

Progressions for Level 4

- Training Set Requirements
 - Physical
 - Coordinated movement patterns
 - Swims all four strokes with legal form for 100 yards/meters.
 - Ability to descend sets.
 - Aerobic Endurance
 - Performs a T30 or other threshold set one time per season
 - Cognitive
 - Begins emphasis on strength and mental training.
 - Understand maturation and physical development.
 - Begins to understand relationship between training programs and maturation and physical development.
 - Understands purpose of heart rate measurement.
 - Can measure their own resting heart rate.
 - Understands the importance of muscular flexibility in swimming performance.
- Character Development and Life Skills
 - Championship behavior and accountability
 - The swimmer will demonstrate a higher level of sportsmanship-championship behavior than level 3 (ex: respects competitors and gets along with friends regardless of ability level).
 - Work ethic and self discipline
 - The swimmer attends the recommended meets and understands the importance of being on time for meet warm-ups.
 - The swimmer will meet the established attendance requirements.
 - The swimmer will understand why they say, 'Just Say No!' to drugs and other harmful substances.
 - The swimmer will learn to challenge themselves to perform to the utmost of their ability in practice.
 - Time management
 - The swimmer chooses a national swimming hero and knows the event in which he/she competes/competed in.
- Psychological Skills
 - Arousal control
 - Understands the relationship between relaxation and performance.
 - Knows the three levels of nervousness (good/bad/not enough).
 - Can perform diaphragmatic (belly) breathing as relaxation technique.
 - Understands that stress comes from self-talk and faulty focus of concentration.

- Understands the concepts of “U.C’s”, ”uncontrollables” as a major source of stress.
 - Self talk
 - Understands the benefits of and uses positive self-talk/affirmations.
 - Closely monitors negative self-talk.
 - Concentration
 - Understands the importance of concentration in practice and meets and can regularly recognize a faulty focus and bring back to a proper focus.
 - Goal Setting
 - Understands the value of setting goals to improve performance.
 - Self Image
 - Is able to accept criticism from coach.
 - Understands that criticism is critiques of skills, not of person.
 - Training Set Requirements
 - Physical
 - Can complete the following sets

10 and under

	LCM	SCY
3 X 200 IM on	TBD	TBD
6 X 100 Kick on	TBD	TBD
8 X 100 Free on	TBD	TBD

And... any one of the following sets:

12 X 100 Free on	TBD	TBD
6 X 100 Fly on	TBD	TBD
12 X 100 Back on	TBD	TBD
10 X 100 Breast on	TBD	TBD

11 – 12

4 X 200 IM on	TBD	TBD
7 X 100 Kick on	TBD	TBD
10 X 100 Free on	TBD	TBD

And... any one of the following sets:

16 X 100 Free on	TBD	TBD
9 X 100 Fly on	TBD	TBD
16 X 100 Back on	TBD	TBD
16 X 100 Breast on	TBD	TBD

13 and Over

6 X 200 IM on	TBD	TBD
8 X 100 Kick on	TBD	TBD
12 X 100 Free on	TBD	TBD

And... any one of the following sets:

16 X 100 Free on	TBD	TBD
12 X 100 Fly on	TBD	TBD
16 X 100 Back on	TBD	TBD
16 X 100 Breast on	TBD	TBD

- Competitive Performance
 - Has competed in all the events offered in his/her age group and has met all (yards or meters) of the following time standards in a Sanctioned USS Meet.

	LCM	SCY
100 Free	TBD	TBD
100 Back	TBD	TBD
100 Breast	TBD	TBD
100 Fly	TBD	TBD
200 IM	TBD	TBD

- Biomechanical Progressions
 - Physical
 - Perform a legal 200 individual medley swim.
 - Cognitive
 - Complete one length of freestyle holding the same time or faster but using at least one less stroke cycle than level 3.
 - Complete one length of backstroke holding the same time or faster but using at least one less stroke cycle than level 3.
 - Complete one length of butterfly holding the same time or faster but using at least one less stroke cycle than level 3.
 - Complete one length of breaststroke holding the same time or faster but using at least one less stroke cycle than level 3.