

## Winnipeg Wave Swim Club Group Progression

From ICS Advanced to Novice Competitive		
Coach: TBD		
<ul style="list-style-type: none"> <li>• Pass Skill level test TBD by the coach of the Novice group</li> <li>• Complete 200m Free under 6:00 min</li> <li>• Age 7 yrs &amp; up</li> </ul>		
<b>Swim time:</b> 4:30-6:00	1.5 hrs	<b>Practices:</b> Monday & Friday
Swimmers must commit to coming to both practices & attending 3 of the 5 novice meets held		
Swimmers will be registered as a non-competitive swimmer & will be registered for a full yr		

From Novice Competitive to Development Competitive		
Coach: Kirstine Reyes		
<ul style="list-style-type: none"> <li>• Complete 200m IM under 6:00 min, and</li> <li>• Complete 200m Free under 5:00 min</li> <li>• Age 9 yrs &amp; up</li> </ul>		
<b>Swim time:</b> 4:30-6:30	2 hrs	<b>Practices:</b> Monday, Friday & Saturday
Swimmers must commit to attending 2 out of the 3 practices		
Swimmers will be registered as competitive swimmers & will be registered for a full yr		
Swimmers will be automatically entered into all eligible swim meets that are within city limits unless stated else wise by the swimmers parents.		

From Development Competitive to Jr Competitive		
Coach: Michael Feuerstein		
<ul style="list-style-type: none"> <li>• Complete 200m IM under 5:00 min,</li> <li>• Complete 200m Free under 4:00 min,</li> <li>• Complete 400m Free under 8:00 min, and</li> <li>• Hold a single "A" time in any event</li> <li>• Age 9 yrs &amp; up</li> </ul>		
<b>Swim time:</b> 4:30-6:30 & 7:30-9:00	1.5-3hrs	<b>Practices:</b> Monday, Thursday , Friday & Saturday
Swimmers must commit to attending 3 out of the 4 practices		
Swimmers will be registered as competitive swimmers & will be registered for a full yr		
Swimmers will be automatically entered into all eligible swim meets that are within city limits unless stated else wise by the swimmers parents.		

From Jr Competitive to SR Competitive		
Coach: Yuri Sisko		
<ul style="list-style-type: none"> <li>• Must have "A" time in 200m IM,</li> <li>• Must have "A" time in 200m Free,</li> <li>• Must complete 400m free under 7:00, and</li> <li>• Hold a single "AA" time in any event</li> <li>• Age 9 yrs &amp; up</li> </ul>		
<b>Swim time:</b> 4:30-6:30 & 7:30-9:00	1.5-3hrs	<b>Practices:</b> Monday, Tuesday, Thursday , Friday & Saturday
Swimmers must commit to attending 4 out of the 5 practices		
Swimmers will be registered as competitive swimmers & will be registered for a full yr		
Swimmers will be automatically entered into all eligible swim meets that are within city limits unless stated else wise by the swimmers parents.		