

The Evolution of a Shark...

Swim Quest Program

SeaWolves

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.

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. 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.

Leopards

The Leopards group is the first competitive program. 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.

Tigers

This is the second level of competitive programming. Swimmers 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.

- **Speed Quest Program**

White Squad

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.

Blue Squad

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 are committed to progressing. They train five times per week.

Green Squad

This is the top competitive swim program. 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.

We have the winning spirit...

...dive in and see!



Training Facility

All Sharks train exclusively at the Frank J. Dunn Swimming Pool adjacent to Carlton Comprehensive High School. FJD Pool is equipped with a five lane 25 metre pool inching in depth from 3.5 to 4.5 feet. The Sharks host annual Developmental meets in and have hosted Short Course Provincials at the FJD Pool. The viewing gallery enables families to watch and support athletes in training and competition.

Shark Attack

PA Sharks Swim Club (PASS) has acquired a total of 22 Small Team Trophies over a seven year period.

PASS athletes and coaches are well known and respected across Western Canada. Coaches are highly trained and participate in ongoing professional development.

Individual Awards and Achievements of Past and Present Sharks include:

- Swim Saskatchewan Athlete Merit Award
- National Age Group Champion
- Two World Special Olympics Champions: Dublin, Ireland and Raleigh, North Carolina
- North American Indigenous Games Champions: Winnipeg, Manitoba and Denver, Colorado
- Canada Games Participants
- Provincial Record Holders

The Sharks Athlete code of Conduct was established in the interest of promoting good sportsmanship, leadership, and self-discipline.



*In our eyes,
a Shark is so
much more
than a
swimmer.*

Why Swim?

Swimming is a lifetime sport that benefits the whole body and whole person!

Swimming is the most nearly perfect form of exercise. It is non-weight bearing and imposes no stress on the bones and joints; it improves cardiovascular conditioning; and is a form of meditation that helps calm the nerves. Swimming uses most of the major muscle groups, and strengthens both the upper and lower body.

http://www.sportsharkebook.com/features/what_swimming.html

Attending swim meets allows you to travel and form lasting friendships with other youth.

Swimmers begin competing when they are mentally and physically prepared.

#1 Reason: SWIMMING IS FUN!



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Swim Quest

Learn to Swim, Precompetitive, and Competitive Programs

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For more information visit our website
<http://www.pasharks.com/index.htm>