

Our program

The main purpose of our program is to encourage athletes to be a part of the wonderful world of swimming, while positively developing the character, discipline, and excellence of each.

Our program is designed to afford each swimmer a long and fun swimming career by providing an environment that is both comfortable and challenging.

We are focused and encouraged to deliver a well-structured program so all of our swimmers can reach their maximum potential according to their age, while avoiding burn outs. It's been scientifically proven that it takes at least 10 years or 10,000 hours of training for talented athletes to achieve sport excellence. There are no shortcuts!

In our program we have 6 different stages:

- ✓ Water safety
- ✓ FUNdamentals
- ✓ School of Strokes (Beginner & Intermediate)
- ✓ Performance
- ✓ High Performance

WATER SAFETY

Initiation

This stage serves to provide every young child an active start with appropriate safety skills in and around the water.

These skills will include teaching topics such as physical literacy in an aquatic environment, breath control, buoyancy, floating and gliding, kicking, arm propulsion, coordination, connection or feel for the water plus other basic water safety activities. The ultimate end goal is the student will learn to swim.

Gear to be used at this level:

- ✓ Swim cap (optional for boys and a requirement for girls)
- ✓ Goggles
- ✓ Kickboard
- ✓ Noodle

FUNdamentals

First start!

This level consists of structured play, organized games and fun! All of which emphasizes developing generic movement skills across a range of activities.

Here we teach swimmers the basic concepts of the freestyle stroke. This includes the proper way to breathe, arm stroke, and improvement of the freestyle kick. At the end, with all elements combined, swimmers at this stage will be able to swim a properly coordinated 25 meter freestyle.

Skills to be evaluated:

- ✓ Kick with a board (25 meters)
- ✓ Streamline kick (25 meters)
- ✓ Arm recovery completely out of the water
- ✓ Streamline push off
- ✓ Perform a 25 meter freestyle with all the elements combined (kicking, breathing and arm stroke) in 30 seconds.

Gear to be used at this level:

- ✓ Swim cap (optional for boys and a requirement for girls)
- ✓ Goggles
- ✓ Kickboard

SCHOOL OF STROKES (BEGINNERS)

Learn to Train (Building Technique)

During this phase we focus on introducing and developing the other three strokes – Breaststroke, Backstroke, and Butterfly. The goal is to build on lessons learned at the previous stages and incorporate new ones. The swimmer at this phase gradually develops endurance, and begins combining good habits of the sport that will ultimately lead to a

better performance in later phases. Here they learn how to train in a structured environment.

Objectives to accomplish on this program:

- ✓ General knowledge of all swimming strokes and their components (Start, stroke, turn and finish).
- ✓ Capable to perform a 100 meter IM with good technique.
- ✓ Basic knowledge of training terminology and methodology (count in meter not laps, measuring heart rate and use of pace clock).
- ✓ Complete properly a 1,500 meter practice twice a week.
- ✓ Monthly attendance should be 80% or above.

Methodology to accomplish the objectives:

- ✓ Dedicate at least 20 minutes of practice twice a week to improve swimmer's technique.
- ✓ Establish swim meets to participate in before the beginning of the season.
- ✓ Encourage swimmers to have a proper nutrition.
- ✓ Gradually increase swim mileage, which will create better adaptation and an easier transition to the next level.

Gear for training:

- ✓ Kickboard
- ✓ Pull buoys
- ✓ Fins
- ✓ Swim cap (optional for boys and a requirement for girls)
- ✓ Goggles

importantly, the aim is to combine good technique work with increased endurance. Endurance development will include activities such as high volume/slow speed workouts; or low intensity workouts. Emphasis will be placed on ensuring the swimmer maintains skill level during times of increasing pressure with longer distance training.

This stage coincides with periods of rapid growth and peak endurance gains. The most essential component of this phase is to build and make the "cup" bigger so in later phases it could be filled – which leads to better results. We call this capacity (endurance and good habits) vs utilization (race pace and race strategy).

In this squad the focus is placed on repetition of skills. This leads to mastery of stroke mechanics and opens the door to mastery of racing skills: starts, turns and finishes.

Objectives to accomplish on this program:

- ✓ Increased endurance, as this is the first phase of the sensitive period, it is the best time to develop a good swimming base.
- ✓ Create good habits of the athlete (good nutrition, work ethics, good biomechanics)
- ✓ Use of the pace clock
- ✓ Measure heart rates
- ✓ Intermediate knowledge of training methodology.
- ✓ Race strategy for events.
- ✓ Ability to write their personal goals for each term or macrocycle and how to achieve them.
- ✓ Ability to focus and have fun during practice and swim meets.

SCHOOL OF STROKES (INTERMEDIATE)

Train to Train (Building the engine)

Our main purpose here is to develop the good habits of swimming. The goal is in general, but most

Performance

Train to compete

The performance squad emphasizes on aerobic conditioning and capacity, combined with

speed work. Great focus is placed on shoulder, elbow, core, spine and ankle stability, which will not only help with performance but it also goes a long way toward avoiding injuries.

It is very important at this stage, to work on developing the swimmers self-confidence. Learning how to perform in high pressure environments is a skill that needs to be developed. During training session the Performance squad will be given situations that they would be required to mimic. It will be explained how to react during these types of scenarios with skills shared for anxiety control and relaxation. This will also refine imaginary skills for competition, through different situational problems and practice strategies.

Objectives to accomplish on this program:

- ✓ Introduce race pace training to continued endurance work to develop swimmer's anaerobic system (which will vary depending on age of the athlete).
- ✓ Continue building up on good habits of the athlete (good nutrition, work ethics, good biomechanics)
- ✓ Advance knowledge of training methodology.
- ✓ Race strategy for events.
- ✓ Ability to write personal goals for each macrocycle, how to achieve them and do measurable steps to achieve them.
- ✓ Build up mental strength.
- ✓ Dryland to gain strength and muscular coordination (3x 45 minutes).
- ✓ Promote personal responsibility and involvement in decision-making.

identified at this level...but not both. This stage coincides with a period of rapid strength and weight gains. Training should continue to develop overall strength, core body strength and maintain flexibility.

This squad has a full understanding of training methodology (color-based intensities), and are well versed on specific strength training programs, rest and recovery awareness and nutritional awareness.

High Performance

Train to win (Optimizing the engine)

The emphasis here would be to develop individual strengths and correct weaknesses through race practice - simulated event situations. Stroke specialization or distance training would be