

Biomechanical Progressions

- Physical**
1. Ability to change speed while maintaining stroke efficiency.
 2. Performs more effective underwater swimming off start and turn in all strokes than in previous Level
 3. Maintains proper technique under increased training loads.
- Cognitive**
1. The swimmer, with the assistance of his or her coach, can calculate swimming speed, distance per stroke, and stroke rate during competition and training.
 2. Can manipulate stroke rate and distance per stroke to vary speed.

Physiological Progressions

- Physical**
- Aerobic endurance: swims a T30 or other threshold set three times per season with continuous improvement.
- Cognitive**
1. The swimmer understands the difference between aerobic and anaerobic energy systems.
 2. The swimmer understands nutritional requirements and timing for training and competition; demonstrates understanding of basic nutrition principles, fuels for swimming performance, training diets, hydration, RDAs for swimmers, and the importance of eating a balanced diet.
 3. The swimmer understands the relationship between training, maturation and development and their effects on competitive performance.
 4. The swimmer understands how to use heart rate measurement to monitor training.
 5. Swimmer knows race plans for each event (including prelims and finals) and appropriate training paces to achieve goal time(s).

Physiological Progressions

- Nutrition**
1. Can determine calorie needs considering activity level.
 2. Can read and understand aspects of nutrition labels.
 - a. Fat %
 - b. Carb %
 - c. Protein %
 - d. Electrolytes
 3. Has met with a nutritionist or has sat through a nutrition discussion or presentation.
 4. Can set personal goals to help achieve healthier lifestyle and diet

Character Development & Life Skills

- Championship Behavior and Accountability**
- The swimmer accepts the responsibility of being a leader and/or role model. The swimmer will lead by being a positive example.
- Work Ethic and Self-Discipline**
- The swimmer will demonstrate an understanding of the short- and long-term effects of performance-enhancing drugs.
- Time Management**
- The swimmer uses time management skills to prioritize activities.
- Commitment and Team Loyalty**
1. The swimmer understands the need to sacrifice self-interest for team goals.
 2. The swimmer demonstrates commitment to his or her team by continued dedicated membership.
 3. Choose to be a swimmer

Psychological Skills

- Peak Performance Management**
1. Demonstrates an understanding of the individual zones of optimal functioning (IZOF) concept.
 2. Can identify their own optimal zone of performance both in practice and competition.
 3. Understands personal signs of under- or over excitement ("not enough" or "too much").
 4. Skilled in two or more techniques to control excitement/nervousness (see glossary in part I).
- Imagery and Visualization**
- Can visualize a race from start to finish. Can control the image so vision matches actual performance.
- Concentration**
1. Develops a pre-race ritual or routine.
 2. Develops race focal points for concentration.
- Self-Image**
1. Realizes that positive comments help reduce the stress, build confidence, and can increase the enjoyment of competition and practice.
 2. Understands the damage of negative self-talk to self-esteem, performance, and the enjoyment of the sport.
- Goal Setting**
1. Has developed a long-range goal within the sport.
 2. Develops short-term and intermediate goals that ultimately tie into long-range goals.
- Meet and Practice Behavior**
1. Understands the effect of posture and actions on emotions
 2. Uses the "Act as if" strategy as a fallback position.

Suggested Training Set Guidelines

Physical

The athlete is capable of swimming sets 30 to 45 minutes on the following base intervals bases: (all are per 100)

Free @ 1:15 (SCY)/1:25 (LCM) Back @ 1:20 (SCY)/1:30 (LCM) Breast @ 1:30 (SCY)/1:40 (LCM)

Fly @ 1:20 (SCY)/1:30 (LCM) Kick @ 1:40 (SCY)/1:50 (LCM) IM @ 1:30 (SCY)/1:40 (LCM)

Competitive Performance

1. Attain a senior sectional time standard.