



Advanced Placement

The Advanced Placement program is overseen and coached directly by the Saskatoon Goldfins Head Developmental Coach. The swimmers are selected to be in this program by the Head Coach. The Advanced placement program is dedicated to producing exceptional technical skill at a young age. Selection into the advanced placement program will have been determined by a combination of physical pre disposition to the sport of swimming, and an attitude that suits success in the sport. 30 % of the decision to select swimmers will be influenced by physical predisposition, however 70% of the reason why a swimmer is selected will be due to their personal appetite for the challenges that swimming has to offer. Swimmers with a desire to work hard, pay attention to details, push themselves to get better in their own personal weaknesses are the aptitudes that will be a large determining factor towards selection into the Advanced Placement group.

Advanced Placement Minimum Entry Requirements

Fast Enough	Dedicated	Knowledgeable	Trainable	Technical
Able to complete 3 stroke 50's (Fly, Bk, Free) under 50 sec.	Attentive to feedback	Understand the names of all 4 strokes	Are safe and competent to swim for 60-90 minute Sessions	Know the rules for both starts, and all 4 turns and finishes
	Smiling most of the time	Understand IM order	Ability to kick all 4 strokes	Correct flutter kicking technique
	Desire to push themselves in personal weak areas			
	Particular about technical detail			
	Willing to attend prescribed sessions			

Within the advanced placement squad the Saskatoon Goldfins will be looking to maximize on the technical aspects of swimming, and allow for proficiency in all 4 strokes, and all types of starts and turns. In the technical stroke area swimmers will look to be excessively efficient in all the basic stroke modules, in all 4 strokes. The swimmers will be learning to start and turn with great proficiency, and will show terrific aerobic ability. All of these aspects will be evaluated weekly by the Head Coach. The fun aspect of the Advanced Placement Group will be experienced within the swimmers ability to acquire an advanced skill set, and will see a noticeable advantage as the swimmers compete.

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Name of Coach: Alison Cowan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						6:45-8:30 Swim
PM						2:45-4:30
	5:45-7:30 Swim		4:45-6 :30 Swim		5:45-7:30 Swim	Selected swimmers only

