



National Team Development Program



T. 613.260.1348 ext. 2004 F. 613.206.0804
www.swimming.ca www.natation.ca
700-2197 promenade Riverside Drive
Ottawa, On Canada K1H 7X3

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2009-2012 NATIONAL TEAM DEVELOPMENT PROGRAM

Goal Statement

The stated goal of the National Team Development Program is to provide identified swimmers aged 18 and under, in tandem with their personal coaches, the development opportunities to establish the will, attitude and skills required to race to the podium at the Senior International level.

The success of this program will be measured by the future success of these identified athletes at the Senior International level.

The success of this program will not be based on the number of medals won at the Junior or Youth International Level.

National ID Teams

SNC will select and name 3 national "ID" teams each year:

- Junior, Youth and Prospect "ID" teams named at the end of each SC and LC season
- Talent identification
- Athlete recognition, reward and motivation
- Testing opportunities
- Training opportunities
- Coach identification and development opportunities

Target Groups

SNC is focused on the following 3 target groups, recognizing the necessity for an established strategy to complement club and provincial activities that may impact the same athletes.

Junior	Male 18 years	Female 17 years
Youth	Male 16 Years	Female 15 years
Prospects	Male 14 years	Female 13 years

International Calendar

The International calendar is the central focus of this program. Dates and locations may change from time to time. Please note that often the determination of location and dates are dependant on external agencies and are often not available for detailed long range planning.

- **Junior Pan Pacific Championships** – August 2010, 2012, 2014
- **World Junior Championships** – July/August 2011, 2013, 2015
- **Youth Olympics** – 2010, 2014, 2018
- **Australian Youth Olympic Festival** – January 2011 pending status decision by Aus. Oly. Comm.
- **Youth Commonwealth Games** – not currently scheduled
- The above competitions will be the central International thrust to the program. SNC will develop long term plans complete with competitive objectives for these and other competitive opportunities.
- At every opportunity a training micro-cycle will be added to all competition tours.
- SNC will generate post and distribute selection criteria and event information early in each training cycle.

International Tours

All International tours will be planned with, and will take into consideration the following key points:

- The central focus of all training and racing tours will be to develop the critical skills required to succeed at the Senior international level.
- Christmas break into early January and April/May will be targeted as the most opportunistic time frames for program activities
- Competition and training opportunities in Australia, Great Britain and the US will be the primary focus when possible as these nations demonstrate familiar environments combined with elite philosophies and rigorous competition.



Training Camps

- Targeted Stroke Camps will typically be scheduled annually mid October to mid November
- Training opportunities will be provided for "ID" Team athletes and their coaches with National Centre or International Mentor Coaches and their athletes in their respective home programs

Testing Camps

- Single day testing camps will be established each Monday following the Toronto Canada Cup in November, the Zajac International in May and the Quebec Cup in Montreal.
- Focus on the SNC Testing Protocols
- Same day offering of bio-mechanical assessments, under water video stroke analysis, sport nutrition, dry land conditioning and other services
- Use Centre and International mentor coaches as leaders and resources wherever possible
- Generate data and reports to encourage ongoing systematic testing in home programs

Junior Coach Initiatives

- Program visitation
- Visit targeted athletes and their coaches in their home training environment
- Visit National Centre's and Academies regularly
- Attend Nationals and Provincial level competition and monitor identified athletes
- Foster working relationships between identified swimmers, their coaches and Canadian Mentor coaches
- Alignment of National Junior program to Provincial Team initiatives
- Attend Provincial camps and conferences
- Develop Training Camp curriculums appropriate to each training level in accordance with the LTAD

Program Evaluation

- Evaluate each initiative with reference to the stated objectives of the program and activities
- Collect feedback and input from participants and home club coaches
- Evaluate selection criteria each season
- Collect feedback and input from the National Senior coaches on swimmers who have participated in the Junior Team when they have graduated to the Senior International Team

“ID” TEAM SELECTION

The general procedures for selection of the bi-annual “ID” teams will be as follows:

