

AAC Competitive Squads 2009-2010

National Squad

Athletes in the National Squad must have achieved SNC Senior National qualifying standards in at least one event. Athletes in this squad will compete at Senior National Championships, as well as other SNC designated competitions. Athletes in this squad will also attend International competitions. Athletes in this squad are also expected to attend any training camp opportunities offered by the club.

The objective of this squad is to produce the highest possible level of performance. Athletes who successfully adhere to the training principles and demands will achieve an elite status within our country and beyond. Athletes in this squad will break records at the club, Provincial and National levels. Athletes in this squad will be trained to perform point scoring and medal winning performances at the National level. Athletes in this squad will move on to compete meaningfully at the post-secondary level in either the NCAA or the CIS.

Athletes in this squad will undergo weekly strength and flexibility testing. Athletes in this squad will maintain a 95% minimum level of attendance if they wish to compete for our team. Athletes in this squad will perform strength and flexibility training 3 times per week under the supervision of our Head Coach.

Hours per week: 22

Junior National Squad

Athletes in the Junior National Squad must have achieved SNC Age Group Championships or East/West Championships qualifying standards in at least one event. Athletes that successfully adhere to the training principles and demands of this squad will produce medal winning or point scoring performances at the East East/West Championships, Age Group Championships and Provincial Championships. Athletes in this squad are also expected to attend any and all training camp opportunities offered by the club.

Athletes in this squad will undergo weekly strength and flexibility testing. Athletes in this squad will maintain a 90% minimum level of attendance if they wish to compete for our team. Athletes in this squad will perform strength and flexibility training 2 times per week under the supervision of our Strength Coach.

Hours per week: 17

Senior Squad

Athletes in the Senior Squad must have achieved Junior Provincial qualifying standards in at least one event. Athletes who have not achieved this standard, but who wish to be placed in this group, must be Finalists at the Central Region Championships. Finally, athletes must be at least 13 years of age to be placed in this group.

Athletes in this squad will be trained to achieve the Junior National Squad pre-requisites as quickly as possible. During that process, athletes who adhere to the training principles and demands of this squad will achieve success at the Provincial level and will reach the podium at the Regional level.

Athletes in this squad undergo weekly strength and flexibility testing. Athletes in this squad will maintain a 90% minimum level of attendance if they wish to compete for our team. Athletes in this squad will perform strength and flexibility training 2 times per week under the supervision of our Strength Coach.

Hours per week: 15

Provincial Squad

Athletes in the Provincial Squad must have achieved a Junior Provincial qualifying standard in at least one event. Athletes in this squad will be toward medal winning and point scoring performances in a variety of events at the Junior Provincial level. Athletes in this squad will endeavor to break club records, and will be encouraged to take part in as many team travel opportunities as possible. Finally, athletes in this squad will learn the values, skill set and enthusiasm for racing and training required to find success in the upper squads of the club.

Hours per week: 13

Regional Squad

Athletes in the Regional Squad must have achieved a Regional qualifying standard in at least one event. Athletes in this squad will be trained toward medal winning and point scoring performances at the Regional level. Athletes in this squad will also be encouraged to “think big” and be ambitious as they work toward a Provincial qualifying standard. Athletes in this squad will be encouraged to take part in our annual “team travel” opportunity. Finally, athletes in this group will continue to build a strong foundation for future success based on aerobic swimming and training and racing skills.

Hours per week: 12

Junior Squad

Athletes will be promoted to the Junior Squad based on successful completion of the Intro Squad program, or based on the assessment of the Head Coach upon registration for the team. Athletes in this squad will be trained toward a Regional qualifying standard, while at the same time learning the skill set, stroke mechanics, and approach to training that is required for success in the upper squads of the club. Athletes in this squad will compete in meets across the GTA, as well as in club hosted competitions.

Athletes in this squad will be trained to qualify for Regional Championships as quickly as possible.

Hours per week: 9

Intro Squad

Athletes will be promoted to the Intro Squad based successful completion of the Novice Squad program, or based on the assessment of the Head Coach upon registration for the team. Athletes in this squad will be introduced to competition and will compete in roughly one meet per month around the GTA. Athletes in this squad will also be introduced to the basic practice structure that they will be training within as the progress through the club's squad system. Athletes will also be introduced to training concepts like pace times, goal times and stroke counts, along with racing skills like turns and starts.

Hours per week: 6

Novice Squad

Athletes will be promoted to the Novice Squad based on successful completion of the Sears I Can Swim program, or based on the assessment of the Head Coach upon registration for the team. Athletes in this squad are coached by the Head Coach, in order to make sure that their first experience with the team is one that has a lasting impression. The Novice Squad provides a sound foundation upon which to build not only athleticism but also personal development, fostering traits like self-confidence, dedication and perseverance.

Hours per week: 3