Swim BC TechDev Program

Technical Skills Database

INTRODUCTION

Beginning in the 2026–2027 season, Swim BC is launching a provincial database to track athlete performance in a selection of key technical skills. Three times per season, clubs will be asked to submit their athletes' data, allowing performances to be compared against peers within the same age group. After the data intake deadline, clubs will receive reports highlighting athlete provincial rankings for each skill in each of the following age groupings: 10&U, 11-12, 13-14, 15-16, 17&O.

The selected skills were chosen for their potential to have a meaningful impact on performance without requiring coaches to dedicate an entire practice or main set to testing. Data can be collected over time, during the final minutes of a regular training session, making the initiative an efficient way to incorporate meaningful performance tracking into the season.

This program will provide athletes and coaches with a broader picture of technical development across the province, while giving athletes the opportunity to benchmark their skills, identify areas for improvement, and track their progress over time.

DATA COLLECTION

Clubs will collect the athletes' data using the ***Provincial Skills Data Collection Sheet*** and submit their completed results sheet to Savannah King by the following deadlines:

Period 1	**Period 2**	**Period 3**
November 30, 2026	March 30, 2027	June 30, 2027

Clubs are encouraged to practice these skills and collect results regularly throughout the season. Before each respective deadline, clubs should submit their athletes' fastest results from that reporting period. Submitting results for each period will allow athletes to track their progress throughout the season and compare their performances with peers in their age group.

Where possible, it is recommended that the same coach collect the data from the same athletes for each submission period to ensure consistency in data collection.

To ensure a standardized method of data collection between clubs, please read the *Description of Data Collection* for each skill closely prior to collection.

All times should be entered to the 1/100th of a second.

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DESCRIPTION OF SKILLS

Skill # 1:	**Dive Start to 15m (with kickout)**
Why this skill:	Development of power & speed off the start and kickout.
HPC-Van Centre Performance:	Male: 5.60 Female: 6.40
Description of data collection:	1. Stand in line with the 15m mark. 2. Give your athlete(s) a start from on the blocks. 3. Start your watch at the same time as your 'go'. 4. Stop your watch when the top of the athlete's head reaches the 15m mark 5. Ensure that the athlete swims past the 15m mark for top speed through the finish

Visuals:

I. Coach Position



II. Finish Position



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Skill # 2:	Dive & Glide to 10m (no kickout)

Why this skill:

Development of a good entry position and transition into the water off the dive.

HPC-Van Centre Performances:

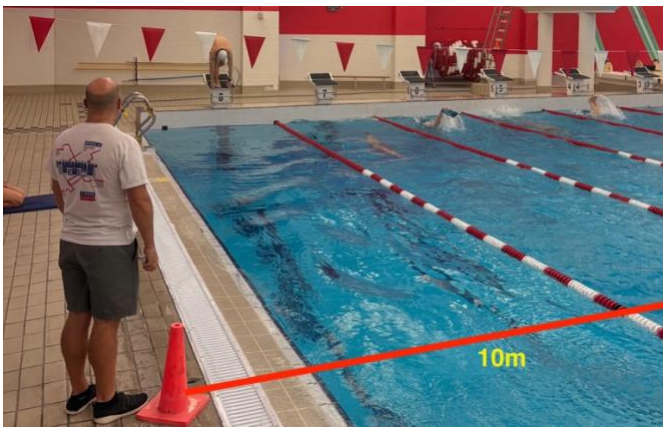
Male: 2.90
Female: 3.70

Description of data collection:

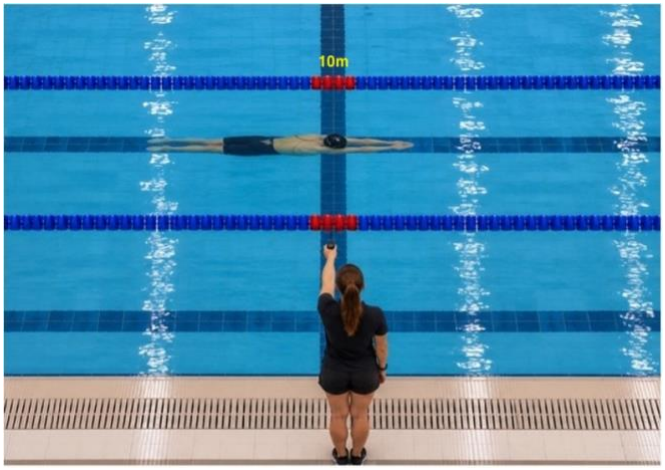
1. Stand in line with the 10m mark.
2. Give your athlete(s) a start from on the blocks.
3. Start your watch at the same time as your 'go'.
4. Stop your watch when the top of the athlete's head reaches the 10m mark.

Visuals:

I. Coach Position



II. Athlete position when stopping watch



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Skill # 3:	15m Underwater Kick

Why this skill:

Effective underwater kick can be what separates good athletes from great athletes.

