



2025-26

SNM Team Manitoba Programs

SNM Team Manitoba - High Performance Pathway (HPP) Program

Overview:

The Manitoba Provincial Team Program HPP is the leading initiative for athlete and coach development in the province. This program draws the best athletes and coaches to represent Manitoba in national and international competitions. It is available to both male athletes and female athletes and aims to offer performance-enhancing opportunities to a select group of athletes who aspire to achieve national and international excellence.

Enrolled athletes participate in a distinctive high performance pathway setting that offers physiological testing, targeted training sessions, camps, and clinics, along with the chance to compete in competition(s) suitable for their stage of development, all aimed at enhancing their progress in the high performance pathway.

Purpose/Goals:

1. To identify Manitoba swimmers on the high-performance path
2. To support Manitoba high-performance swimmers towards national and international level development

General Information:

Swimmers will be invited to camps, have the opportunity to compete under the Swim Manitoba banner, and tap into resources through the Sport Manitoba Performance Programs.

The Team Manitoba HPP program will follow the same calendar as the Team Manitoba Age Group team program.

The SNM Office will determine program fees. These fees will be announced at the start of the sport season, usually in September, and will depend on the total number of participants, funding and goals for the season.

Coach Requirement:

To be coach of record for the Team Manitoba HPP, a coach must hold a NCCP 301 Certification.

Selection Process:

Identification of MB HPP Team

- National Level Standards (Trials/Canadian Open/Canadian Short Course)

Para Selection Process:

For Para Selection swimmers must be a SNC level 3 classification.

Program Activities:

- MB Team Competition Tours
 - Annual Tour (Mel Zajac or similar)
 - Annual Jr. Tour (OJI or similar)
- Competitive analysis and education
 - VRA (Video Race Analysis) at 2 major national level competitions
 - Annual review of racing tactics based on VRA
 - 2 best races as selected by personal coach
- Training camps with HP education focus
 - Local camps (3 times per year)
 - Away camps (annual or every 2 years)
- HP development education
 - HP lifestyle management, HP nutrition, HP psychology

Logistics:

- Swimmers are selected at the end of each competitive season
 - Swimmers may be added to the HPP midway through the season if they meet selection criteria
- Swimmers are notified of selection to the HPP and HPP activities immediately following final selection of the season
- HPP Camps and competitions arrangements are made and, if possible, arranged in September of each year
- 1st camp in September used to promote and inform swimmers of HPP opportunities

- Participants are not allowed to be part of both the Team Manitoba Age Group program and the Team Manitoba HPP program simultaneously.

Contact:

SNM Office

Attention: Executive Director

Email: swim.ed@sportmanitoba.ca

SNM Team Manitoba – Age Group Program

Overview:

The Manitoba Provincial Team Program is the leading initiative for athlete and coach development in the province. This program draws the best athletes and coaches to represent Manitoba in national competitions. It is available to both male athletes (14-17U) and female athletes (13-17U) and aims to offer performance-enhancing opportunities to a select group of athletes who aspire to achieve national excellence.

Enrolled athletes participate in a distinctive performance pathway setting that offers physiological testing, targeted training sessions, camps, and clinics, along with the chance to compete in competition(s) suitable for their stage of development, all aimed at enhancing their progress in the performance pathway.

Purpose/Goals:

To recognize and nurture athletes within Manitoba by offering them specialized training and competitive opportunities to achieve their highest performance level.

- **Athlete Development:**

- Identify and select talented athletes with high developmental potential.
- Provide advanced training and coaching to improve technical skills and tactical awareness.
- Foster physical fitness and injury prevention strategies.
- Cultivate mental toughness and leadership qualities.

- **Competitive Excellence:**

- Equip athletes to compete at a high level in provincial, regional, and national competitions.
- Achieve podium finishes and represent the province with distinction.
- Provide challenging competition against other top provincial teams.

- **Pathway to Higher Levels:**

- Create a pathway for athletes to transition to university or national teams.
- Facilitate exposure to scouts and recruiters through high level competitions and camps.

- **Sportsmanship and Values:**

- Promote positive sportsmanship, ethical conduct, and respect for the sport.
- Foster a strong team culture with emphasis on collaboration and accountability.

General Information:

Swimmers will be invited to camps, have the opportunity to compete under the Swim Manitoba banner, and tap into resources through Sport Manitoba Performance Programs.

The Team Manitoba Age Group program will follow the same training calendar as the Team Manitoba HPP senior team program. The final competition will vary between the two programs.

The SNM Office will determine program fees on an annual basis. These fees will be announced at the start of the sport season, usually in September, and will depend on the total number of participants, funding and goals for the season.

Potential Dates:

Fall 2025 Provincial Team Announcement and Camp

January 2026 Camp

May 2026 Camp

June 2026 Travel meet (Mel Zajac)

Coach Requirement:

To be coach of record for the Team Manitoba Age Group, a coach must hold a NCCP 201 Certification.

Selection Process:

Individual swimmers must have a top 25 ranking nationally in 2 singles events to be considered for selection.