- Swimmers will be ranked according to the current FINA points tables
- SC Teams will be named based on SC performances between September 1 and March 31. Age as of March 31
- LC Teams will be named based on LC performances between April 1 and August 31. Age as of August 31
- Youth or Prospect swimmers who are named to the Junior “ID” Team will be ineligible for the Youth or Prospect “ID” Teams
- Prospect swimmers who are named to the Youth team will be given the opportunity to take part in the domestic Prospect Team competitions should they and their coaches see this as an important developmental step

Junior Team

- Male 18 & under - Female 17 & under
- Team Size – Maximum 38
- The top 4 swimmers per gender in the 100 and 200 Free will be named
- The top swimmer per gender in every other Olympic event will be named
 - When a swimmer is highest ranked in more than 1 event. That swimmer will be named to the event in which they have the highest FINA point score.
 - In these events where the top ranked swimmer has been named for another event including the 100 and/or 200 Free then the next highest ranked swimmer will be named providing they have a FINA point score of over 850 points for females and 800 points for males.
- The Junior Team swimmers and their coaches will be considered for any domestic training or testing opportunities scheduled for the season.
- Each swimmer will receive a Team Canada Cap and T-Shirt.
- Being named to the National Junior standing Team does not automatically qualify a swimmer for any National Junior Team off-shore selection events.
- Specific selection criteria for any National Junior Team off-shore events can be found later in this document.

Youth Team

- Male 16 & under - Female 15 & under
- Team Size – maximum 38
- The top 4 swimmers per gender in the 100 and 200 Free will be named.
- The top swimmer per gender in the every other Olympic event will be named
 - When a swimmer highest ranked in more than 1 event. That swimmer will be named to the event in which they have the highest FINA point score.
 - In these events where the top ranked swimmer has been named for another event including the 100 and/or 200 Free then the next highest ranked swimmer will be named providing they have a FINA point score of over 775 points for females and 750 points for males.
- Youth swimmers named to the Junior Team will be ineligible for the Youth team
- The Youth Team swimmers and their coaches will be considered for any domestic training or testing opportunities scheduled for the season.
- Each swimmer will receive a Team Canada Cap and T-Shirt.
- Being named to the National Youth “ID” Team does not automatically qualify a swimmer for any National Youth Team off-shore selected events.
- Specific selection criteria for any National Youth Team off-shore events can be found later in this document.

Prospects Team

- Male 14 & under - Female 13 & under
- Team Size - 14
- The swimmers with the top 4 FINA point scoring swims per gender in either the of 100 or 200 Free will be named
- The top swimmer per gender in the 100 Back, 100 Breast and 100 Fly
 - When a swimmer is ranked in the top 4 in the 100 or 200 Free and is also ranked 1st in a 100 meter stroke event then the second highest ranked swimmer will be named providing they have a FINA point score of over 700 for Girls and 650 for Boys
- Prospect swimmers who are named to the Youth team will be allowed to take part in the domestic Prospect Team competitions should they choose.
- The Prospect Team swimmers will be offered the opportunity to compete as a Team in the Canada Cup – SC season or the Mel Zajac International – LC season. They will also be invited to attend the Testing Camps scheduled the Monday following these meets.
- Each swimmer will receive a Team Canada Cap and T-Shirt.

2009 - 2010 NATIONAL TEAM DEVELOPMENT PROGRAM SCHEDULE

2009	EVENT	TARGET	LOCATION	SELECTION
April 9-24	Australian Age Nationals	Youth	Syd/Brisbane	SC East/west/Nat's Mar/09
May 20-24	Zajac International	Prospects	Vancouver	SC Season Sept-Mar 31/09
May 25	National Junior Testing	All	Vancouver	SC Season Sept-Mar 31/09
August 2-9	North American Challenge Cup	All	Veracruz	SC Season Sept-Mar 31/09

