



Prince Albert Sharks Swim Club

The **Prince Albert Sharks Swim Club philosophy** is that swimming provides an opportunity for group participation, and friendship, as well as positive physical and emotional development.

The Club believes that competitive swimming is a 'sport for all' with no restrictions as to age, gender or race for participation.

[Shop Now](#)
[Get Info](#)

[Home](#) [News](#) [Programs](#) [Who's Who](#) [Schedules](#) [Sponsorship](#) [Honours](#) [Gallery](#) [Documents](#) [Links](#)

Sharks Introductory Programming

Swim Quest Program

A non-competitive learn to swim program . This would be the first level entry for swimmers with some basic swimming skills and can swim one width of the pool unassisted, without using a kickboard or other flotation device.

Participants in this group should be 6 years of age or older.

The Swim Quest program swims once or twice per week depending on the level of the swimmer. The focus of these groups is to have fun while learning new swimming skills through drills, games and group activities. Swimmers are monitored regularly and are assessed on an individual basis. When the coach feels the swimmer is ready, they move from this group into the first entry level of the competitive swim program.

Sharks Intermediate Programming

Green

This group is intended for swimmers competing in regionally sanctioned competitions for novice to intermediate level swimmers.

Swimmers in this group will generally range from ages 7 to 10.

In the pool, the emphasis will be on technical acquisition and development for all four strokes and other race components (underwater kick, starts, turns and finishes). Swimmers in this group will engage in a series of skills and drills that will promote proper alignment and balance in the water. This group will also be introduced to the fundamentals of training at an introductory level.

Outside the pool, the emphasis will be on drylands (balance and coordination), flexibility and education. Education will consist of nutritional planning, life skills, proper health and swimming knowledge. Both in and out of the pool, swimmers will acquire mental skills necessary for training and competition.

This group will train up to 5 times a week in the pool and 3 times a week out of the pool (drylands). Swimmers in this group are expected to provide a moderate level of commitment. Entry to this group is at the discretion of the Head Assistant Coach and Head Coach.

Blue

This group is intended for swimmers improving towards qualifying for Provincial level competition.

Swimmers in this group will generally range from ages 9 to 12.

In the pool, the emphasis will be on technical acquisition, development and refinement for all four strokes and other race components (underwater kick, starts, turns and finishes). Swimmers at this age are entering a critical period of aerobic development (slow to intermediate energy delivery). Therefore, stronger emphasis will be placed on this component of training.

Outside the pool, the emphasis will be on dryland strength (no weight training) and conditioning, flexibility and education. Education will consist of nutritional planning, life skills, proper health and swimming knowledge. Both in and out of the pool, swimmers will develop and begin to master mental skills necessary for training and competition.

This group will train 6 -7 times per week in the pool, and train 2 times per week dryland. Swimmers in this group are expected to provide a moderate to high level of commitment. Entry to this group is at the discretion of the Head Assistant Coach and Head Coach.

Sharks Advanced Programming

Junior

This group is intended for swimmers improving towards competing at the top level of swimming in Saskatchewan and Canada for their respective ages.

Swimmers in this group will generally range from ages 11 and up.

In the pool, the emphasis will be on technical development and refinement for all four strokes and other race components (underwater kick, starts, turns and finishes) and slow to fast energy delivery through a systematic training plan.

Outside the pool, the emphasis will be on dryland strength and conditioning, flexibility and education. Education will consist of nutritional planning, life skills, proper health and swimming knowledge. Both in and out of the pool, swimmers will develop and master mental skills necessary for training and competition.

This group will train a combination of mornings and evenings 7 – 8 times per week in the pool, 2 – 3 times dryland. Swimmers in this group are expected to provide a high level of commitment. Entry to this group is at the discretion of the Head Coach.

Senior/Nat

This group is intended for swimmers improving towards competing at the top level of swimming in Canada and abroad.

Swimmers in this group will generally range from ages 13 and up.

In the pool, the emphasis will be on technical refinement for all four strokes and other race components (underwater kick, starts, turns and finishes) and slow to fast energy delivery through a systematic training plan.

Outside the pool, the emphasis will be on dryland strength and conditioning, flexibility and education. Education will consist of nutritional planning, life skills, proper health and swimming knowledge. Both in and out of the pool, swimmers will develop and master mental skills necessary for training and competition.

This group will train a combination of mornings and evenings 7 – 8 times per week in the pool, 2 – 3 times dryland. Swimmers in this group are expected to provide a full commitment. Entry to this group is at the discretion of the Head Coach.