



# Novice Program

## When & Why?

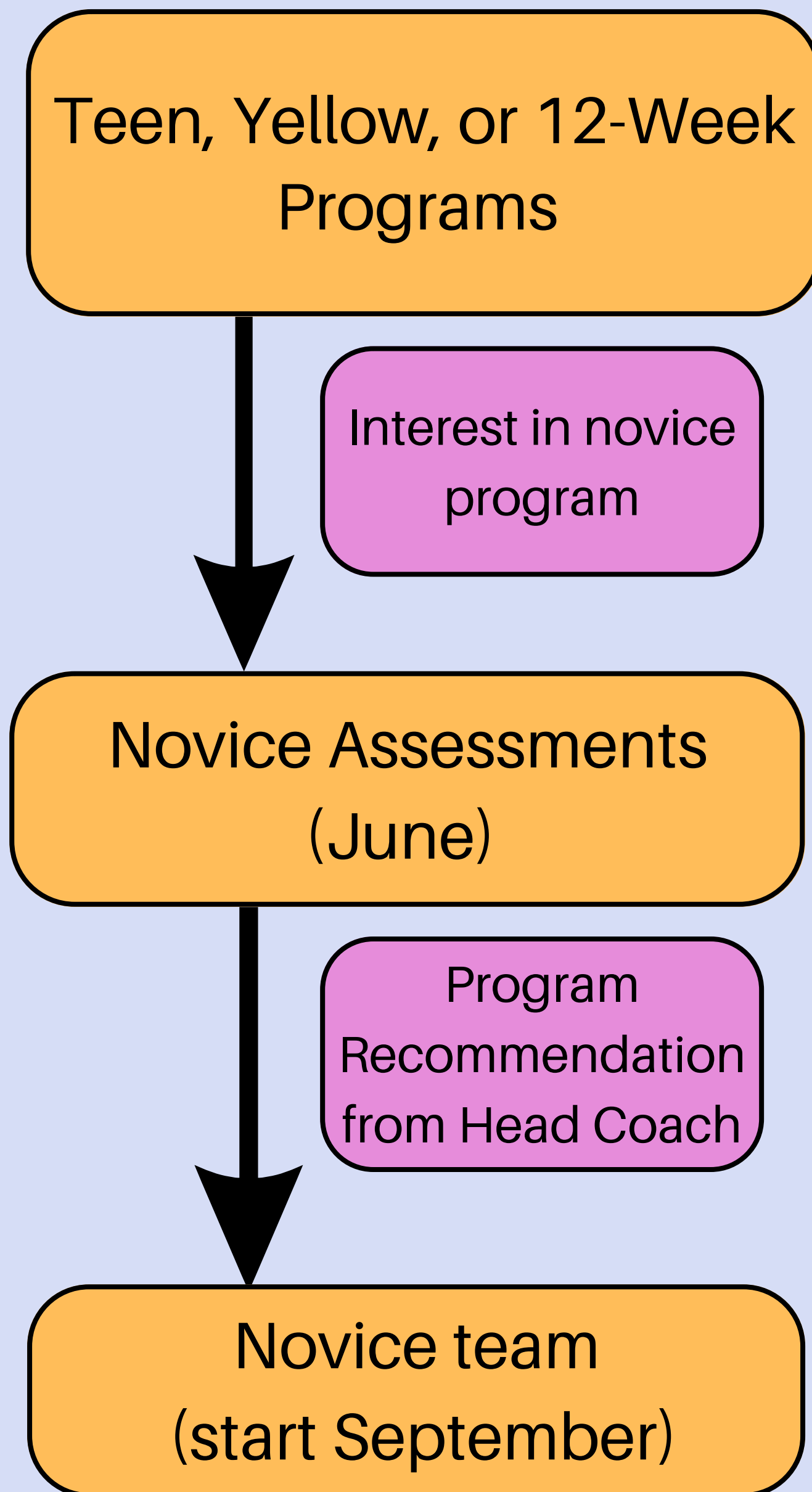
Artistic Swimming is referred to as an early-entry, late-specialization sport. Past age 10, it is often very difficult to progress from a recreational program to competitive as the skills have become increasingly complex and athletes will be competing against others who have already been training at a competitive level for multiple seasons. The novice program is designed so that athletes can still experience competitions and increased skill development at a level that takes into account their long-term athletic development and provides a positive sport experience. For this reason, moving from the novice to the competitive program is not the goal of novice training.

## What are the benefits?

Our novice athletes and parents report many benefits, including:

- promoting a healthy and active lifestyle
- the ability to work as a team and make close social connections
- supportive role models for young athletes
- a sense of belonging and fulfillment

## What's the Process?



## Novice Program

- Grade 6-7 (11-12 age group), 7-9 (13-15 age group), or 10-12 (16-20 age group)
- 2x practice per week (4 total hours)
- 2 competitions per season