
Uxbridge Swim Club

2022-2023

Updated 2022

USC Mission Statement

The pursuit of excellence in swimming, through leadership, fitness and competition.

Appropriate Athlete Development

The Uxbridge Swim Club values the importance of following an appropriate athlete development program (AAD) program.

AAD ensures athletes train safely and progressively to optimize their long term development in sport and in life.

USC Athlete Values

Character Profile	Positive, Motivated, Self Driven, Optimistic, Brave, Courageous, Team Player, Focused
Commitment	Understands commitment to program includes more than showing up on the pool deck, but being engaged and participating in every workout.
Performance	Performance is evaluated at every level, beginning with skill performance and progressing into race performance.
Age	We believe in the importance of fun and socialization with peers in our program, and are committed to keeping athletes with their peer groups to best of our ability.

USC Program Model

Program Details				Relative Importance of USC Athletic Values		
		Training Hours	Attendance Requirement	Commitment	Performance	Character
Competitive	Performance	14	100%	++++	++++	++++
	Green	11	90%	+++	+++	++++
	White	9	90%	+++	+++	++++
	Orange	7	90%	+++	++	+++
Pre Competitive	Pre-Comp	1.5	85%	++	+	+++

PRE-COMP
Ages 6-10

Learn to Swim

This program is designed to expose young swimmers to competitive swimming strokes, techniques and skills. The goal of pre-comp is to set the foundation from which efficient strokes, starts and turns can be built. The skills and drills introduced at this level are those that are used throughout the club.

Requirement:

- 50m (2 lengths) into deep water, unassisted
- Comparable swim level: 6



ORANGE
Ages 8-10

Learn to Swim

Introduction to fundamental competitive skills while maintaining a high emphasis on technical development, swimming etiquette and appropriate athlete behavior. Athletes at this stage are being exposed to the athlete traits required to excel in sport.

Requirement:

- Able to swim 100m unassisted
- Able to demonstrate a basic Freestyle, Backstroke and Breaststroke



WHITE
Ages 9-12

Learn to Train

Focusing on some fundamental training elements like dealing with frustration, pain, and effort level. They are expected to learn and refine fundamental skills that will make them more efficient in the water. Athletes at this level will begin to learn how to handle both the physical and mental tolls of performance sport.

Requirements:

- Able to swim 200m continuously
- Able to demonstrate a basic butterfly
- Able to kick 50m in 1:00



GREEN
Ages 12+

Train to Train

A focus on athletic independence is taken in this group. Athletes in this program need to be self-motivated and show a high degree of commitment, character, and sportsmanship. Athletes will be exposed to demanding training and begin to learn the concepts of mental, physiological and emotional development through sport.

Requirements:

- Able kick 100m in 2:00
- Able to swim 400m continuously
- Able to swim a 200l M continuously, while meeting required stroke points of performance



PERFORMANCE
Coach Discretion

Train to Race

Athletes in this group require a full commitment to their program. This involves not only attendance but a considerable amount of drive, motivation and commitment to learn/grow and develop as an athlete physically, mentally and emotionally. Athletes will be directly involved in their season program, learning the ways of season structures, proper athletic development, and implementation of various forms of energy system training in and out of the pool. Swimmers in this group are working toward high performance competition.

This program will maintain a low coach:swimmer ratio.

Requirements:

- Able to kick 100m in 1:50
- Minimum Central Region 'B' qualifying time
- Mandatory march break training
- Mandatory attendance at highest level championship meet, which may be in July

Uxbridge Swim Club

For more information contact Head Coach, Sarah Steinke at
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