

# Progressions for Level 2

- Training Set Requirements
  - Physical
    - Can complete the following practice sets
      - 6X50 Free
      - 6X50 Back
      - 6X50 Breast
      - 6X50 Fly
      - 6X50 Kick
  - Cognitive
    - Accurately counts and computes distances.
- Competitive Performance
  - Has participated in competitive situations for the primary purpose of skill development (i.e. time trials, intra squad meets, dual meets, and other entry level competitions).
- Biomechanical Progressions
  - Physical
    - Increase condition and stroke efficiency.
    - Execute a start from the blocks. Hold the underwater streamlined position for 1.5 body lengths, initiate a kicking action for one body length and progress to the surface of the water with a pull.
    - Execute a legal freestyle, backstroke, butterfly, and breaststroke turn including an approach of at least ten yards/meters.
    - Stroke progression
      - Complete progressions for breaststroke and butterfly.
      - Butterfly
  - Complete one length of the pool with legal butterfly form.
  - Demonstrate correct timing of the pull, kick, and breath during the butterfly.
  - Demonstrate an undulating motion during the butterfly stroke.
    - Breaststroke
  - Complete one length of the pool with legal breaststroke form.
  - Demonstrate correct timing of the pull, kick, and breath during the breaststroke.
    - Performs 4 100 yard/meter individual medleys with legal technique.
  - Cognitive
    - From a push, the swimmer counts the number for stroke cycles of freestyle and the coach records the time for one length of the pool.
    - From a push, the swimmer counts the number of stroke cycles of backstroke and the coach records the time for one length.
    - From a push, the swimmer counts the number of stroke cycles of breaststroke and the coach records the time for one length.
    - From a push, the swimmer counts the number of stroke cycles of butterfly and the coach records the time for one length.
- Physiological Progressions

- Physical
  - Coordinated movement patterns
    - Swims all four strokes
  - Aerobic endurance
    - Can perform a continuous swim for 10 minutes
- Cognitive
  - Begins to understand maturation, physical development, and nutrition:
    - Understands and accepts individual difference in physical size within an age group.
    - Understands that energy for exercise is derived from nutrition.
    - Begins to develop an understanding of key terms in the sport of swimming such as: streamline, pullout, strokes per length, distance per stroke, ect.
- Character Development and Life Skills
  - Championship behavior and accountability
    - The swimmer demonstrates and understanding of sportsmanship-championship behavior (i.e. no throwing of goggles, congratulates opponents, etc.).
    - The swimmer will treat teammates, parents, and coaches like he/she would want to be treated.
    - The swimmer talks to the coach before and after each race.
  - Work ethic and self discipline
    - The swimmer will attend 80% of practices or more.
    - During practice the swimmer will:
      - Leave on time during sets.
      - Start and finish at the wall.
      - Swim the set in the prescribed manner (ex: does the desired stroke/kick for the set-doesn't do freestyle on butterfly sets, doesn't pull o kicking sets, performs all turns legally, etc.).
      - Swim the entire set (doesn't walk on bottom and counts accurately).
      - The swimmer will be able to communicate with his/her coach.
  - Time management
    - The swimmer understands the importance of quality and hard work in the classroom and will complete his/her homework on time.
    - The swimmer will turn in appropriate team paperwork in a timely fashion (meet entries, release forms, change of address, etc.).
  - Commitment and team loyalty
    - The swimmer will learn the history of the team
    - The swimmer chooses a swimming hero (may be a member of his/her team) and knows the event he/she competed in.
    - The swimmer takes pride in being a member of his/her team; demonstrated by:

- Participating in team cheers.
  - Knowing the coaches' names.
  - Supports and cheers for teammates during swims (practice or meets).
- Psychological Skills
  - Arousal control
    - Can describe the relationship between nervousness and performance. (i.e. can explain why some anxiety is good)
    - Can describe the mind/body connection (thoughts → tight muscles → performance).
  - Self image
    - Understand the role of failure and learning from mistakes; that is essential to becoming a champion.
  - Self talk
    - Has a general understanding of the effect of negative self-talk plays on performance (Understands the concept of 'GIGO' – garbage in, garbage out).
  - The mental dimension of training
    - Understands that an important part of training in swimming involves the mental dimension.
  - Concentration
    - Has an understanding of what to focus in and what to block out both in practice and in meets.
    - Has an awareness of when focus leaves target and can bring self back (how to concentrate).