

AAC Squad Pre-Requisites and Descriptions

Squad	Pre-Req	Consideration	Description
Senior A	-SNC Senior National Standards in at least 1 event	-Within 2% of the Senior National standard in at least one Olympic Event.	-This squad endeavors to offer World Class training opportunities for its members. Athletes are expected to attend fully and be willing to take on progressively more difficult challenges from week to week. Athletes who complete the full program each week should fully expect success at the National and International level. Athletes are encouraged to progress toward the absolute highest level of competition that the sport has to offer. Membership in this squad is a privilege, not a right. Membership in this squad is contingent on the athlete's daily decisions, and is revokable at anytime if those decisions become a detriment to the individual, the group or the club.
Senior B	-SNC Age Group or Eastern/Western s in at least 1 event	-Within 2% of the standard in at least one Olympic Event 100m or longer.	-This squad is a stepping stone toward swimming at the Senior National and International level. Athletes in this group should see themselves as the future stars of the club, and should be training meaningfully toward promotion into the top squad of the club. Athletes in this squad will compete in the highest level of competition they qualify for, and may elect not to compete at lesser competitions in order to gain valuable experience at larger meets. Athletes in this squad will be constantly asked to modify and correct virtually all components of their athletic behaviour, and must be willing to accept feedback at all times. Athletes will not be promoted to this squad until the Coaching Staff believes that their mental readiness is equal to their physical readiness.
Junior B Junior A	-Junior Provincial Qualifying Standards in at least one event	-Within 3% of the standard in at least one Olympic event 200m or longer	-This squad is the Junior Elite group of the club. Athletes in this squad must see themselves as future champions, and be fully committed to life as a swimmer. Athletes should be self motivated and driven by their desire to compete, improve and learn each and every day. Athletes in this squad will experience steady and rapid improvement as they move across their season. Athletes in this squad must be prepared to held accountable for things like attendance, workout arrival time, attitude and work ethic.
Junior B	-Regional Qualifying standards in at least one event	-Within 3% of the standard in at least one Olympic Event 400m or longer	-This squad is to be considered a temporary location for athletes as they prepare to move on to the Provincial level. The focus is on learning to train, but moreso, learning to train WELL. There is a heavy emphasis on the improvement of conditioning and skills in all four strokes, and in a broad range of distances. Athletes in this squad will also begin to attend out of area meets and team trips.
Dev	-Coach's Decision	n/a	-This squad offers general programming for a broad range of up and coming swimmers. Athletes continue to develop the skills they have learned in the first few levels of the club structure, and work toward a regional qualifying time. This squad is also bolstered by the presence of an additional coach on deck. In the spring, morning practices will shift to afternoons in the new outdoor pool.
Intro	-Coach's Decision	n/a	-This squad is the first in which athletes will begin to compete in meets outside of Ajax. This squad also introduces athletes to "real" training, and teaches athletes how to manage the various protocols that older swimmers must master in order to be successful. This is also the level when practices dedicated solely to dryland are introduced. Morning practices are also introduced. Athletes will compete in events across the GTA.
Novice	-Assessment or completion of iSWIM	n/a	-This squad allows athletes to compete in 5 club hosted time trials per season, all in the ACC pool. Athletes are taught the basics of training and also continue to work on their strokes and skills. Athletes will be promoted out of the iSWIM program, but may also be placed in this group due to a successful assessment.