



## **KISU Swim Academy Program**

The KISU Swim Academy program is offered in partnership with Penticton Secondary School. Our program provides competitive swimmers with a high-quality program lead by outstanding coaches in a fun, supportive team environment. Our athletes achieve both personal and performance excellence, in and out of the pool.

The Academy program is open to students in grade 9-12 meeting the minimum time standards. Student time tables are arranged to provide a program supporting academic and athletic success.

Incoming swimmers are expected to have well-developed strokes as well as an understanding of training principles. Their training will encompass all areas of swimming including a structured dry-land strength/flexibility training program, morning practices and double practices (2x per day) and video analysis.

Swimmers are expected to compete at the Regional High School Meet, both KISU home meets, as well as a minimum of two additional regional meets. Swimmers are encouraged to attend any qualifying meets for which they have time standards.

### **Program Fees:**

Club fees: approximately \$1100\* per semester or \$220 per month

Swim BC Registration: Age as of December 31<sup>st</sup> of the current year-

11-14: \$151

15 & over: \$193

Meet Fees: estimated \$100/month

Travel fees extra.

\*New season fees released August 1<sup>st</sup>, 2017

## Training Schedule:

Students attend high school classes for the first 3 blocks of the day, then head to the pool at lunch for afternoon training sessions.

## Academy Schedule:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM – 6- 7:30am	6 – 7:30am	Small group 7 swimmers 6 – 7:30am 2 lanes. Technical focus	6 – 7:30am	Small group 7 swimmers 6 – 7:30am 2 lanes. Technical focus	6 – 7:30am	7 – 9am Academy
PM	½ group talk time from 1:30 – 2:15, swim from 2:15-4pm ½ group, Swim from 1:30- 3:30pm.	21 swimmers 1:30 30 minutes of activation 2 – 3:30pm swim.	½ group talk time from 1:30 – 2:15, swim from 2:15-4pm ½ group, Swim from 1:30- 3:30pm.	21 swimmers 1:30 30 minutes of activation 2 – 3:30pm swim.	Whole Group 2-4pm* Team Practice last Friday of each month.	OFF

- On M/W afternoons, the group splits into two groups. One group has “Talk Time” while the other group starts their swim early. Monday’s group would switch for Wednesday. Most often the groups would be split based on speed, but there might be times when they would be split based on gender or age.
- T/Th morning are small groups of 6-8 swimmers. These practices/groups would rotate through so everyone would have a morning swim and afternoon off over a two-week period. The morning swimmers would not attend afternoon workout that day. The groups might be divided by stroke and speed. It would change every two-week interval, depending on the stroke focus.

## For further information please contact:

Tina Hoeben, Head Coach: [thoeben@telus.net](mailto:thoeben@telus.net)

Dave Nackoney, Counsellor Penticton Secondary [dnackoney@summer.com](mailto:dnackoney@summer.com)