



Group Description NAT Group

Swimmers in this level demonstrate many high performance attributes. Starting with dedication, swimmers in the NAT Group have a level of dedication that will allow for long term sustainable success, the athletes in this squad make swimming a high priority, and are fully dedicated to the assigned practice times, and meets. Within this program swimmers are expected to demonstrate a work ethic that is satisfactory to the Head Coach, as this attribute will determine the experience the swimmers have in this sport.

Another attribute swimmers in the NAT Group often possess is talent, a physical predisposition to swimming such as height, feel for the water, athleticism, strength, flexibility, speed, and endurance. To achieve at the senior level swimmers will need to possess some of these physical characteristics.

Technical competence is required to enter the NAT program. The ability to perform the correct techniques of all four strokes will provide longevity as a senior swimmer, as it will lead to the long term success, and health from injury as the rigorous takes place. The swimmer's performance level is measured when looking to admit swimmers into the NAT program, "AA" provincial level up to Age Group National performance is required to enter the NAT group, however it will be required that the swimmers achieve this performance level through a technical competence to the satisfaction of the Head Coach to ensure admission to the Senior Program.

Discipline is another characteristic swimmers need to possess to enter the NAT Group, the sport of swimming requires the skill level that athletes such as gymnasts, or dancers possess, as well as the endurance that marathon runners or rowers possess. Swimming is unique in its long list of demands, and to succeed in the sport requires a large degree of discipline. To succeed in the senior ranks of swimming an all round level of discipline will be required in aspects outside of swimming such as school, and family/social life. It will be the understanding of the Head Coach that swimmers in the NAT Group overachieve in school, as anything less would indicate a lack of discipline and effort, which is unacceptable if swimmers are truly serious about Senior level success.

Maturity is a requirement to be a part of the NAT group. In swimming a definition of maturity is doing what it takes to achieve what is the desired outcome, a self directed approach is required to comply with the maturity requirements. Swimmers will be given a great deal of equity, and voice within the programming of the training, so trust and mature positive natured communication will be a must. Swimmers will take responsibility to perform the task requirements of high performance, and it will be the expectation of the Head Coach that all task requirements are done independently. Swimmers will be accountable for their actions and will be evaluated accordingly, decisions such as nutritional choices and preparation procedures (i.e. warm up & warm down) will indicate the maturity of the swimmers.

All of the above stated characteristics are essential to success in swimming, as well in life. This is why swimming at a Senior level is such a beneficial experience. Through a process of developing the above stated attributes swimmers will find success to a national level and beyond. It is the mandate of the NAT Group to develop athletes to be in the High Performance Level.

Swimmers will be admitted into this group as early as the age of 14 years old, so long as the above stated requirements are met, it is preferable that swimmers in the NAT Group are admitted by the age of 15. Swimmers will only be admitted if it is in their best interest to themselves as individuals. The process to becoming a Senior swimmer will be offered in the curriculums of developmental groups within the Goldfin program.

Technical Description of Athletes to Enter the NAT Group

Fast Enough	Dedicated Enough	Smart Enough	Trainable Enough	Technical Enough
Achieves Senior Provincial times	Have made a complete commitment to swimming	While maintaining 90+% attendance achieve strong academic stature.	Freestyle can hold sustained effort up to 4000 meters on 1:30/100 base interval LC	200 IM/200 back/200 fly all within 1% of each other in terms of time
Closing in on Western Champ/AGN	Displays commitment through 90+ % attendance	Is educated about all technical terminology, and tactical terminology	IM can perform 6x200 IM's on 3:20 interval LC	Correct body position and ability to kick at body position in all 4 strokes
Provincially competitive in multiple distances of multiple strokes	Completes every meter of every set the way it was designed by coach	Is aware of the pace clock	Kick 300 meters in under 5:15	Correct timing in all 4 strokes. Including breathing
	Self directed in terms of stretching, warm up, and all other race/training preparations.	Is pace aware	Can train up 1000 meters of technically sound butterfly in :30 per 25 interval	Understanding and reasonable mechanical ability in all 4 strokes
	Willing to work on breath control and increase your abilities		Displays ability to stay healthy 80% of the time	Ability to perform all turning and transition skills in all events.
				Ability to gain an advantage on underwater portions of races. (Provincial Level)
				Ability to gain advantages on race finishes.