Team capacity of roster- 8 Male/8 Female swimmers. If the team is not filled, there will be no exceptions for lower ranking swimmers.

In the event of more than 16 athletes on the team, swimmers will be selected off their ranking order (i.e. a swimmer ranked 2nd nationally in their event will be selected over one in 15th).

Travel Competition Standard: An athlete chosen for Team Manitoba must satisfy the qualification criteria for the annual meet. If the athlete fails to meet these standards, they will not accompany the team.

Para Selection Process:

For Para Selection swimmers must be a SNC level 2 classification in order to travel.

All **PSPI** athletes will be invited and able to participate on the training roster so long as they meet the Age Group age requirements.

Team capacity of para travel roster- 8 Male/8 Female swimmers.

Program Activities:

- a. Sports Psychology session(s) offered through Sport Manitoba Performance - designed to enhance the mental aspects of athletic performance, focusing on the psychological factors that influence an athlete's ability to perform at their best. These sessions are led by qualified sports psychologists who specialize in understanding the unique challenges faced by athletes across various sports disciplines. Topics covered during these sessions include goal setting, visualization techniques, and strategies for overcoming performance anxiety. The aim is to equip athletes with the mental tools necessary to navigate the pressures of competition and enhance their overall performance. Moreover, the sessions can be beneficial for coaches and support staff, providing them with insights into how to best support their athletes' mental health and performance.
- b. Performance Testing - this aspect of training is crucial as it allows swimmers to enhance their overall athletic performance by improving strength, flexibility, endurance, and coordination, all of which are essential for success in the pool. Dryland training typically includes a combination of strength training, plyometrics, cardiovascular conditioning, and sport-specific drills that mimic the movements performed in swimming.
- c. Video analysis sessions - video analysis will be used to assess stroke technique, body position, and turns, providing visual feedback that is invaluable for making technical adjustments. This detailed analysis allows swimmers to refine their technique, which can lead to improved performance and reduced risk of injury.

- d. Skills Camp featuring senior provincial coaches or guest coaches, along with video sessions and stroke analysis involving the swimmer and their coach of record.
- e. Team Toba Swim Meet predetermined as per Section – General Information.

Logistics:

- Swimmers are selected at the end of each competitive season (August 31)
- Swimmers are notified of selection to the program and program activities immediately following final selection of the season
- Age Group camps and competition arrangements are made and, if possible, arranged in September of each year
- 1st camp in September used to promote and inform swimmers of opportunities
- Participants are not allowed to be part of both the Team Manitoba Age Group program and the Team Manitoba HPP program simultaneously

Contact:

SNM Office

Attention: Executive Director

Email: swim.ed@sportmanitoba.ca

Swim Manitoba Grassroots Initiative/Model

Program Goals:

- To engage and promote the sport of swimming at the 12U level with coaches and athletes alike.
- To create a long-term skill development model led by Swim Manitoba centered around proper teaching methodology and skill development.
- Develop a program that effectively promotes athletes who are dedicated to their training, rewarding swimmers who strive for improvement regardless of the skill level.
- Assist in aligning with and supporting SNM's strategic goal for a 10% year over year growth.
- Develop a practical and hands on model for our coaching development pathway.

Program Outlook:

The Swim Manitoba Grassroots program will offer 6 skill development camps for swimmers age 8-12 in clubs L2T level programming. All opportunities will have the following objectives:

- Skill development opportunities for swimmers led by the Grassroots program Coordinator
- Coaching education for younger coaches on better skill teaching methodologies and application.
- Progression and skill development support by the Grassroots program coordinator.
- Practice planning and other technical support for coaches needing assistance.

Select Camps:

- Swim Manitoba will offer select camps (see eligibility requirements) for 2 male, and 2 female club swimmers from each club wishing to participate. Clubs will be welcome to send as many coaches as they would like to come and participate in the camps which the grassroots coordinator will be running. These camps will be skill progressions and teaching mechanics for intro competitive coaches and swimmers.
- Underwater filming and technical analysis will be offered at some of the camps for swimmers and coaches.
- Classroom sessions for technical analysis will be offered at some of the camps for swimmers and coaches.

Eligibility

Swimmers:

- Swimmers age 8-12 who have a minimum of a junior provincial standard will be eligible to come and participate in these camps.
- Clubs will be responsible for selecting which athletes they feel are deserving of the opportunity.

Coaches:

- Coaches of record are strongly encouraged to attend with their athletes.
- Any additional coaches who have completed their coach compliance are welcome to come and participate in the camps.

Location and Timing:

- Camps will alternate Urban and Rural (Brandon, Steinbach, Selkirk, Dauphin, and Portage la Prairie).
- Camps will be 1-2 hours in length, timing will be dependant of pool availability.

Para Opportunities:

The provincial para lead can utilize the camp space and time to provide developmental opportunities for grassroots and new para swimmers.

These sessions are intended to provide support in adapting programs and teaching techniques for swimmers with limitations.

Contact:

SNM Office

Attention: Executive Director

Email: swim.ed@sportmanitoba.ca