HPC-Van Centre Performances:

Male: 5.93
Female: 7.10

Description of data collection:

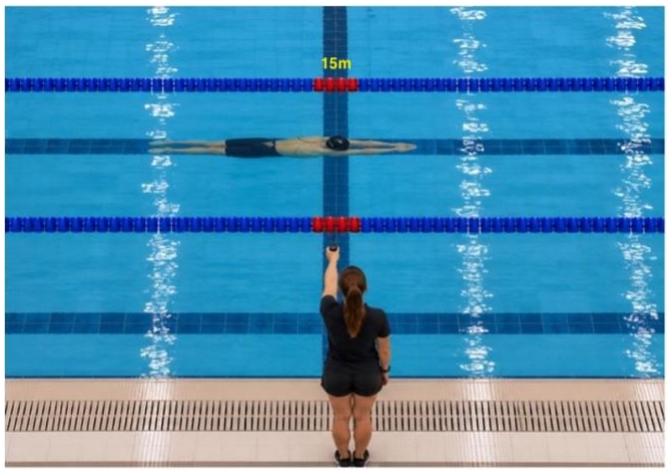
1. Athletes should be in a ready position with both feet on the wall, and one hand on the edge for the start.
2. Give your athlete(s) a start from in the water.
3. Start your watch at the same time as your 'go'.
4. Stop your watch when the top of the athlete's head reaches the 15m mark.

Visuals:

I. **Athlete ready position for the start.**



II. **Athlete position when stopping watch.**



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Skill # 4 / 5 :	**5-in-5-out Free Flip Turn (with kickout)** **and** **5-in-5-out Fly Touch Turn (with kickout)**

Why this skill: Development of a good approach to the wall and speed on the turn rotation

HPC-Van Centre Performance:

Free Flip Turn with kickout	Fly Touch Turn with kickout
Male: 4.33 (2.97 split)	Male: 5.14 (2.69 split)
Female: 4.82 (3.22 split)	Female: 5.84 (3.10 split)

Description of data collection:

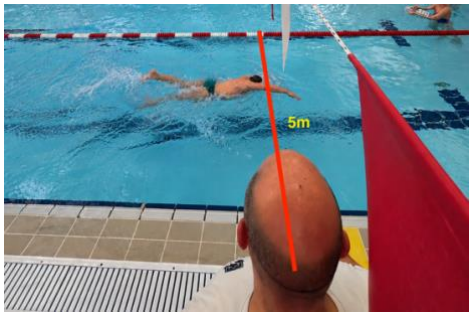
1. Stand in line with the flags
2. Have your athlete start swimming from 10-15 m out of the wall. It's important that they are up to full speed when going past the flags.
3. Start your watch as the top of their head passes the flags moving to the turn
4. Take a split when they touch the wall
5. Stop your watch when the top of their head passes the flags moving out of the turn.
6. Note both their time to the wall and their overall time for the skill.
7. Ensure that the athlete swims past the flags for top speed through the 5m mark

Visuals:

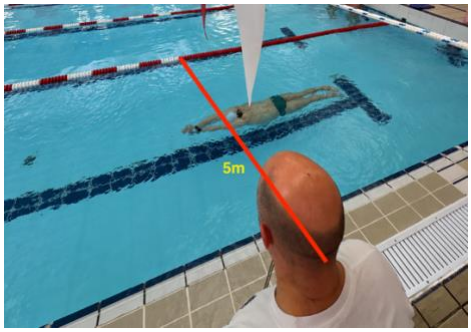
I. Coach Position



II. Athlete position when starting watch



III. Athlete position when stopping watch



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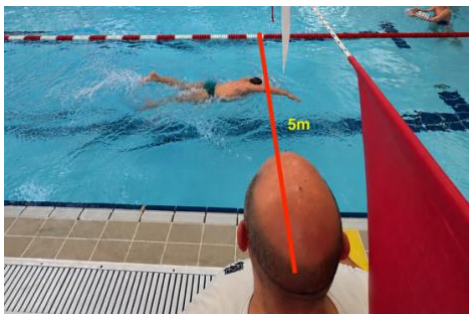
Skill # 6 :	**Flip Turn & Glide to 5m (no kickout)**
Why this skill:	Development of efficient push-off position out of flip turns
HPC-Van Centre Performance:	Male: 4.36 Female: 4.97
Description of data collection:	1. Stand in line with the flags 2. Have your athlete start swimming from 10-15 m out of the wall. It's important that they are up to full speed when going past the flags. 3. Instruct the athlete to perform a turn with no kickout and glide as far as possible. 4. Start your watch as the top of their head passes the flags going into the turn 5. Stop your watch when the top of their head reaches the flags moving out of the turn.

Visuals:

I. **Coach Position**



II. **Athlete position when starting watch**



III. **Athlete position when stopping watch**

