitive strokes (freestyle, backstroke, breaststroke, butterfly).

## **INTERMEDIATE II:**

The Intermediate II program is 8 training sessions per week ranging from 75 to 90 minutes (15-30 minutes Dryland and 60 minutes in-water) for 14 weeks from the beginning of May to the end of July (with the potential for two additional weeks from the end of July to mid-August if the swimmer qualifies for the Provincial Championships).

Swimmers will:

- Refine technique in all four strokes, race starts, and turns.
- Develop an understanding of swimming drills for all strokes.
- Develop an understanding of dryland drills and activation.
- Build endurance by training longer distances at more frequent practices.
- Improve swimming speed and racing consistency.

**Swim Meet Eligibility:** Swimmers may participate in all Competitive meets.

**Coaching Ratio:** Max 30 swimmers per 1 on-deck coach

**Minimum Swimmer Pre-Requisites:** Ability to swim 50m legally in all four strokes and complete 1500m in a 60-minute practice.

## **SENIOR I:**

The Senior I program is 8 training sessions per week ranging from 75 to 120 minutes (15-45 minutes Dryland and 60-90 minutes in-water) for 14 weeks from the beginning of May to the end of July (with the potential for two additional weeks from the end of July to mid-August if the swimmer qualifies for the Provincial Championships).

Swimmers will:

- Refine technique in all four strokes, race starts, and turns.
- Enhance understanding of swimming drills for all strokes
- Enhance understanding of dryland drills and activation
- Build endurance by training longer distances at more frequent practices.
- Improve swimming speed and racing consistency.
- Volunteer as Coaches-In-Training (optional)

**Swim Meet Eligibility:** Swimmers may participate in all Competitive meets.

**Coaching Ratio:** Max 30 swimmers per 1 on-deck coach

**Minimum Swimmer Pre-Requisites:** Ability to swim 50m legally in all four strokes and complete 1500m in a 60-minute practice.

## **SENIOR II:**

The Senior II program is 8 training sessions per week ranging from 75 to 120 minutes (15-45 minutes Dryland and 60-90 minutes in-water) for 14 weeks from the beginning of May to the end of July (with the potential for two additional weeks from the end of July to mid-August if the swimmer qualifies for the Provincial Championships).

Swimmers will:

- Refine technique in all four strokes, race starts, and turns.
- Master understanding of swimming drills for all strokes
- Master understanding of dryland drills and activation
- Build endurance by training longer distances at more frequent practices.
- Improve swimming speed and racing consistency.
- Volunteer as Coaches-In-Training (optional)

**Swim Meet Eligibility:** Swimmers may participate in all Competitive meets.

**Coaching Ratio:** Max 30 swimmers per 1 on-deck coach

**Minimum Swimmer Pre-Requisites:** Ability to swim 50m legally in all four strokes and complete 1500m in a 60-minute practice.

***\*Junior Development Meets consist of four separate meets swum on Wednesday evenings in June and July.***

***\*\*The Richmond Icebreaker Meet is hosted by the Richmond Kigoos Swim Club at Steveston Pool annually on the first weekend of June.***

***\*\*\*Competitive Meets are scheduled on weekends beginning in June and running until the Regional Championships held at the beginning of August. These meets are located at various pools throughout the Lower Mainland.***