National Group

Name of Coach: Kevin Coulman

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		6-7 Dryland		6-7 Dryland	5:15-7:30 Swim	7:45-10:00 Swim
PM	4:15-6:30 Swim	4-6 Swim	4:15-6:30 Swim/Wet Land	4:15-6:30 Swim	4:15-6:30 Swim	2:45-5:00 Swim Weights/Core

Group Description NAT GOLD Leaders

The Saskatoon Goldfins leadership squad. The direction of this group is to uphold the values of true High Performance. In every aspect of life swimmers in this group must display a high performance aptitude. Upon selection out of the NAT program swimmers will possess the tool box for National level success and are dedicated to reaching their potential as an athlete. There are many aspects that separate High Performance athletes from the rest of the population. Swimmers in this squad must understand this, and embrace the idea of being unique in terms of overall lifestyle.

In terms of performance swimmers in the NGL group will have either a Western Championship qualifying time, or an Age Group National time. There may be exceptions to this, but these cases will be rare, and only with the approval of the Head Coach. Along with having SNC qualifying times the swimmers in this group will display an ability to be competitive at the provincial level in multiple disciplines, and multiple distances.

In terms of dedication there can be no compromise to attending the scheduled practices, meets and training camp initiatives. A 100% commitment must be towards excellence in swimming and academics. Swimming must be the specialty of the athlete, and there can be no distracting activities, and the athlete and family must be in uniform of understanding the dedication required to succeed in High Performance swimming.

The requirements of behavior are rigid, as the swimmers in this group are going to serve as role models for the remainder of the club. Social behavior outside swimming must echo good athletic values. Leadership will be asked of the athletes in this program, in team aspects such as team cheers, team support, leading team stretches, and providing positive support to every team mate and volunteer.

Discipline as an athlete and person are paramount to the status of a high performance swimmer. Healthy social and nutritional choices are good indicators of discipline, but time management will be the make or break the success of the athlete. It will be expected that swimmers while maintaining a near 100% attendance will overachieve in school, and should be the top of the class in academics, as anything less would indicate a sub par effort on the athletes part, and a sub par effort is not acceptable to a high performance athlete. Swimmers will discipline themselves to execute the complex and rigorous training exercises required in this program. Swimmers will discipline themselves to recover and rehabilitate appropriately. Swimmers in this program need to display maturity and consistency in both racing and training.

In regards to predisposition, the swimmers in the High Performance will need to possess a physical predisposition to the sport. Physical attributes such as flexibility, height, strength, feel for the water, racing instincts, large feet and hands lead to a larger potential in high performance swimming. Very few swimmers possess all of these physical qualities, but the swimmers in High Performance will need to possess some of these natural abilities.

Technical ability and swimming knowledge are also factors that will allow for entry into the NGL program. Swimmers need to have an advanced stroke technique in their main stroke, and be proficient in non specialized events. Swimmers need to possess skills that allow them to gain advantages in races. Swimmers need to be able to manipulate their efficiency, stroke rate, and perform any tactical race strategy. It is critical to understand correct goal setting procedures, and have a realistic self awareness when it comes to understanding improvement.

The curriculum of the Saskatoon Goldfins will be designed to produce athletes of the caliber needed to enter the National GOLD Leader squad. These qualities will see to long term success as a person, and an athlete.

Fast Enough	Dedicated Enough	Smart Enough	Trainable Enough	Technical Enough
Achieves Senior Provincial times	Have made a complete commitment to swimming	While maintaining 90+% attendance school marks are strong.	(Threshold)Freestyle can hold sustained effort up to 5000 meters on 1:20/100 base interval LC	200 IM/200 back/200 fly all within 1% of each other in terms of time
Qualified Western Champ/AGN	Displays commitment through 98+ % attendance	Is educated about all technical terminology, and tactical terminology	IM can perform 6x200 IM's on 3:20 interval LC	Correct body position and ability to kick at body position in all 4 strokes
Competitive in multiple distances of multiple strokes	Completes every meter of every set above the expectation of the coach	Is aware of the pace clock	Kick 300 meters in under 5:15	Correct timing in all 4 strokes. Including breathing
Closing in on Senior Nationals	Self directed in terms of stretching, warm up, and all other race/training preparations.	Is pace aware	Can train up 1000 meters of technically sound butterfly in :30 per 25 interval	advanced mechanical ability in specialty strokes
	Willing to work on breath control and increase your abilities	Displays understanding of how to manipulate efficiency, stroke rate, and splitting.	Displays ability to stay healthy 80% of the time	Advanced ability to perform all turning and transition skills in all events.
	Sets own realistic goals, based on training performance. Communicates these goals to teammates and coach	Is self aware of performance status.	Can train specifically for specialty events, proficiently. (Anaerobic)	Ability to gain an advantage on underwater portions of races. (Western/AGN Level)
	Records and monitors own training through log book	Understands the process needed for improvement	Can benefit technically from recovery workout	Ability to gain advantages on race finishes.