



***SOUTH CENTRAL
SWIM TEAM***

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***Building Excellence and Character...
One Stroke at a Time***

STROKE DEVELOPMENT

Overview

Emphasis:	Basic Skill Development
Ages:	8 & Under (F), 10 & Under (M)
Entry Requirement:	Freestyle and Backstroke 25 yards
Goals:	Swim 300 yards Freestyle Swim 100 yards Backstroke Swim legal 100 IM Swim proper butterfly Do a flip turn Kick 4x 25 @ :45 Pushoff underwater in streamline...dolphin K to flags Acquire basic understanding of pace clock Forward Scull 25 yards Perform effective front start

Needs

General:	Fitness Development as athletes (not just swimmers) Improve mental toughness Development of team players FUN
Swimming:	Develop solid kicking foundation Teach technique Link racing to fun
Dryland:	Introduce basic dryland movements Begin to develop aerobic endurance
Parental Involvement:	Develop solid relationships with staff, board members Assist at team functions

Practice

Practices:	M/T/Th (make at least 2 for maximal benefit)
Duration:	1 hour (45 minutes water, 15 minutes dryland)
Additional Practice:	Swimmers who can achieve all of the goals for this group and had perfect attendance the previous week may practice with the Age Group team on Wednesdays at the discretion of the Age Group coach.



In Partnership with the City of Janesville

Observations

- 1) The focus of this program is almost entirely on teaching fundamentals and developing basic motor learning skills, balance, and coordination in the water.
- 2) It is extremely important that these swimmers make their minimum number of practices a week so they can better develop their feel for the water.
- 3) It is vitally important to make swimming fun and enjoyable. The most significant responsibility for novice coaches is teaching young people to love the water and to love the sport.
- 4) It is critical for novice coaches to emphasize correct fundamentals and to have the willingness to sacrifice speed for efficiency. This concept can sometimes work against a swimmer's short-term success at this age; however, at this level there is great merit in competition based on skill development.
- 5) The majority of yardage in the early years needs to be low intensity and technique-oriented, with a very heavy emphasis on kicking. Coaches are required to make kicking a high percentage of the conditioning work done at the novice levels. Kickboards and fins are the only training aids used at this level.
- 6) It is essential to teach, develop, and promote all four strokes and all events. Age groupers should not be permitted to specialize in practice or in meets.
- 7) Swimmers are readily encouraged to participate in other activities and sports. Physical activity and the experience of other sports increases the number of learned movement patterns and general athletic development of the child. Sports such as gymnastics and soccer have excellent carryover value. The better the athlete, the better the swimmer.
- 8) At every level, but particularly the novice level, we take a long-term approach to swimmer development. Once swimmers begin in our program, we want to give them the preparation and tools they will need to make swimming a lifetime activity.

Recommended Equipment

Practice:	Practice Cap (2x) Practice Suit Goggles (2x) Fins Mesh Bag	Meets:	SCST Swim Cap (2x) SCST Meet Suit
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Developmental Progression

'A' Squad – Entry Level

GOALS

- Pushoff underwater in streamline...glide to a stop
- Demonstrate proper flutter K mechanics
 - o Small, steady kicks from hips
 - o little to no knee bend
 - o no 'body rock'...keep shoulders and hips square
- Demonstrate ability to do front somersault
- Demonstrate comfort with water
 - o Hang
 - o Float straight up and down
- Demonstrate proper balance
 - o Abs tight
 - o Water line at top of head
 - Eyes up (backstroke) or down (free, breast, or fly)
 - o No cheating with arms (keep still)
- Swim proper freestyle 50 yards
 - o With long, deep strokes on the surface of the water
 - o Keep elbows high during pull and recovery
 - o Roll body to breathe to side

- Swim proper backstroke 25 yards
 - o Thumb out, straight arm recovery
 - o Rotate hand, so pinky enters the water first
 - o Bend arms for underwater pull
- Sculling
 - o Tread water while hands scull back and forth
- Perform dive kneeling or standing from side

'B' Squad – Intermediate Level

GOALS

- Pushoff underwater in streamline...flutter K to flags
- Demonstrate proper dolphin K mechanics
 - o Starts with ability to undulate (don't talk about legs)
 - o Small, steady kicks from hips
 - o Keep feet together
 - o Little to no knee bend
- Demonstrate ability to do front somersault w/out arms
- Swim proper freestyle 100 yards
 - o Bi-lateral breathing
 - o Abs tight as rotating
- Swim proper backstroke 50 yards
 - o Abs tight as rotating
 - o NO BACK ARCH!
 - o Head still as rotating
- Swim proper breaststroke
 - o Proper 3-step K (Up, Out, Around)
 - o SCULL, don't pull
- Sculling
 - o Tread water while hands scull back and forth w/out feet
- Perform dive kneeling or standing from blocks

'C' Squad – Advanced Level

GOALS

- Swim 300 yards Freestyle
- Swim 100 yards Backstroke
- Swim legal 100 IM
- Swim proper butterfly
 - o Enter shoulder-width apart, thumbs forward
 - o Key-hole pull, sweep around to straight-armed recover
- Do a flip turn
- Kick 4x 25 @ :45
- Pushoff underwater in streamline...dolphin K to flags
- Acquire basic understanding of pace clock
- Sculling
 - o Forward Scull 25 yards
- Perform effective front start