



Barrie Trojan Swim Club

SEASON LAUNCH 2025-2026



Agenda

- ▶ Welcome
- ▶ Coaches' Introductions
- ▶ Program Philosophy and Goals
- ▶ What is Age-Group Swimming?
- ▶ Value System & Factors of Success
- ▶ Group Structure, Placement, and Movement
- ▶ Competitions
- ▶ Daily Process

Welcome to the 2025-2026 Season

The 24-25 season was a historic one for the Barrie Trojans. It included a stout defense of our Huronia Regional Championship banner, a 5th-place team finish at the Ontario Swimming Championships, as well as 139 BTSC program records, 5 Ontario Provincial Records, and even a Canadian National Age Group Record. Additionally, 3 Trojans were selected to represent Team Ontario at the Canada Games.

These accomplishments, while exciting and worthy of praise, are only a small part of the competitive swimming experience that shapes each season, for every individual and the team as a whole. Everyone's journey begins the same way – from initial splashes and early lessons, to first competitions, followed by larger events, the first major successes alongside early setbacks, and the emergence of a dream...

The BTSC is dedicated to providing programming that enables all our student-athletes to fully pursue their athletic goals. In recent seasons, BTSC swimmers have proudly represented the club and Canada at international events including World Championships, the Pan-American Games, World Cups, and Junior World Championships. We deeply appreciate the commitment and effort demonstrated daily by Trojans across the program, as well as the community that supports each athlete.

Thank you for your ongoing support of our club and our inspiring young student-athletes.



Coaches' Introductions

Coach	Group
Endi Babi – Head Coach & Director of Swimming	High Performance
Joseph Collier – Head Age Group Coach	Senior Development / Junior
Maksim Chaikouski	Senior / Novice
Hadjer Lachiri	Junior Development / Provincial / Masters
Amanda Reason	Provincial Development / TOP
Debbie Blechta – Pre-Competitive Coordinator	Tiny Trojans / House League
Justin Kim – Strength & Conditioning	The Movement HQ

Program Philosophy



- ▶ Aerobic Free/IM-based Program
 - ▶ Promote well-rounded student-athletes (physically / mentally / emotionally / socially)
 - ▶ Maximize potential for competitive success by generally targeting 100-400m events (11/17 Olympic Events), while also providing appropriate support for swimmers whose abilities lie in the extremes (50s, 800/1500, Open Water)
 - ▶ Allow student-athletes to experience the sport in its entirety, every event, before specialization happens naturally at maturity (different for every student-athlete)
 - ▶ Focus on fitness, technical efficiency, and swimmer/stroke reliability
- ▶ Concurrent Training Model
 - ▶ Swimmers will touch on every energy system, every stroke, and every skill within the weekly cycle
 - ▶ We race every day!
- Dryland
 - ▶ 15-minute pre-pool activations – warm up to swim, not swim to warm up
 - ▶ Deck dryland (PD, JD) – basic movement patterns, trunk stability, coordination
 - ▶ MHQ (HP, SR, SD, JR) – strength, conditioning, mobility, stability, reliability

Program Philosophy

- ▶ Full-Spectrum Programming
 - ▶ The BTSC Athletic Development Model includes all dimensions important in the development of student-athletes in the sport of swimming
 - ▶ Our swimmers do not need “extra” help or work (private coaching/training, gym sessions, etc.)
 - ▶ Different messages from different sources can often confuse athletes and delay development, create additional pressures, inhibit recovery, and dilute the coach-swimmer relationship
- ▶ Prioritize the water
 - ▶ Swimmers need to swim to become better swimmers
 - ▶ Swimming has a high degree of specificity and it's very difficult to mimic swimming movements on land
 - ▶ Everything we do outside of the water has to support what we do in the water

We have a strong formula in how we use our resources and translate them to performance and competitive success:

Defending Huronia Regional Champions

5th Ontario Swimming Championships (44 swimmers)

