

**Vancouver Island Region (VIR)**  
**Grassroots Program: "Level Up" competitions: unsanctioned**  
 FUNdamental Stage of Swimming/Natation Canada's (SNC)  
 Appropriate Athlete Development (AAD) Matrix

VIR's grassroots Level Up program is the entry point into the Sport of Competitive Swimming and follows SNC's Athlete Development Matrix. Swimmers progress through the VIR Level Up competitions, which are designed to introduce competitions to new swimmers & families

Level Up kids start with in-house team activities that are Coach led. Once Swimmers develop a proficiency in skills – based upon each home team Coach's recommendation – Swimmers are invited to participate in the VIR Level Up competitions.

Swimmers of the VIR Level Up competition program are introduced to multi-team competition where the Island is divided into 2 areas based upon geographic location: Nanaimo North and Nanaimo South. Short competitions take place within each area throughout the season (Oct - Apr), with 2 final competitions Island wide: VIR 10&Under Champs (Comox, May) and DST June Jamboree (Duncan, June). VIR Level Ups are limited to one day (2 sessions) with the year ender competition(s) being 2 - 3 days.

**VIR Level Up 1 / Level Up 2 / Level Up 3**

Program Goals:

- Keep kids moving, enjoy swimming and develop a love for the Sport
- In-house training skills are transferred to the competition environment
- Multi-stroke development to promote diverse athleticism with the introduction of specific distances
- Continue to support a learning curve for the rules of Swimming in a safe environment
- Learn to race all strokes, multiple distances, with a progressive approach to introducing disqualifications (DQs)
- Gain experience in this structured environment to then be invited to VIR sanctioned competitions



VIR Level Up	Events*	Expectation	Graduation
<b>Level Up 1</b>	<ul style="list-style-type: none"> <li>• 25 Butterfly</li> <li>• 25 Backstroke</li> <li>• 25 Breaststroke</li> <li>• 25 Freestyle</li> <li>• 100 Individual Medley (IM)</li> <li>• 25 Butterfly Kick</li> </ul>	<ul style="list-style-type: none"> <li>• No DQs</li> <li>• Completion in a recognizable manner</li> <li>• Swimmers race mixed gender</li> </ul>	<ol style="list-style-type: none"> <li>1. By ability not age</li> <li>2. Complete all 5 x 25s</li> <li>3. Complete 100 IM; suggested &lt;3:00</li> <li>4. At discretion of Coach</li> </ol>
<b>Level Up 2</b>	<ul style="list-style-type: none"> <li>• 50 Butterfly</li> <li>• 50 Backstroke</li> <li>• 50 Breaststroke</li> <li>• 50 Freestyle</li> <li>• 200 IM</li> <li>• 50 Butterfly kick</li> </ul>	<ul style="list-style-type: none"> <li>• DQs for fr &amp; bk only; verbal feedback from Officials to Coach</li> <li>• Swimmers race mixed gender</li> </ul>	<ol style="list-style-type: none"> <li>1. By ability not age</li> <li>2. Complete all 5 x 50s</li> <li>3. Complete 200 IM</li> <li>4. At discretion of Coach</li> </ol>
<b>Level Up 3</b>	<ul style="list-style-type: none"> <li>• 100 Butterfly</li> <li>• 100 Backstroke</li> <li>• 100 Breaststroke</li> <li>• 100 Freestyle</li> <li>• 200 IM</li> <li>• 100 Butterfly Kick</li> </ul>	<ul style="list-style-type: none"> <li>• DQs for all races; verbal feedback from Officials to Coach</li> <li>• Swimmers race mixed gender</li> </ul>	<ol style="list-style-type: none"> <li>1. By ability not age</li> <li>2. Complete all 5 x 100s</li> <li>3. Complete 200 IM legally, &lt; 4:30</li> <li>4. At discretion of Coach</li> </ol>

\*Swimmers will be entered into all events per their Level Up category, participation in each race is optional