



Be part of the Excellence!

The Fredericton Aquanauts Swim Team is proud to invite you to join our new and exciting progressive program.

Fishes and Fishes Advance Pre-Competitive Swim Program. 'Be part of our excellence now!

Fishes and Fishes Advance programs offer a structured, comprehensive, step-by-step progression that will make a swimmer more proficient in the water. We will also teach the necessary skills for advancement towards the FAST competitive team.

Fishes Pre-Comp Mission

Our goal is to teach the basic and necessary components of competitive swimming in a fun and safe environment with emphasis on proper stroke technique, mechanics and breathe control, while keeping the swimmer to coach ratio to a minimum. This will help to ensure a progressive learning environment. Upon completion of the program swimmers may have the necessary skills to join the competitive structure of the club.

Who may swim?

The Swim Skills program is designed with children ages 5 to 9 in mind. A swimmer needs to be deep water safe (as deemed by the coaching staff) and have basic swimming skills (front crawl). Swimming with the face in the water is a must.

Contact us for an evaluation today at swimming@rogers.com

Fishes Pre-Comp: A Progressive program

Step 1 - Skill Builder

- Development of essential basic skills of four competitive strokes, starts, and turns
- Short distance swimming & kicking to ensure quality of technique
- Development of swimming fitness and endurance through drills, challenges and fun

Step 2 - Skill Development

- Strokes and skills are polished and practiced
- Distance is increased without compromising the quality of the technique
- Combinations of tasks are linked together to challenge and further develop each swimmer in a child friendly environment

Step 3 - Skills & Endurance

- Endurance and skills are enhanced to maintain the quality of the stroke 'stronger for longer'
- Drills, challenges and combinations of skills enrich this level in readiness for what's ahead in this swimmer friendly setting
- Expected outcome is performance of the Individual Medley combination

Step 4 Advance to Fishes Advanced Pre-Comp

- Endurance and skills are further enhanced to maintain the quality of the stroke 'stronger for longer'
- Drills, challenges and combinations of skills enrich this level in readiness for what's ahead in this swimmer friendly setting
- Expected outcome is performance of the Individual Medley combination for time, Freestyle swim for time and kick for time

Notes:

- There will be a continuous evaluation of each child to a set of expectations (standards) for each level
- Swimmers will be moved to a suitable group as required
- Report cards and evaluations will be handed out to parents at the end of each session
- Parents meetings and education sessions as scheduled
- "It's not where you start but where you finish"

email: swimming@rogers.com

Phone: Marta 206-2718

Swimming Fees

Swim Fees-all forms are to be completed and fees paid prior to the starting date of the program; or within one week from the swimmers starting participation date. Cost is presently at \$150.00 and \$200.00 plus tax per 10 week session.

Registration

September 8th and 9th 2009

We are focused on your success

What Equipment do I need?

All swimmers are asked to have a swimming suit, swim cap (optional), goggles, and a towel for each practice. FAST swimming suits, caps & other team equipment is available- please contact us to make arrangements.