139 BTSC Records in 24-25





Program Goals

- ▶ Continue to grow the Olympic Movement
- ▶ Afford an opportunity for all members of the club to excel
- ▶ Student-athletes should derive happiness from the pursuit of excellence
- ▶ Be the best team we can be by taking care of our individuals
- ▶ “Swimming should be an adventure, not an ordeal” – Bob Bowman
- ▶ Prepare student-athletes to be at their best in their prime (maturity)!
 - ▶ This may be well after they’ve graduated from the Trojans
 - ▶ Average age of Paris Olympic swimming medalist: 24.5
- ▶ Focus on the process
- ▶ Build and reinforce good habits, on deck and off
 - ▶ “Not every athlete with perfect attendance becomes an Olympian, but every Olympian has perfect attendance.”

What is Age-Group Swimming?

- ▶ Learning as much as possible about the sport of swimming – laying the foundation for senior competition and success
 - ▶ Success at the age-group level is good and welcome, but it is not intended to be a goal unto itself
- ▶ Training with better and better technique on faster and faster intervals
- ▶ Learning how to deal with close-quarters racing
- ▶ Learning how to handle residual fatigue from training
 - ▶ Usually becomes a factor when doubles are introduced
- ▶ Learn how to maintain stroke reliability while fatigued
- ▶ Introduction of lifestyle information necessary for long-term development
- ▶ Learning how to balance increasing academic and athletic demands
 - ▶ Anecdotally, student-athletes who have seen the biggest improvements in their swimming, have also seen similar improvements to their academics (BTSC Grads in varsity programs across Canada and the US)





Value System (Order of questions)

- ▶ Did you give 100% effort?
- ▶ Did you swim the race the way you wanted to?
- ▶ What did you learn from the race?
- ▶ Did you swim a best time?
- ▶ What place did you come in the race?

Critical factors that determine a swimmer's success

TALENT

- ▶ Physical gifts: feel for the water, physical attributes
- ▶ Mental/Psychological gifts: resilience, ability to focus under pressure, withstand discomfort/pain

SWIMMER'S COMMITMENT

- ▶ Ability to persist – 8 or more years to develop to the international level
- ▶ Setting and sticking to priorities, daily time management, recovery
- ▶ Attendance is the biggest predictor of improvement at the age group level

THEIR COACHES AND PROGRAM

- ▶ Skill and knowledge
- ▶ Desire for success

PARENTAL/FAMILY COMMITMENT

- ▶ Scheduling activities around training sessions (doctor's appointments, family engagements, etc.)
- ▶ Encouraging and assisting the swimmer with healthy nutrition and sleep habits
- ▶ Being supportive of the swimmer's goals through highs and lows



Performance development

Developing age-group swimmers with a vision of long-term performance at maturity ensures we, as a program:

- ▶ Care for every student-athlete in a holistic manner
- ▶ Do our best to retain student-athletes through high school
- ▶ Refine technical and tactical aspects of each swimmer at every stage of development
- ▶ Continuously work to build a robust physiology in each student-athlete from a young age
- ▶ Instill good habits and a value for excellence at a young age
- ▶ Hold our young people accountable to themselves and their long-term goals

Prioritizing development and valuing performance ensures that we continue to refine and improve our programming to meet the needs of the swimmers at every developmental stage.



Group structure, Placement, and Movement

- ▶ Swimming is a training sport with a technical element
- ▶ The goal is to create the best possible training environment for each student-athlete
- ▶ Factors to consider:
 - ▶ Training speed and commitment
 - ▶ Competitive aspirations
 - ▶ Physical/emotional/social developmental stage
 - ▶ Performance (if applicable and appropriate)
 - ▶ Age (chronological vs. developmental)
- ▶ Every group is a development group – we're always trying to develop
- ▶ Every group prepares swimmers for the next group
- ▶ Group Movement
 - ▶ Swimmers move between groups based on individual needs, but group placements do not happen in a vacuum
 - ▶ Set movement dates: December 29, March 16
 - ▶ Swimmers may be reassigned to a group at any point during the season depending on their needs
 - ▶ We don't place swimmers based on what they "might" do, only on what they've already shown



