

Progressions for Level 8

- Biomechanical Progressions
 - Physical
 - Continues to decrease the number of stroke cycles or swims faster with the same number of cycles
 - Swimmer decreases the number of cycles per length during competition
 - Cognitive
 - Swimmer can calculate swimming speed, distance per stroke and stroke rate
- Physiological Progressions
 - Physical
 - Muscular strength and endurance:
 - Can perform sit-ups, push-ups, and pull-ups (chin-ups) with improvement from previous level.
 - Aerobic endurance
 - Performs a T30 or other threshold set, three times per season with continuous improvement.
 - Lactate tolerance
 - Performs a set of 12 x 100 (or until failure) on 2:30 holding current best 200 pace (2nd 100 split) three times per season with continuous improvement.
 - Sprint capacity/CP system
 - Performs 12 x 25m on 3:00 (specialty stroke) at maximum velocity.
 - Cognitive
 - Knowledge of energy systems
 - Can describe relationship between training sets and energy systems.
 - Demonstrates understanding of training periodization
 - Understands nutritional requirements of training and competition.
- Character and Life Development Skills
 - Championship Behavior and accountability
 - The swimmer accepts the responsibility if being a leader and/or role model. The swimmer will lead by being a positive example.
 - Work ethic and self-discipline
 - The swimmer will be able to explain the rationale of the five categories of banned substances
 - The swimmer will demonstrate an understanding of the short and long term effects of performance enhancing drugs
 - Time management
 - The swimmer has mastered time management skills so outside activities do not interfere with practice/meet attendance.

- Commitment and Team Loyalty
 - The swimmer understands the need to sacrifice self-interest for team goals.
 - The swimmer demonstrates commitment to his/her team by continued dedicated membership.
- Psychological Skills
 - Arousal Control
 - Demonstrate an understanding of factors that arouse and relax the athlete
 - Utilizes relaxation techniques under meet duress to perform optimally.
 - Maintain optimum relaxation level, (“good nervous”) regardless of uncontrollables.
 - Learns to utilize imagery skills to manage competitive stress.
 - Imagery/Visualization
 - Through instruction is able to visualize a race from start to finish in complete detail (seeing, hearing, and feeling).
 - Self Image/ Goal Setting
 - Can utilize ultimate foal in sport to maintain intensity and work ethic in practice.
 - Concentration
 - Demonstrates an ability to quickly rebound from mistakes and failures.
 - Able to successfully use pre-race routines and during race, control focal points to control concentration.
 - Consistently swims “in own land” in practice and meets.
 - Self-Talk
 - Able to positively reframe uncontrollables and adversity to enhance confidence.