

3.10 COMPETITIVE PERFORMANCE GROUP

Age: Female 11-13 / Male 12-14

Stage of Development: Train to Train (Conscious Competence)

The Competitive Performance Group is a developmental program designed for athletes who aspire to reach high-performance levels in swimming. Positioned within the 'Train to Train'; phase of the Long-Term Athlete Development (LTAD) model, this group focuses on building the skills and mindset necessary for future success in the sport.

Coaches design practices that align with the training principles of both the Performance and National groups, ensuring that athletes develop according to the standards expected at higher levels. In this group, the emphasis is placed on performance during practice rather than results at meets, reinforcing the importance of proper development. Work ethic is a key focus during practice sessions, as it lays the foundation for the rigorous training expected in the National Group.

Athletes in the Performance Group are expected to be receptive to coaching and eager to learn. While their performance may not yet meet National standards, they are encouraged to give their best effort in every practice, with the goal of improving competitively. These athletes should aim to be competitive with peers who hold provincial and age-group national standards, preparing themselves to achieve these benchmarks.

As athletes progress in this group, they are expected to demonstrate increasing commitment and continuous improvement in stroke technique. Maturity, attendance, and training attitude should evolve as athletes grow older, with a clear understanding of the connection between their commitment and results. Accountability is a key aspect of this group, with swimmers being held responsible for their performances both in practice and at meets.

Athletes in the Performance Group must also balance their school, social life, family commitments, and competitive swimming. Effective communication with parents, coaches, and teammates is essential, as is a clear understanding of the program's goals. Swimmers are encouraged to set specific, attainable goals for practice and develop coping strategies to manage peer pressure.

Entry into the Performance Group is typically from the Junior Group, Senior Group, or external programs, provided athletes meet the coaches' performance criteria. This program is designed for swimmers who are committed to pursuing their swimming journey to its fullest potential. The practice structure, intensity, and expectations are tailored to meet this goal. Athletes are expected to attend all meets as directed by their coach and maintain a minimum of 90% attendance. Communication with the Performance Group coach regarding training schedules and absences is also required.

Specific Points of Performance for Entry into Performance:

Demonstrated performance across all four strokes in the 200m distance. Additionally 800m Freestyle, and 400m IM.

Championship qualification, Ontario Age Groups.

Maintain a minimum of 90% attendance (The coach retains discretion to approve absences that do not count against the attendance figure for exceptional circumstances).