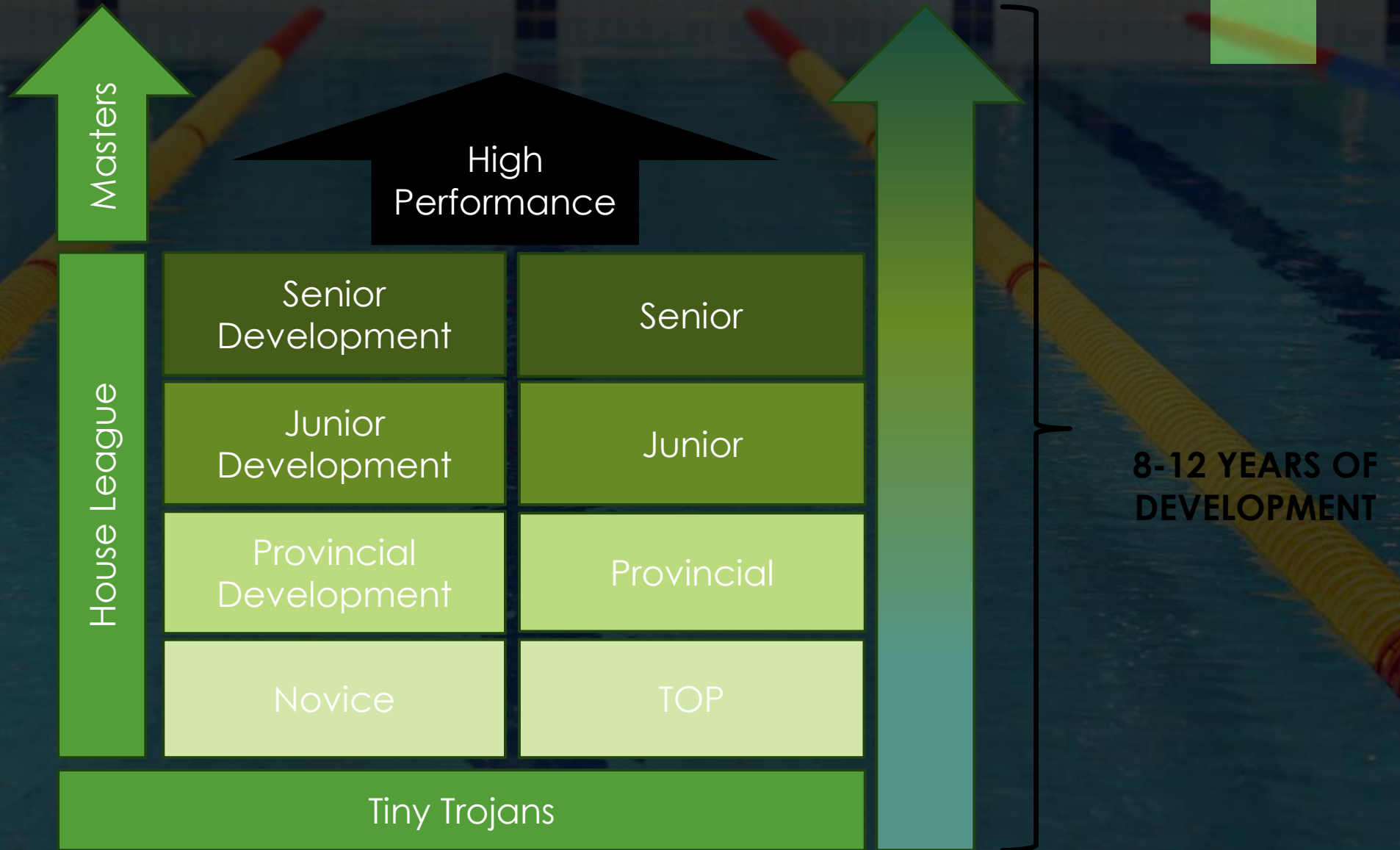
Group structure (cont.)

