



Development 2

The Dev 2 program is the introduction to competitive swimming at the out of house regional level. In Dev. 2 there will be an introduction to all the skills needed for long term success. Seeds of skills will be planted into the swimmers technical tool box, and as the swimmer progresses the progress of the skills will be monitored. Fun and love of swimming are the mandate of this squad, as there will be a great deal of focus on ensuring that a safe fun environment are provided for the swimmers.

Dev 2 Minimum Entry Requirements

Fast Enough	Dedicated	Knowledgeable	Trainable	Technical
Able to complete 50 meters of Free under :50	Attentive to feedback	Understand the names of all 4 strokes	Are safe and competent to swim for 60 minute Sessions	Know the rules for both starts, and all 4 turns and finishes
Able to complete 50 meters of back under 1:00	Smiling most of the time	Understand IM order		Correct flutter kicking technique

Focus of Dev 2

The focus of the Dev. 2 program is fun first. The goal of the Saskatoon Goldfins coaching staff is that every time the swimmers finish practice, they lament having to leave because practice was so much fun. The fun in the sport is going to be the gratification of learning a new skill, or improving upon a previously taught. Racing in this group will provide the fun and challenge of racing, but their will be a great deal of priority on good technique over winning and performance. This program will serve as the planting area of technical development, where many skills will be taught, and then through time and practice the skills will begin to show some result. When the skill begins to show through the swimmer will be encouraged to move into the Dev 3 program or if the swimmer displays an advanced aptitude towards swimming excellence Advanced Placement will be offered.

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Name of Coach: Matthew Mossey

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						6:45-8:30 Swim
PM		6:15-7:45 Swim		6:15-7:45 Swim	6-6:20 Dry Land 6:30-7:30 Swim	