



Excellence, Integrity, Innovation, Collaboration

## **Excel Alberta**

### **Train to Compete/ Train to Win**

#### **Objectives:**

Year 1:

*Create a broad base of swimmers having access to more opportunities with more chances for greater experience. Placing a greater emphasis on coach education, knowledge and experience throughout the Province.*

Year 2:

*Teaching swimmers to race back to back performances under pressure.*

Year 3:

*Consolidation of the processes involved in achieving the performance and swimmer experience and knowledge in recreating the performance.*

Year 4: (Olympic Year)

*Refining the performance. Supporting the best*

## **Aspire Alberta**

### **Aspiring to World Class - Train to Compete**

#### **Objectives:**

Year 1: Co Provincial race simulation camp providing structured stroke and skill race analysis.

Year 2: Co provincial race simulation camp providing the opportunity to learn to race with race strategy analysis and development and media training.

Year 3: A Provincial Duel in the pool competing as individual teams.

Year 4: A training and observational learning opportunity at the Varsity Meet Swimmers will train and watch the finals having the opportunity to observe, discuss and learn with further education around National team protocols.



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## **Emerge Alberta**

### **Developing Talent - Train to Train**

#### **Objectives:**

- Year 1: An organised racing opportunity with heat declared winner events and skins AM and PM with a combined score (Decathlon)
- Year 2: A North vs South Duel in the pool head to head with doping awareness workshop.
- Year 3: Travel as a Swim Alberta Team to race at a meet in Saskatoon/ Manitoba/ BC?
- Year 4: A training and observational learning opportunity at the Canadian Olympic trials. Swimmers will train and watch the trials finals having the opportunity to observe, discuss and learn.

## **Discover Alberta**

### **Foundation - Learn to Train/ Train to Train**

#### **Objectives:**

##### Year 1

###### September:

Coach: Using meets effectively. Warming up & Swimming down

Swimmer: Using meets effectively. Warming up & Swimming down

###### October:

Coach: Effective planning

Swimmer: Basic swimming skills

###### November:

Coach: Effective coaching

Swimmer: Swimming tests – 200 kick, 200 pull, 1000m endurance, 4x25 speed, 4x50 speed endurance

##### Year 2

###### September:

Coach: Training zones & activation protocols

Swimmer: Activation protocols

###### October:

Coach: Mindset - The use of basic psychology in coaching

Swimmer: Mindset and trainability

###### November:

Coach: Officiating



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Swimmer: Swimming tests – 200 kick, 200 pull, 1000m endurance, 4x25 speed, 4x50 speed endurance

### Year 3

September:

Coach: Basic nutrition

Swimmer: Basic nutrition – Taking care of yourself -make a recovery shake

October:

Coach: Lifestyle, health & Hygiene. Social media awareness.

Swimmer: Lifestyle, health & hygiene. Social media awareness.

November:

Coach: Consolidation of the process – where next?

Swimmer: Swimming tests – 200 kick, 200 pull, 1000m endurance, 4x25 speed, 4x50 speed endurance

### Year 4

September:

Coach: Swimming orientation, exposure to World swimming – “The big picture”

Swimmer: Swimming orientation, exposure to World swimming – “The big picture”

Anthropometric testing – Standing height, sitting height, weight, arm span.

October:

Coach: Talent ID – what are we looking for?

Swimmer: Training skills – “The right stuff”

November:

Coach: Building a support team and effective daily training environment

Swimmer: Swimming tests – 200 kick, 200 pull, 1000m endurance, 4x25 speed, 4x50 speed endurance