2009 - 2010	EVENT	TARGET	LOCATION	SELECTION
Oct./nov.	Stroke Camps	Jr/Yth	Canada	LC Season Mar-Aug 31/09
Nov 25-29	Canada Cup	Prospects	Toronto	LC Season Mar-Aug 31/09
Nov 30	National Junior Testing	All	Toronto	LC Season Mar-Aug 31/09
2Dec 27-Jan 20	NSW/Victoria State Champs	Jr/Yth	Syd/Brisbane	Age & Sr Nats July/09
May 31	Tests nat. junior	All	Vancouver	SC Season Sept-Mar 31/10
July 2-4	Montreal GP	Prospects	Montreal	SC Season Sept-Mar 31/10
July 5	National Junior Testing	All	Montreal	SC Season Sept-Mar 31/10
Aug 1-7	British Youth Nationals	Youth	Sheffield	
Aug 5-7	North American Challenge Cup	All	TBC	SC Season Sept-Mar 31/10
Aug 14-26	Youth Olympics	Youth	Singapore	Age & Sr Nats July/10
Aug 17-30	Junior Pan Pacs	Junior	Maui	Senior Nationals July 2010



2009 NATIONAL TEAM DEVELOPMENT PROGRAM EVENT DETAILS

AUSTRALIAN AGE GROUP NATIONALS

Tour Dates	April 9-24, 2009
Competition	Dates: April 13-18 Location: Sydney
Training	Dates: April 19-24 Location: Miami, NSW – Dennis Cotterell
Selection	Eastern & Western Champs and SC Nationals
Target Group	16 & Under as of April 13/09
Team Size	Maximum 7 male and 7 female swimmers
Selection Criteria	[1] The top 4 male and female swimmers from the 100 or 200 Free, determined by FINA Point scores. [2] The top male and female swimmer in the 100 Fly, 100 Back and 100 Breast determined by FINA Point scores. If the fastest swimmers from either the 100 Fly, Back or Breast has already been selected in the 100/200 Free selection, the next fastest swimmers in the 100 Fly, Back or Breast will not be selected from these events.
Staff Size	3 – (National Junior Coach + 2 Selected Coaches)
Coach Selection	The coach of the top scoring male and female swimmer will be selected

MEL ZAJAC INTERNATIONAL - PROSPECTS RELAY INITIATIVE



Tour	Dates May 20-25/09
Competition	Dates: May 22-24/09 Location: UBC, Vancouver
Selection Period	September 1 – March 31/09
Target Group	Prospects; age as of March 31/09
Team Size	Max 14
Selection Criteria	[1] The top 4 male and female swimmers from the 100 or 200 Free, determined by FINA Point scores. [2] The top male and female swimmer in the 100 Fly, 100 Back and 100 Breast determined by FINA Point scores. If the fastest swimmers from either the 100 Fly, Back or Breast has already been selected in the 100/200 Free selection, the next fastest swimmers in the 100 Fly, Back or Breast will be selected from these events.
Staff Size	4 – (National Junior Coach, 2 Selected Coaches, 1 Team Manager)

NORTH AMERICAN CHALLENGE CUP

Tour Dates	Aug 2-8/09 - TBD
Competition	Dates: Aug 5-7/09 Location: TBD
Selection	SC Performance Sept 1 – March 31/09
Target Group	12 – 18 years
Team Size	64
Selection	The top 8 swimmers per gender, for each age group 11-12, 13-14, 15-16, 17-18 to a maximum of 2 per event category, will be selected. Swimmers will be ranked using 2008 SC FINA points Event categories are: Sprint Free (100, 200); Distance Free (400, 800-f / 1500-m); Backstroke (100, 200); Breaststroke (100, 200); Butterfly (100, 200); Individual Medley (200, 400).
Staff Size	14 – (National Junior Coach, 8 Selected Coaches, 4 Managers, 1 Team Doctor)
Coach Selection	The coach of the top scoring swimmer in each age group and each gender shall be selected to coach that age group and gender

