

RHAC's Development group is the fundamental level of competitive swimming, providing beginner athletes with the foundation they need to progress. This group is dedicated to teaching athletes how to commit to practices over an extended period and introduces them to the fundamentals of swimming and racing.

The coaches for the Development group consider their swimmers to be the youngest athletes in the Long-Term Athlete Development (LTAD) program. As such, they emphasize the importance of learning to swim effectively and efficiently, as well as teaching skills like lane etiquette, circle swimming, and how to use a pace clock.

The coaching staff is well-versed in early child development models in sports and ensures that athletes develop appropriately within the group. They encourage swimmers to be enthusiastic about practice and to listen attentively to their coach. Additionally, they encourage athletes to participate in other sports to develop essential skills such as coordination and motor skills.

Athletes typically move into the Development group from programs like Sharks or Super Sharks. Workouts are held four days a week and are approximately 90 minutes long. Although there is no attendance requirement, athletes who attend practice regularly will improve more quickly.

Specific Points of Performance Considered for Entry into Development

- Swim freestyle, backstroke, and breaststroke technically, as well as perform butterfly drills
- Swim 100 IM according to FINA regulations (regardless of time)
- Perform starts, turns, and finishes in all strokes
- Have a basic understanding of the pace clock