Core Competencies of the BTSC Athletic Development Program

- ▶ Training Ability
 - ▶ Attendance, practice completion, pace clock and equipment management, managing increasing workloads, faster intervals, better technique
- ▶ Racing Ability
 - ▶ Racing skills (starts, turns, finishes), race pacing/splitting, competitive drive when racing, exposure to all developmentally appropriate events, ability to manage and negotiate different pressures and stresses of race-day, managing multi-race sessions and multi-day competitions
- ▶ Resilience
 - ▶ Negotiating scheduling changes, performing in unfamiliar situations under varying amounts of stress, remaining healthy for the entirety of a competitive season by insulating from illness/injury
- ▶ Coachability
 - ▶ Ability to follow the direction of a coach, making technical/tactical changes, lifestyle changes
- ▶ Communication Skills
 - ▶ Positive and supportive communication with teammates, open and clear communication with coaches, ability to ask good questions and ask for help when needed
- ▶ Competitive Aspirations
 - ▶ Desire to strive for better results and aspire to reach the highest levels of the sport of swimming



Group structure Cont.





Competitions (procedure)

Entries

- Swimmers are automatically entered in competitions for which they qualify or are deemed appropriate by the coaching staff.
- If your swimmer cannot attend part of or the whole competition, you **MUST** decline before the provided deadline – otherwise the swimmer will be entered into the meet and the club must pay their entry fees.
- Event selection is solely at the discretion of the coaching staff.

Qualification

- Some competitions require that swimmers meet a minimum qualification standard for each event they wish to swim.
- Swimmers not meeting the minimum standard in an event cannot be entered in that event, though they may be entered in events for which they do meet the qualification standard.
- Some competitions offer BONUS events for qualifying swimmers – swimmer may qualify for 1 event, but also be entered in other as bonus events.
- Some competitions have short course and long course qualifying standards. Others (Canadian Swimming Trials) must be qualified in long course only.