2009- 2010 NATIONAL TEAM DEVELOPMENT PROGRAM EVENT DETAILS

2009 CANADA CUP - PROSPECTS RELAY INITIATIVE

Tour Dates	Nov 25-29/09
Competition	Dates: Nov 27-29/09 Location: Toronto
Selection Period	LC Performances April 1 – Aug 31/09
Target Group	Prospects - Age as of August 31/09
Team Size	Max 14
Selection Criteria	<p>{1} The top 4 male and female swimmers from the 100 or 200 Free, determined by FINA Point scores.</p> <p>{2} The top male and female swimmer in the 100 Fly, 100 Back and 100 Breast determined by FINA Point scores.</p> <p>If the fastest swimmers from either the 100 Fly, Back or Breast has already been selected in the 100/200 Free selection, the next fastest swimmers in the 100 Fly, Back or Breast will be selected from these events providing they have a FINA point score of over 700 for Girls and 650 for Boys.</p>
Staff Size	4 – (National Junior Coach, 2 selected Coaches, 1 team manager)
Coach Selection	The coach of the top scoring male and female swimmer will be selected.



2010 AUSTRALIAN STATE CHAMPIONSHIPS - JUNIOR

Tour Dates	Dec 27 – Jan 16/10
Competitions	NSW and Victoria State Championships
Locations	Sydney and Melbourne
Training	Dates: TBC Location: Gold Coast – Sydney - Melbourne
Selection Meets	Senior National Championships A & B Finals Age Group National Championships Finals
Target Group	Junior Team – Male 18 & under and Female 17 & under
Team Size	6 male / 6 female
Selection Criteria	Top FINA point scoring swimmers; 2 per event category.
Event Categories	Sprint Free 50-100 Mid Free 200-400 Dist Free 800 / 1500 Back 100-200 Breast 100-200 Fly 100-200 IM 200-400
Staff Size	4 - National Junior Coach, 2 Selected Coaches, 1 Team manager
Coach Selection	The coach of the top scoring male and female swimmer will be selected.

2010 AUSTRALIAN STATE CHAMPS TOUR - YOUTH

Tour Dates	Dec 27, 2009 – Jan 16, 2010
Competition	NSW and Victoria State Championships (dates TBC) Location Sydney and Melbourne
Training	Dates TBC; Gold Coast – Sydney - Melbourne
Selection Meets	Senior National Championships A & B Finals Age Group National Championships Finals only
Target Group	Youth Team - Male 16 & under and Female 15 & under
Team Size	4 male / 4 female
Selection	Top FINA point scoring swimmers, max. 2 per category. Sprint Free 50-100- 200 Dist Free 400 800/1500 Back 100-200 Breast 100-200 Fly 100-200 IM 200-400
Staff Size	4 – (National Junior Coach; 2 Selected Coaches; 1 Team manager)
Coach Selection	The coach of the top scoring male and female swimmer will be selected.

2009 NATIONAL DEVELOPMENT PROGRAM TESTING CAMPS



Mel Zajac Jr. Meet	May 25/09 Vancouver; UBC
Target Group	Junior Program Seasonal Selection athletes who are attending the Competition with their club
Format	SNC Dry land and in pool testing protocol Start analysis Under water video stroke analysis Sport Nutrition Mentor Coach / Mentor swimmer
Personal Coaches	Personal coaches are welcome and encouraged to participate with their swimmers

2009 - 2010 NATIONAL DEVELOPMENT PROGRAM TRAINING CAMPS

Dates	Oct 15-Nov 15/09
Training Camps	Swimmers will be divided into small training groups based on Stroke, Distance and given the opportunity and funded to train with a mentor coach and his training group for 3-5 days.
Mentor Coaches	Tom Johnson, Dave Johnson, Randy Bennett, Jan Bidrman, Steve Price, Claude St Jean, Benoit Lebrun, Dean Boles
Target Group	"ID" teams
Camp Size	Target is 4-5 swimmers. Max is 8.
Staff	Mentor Coach, National Junior Coach (when available), Chaperone/Manager. Local service providers will be used.
Coach Selection	Personal Coaches will be invited and funded to attend when available to attend the entire Camp.



