

4.2 4.2 Winter Training Policy

From November 1 to May 31, the amount of training permitted by a summer swimmer is restricted, if they wish to retain summer swimming status.

To be considered eligible to register for summer swimming, and/or be considered eligible to compete at any summer meet, a swimmer may swim **not more than** 2 hours per week in a coach or parent directed program.

The two hours per week does not include:

- **Red Cross and Life Saving Society Classes, “I Can Swim” Classes, YMCA swim instruction program**

- **Fundraising swim-a-thons**

- **Other water sports such as Synchronized Swimming, Water Polo, or Diving.**

Summer swimmers will be permitted to attend one swim camp during the restricted training period.

As per Section 3.4 of the Summer Swimming Operating Handbook, former winter swimmers (registered September 1 to August 31) wishing to become summer swimmers are not eligible to compete in the summer for the same period of time they trained and/or competed in the winter, for a minimum of one summer season to a maximum of two summer seasons. Based on this required timeframe, to be considered eligible to compete in the summer, **a former winter swimmer has not**

- Practiced more than 2 hours per week in a coach or parent directed program, **as per section 4.2** AND/OR
- Competed in winter meets

The intent of any winter training should be for team building and general fitness of swimmers. Training sessions should not be organized for the purpose of creating a competitive edge of one individual over others.