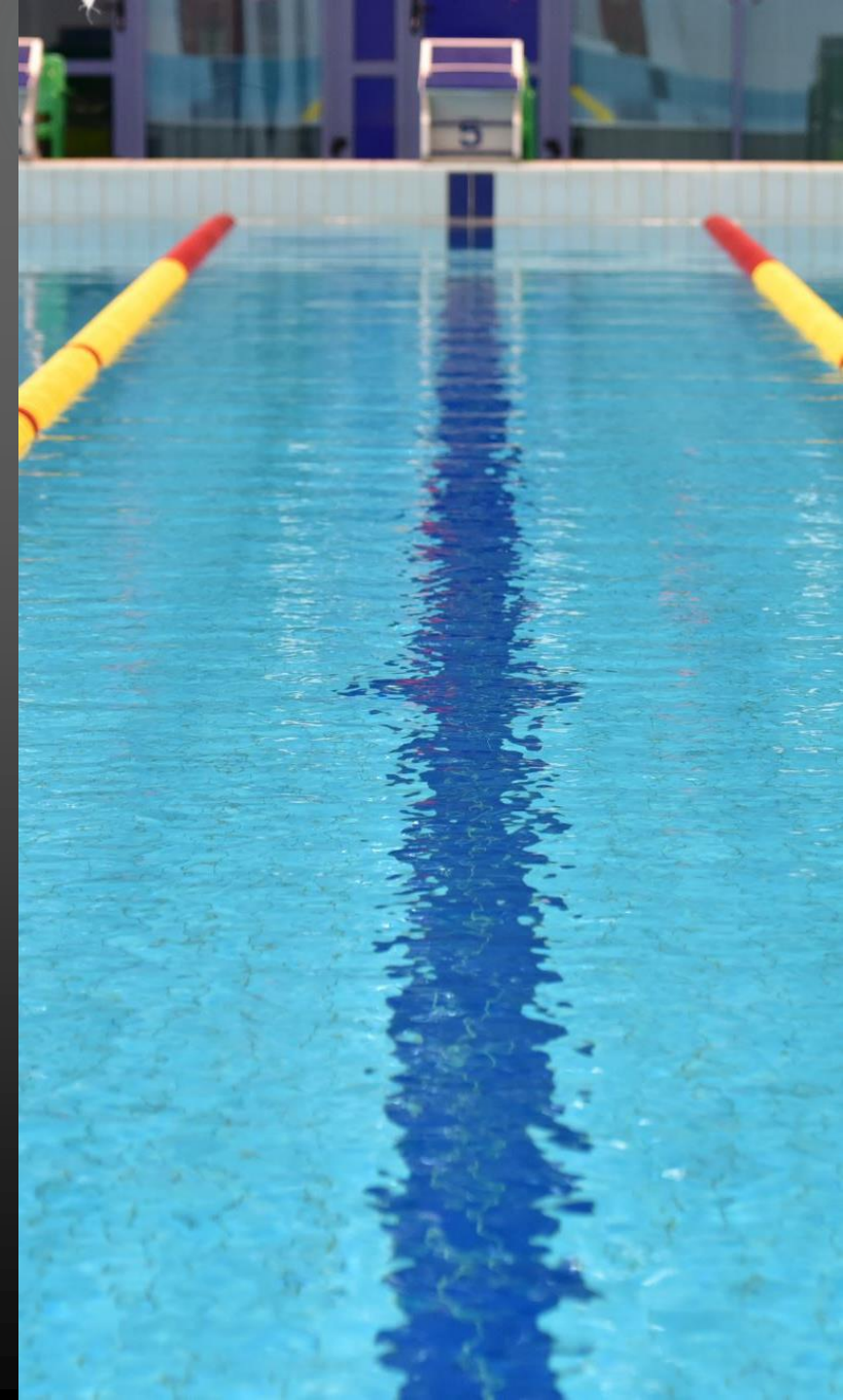
Competitions (Cont.)

Meet Attendance

- The BTSC is a competitive swim club – this means all Trojans train to compete!
- Competitions are not important just for the glory of the swimmers and the club – performance is an important metric for the coaching staff to keep refining and improving what we do!
- Competitions are a huge part of the swimming experience – where moments turn into memories!

Relays

- Relays are an important piece of competitions.
- At championship meets relays score 2x the points.
- Relays afford swimmers additional racing opportunities to their individual events, but in a more fun and team-oriented structure. Relays can also be a swimmer's first appearance in a provincial/national final.
- Relays are put together with the 4 fastest times in the category at the time of the entry deadline. We will always enter the fastest possible relays to ensure the highest possible seeding position (some relays swim directly in finals).
- Race-day decisions on relay personnel can be made at the discretion of the coaching staff based on several factors: individual performances, individual event loads, competition timelines, lead-off opportunities, etc.



Competitions (Sept-Dec)

<u>October</u>				
18-19	MAC Fall Fest	Markham PanAm Centre	HP, SR, SD, JR, JD, PV, PD, TOP	
23-25	World Aquatics World Cup - Toronto	Toronto PanAm Sports Centre	Invited by Swim Canada	
<u>November</u>				
Oct 31-Nov 2	Aquafest	East Bayfield CC	ALL	
21-23	Alex Baumann Invitational / PanAm Open	MPAC/TPASC	HP, SR, SD, JR, JD, PV, PD, TOP	
<u>December</u>				
11-14	Ontario Junior International	Toronto PanAm Sports Centre	Qualified	OJI
12-14	Trojan Cup	East Bayfield CC	ALL not @ OJI	
21-28	Winter Break	OFF	HP, SR, SD, JR	
Dec 21-Jan 1	Winter Break	OFF	JD, PV	
Dec 21-Jan 4	Winter Break	OFF	PD, TOP, NV	

For questions regarding your individual athlete(s) or group(s), please contact your group coach.

