INSTRUCTION

BEGINNER

Synchro Instructor
-Aqua Squirts Program
-Teaches Star 1-4 skills
-Prepares swimmers for water show

COMPETITION

COMPETITION INTRODUCTION
-Coaches swimmers in Tiers 1,2,3,4,5
-Prepares swimmers for competitions
-Prepares swimmers for Provincials

COMPETITION DEVELOPMENT
-Coaches swimmers in Tiers 6 & 7
-Prepares swimmers for National level competitions
-Assistants to High-Performance Development Coach for Talent Development Camp
-Coaches athletes participating to the National Team Trials.

COMPETITION HIGH-PERFORMANCE
-Coaches athletes participating to the National Team Trials.
-Coaches swimmers in skills needed to qualify for National Team and to compete internationally
-Coaches National Team Members
-Directs High-Performance Development Program.
-Teaches skills swimmers need to medal internationally.
-Directs or assists National 13-15 Team, National Junior Team or National B Team.
-Directs National A Team Program at the Centre of Excellence.
-Assists in coaching the National A Team Program at the Centre of Excellence.