

TRITONS' LEVELS

Ages 5 and up

Novice: Novice swimmers are those swimmers who have recently learned to swim & are able to swim a length on their front & their back. The objective of this group is to develop the skills required to make swimming easier & more enjoyable. In this group, swimmers will learn new skills such as diving into the water safely and swimming in a lane with other swimmers. This level of swimmer is able to compete at the participation level of Swim NS's Nova Tech program thus introducing them to competition when they feel capable. This group swims 3 times/ week

Intermediate: The Intermediate group are those more capable swimmers who have developed skills in all 4 strokes. They are able to dive off the block & know how to turn. This group continues to develop their skills in the strokes and enhance their opportunities in competition. The swimmers in this group are encouraged to compete in the Nova Tech program and can advance through that program to the age group level. There are 5 competitions throughout the season & the Nova Tech season culminates in the provincial meet held in mid-May. This group swims 4 times/week

At no time are those who swim with us ever forced to compete if they feel uncomfortable doing so. So often young swimmers feel stressed by thinking they have to compete & so cannot enjoy what is offered. Those who have been with us for some time & did not want to compete have been known to change their minds as they become more comfortable.

Junior B and Junior A

JuniorB: Swimmers in this group have graduated from Intermediate. They are also working to a higher level of competition, but this group also caters for the swimmer who has a greater load of other activities and wants to continue swimming but cannot commit to the necessary number of practices per week. Rather than be overwhelmed in a more intense group where the expectancy is attendance, this group may be for you.

The coaches do require communication regarding the attendance so practices can be tailored. The swimmers in this group are those who have qualified from the Nova Tech program and the coach of that program feels they are capable of the extra work done in the Junior B group. This group is looking to qualify for the NS Junior Provincial Championships. The standards required for this competition can be found on SwimNovaScotia.com

Junior B swimmers continue to work on the skills they were introduced to in the Nova Tech programs, but as they get stronger and swim more often they improve quite quickly. Again it must be stressed that competition is optional, but encouraged. This group do 4-5 pool practices each week and are introduced to dry land activities

JuniorA: Swimmers in this group are those who have achieved the Junior Provincial qualifying standard, the work this group does is to assist them to qualify for the next standard which is the Senior Provincial Championships. ('Junior' & 'senior' are defined by the time standard & not age). Much of the work the Junior A group does is similar to the Senior group, only they do fewer practices. This group does 6 pool practices & one dry land practice each week. **A commitment of 70% over a one-month period of practices is expected to fulfill the expectations of this group.**

To achieve the expected standard for this group a test is held on the third week of training. Those who are capable of fulfilling this set will be considered Junior A; others will be Junior B. This test can be challenged by a swimmer who feels they are capable. No swimmer in Junior A will be in the group without first having done the test. This is done to assess the capacity of the swimmer for training at the next level. It is necessary to indicate to the swimmer the level required.