Competitions (Jan-Apr)

<u>January</u>				
1	New Year's Day	OFF	SR, SD, JR, JD, PV, PD, TOP, NV	
22-25	MAC Winter Invitational	Markham PanAm Centre	Qualified	SwimON E Standards (D for Dis)
23-15	Elaine Thompson Memorial Meet	Orillia Recreation Centre	Not @ MAC	
<u>February</u>				
6-8	Huronion SC Regionals	Orangeville	Qualified	Huronion Regional Standard
<u>March</u>				
5-8	Ontario Age Groups	TPASC/MPAC	Qualified	OAG
6-8	Trojan Pentathlon	East Bayfield CC	ALL NOT @ OAG	
16-22	March Break Training		HP/SR/SD/JR/PV/JD	
16-22	March Break	OFF	PD/TOP/NV	
<u>April</u>				
9-11	Canadian Open	Edmonton	Qualified	Swim Canada Open Standard
10-12	BAC LC Invitational	Brantford	SD, JD, PD	
17-19	Ontario Masters Championships	TBD	Masters	
23-26	Marilyn Bell Swim Classic	Etobicoke Olympium	HP, SR, SD, JR, JD, PV, PD, TOP	

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Competitions (May-Aug)

<u>May</u>				
2-3	BTSC Spring Off The Blocks	East Bayfield CC	ALL	
8-10	TOP Cup	Etobicoke Olympium	10 & Under	
22-24	Canadian Masters Championships	Windsor	Masters	
28-31	MAC Spring Invitational	Markham PanAM Centre	Qualified	SwimON E Standards (D for Dis)
28-31	Huronian LC Regionals	Brock University	Team Selection	
<u>June</u>				
20-21	CCSC June Invitational (TBC)	Collingwood	NV, TOP, PD	
<u>July</u>				
5-9	Canadian Swimming Trials	Montreal	Qualified	Trials
8-12	Ontario Swimming Champs	Toronto PanAm Sports Centre	Qualified	OSC
18-19	Ontario Open Water Swimming Champs	TBD	Qualified	

