

Progressions for Level 5

- Training Set Requirements

- Physical

- Can complete the following practice sets:

	LCM	SCY
6 X 200 IM on	TBD	TBD
8 X 100 Kick on	TBD	TBD
16 X 100 Freestyle on	TBD	TBD

And... any one of the following sets:

	LCM	SCY
20 X 100 Free on	TBD	TBD
20 X 100 Back on	TBD	TBD
20 X 100 Breast on	TBD	TBD
20 X 100 Fly on	TBD	TBD

- Competitive Performance

- Has competed in all the events offered in his/her age groups and has met or come close to (Coaches discretion) the following time standards in a Sanctioned USS Meet.

	LCM	SCY
100 Free	TBD	TBD
200 Free	TBD	TBD
400/500 Free	TBD	TBD
800/1000 Free	TBD	TBD
1500/1650 Free	TBD	TBD
100 Back	TBD	TBD
100 Breast	TBD	TBD
100 Fly	TBD	TBD
200 IM	TBD	TBD

- Biomechanical Progressions

- Physical

- Completes one length of each stroke holding the same time or faster using less stroke cycles than Level 4.
 - In training sets, swimmer can maintain consistent stroke rates and times.

- Cognitive

- Swimmer understands the relationship between distance per stroke, stroke rate and swimming speed.
 - Swimmer can name two ways to minimize resistance or drag from the water.
 - Swimmer can explain one reason why sculling is important in creating propulsion.

- Physiological Progressions

- Physical

- Aerobic endurance:
 - Can complete a T30 or other threshold set, two times per season with improvement.
 - Cognitive
 - Understands the concept of balanced diet and basic fuels used during swimming training.
 - Begins to understand basics of different energy system usage in sprinting vs. distance swimming.
 - Can use heart rate measurement to monitor exercise intensity and recovery.
 - Character Development and Life Skills
 - Championship behavior and accountability
 - The swimmer will know the names of competitors.
 - Work ethic and self-discipline
 - The swimmer is not influenced by the negative behavior/actions of teammates.
 - The swimmer understands and takes responsibility for attendance and performance, habits in practice and how these three relate to meet performance.
 - The swimmer will continue to improve upon both practice and meet attendance.
 - Commitment
 - Awareness of swimming rules and regulations.
 - Psychological Skills
 - Arousal Control
 - Can combine taking pulse and slow breathing for arousal control.
 - Has a clear awareness of personal stressors (U.C.'s).
 - Is capable of performing progressive muscle relaxation.
 - Recognizes that arousal can negatively affect mind and body.
 - Knows techniques to control mind (positive self-talk/imagery) and body (deep breathing; progressive muscle relaxation).
 - Imagery/ Visualization
 - Can quickly return concentration focus from 'uncontrollables' in practice and in meets to appropriate focus.
 - Goal Setting
 - Understands the principals of effective goal setting.
 - Beginning use of goal setting over the season.
 - Self-talk
 - Knows at least one technique for handling negative self-talk.