

### **Junior Group**

For those young non-competitive swimmers who would like to join a Swim Team.

Swimmers will develop self-confidence and passion to swimming, while improving swimming technical skills and having fun.

They have 2 practices a week (Saturday PM and Sunday AM).

To join this group, swimmers should be able to swim 50 meters front crawl and backstroke.

Coach: TBC

### **Blue Group**

For those Non-competitive swimmers who would like to join a Swim Team.

Swimmers will improve their swimming skills. Coaches are focused on developing technique and confidence to swim the 4 strokes.

Blue Group swimmers will be registered as Non-Competitive Swimmers and will attend the OYO Long Course meet on April 5, 2020. Coaches will decide the events of all swimmers and will let parents know prior the Swim Meet.

They have 3 practices a week (Friday PM, Saturday PM and Sunday AM);

Coaches: Max Nozin and Jin Liang.

### **Blue Advanced Group**

For those NEW competitive swimmers who would like to learn about Competitive Swimming being part of a Swim Team.

Coaches are focused on developing technique and confidence to swim the 4 strokes, IM, starts and turns.

The Blue Advanced Group will be registered as Competitive Swimmers and will attend the local meets in Ottawa. Coaches will decide the events of all swimmers and will let parents know prior the Swim Meet.

They have 4 practices a week (Wednesday PM, Friday PM, Saturday PM and Sunday AM).

Coaches: Max Nozin and Jin Liang.

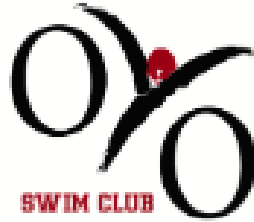
### **Fitness Group**

For those Non-competitive swimmers, 13+ years old, who would like to keep a healthy lifestyle while swimming.

The Fitness swimmers will be registered as Non-competitive swimmers, however, if they would like to participate in any of the OYO Swim Meets (November or April), they are allowed to participate.

They have 3 pool practices and swim within the Red Group.

Coach: Norma Perez



### **Red Group**

The swimmers from RED will be registered as Competitive Swimmers and should attend all meets included in the OYO Swim Meets Calendar. Coaches will decide the events of all swimmers and will let parents know prior the Swim Meet.

Coach is focused on infusing passion to competitive swimming, improving swimming skills and helping swimmers to develop self-confidence.

Red Group Swimmers should attend 4 pool practices (from the Red Advanced Schedule) plus Yoga and Dryland sessions.

Coach: Norma Perez.

### **Red Advanced Group**

The RED Advanced Group will be registered as Competitive Swimmers and should attend all meets included in the OYO Swim Meets Calendar. Coaches will decide the events of all swimmers and will let parents know prior the Swim Meet.

Coach is focused on building swimming endurance and efficiency, as well as leadership skills that will help swimmers to succeed.

A couple of Swim Camps (March Break and May long weekend) will be part of the Training Plan. More information about the camps will be sent in Fall.

Red Advanced swimmers should attend 6 pool practice plus Yoga and Dryland session:

Pool practices: Monday AM, Wednesday AM, Thursday AM, Friday AM, Saturday AM, Sunday AM

Yoga: Monday PM

Dryland: Saturday PM

Coach: Norma Perez

### **Elite Group**

Most advanced group for those highly committed competitive swimmers pursuing Provincial and National level.

Elite swimmers should attend 8 pool practices plus Yoga and Dryland session.

Pool practices: Monday AM, Tuesday AM, Wednesday AM, Wednesday PM, Friday AM, Saturday AM, Saturday PM, Sunday AM

Yoga: Monday AM

Dryland: Saturday PM

A couple of Swim Camps (March Break and May long weekend) will be part of the Training Plan. More information about the camps will be sent in Fall.

Coach: Boyko Antonov