2009 - 2010 NATIONAL DEVELOPMENT PROGRAM TESTING CAMPS



Canada Cup

Nov 30/09
Etobicoke Olympium

Mel Zajac Jr. Meet

May 31/10
Vancouver UBC

Quebec Cup

July 5/10
Montreal Olympic Pool

Target Group

Junior Program Seasonal Selection athletes who are attending the Competition with their club

Format

SNC Dry land and in pool testing protocol
Bio-mechanical Start analysis
Under water video stroke analysis
Sport Nutrition
Mentor Coach
Mentor swimmer

Personal Coaches

Personal coaches are welcome and encouraged to participate with their swimmers



NATIONAL JUNIOR PROGRAM SCHEDULE

2009				
DATE	TARGET GROUP	EVENT	TRAINING	TESTING
Dec 29 - Jan 13	Junior	Jr Pan Pacs		
Jan 6 - 18	Youth	AYOF		
EAST/WEST CHAMPS FEB 12-15				
SC NATIONALS MAR 11-15				
April 9 - 24	Youth	Australian Age Nats	17 weeks	
May 20 - 24	Prospects	Zajac		
May 25	Junior/Youth/Prospects	Testing		X
June 22	Junior/Youth/Prospects	Testing		X
LC NATIONALS JULY 8-11				
AGE GROUP CHAMPS JULY 16-19				
Aug 2 - 9	AG/Prosp/Yth/Jr/	NACC		

2009 - 2010				
DATE	TARGET GROUP	EVENT	TRAINING	TESTING
Oct 15 - Nov 15	Junior/Youth	Stroke Camps	29 weeks	
Nov 25-29	Prospects	GP Toronto		
Nov 30	Junior/Youth/Prospects	Testing		X
Dec 27 - Jan 15	Junior / Youth	Australian State Champs		
EAST/WEST CHAMPS FEB 18 - 20				
LC NATIONALS APRIL 1 - 4				
April	Prospects	Inter-Prov Travel Meets	16 weeks	
May 31	Junior/Youth/Prospects	Testing - Zajac		X
July 2 - 4	Prospects	GP Montreal		
July 5	Junior/Youth/Prospects	Testing - Montreal		X
AGE NATIONALS JULY 22 - 25				
SENIOR NATIONALS JULY 29 - AUG 1				
Aug 1 - 7	Youth	British Youth Nationals		
Aug 5 - 7	Prospects/Youth	NACC		
Aug 14 - 26	Youth	Youth Olympics		
Aug 26 - 29	Junior	Junior Pan Pacs		

2010-2011				
DATE	TARGET GROUP	EVENT	TRAINING	TESTING
Oct.	Junior	World Cup	29 weeks	
Oct 15 - Nov 15	Junior / Youth	Stroke Camps		
Nov 26 - 28	Prospects	GP Toronto		
Nov 29	Junior/Youth/Prospects	Testing		X
Jan 1 - 21	Junior / Youth	Europe		
EAST/WEST CHAMPS FEB 17-20				
WORLD TRIALS MAR 31-APR 3				
April	Prospects	Inter-Prov Travel Meets	16 weeks	
May 27 - 29	Prospects	Zajac		
May 30	Junior/Youth/Prospects	Testing		X
July 4	Junior/Youth/Prospects	Testing		X
CHAMP. NAT. GB 23 AU 26 JUIL.				
CHAMP. NAT. GA 28 AU 31 JUIL.				
Aug	Junior	GBR - TBC		
Aug 25 - 28	Youth	World Youth Champs		

2011-2012				
DATE	TARGET GROUP	EVENT	TRAINING	TESTING
Oct.	Junior	Olympic Prep Training Camp	29 weeks	
Oct 15-Nov 15	Youth	Stroke camps		
Nov.	Junior	World cup		
Nov 25-27	Prospects	GP Toronto		
Nov 28	Junior/Youth/Prospects	Testing		X
Dec 27 - Jan 21	Junior / Youth	Training Camp		
EAST/WEST CHAMPS FEB 16 - 19				
OLYMPIC TRIALS APR 3 - 8				
April	Prospects	Inter-Prov Travel Meets	16 weeks	
June 4	Junior/Youth/Prospects	Testing		X
June 29-1	Prospects	GP Montréal		
July 2	Junior/Youth/Prospects	Testing		
LC NATIONALS JULY 19-22				
AGE NATIONALS JULY 25-28				
July 28-Aug 4	Junior	Olympic Training Camp		
Aug	Youth	GBR Youth Nationals		
Aug 23-28	Junior	Junior Pan Pacs		

