



# DYNAMO SWIM CLUB 14 UNDER LONG TERM DEVELOPMENT

# WHO ARE WE? WHAT DO WE BELIEVE?

- **Dynamo Mission Statement:** Developing world class citizens through excellence in swimming
- **Dynamo Vision Statement:** To be the model 18 & under club in the United States
- **Dynamo Core Values:** GRATITUDE, GRIT, GROWTH, INNOVATION, INTEGRITY, RESPECT, UNITY



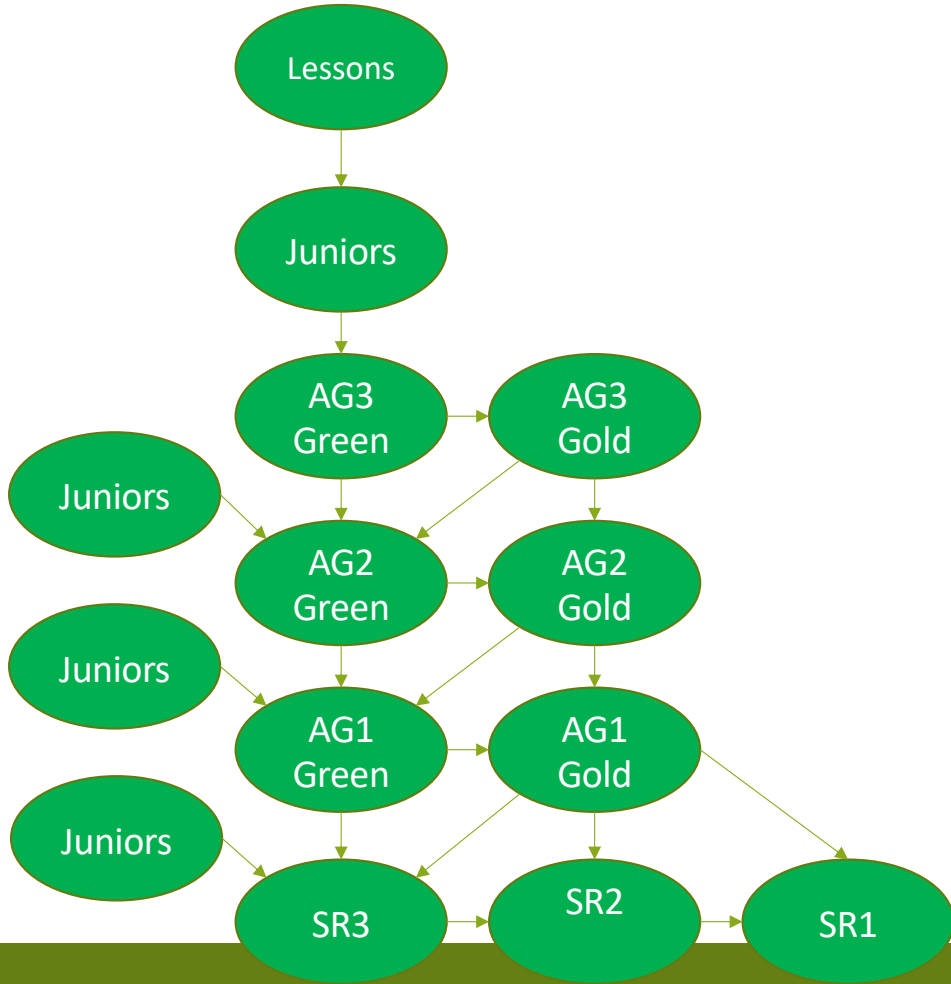
# WHO YOU ARE IS MORE IMPORTANT THAN WHAT YOU DO

Our core values guide our coaches and athletes to make decisions that are going to have a positive impact on our team and their communities.

# PRIORITIES IN DYNAMO AGE GROUP DEVELOPMENT

- Create a positive and safe environment where athletes have fun achieving
- Treat teammates and coaches with respect
- Growth mindset- swimmers come ready to learn, listen and try new things
- Growth happens when we make mistakes and get outside the comfort zone
- Celebrate process over results-results will come with time
- Unity and team-learn to work together and put the team before oneself
- Triple impact competitor (make themselves, teammates and sport better)
- Well rounded swimmers learning to swim and train for each stroke and event within the appropriate age group  
As they progress into our senior program, they may start to focus more on specific events after they have explored and given themselves the opportunity to develop a variety of events.
- Each level builds on the previous foundation of values, skill, work ethic, commitment

# DYNAMO'S AGE GROUP PROGRESSION



- AG 3
- AG 2
- AG 1
- Green groups are our more developmental groups
- Gold groups are our more advanced groups
- Everyone's movement through the program is unique

# DYNAMO'S AGE GROUP PROGRESSION

## AG3 DIVISION- 10 UNDER PRIORITIES

- Teaching fundamental skills
- Introduced to many new concepts
- Correct form over speed or volume
- Heavy emphasis on kicking
- Teach and develop all 4 strokes and all events
- Other activities and sports encouraged
- Dryland FOCUS on movement patterns and basic body weight exercises
- Learn the meet routine
- Support their teammates
- Take pride in learning team cheers
- Have fun!!

# DYNAMO'S AGE GROUP PROGRESSION

## AG2 DIVISION 10-12 PRIORITIES

- Attendance becomes more important
- Continue to learn new skills while mastering fundamental skills
- Continue to train/kick in all 4 strokes
- Build aerobic conditioning
- Will compete in all strokes/events and with a focus on IMX events
- Take more independence with aspects of meet routine, warm-up, warm down, cheering
- Moving toward advanced racing strategy, more aggressive racing and more specific feedback
- Dryland focuses on a wider variety of body weight movements and core modules

# DYNAMO'S AGE GROUP PROGRESSION

## AG1 DIVISION 12-14 YEAR OLDS

- Attendance becomes very important
- Take greater accountability in their skill work
- More advanced conversations about how to make adjustments in practice and meets.
- Aerobic conditioning becomes more of a priority
- Begin to do more anaerobic threshold and speed work
- Learn how to race through harder training periods and focus on performance at championship meets
- Continue to focus on IM based training and compete in all IMX events
- Compete at the highest level of competition they qualified
- Dryland builds on BW complexes into some weighted movements



# IMPACT OF PHYSICAL GROWTH ON DEVELOPMENT

- Early developer vs late developer
- Athletes in same group go through puberty and physical maturation at different times
- Everyone needs to value skill and work during this period
- Dryland's progressive design helps our athletes work through physical growth and develop the best injury free swimmers.

# GROUP PROGRESSION

- Everyone's path is different
  - Multiple factors that influence an athlete's group placement.
  - Some of these can easily be explained or quantified, while others may be influenced by coaching instinct or experience.
  - An athlete's full portfolio when considered for group placement
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- Training ability and technique
  - Leadership
  - Commitment
  - Maturity
  - Meet results
  - Dryland
  - Group size

# GUIDANCE FOR PARENTS

- Praise/reward/react to their effort, not outcomes (place/time), be your athlete's biggest supporter and support them unconditionally!
- Let the coaches work through and analyze practice and race performances.
- Don't waste time comparing, you can't control all aspects of school and sport
- Encourage your athlete to focus on the controllables (attitude, work effort, attendance)
- If you have concerns, check in with your swimmer's coach
- Help them with commitment, but also allow them to start taking ownership as they get older
- Encourage and allow swimmers to communicate conflicts and work through challenges with coaches
- It is ok for them to struggle along the way.
- Let them problem solve- another critical life skill
- Keep meets fun!
- Support our swimmer's overall health with nutrition, sleep and recovery specific to your athlete's age