

Biomechanical Progressions

- Physical**
- Execute a start from the blocks. Hold the underwater streamlined position for one and one-half body lengths, initiate a kicking action for one body length, and progress to the surface of the water with a pull.
 - Execute a legal freestyle, backstroke, butterfly, and breaststroke turn, including an approach of at least 10 yards/meters.
 - Stroke progression. Complete progressions for the butterfly and
 -
 - d breaststroke.

- Butterfly**
- Demonstrate an undulating motion during the butterfly stroke.
 - Demonstrate correct timing of the pull, kick, and breath during the butterfly.
 - Complete two lengths of the pool with legal butterfly form.

- Breaststroke**
- Complete two lengths of the pool with legal breaststroke form.
 - Demonstrate correct timing of the pull, kick, and breath during the breaststroke.
- Performs 200 yards or 200 meters of individual medley with legal technique and turns.
 - Perform relay exchanges.
 - Performs prescribed underwater dolphin kicks for freestyle, backstroke and butterfly starts and turns
 - Breathes within the rhythm of stroke in all four strokes.

Cognitive
From a push the swimmer counts the number of strokes/cycles per length for each stroke

Physiological Progressions

- Physical**
- Coordinated movement patterns: swims all four strokes.
 - Aerobic endurance: can perform continuous swim and kick for 10 minutes.
- Cognitive**
The swimmer begins to understand maturation, physical development, and nutrition.
- Understands and accepts individual differences in physical size within an age group.
 - Understands that energy for exercise is derived from nutrition.

- Dryland**
- Introduction to balance and coordination skills
 - The swimmer participates in multiple sports/activities

- Nutrition**
- Independently pack healthy snacks for during school and before/after training
 - Able to choose quality calories from fruit, vegetables, whole-grains and cereals, low-fat dairy, lean protein and heart-healthy fats.

Character Development & Life Skills

- Championship Behavior and Accountability**
- The swimmer demonstrates an understanding of sportsmanship—championship behavior (e.g., doesn't throw goggles, congratulates opponents).
 - The swimmer will treat teammates, parents, and coaches like he or she would want to be treated.
 - The swimmer talks to the coach immediately before and after each race.
 - The swimmer knows basic meet procedures including how to use and read a heat sheet.
 - The swimmer learns basic race tactics

- Work Ethic and Self-Discipline**
- During practice the swimmer will
 - leave on time during sets,
 - start and finish at the wall,
 - swim the set in the prescribed manner (e.g., doesn't do freestyle on butterfly sets, doesn't pull on kicking sets, performs all turns legally), and
 - swim the entire set (e.g., doesn't walk on bottom, counts accurately).
 - The swimmer will communicate with his or her coach.

Time Management
The swimmer understands the importance of hard work in the classroom and will complete his or her homework on time.

- Commitment and Team Loyalty**
- The swimmer will learn the history of the team.
 - The swimmer chooses a swimming hero/role model (may be a member of his or her team) and knows the event in which the individual competed or competes.
 - The swimmer takes pride in being a member of the team, which the swimmer demonstrates by
 - participating in team cheers,
 - knowing the coaches' names, and
 - cheering on teammates during swims (practice or meets)
 - wearing team uniform/outfitting.
 - The swimmer will know the name of any other training group(s) on the team besides his or her own group.

Psychological Skills

- Peak Performance Management**
- Understands and can demonstrate the difference between tense and relaxed muscles.
 - Can identify past situations where both have been present.
 - Can describe the relationship between nervousness and performance.
 - Can describe the mind-body connection (negative thoughts lead to tight muscles lead to poor performance).

Self-Image
Understands the role of failure and the importance of learning from one's mistakes; understands that this is essential to becoming a champion.

Self-Talk
Has a general understanding of the effect that negative self-talk plays on performance (understands the concept of GIGO—garbage in, garbage out).

Mental Dimension of Training
Understands that an important part of training in swimming involves the mental dimension.

- Concentration**
- Possesses a basic understanding of the concept of concentration.
 - Knows the difference between focusing on what's important and what's not.
 - Has an understanding of what to focus on and what to block out both in practice and in meets.
 - Is aware when focus leaves target and knows how to bring focus back (how to concentrate).

Suggested Training Set Guidelines

Physical
10*100 Free @ 1:50, 10*50 Free @ :55, 10*50 Kick @ 1:10
4000 total yards in 1.5 hours

Cognitive
Accurately counts and computes distances, can use the pace clock for basic intervals 1:00, :45, :30

Competitive Performance

- Completes the IM Ready events
- Legally swims a 200 IM using all correct transitions