

# SWIMMER / ATHLETE DEVELOPMENT OVERVIEW



← DEVELOPMENTAL AGE -2 -1 0 +1 +2 →

## CHRONOLOGICAL AGE



Physical Activity & Play

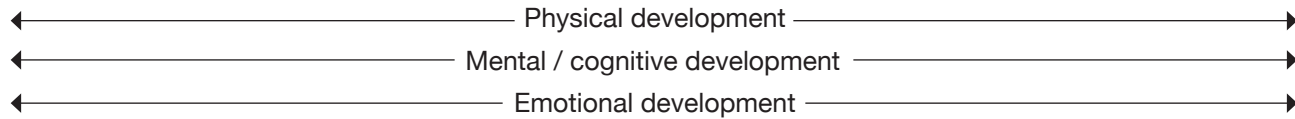


Giving Back

## TRAINING AGE +/-



**COGNITIVE DEVELOPMENT**  
Development of logic – ability to remember sets, calculate swim times and splits, Consequences of actions – understand rules of the sport



**EMOTIONAL DEVELOPMENT**  
Ethics, fair play and character building

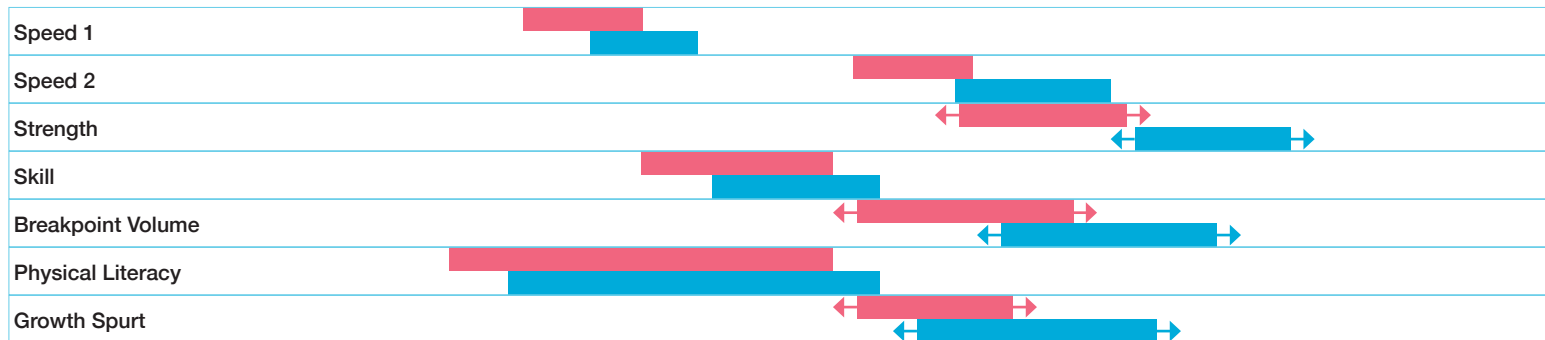
|       | ACTIVE START  | FUNDamental  | LEARN TO TRAIN  | TRAIN TO TRAIN  | TRAIN TO COMPETE  | TRAIN TO WIN  | ACTIVE FOR LIFE   |
|-------|---|--|---|---|---|---|---|
| Girls | Physical Activity & Play; ABCs (Agility, Balance, Coordination & Speed) | 5 6 7  | 8 9 10 11   | 12 13 14  | 15 16   | 16+   | Competitive for Life; Fit for Life; Sport and Physical Activity Leaders |
| Boys  |   | 6 7 8  | 9 10 11 12  | 13 14 15  | 16 17 18  | 18+   |   |
|       |   | Physical Literacy multi-sport, skill acquisition and FUN | Skill development & enhancement across all parameters | Aerobic training priority, further develop skill, speed, strength & flexibility | Perform skills under variety of competitive conditions during training; optimum preparation | Focus of training shifted to maximization of performance; Performance on demand |   |

