

# **Prince Albert SHARKS Swim Club**

## **Group Structures**

### **SWIM QUEST**

#### **Sea Wolves**

The Sea Wolves is the first entry level for the swim club. Swimmers in this group should be able to swim one width of the pool unassisted and be 6 years of age or older. The group is non-competitive giving instruction in basic swimming skills. The focus of this group is to have fun while teaching the participants swimming skills through drills, games and group activities. This group provides great flexibility for family scheduling as practices are scheduled 3 times per week from 5:30 – 6:30 pm on Monday and Wednesdays and Saturday mornings from 9:00 – 10:00 am. Swimmers and parents are allowed to choose how many practices per week they attend and on which days. The training fee is pro rated based on the number of swims attended per week.

#### **Makos**

The Mako squad is another non-competitive learn to swim program. Swimmers in this group should be able to swim one length of the pool unassisted, Aqua Quest level 4 or 5, and be 7 years of age or older. As the Makos have a regular schedule, training is more suited to the level of ability within the group. This group trains two times per week, one hour each practice also using drills, games and group activities to teach the basic competitive swimming skills. They swim Wednesday and Friday evenings from 5:30 – 6:30 pm.

#### **Leopards**

The Leopards group is the first level of competitive programming in the Sharks swim club. Swimmers in this program have progressed through the Makos and Sea Wolves or have an equivalency of Aqua Quest 6 or 7. In this group there is more emphasis in the instruction of the 4 competitive swim strokes; Front Crawl, Backstroke, Breaststroke and Butterfly. Practices are more structured and the swimmers learn how to read a pace clock and do swim sets along with drills and games to teach them stroke technique. The age for this group is 7 and older and they train two times per week, 1 hour each practice from 5:30 – 6:30 pm on Tuesdays and Thursdays.

# **SPEED QUEST**

## **Tigers**

This is the second level of competitive programming. Swimmers are entered in to this group based on their skill levels. They should have progressed through the previous learn to swim programs or have an equivalency of Aqua Quest 8 or higher. The emphasis for this group is to continue with the stroke technique work along with doing repetitive swim sets to begin to develop their aerobic base and endurance. Practices are more structured and they train 2 times per week, 1.5 hours per practice from 5:00 – 6:30 pm on Mondays and Thursdays. Age for this group is 8 – 12 years old.

## **White**

The White group is the next level of competitive swimming after the Tigers. Swimmers in the White squad should have progressed through the Tiger Squad or have previous competitive swimming experience. In this group, swimmers continue to perfect their stroke technique along with increasing volumes to develop their aerobic base and physical conditioning. Practices are very structured with repetitive swim sets. They train up to 4 times per week from 5:00 – 6:30 pm on Monday, Tuesday and Friday and 8:00 – 10:00 am on Saturdays. Ages in this group vary from 8 years old to 14 years old with the emphasis of entry being based on their skill level.

## **Blue**

This is the second highest competitive swim program of the Sharks swim club and requires a higher level of commitment. Training in this group dramatically increases with more emphasis on higher volume and aerobic base training. Swimmers in this group must have progressed through the white squad, unless they have previous competitive experience. Swimmers in this group should have at least one provincial “A” time standard and progressing to achieving more. They are put into this group based on age, skill level and level of maturity at the discretion of the coaching staff. Ages vary from 11 to 15 years old. They train five times per week, Monday to Friday and Saturday morning.

## **Green**

This is the top competitive swim program. Swimmers in this group have progressed through the Blue Squad. It is composed of swimmers 12 years of age and older. They should have provincial “A” time standards as a minimum and are committed to progressing to higher levels in their swimming career. Training volume is very high in this group with the emphasis being on aerobic base training. To be in this group, they are technically strong in all four competitive swim strokes. Swimmers are placed in this group at the discretion of the Head Coach based on age, skill level and maturity. They train up to nine times per week, mornings and evenings, from Monday to Friday and Saturday morning.

## **ABORIGINAL SWIM QUEST**

The Prince Albert Sharks Swim Club has started a new learn to swim program for the Aboriginal youth in Prince Albert.

The program started in February/2007 with a four day mini-camp inviting Aboriginal youth from the Muskoday Reserve and urban youth through the Prince Albert Grand Council and Zone 8 Sports Council. The camp was a great success with over 20 participants, all of them having a great time in the water. A number of high performance swimmers from the Sharks helped the coaches with the camp, providing some excellent support and guidance for their Aboriginal peers.

The program is now in its third week and off to a great start with 16 new swimmers involved in the program. Many of the swimmers already have a good swimming base to start with and they are having fun while improving their swimming skills. Participants swim twice per week for an hour each practice. The Swim Quest program is non-competitive and designed for progressive development of basic swimming starting from non swimming drills through to timed 400 metre swims. The participants, co-ordinators and coaches are very pleased with the program so far and look forward to the continued success and development of the program.

**The Prince Albert Sharks would like to thank the following sponsors for their support in the Aboriginal Swim Quest program:**

**Muskoday Reserve**

**Prince Albert Grand Council**

**Zone 8 Sports Council**

**Sask Sport Inc.**

**Swim Saskatchewan Inc.**

**Community Initiatives Fund through  
Saskatchewan Culture, Youth and Recreation**