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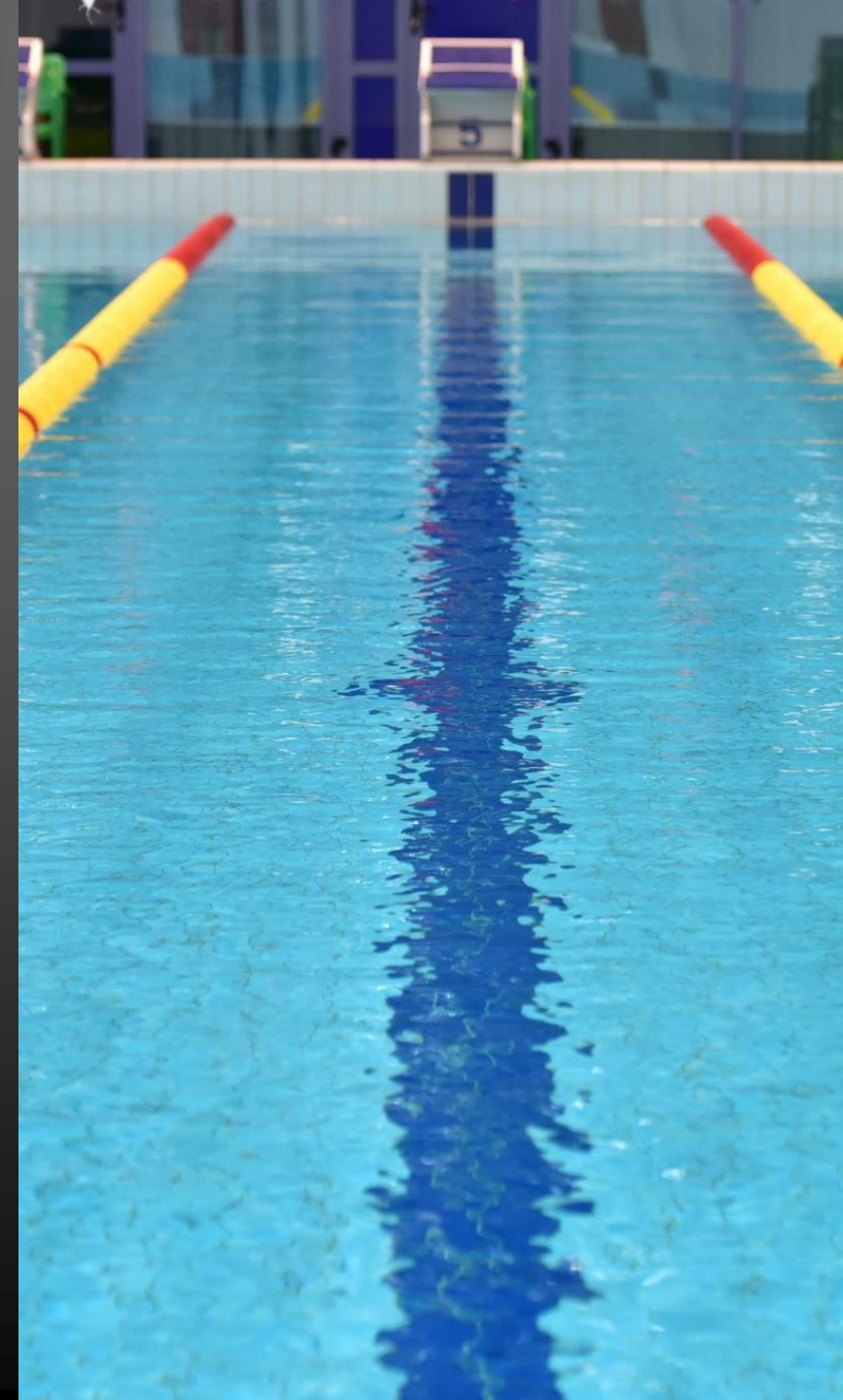
Daily process

Caps

- To compete our best as a team, it's important we train as a team and look like a team.
- Swimmers will race exclusively in BTSC caps (have extras, borrow)
- Swimmers will train exclusively in BTSC caps*
 - Exceptions – provincial and national team caps also allowed
 - Fun Cap Fridays – on Friday PM training sessions, swimmers may wear any cap they wish as long as:
 - It is appropriate for competitive swim training (good fit, does not hinder the swimmer)
 - It does not contain offensive or inappropriate material of any sort as deemed by the coach

Arrival to Training Sessions

- Swimmers are expected on deck 15 minutes prior to water time.
- They all have a pre-pool mobility and activation routine to complete
- Allows for the coach to brief the training session and everyone to begin on time
- All swimmers in the group help with setting up and tearing down the pool (lane-ropes)
- Please don't drop off swimmers 30+ minutes before their training time – coaches are guards on the pool deck and we must mind our 25:1 ratio