## SENSITIVE PERIODS OF ACCELERATED ADAPTATION TO TRAINING

### DEVELOPMENTAL AGE



**FEMALES** (Pink)  
**MALES** (Blue)



**SPEED 1**  
Quickness and agility less than 5 seconds

**SPEED 2**  
Alactic - power and capacity up to 20 seconds

**BREAKPOINT VOLUME**  
Building the engine for performance

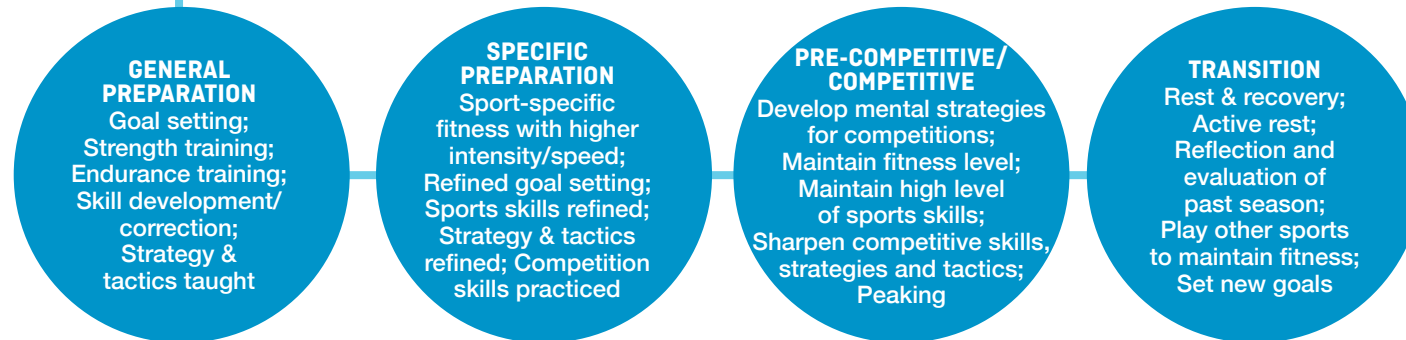
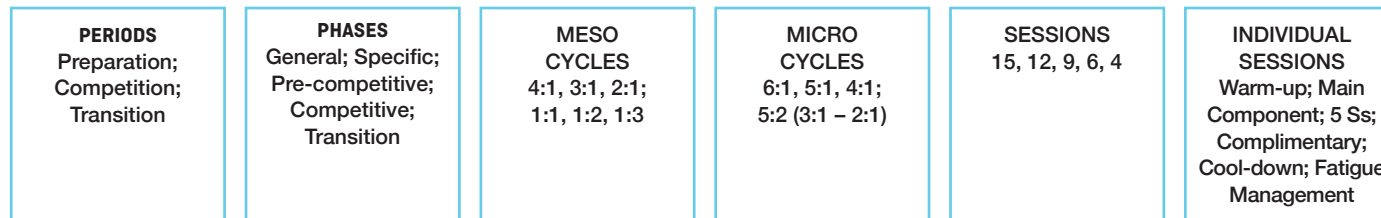
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## BASIC COMPONENTS OF TRAINING & PERFORMANCE

5 Ss of Training  
 (Stamina, Strength, Speed, Skill, Suppleness)  
 Planning Quantification and Implementation  
 Additional 5 Ss of training and performance: Structure; Schooling; Psychology; Sustenance and Socio-cultural

## PERIODIZATION



## ANCILLARY CAPACITIES

|   |  |  |                                       |
|---|--|--|---------------------------------------|
| Warm-up<br>Stretching<br>Taper and Peak | Environment<br>Mental<br>Nutrition and Hydration | Cool-down<br>Fatigue Management (Regeneration) | Health<br>Equipment<br>Socio-cultural |
|---|--|--|---------------------------------------|

Integration of Sport Science, Sport Scientific Activities, Sport Medicine