NATIONAL JUNIOR PROGRAM OVERVIEW

2009

Junior		Youth		Prospects	
Dec 29-13	Jr Pan Pacs	Jan 6-18	AYOF	May 20-24	Zajac - Relay Initiative
May 25	Testing - Zajac	April 9-24	Australian Age Nats	May 25	Testing - Zajac
June 22	Testing Montreal	May 25	Testing - Zajac	June 22	Testing Montreal
Aug 2-9	NACC	June 22	Testing Montreal	Aug 2-9	NACC

2009 - 2010

Junior		Youth		Prospects	
Oct 15-Nov 15	Stroke Camps	Oct 15-Nov 15	Stroke Camps	Oct 15-Nov 15	Stroke Camps
Nov 30	Testing - Canada Cup	Nov 30	Testing - Canada Cup	Nov 25-29	Canada Cup - Relay Initiative
Dec 27-Jan 22	Australian State Champs	Jan 13-23	GP Long Beach	30 nov.	Testing - Canada Cup
May 31	Testing - Zajac	May 31	Testing - Zajac	May 20-24	Zajac
July 5	Testing - Montreal GP	July 5	Testing - Montreal GP	May 31	Testing - Zajac
Aug 26-29	Junior Pan Pacs	July	Youth Olympics	July 2-4	Montreal GP - Relay Initiative
		July 28-Aug 1	British Youth Nationals	July 5	Testing - Montreal GP
				July 28-Aug 1	British Youth Nationals



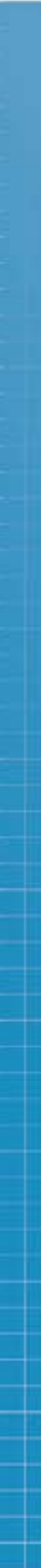
2010 - 2011

Junior		Youth		Prospects	
Oct (TBC)	World Cup	Oct 15-Nov 15	Stroke Camps	Oct 15-Nov 15	Stroke Camps
Oct 15-Nov 15	Stroke Camps	Nov 29	Testing - Canada Cup	Nov 24-28	Canada Cup - Relay Initiative
Nov 29	Testing	Jan 10-25	GP Long Beach	Nov 29	Testing - Canada Cup
Jan 1-21	Europe	May 30	Testing Zajac	May 27-29	Zajac - Relay Initiative
May 30	Testing Zajac	July 4	Testing Montreal GP	May 30	Testing Zajac
July 4	Testing Montreal GP	Aug 25-28	World Youth Champs	July 4	Testing Montreal GP
Aug 25-28	World Youth Champs	Aug	GBR - TBC		

2011 - 2012

Junior		Youth		Prospects	
Oct	Training Camp	Oct 15-Nov 15	Stroke Camps	Oct 15-Nov 15	Stroke Camps
Oct 15-Nov 15	Stroke Camps	Nov 28	Testing	Nov 23-27	Canada Cup - Relay Initiative
Nov	World Cup	Jan 2-22	Europe	Nov 28	Testing
Nov 28	Testing	May 10-12	GP Charlotte	June 1-3	Zajac
Dec 27-Jan 21	Training Camp/ US GP	June 4	Testing - Zajac	June 4	Testing - Zajac
June 4	Testing - Zajac	July 2	Testing Montreal GP	June 29-1	Montreal GP - Relay Initiative
July 28-Aug 4	Olympic Training Camp	Aug	GBR Youth Nationals	July 2	Testing Montreal GPI
Aug 23 - 28	Junior Pan Pacs				







700-2197 promenade Riverside Drive, Ottawa, On Canada K1H 7X3
T. 613 260.1348 F. 613 260.0804 www.swimming.ca www.natation.ca
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