

Progressions for Level 7

- Training Set Requirements

- Physical

- Can complete the following practice sets:

	LCM	SCY
4 X 400 IM on	TBD	TBD
12 X 100 Kick on	TBD	TBD
24 X 100 Freestyle on	TBD	TBD

- And... any one of the following sets:

24 X 100 Free on	TBD	TBD
24 X 100 Back on	TBD	TBD
24 X 100 Breast on	TBD	TBD
24 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.

- Biomechanical Progressions

- Physical

- Perform a 400 individual medley swim with correct transitions between strokes.

- Cognitive

- Swimmer, with the assistance of his/her coach, can calculate swimming speed, distance per stroke, and competition and training speed.

- Physiological Progressions

- Physical

- Muscular strength and endurance:

- Actively participates in some form of strength training such as weight room, VASA, or other exercises agreed upon by the Coach/Trainer and Swimmer/Parent.

- Aerobic endurance

- Can complete a T30 or other threshold set, three times per season with improvement.

- Sprint Capacity/CP system

- Swims 12 X 25 on TBD (3 per stroke) at maximum velocity three times per season.

- Cognitive

- Knowledge of energy systems

- Can explain aerobic and anaerobic systems of energy delivery.

- Understand the nutritional requirements of training and competition

- Demonstrates understanding of basic nutrition principles, fuels for swimming performance, training diets, hydration, RDA's for swimmers, and importance of eating a balanced diet.
 - Demonstrates understanding of relationship between training programs and maturation and development and their effects on competitive and training performance.
 - Understands how to use heart rate measurement to monitor training progress.
- Character Development and Life Skills
 - Championship behavior and accountability
 - The swimmer learns to accept the responsibility for his/her performance.
 - Work ethic and self-discipline
 - The swimmer will learn coping strategies to deal with peer pressure.
 - The swimmer will learn coping strategies to deal with parent pressure.
 - The swimmer will be able to list the five classes of prohibited substances.
 - The swimmer understands and performs personal race strategies.
 - Time Management
 - Demonstrates an ability to balance school, social, swimming, and family.
 - Commitment and Team Loyalty
 - The swimmer can effectively communicate his/her commitment to his/her parent, coach and teammates.
 - The swimmer knows the team goals and will take an active part in developing specific and attainable practice group goals.
 - The swimmer understands the relationship between his/her personal commitment level and results.
- Psychological Skills
 - Arousal Control
 - Demonstrates an understanding of the Individual Zones of Optimal Functioning (IZOF) concept.
 - Identify (personal) optimal zone and performance both in practice and competition.
 - Understands personal signs of under or over arousal, ('not enough' or 'bad' nervous).
 - Skilled in two or more arousal control techniques.
 - Imagery/ Visualization
 - Can visualize a race from start to finish. Can control the image so vision matches actual performance.
 - Concentration
 - Develops a pre-race ritual/routine.
 - Develops race focal points for concentration.

- Self-image
 - Realizes that positive comments help reduce stress, build confidence and can increase enjoyment of competition and practice.
 - Understands the damage of negative self-talk to self-esteem, performance and the enjoyment of the sport.
- Goal Setting
 - Has developed a long range goal within the sport.
 - Develops short and intermediate goals that ultimately tie into long range.
- Meet/Practice behavior
 - Understands the effect of posture/actions on emotions.
 - Demonstrates some leadership characteristics for their team