



FOUNDATIONS OF *Coaching*

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Athlete Development Charts

1. Progressions for Athlete Development
 - Charts that indicate what an athlete may need to accomplish in six critical areas of development.
2. Developmental Characteristics of Children Aged Five through Twelve
 - The typical physical, social, emotional and intellectual characteristics of children during development.

Set and Season Planning

1. Interval Training and Set Design
 - Chart showing the seven energy categories to guide set design.
2. Basic Season Planning: (Age Group and Senior versions)
 - Sample spreadsheets to plan weekly and season training volumes and energy zone percentages.

Training Paces Charts

1. Obtaining Aerobic Training Paces
2. Table # 1: Number of Lengths Completed in a 30 Minute Swim
3. Table # 2: Timed Swim Pace Chart
4. Table # 3a: Pacing Chart for Determining Training Paces During a Distance Swim (Part a)
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9. Table # 7: EN-3 Training Paces with 30 Seconds Rest

Team Administration

1. Parents' Meeting Agenda
 - A sample agenda for a new parents' orientation meeting.
3. Topics for Parent Education
 - A list of pertinent topics to be addressed with parents.
4. Parent Code of Conduct



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- Sample letter and Code of Conduct for team parents.
- 5. Monthly Coach's Report
 - A sample form for a coach's monthly report.
- 6. Including Swimmers with a Disability
 - A guide for working with swimmers with a disability.
- 7. Working with Officials
 - A guide for working with officials at a swim meet.

Additional Resources and Bibliography

1. Bibliography
 - A list of the resources used in the production of the Foundations of Coaching documents.
2. Coaches' Resource List
 - DVDs developed by some of the elite coaches who participated in Foundation of Coaching.
 - Books and other resources