

### **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 6th. 2025. Coaches will decide the events of all swimmers and will let parents know prior to the Swim Meet.

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

Prerequisite: swimmers must be able to swim 50 metres of front crawl, backstroke and breaststroke.

Coach: Janelle Li

### **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 to the Swim Meet.

They have 3 practices a week (Wednesday PM, Saturday PM and Sunday AM).

Prerequisite: swimmers must be able to swim 100 metres of front crawl, backstroke, breaststroke and 50 metres butterfly.

Coaches: Max Nozin

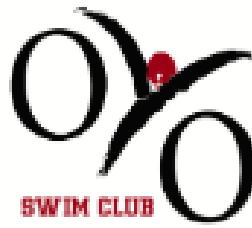
### **Fitness Group**

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.

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 to 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).

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 to 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 TBC) will be part of the Training Plan. More information about the camps will be sent in Winter.

Red Advanced swimmers should attend 6 pool practices plus Dryland sessions.

Coach: Norma Perez

### **Elite Group**

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

Elite swimmers should attend 7 pool practices plus Dryland sessions.

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 Winter.

Coach: Boyko Antonov