SYNCHRO CANADA
PARTICIPANT DEVELOPMENT MODEL

INSTRUCTION

BEGINNER
Fun with Synchro-« Do it for Fun »
- AquaPrograms
- AquaSquirts Programs (5-11 years)
- Swimmers with Special Needs
- Teens and Adults (under development)

I CAN SYNCHRO

RECREATIONAL SWIMMER
Learn to Synchro
“Learn it right”
- Star Program – 1 to Superstar 7
- People with Special Needs
- 7 years and older

COMPETITION

INTRODUCTION – « Do it well »
- 8 years old and +
- Star Program for Competition Tiers 1-5
  - Completion of Star 3 to enter Tier 1 competition
  - Completion of Star 5 to enter Tier 2 competition
  - Completion of Star 7 to enter Tier 3 competition
  - Completion of Star 9 to enter Tier 4 competition
  - Completion of Super Star 1 to enter Tier 5 competition

DEVELOPMENT-« Do It Better »
Can be any age/ Ideal age to start competing Provincial level is about 12 years old.
- Star Program for Competition in Tiers 6-7
  - Super Star 3 to enter Tier 6 competition
  - Super Star 5 to enter Tier 7 competition

HIGH PERFORMANCE- 12 years +

a) Development - « Do it Even Better »
  - Outreach Program
  - Talent Development Camp
  - National Team Trials
  - Star Program- Tier 7
  - National 13-15 years old Team
  - Canada Games

b) National Team- “Do it Best”
  - National Junior Team
  - National B Team
  - National A Team

MASTERS
« Do it as well as you can »
- 18 + yrs (being reviewed)
- Recreational Programs
- Competitive Programs
- International High Performance