

Level 4 (Exit Competencies)

Biomechanical Progressions	Physiological Progressions	Character Development & Life Skills	Psychological Skills
<p>Physical</p> <ol style="list-style-type: none"> Complete one length of each stroke holding the same time or faster but using fewer strokes/cycles than in level 3. Maintain consistent stroke rates and times in training sets. Performs the 200's of stroke and a 400 individual medley Demonstrates more effective underwater swimming off start and turn in all strokes than in previous Level Improve speed, power and distance to 15 meters in each stroke Performs effective finishes. Performs a relay exchange with advanced technique. <p>Cognitive</p> <ol style="list-style-type: none"> The swimmer understands the relationship between distance per stroke, stroke rate, and swimming speed. The swimmer can name two ways to minimize resistance or drag from the water. The swimmer can explain an efficient stroke pattern in relation to creating propulsion. Swims with prescribed breathing patterns during practice and meets 	<p>Physical</p> <p>Aerobic endurance: swims a T30 or other threshold set two times per season with improvement.</p> <p>Cognitive</p> <ol style="list-style-type: none"> The swimmer understands the concept of a balanced diet and basic fuels used during swimming training. The swimmer begins to understand the basics of different energy system usage in sprinting versus distance swimming. The swimmer can use heart rate measurement to monitor exercise intensity and recovery. Swimmer begins to train at known race paces. Swimmer follows prescribed race plan <p>Dryland</p> <ol style="list-style-type: none"> The swimmer starts to take ownership of the dryland activities. The swimmer continues the work from Level III with an emphasis on keeping the body healthy and injury free. The swimmer participates in dryland approximately three times per week. <p>Nutrition</p> <ol style="list-style-type: none"> Understands "MyPlate" for athletes and can put together a healthy meal based off that information/portion Can read and understand aspects of nutrition labels. <ol style="list-style-type: none"> Calories to serving size Fat g Carb g Protein g Can cook a healthy meal using kitchen equipment (microwave, oven, stove, etc.) 	<p>Championship Behavior and Accountability</p> <p>The swimmer has knowledge of required times to qualify for finals.</p> <p>Work Ethic and Self-Discipline</p> <ol style="list-style-type: none"> The swimmer is not influenced by the negative behavior of his or her teammates. The swimmer understands and takes responsibility for attendance, performance, and habits in practice and how these three relate to meet performance. Swimmer understands the traits of a positive leader and endeavors to become one. 	<p>Peak Performance Management</p> <ol style="list-style-type: none"> Can combine self-talk and slow breathing for peak performance management. Has a clear awareness of personal stressors (UCs). Is capable of performing progressive muscle relaxation. Recognizes that anxiety can negatively affect mind and body. Knows techniques to control mind (positive self-talk and imagery) and body (deep breathing, progressive muscle relaxation). <p>Imagery and Visualization</p> <ol style="list-style-type: none"> Understands the importance of imagery in enhancing performance. Knows the principles behind effective imagery practice. Can perform basic visualization skills. <p>Concentration</p> <p>Can quickly return concentration focus in practice and in meets from uncontrollables to appropriate focus.</p> <p>Goal Setting</p> <p>Swimmer regularly visits, and if need be, re-evaluates goals</p> <p>Self-Talk</p> <p>Knows at least one technique for handling negative self-talk.</p>

Suggested Training Set Guidelines	Competitive Performance
<p>Physical</p> <p>The athlete is capable of swimming sets 30 to 45 minutes on the following base intervals bases: (all are per 100)</p> <p>Free @ 1:20 (SCY)/1:30 (LCM) Back @ 1:30 (SCY)/1:40 (LCM) Breast @ 1:40 (SCY)/1:50 (LCM)</p> <p>Fly @ 1:30 (SCY)/1:40 (LCM) Kick @ 1:50 (SCY)/2:00 (LCM) IM @ 1:50 (SCY)/2:00 (LCM)</p> <p>Click here for sample sets of progressive development</p>	<ol style="list-style-type: none"> Must achieve at least a: <ol style="list-style-type: none"> 11-12 National "AA" time standard, or 13-14 National "A" time standard <p>From the National Age Group Motivational Time Standards in two different strokes (see current USA Swimming Rules & Regulations for time standards or check the USA Swimming website)</p> Has a minimum IMX score of 2400 points