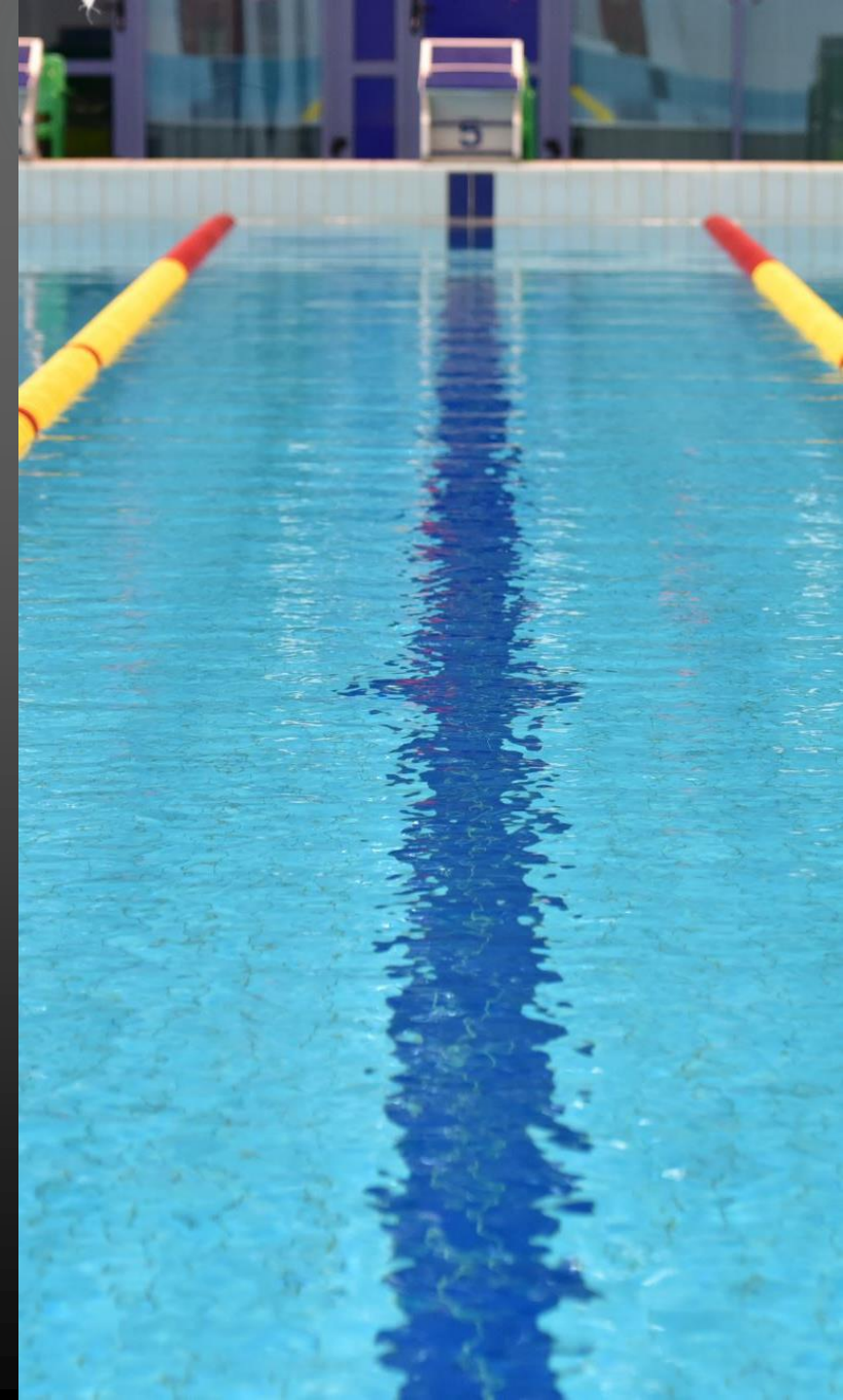
Daily process

Equipment

- Swimmers are expected to have functional equipment at every training session, as per the needs of their training group
- This includes caps, suits, goggles, water bottles, fins, paddles, pull buoy, snorkel, kick board
- Please name/label your swimmer's equipment – a lot of items look the same and names help us return lost equipment after we find it

Cell Phone Use

- As per City of Barrie bylaw, no one in the stands is permitted to take photos or videos of athletes in the water
- As per City of Barrie bylaw, there is no cell phone use allowed in the changerooms
- We strongly encourage all swimmers to keep their devices off the pool deck during training sessions
 - We want to maintain the pool deck as a safe and dedicated space for swimmers to hone their skills free of distractions



Communication protocol

Minor scheduling changes, competition information, etc. will be communicated via the Group Google Classroom

If you have any questions regarding BTSC programming, contact your group coach

If your questions remain unanswered, contact head age group coach Joseph Collier at coach_joseph@barrieswimming.ca

For further clarification/escalation, contact head coach Endi Babi coach_endi@barrieswimming.ca

Thank
you!

Questions?