

DOLPHIN-LASER SWIM TEAM

Athlete Progression and Training Groups

The Dolphin-Laser Swim Team offers a progressive level program to develop the athlete physically, mentally, and emotionally for long-term success. In order for an athlete to reach peak performance, a well-defined approach of gradually increasing degrees of commitment is essential. The emphasis in the early stages will be placed on developing technique skills and a love for the sport. In the later years, a more demanding physical and psychological challenge will be consistent with the athlete's progression. Much time and effort is spent by the coaching staff to ensure that each athlete is in the training group that is most beneficial for their long-term development as a person and an athlete. Often parents will want what is most convenient for their own schedule, however this may not be what is most beneficial for the athlete's long-term success.

There are many aspects that go into the decision making of which training group will be the most beneficial for the athlete. The criteria, listed below, are used in evaluating each athlete and determine group placement.

PLACEMENT CRITERIA

1. Level of commitment.
2. Practice attendance.
3. Training ability.
4. Stroke and skill development.
5. Level of maturity and personal responsibility.
6. Age and previous experience.
7. Meet performance and best times.
8. Space availability.
9. Satisfactorily completes placement criteria.

PRACTICE GROUPS PROMOTIONS

The swimmer under consideration:

1. Consistently makes choices that demonstrate willingness to make the commitment level expected of swimmers at the next level.
2. Meets attendance expectations for current group; demonstrates the ability to make attendance requirements for the next level.
3. Consistently trains above the level of the current practice group.
4. Demonstrates ability to train successfully on base intervals at the next practice level.
5. Has mastered stroke and skill expectations of current practice group.
6. Exhibits level of maturity and responsibility typical of swimmers at the next level.
7. Fits age and experience parameters of the next training level.
8. Has demonstrated potential to compete successfully at general competition level of the next group.
9. Demonstrates an attitude that is conducive and beneficial to the next training group.

PRACTICE GROUP DEMOTIONS

The swimmer under consideration:

1. Has demonstrated that he/she is not willing to make the commitment level expected of the practice group.
2. Attends practice consistently less often than the group expectation.
3. Is not training successfully on base intervals for team level.
4. Needs injury rehabilitation at a less strenuous level.
5. Has seasonal sport or other activity conflict.

PROCESS FOR IMPLEMENTING PRACTICE GROUP PROMOTION

1. Current Coach will evaluate athlete attendance, attitude and training base intervals.
2. Current Coach will discuss potential change with coach at the next level.
3. Current Coach will contact swimmer's parent to discuss team change and expectations at the next level.
4. Current Coach will discuss change with swimmer and outline expectations for next level. Upon the athlete's and parent's approval they will move into the 30 day trial period.
5. There will be a 30 day trial period in which they will practice at the new higher level. At the conclusion of the 30 day trial period the coach will decide if indeed the athlete is both physically and mentally ready to move up.
6. Once the athlete officially advances, the status of the athlete's account will then change to reflect the new fees and the swimmer will be placed on the new level roster. If the athlete is determined not ready to advance, the coach will meet with him/her to give specific goals so the advancement may be accomplished.

As you can see from looking through these criteria, it is not just about being able to swim fast or demonstrate appropriate technique. It is also about the athlete's ability to handle (physically and mentally) the training, the increased responsibilities that come with promotion to the next group, and the higher commitment level that is required. So, while an age group athlete may be physically able to train at the senior level, if he/she does not yet possess the maturity and attitude to train at that level, he/she remains at the age group level to allow time and experience for those necessary skills to develop. It may also allow an athlete being held in a given training group the opportunity to develop his/her leadership skills. This is sometimes felt to be more important than simply having the physical ability to handle the training load at the next level.

Coaches will assess factors such as attitude, ability to train, level of maturity, skill development mandates, and athlete's desire. It will be the athlete's current coaches call on training group advancement. Not surprisingly, this ties into a coaching philosophy that places an emphasis on long-term development and on concern for development of the person and then the athlete.

Below is a guideline that we use to evaluate the progression of the athlete. Though it is not guaranteed that once an athlete can accomplish these basics he/she will move up. As you have read above there are many criteria elements that we utilize in making this decision.

However this will give an athlete some of the tangible goals they can aim for in order to progress to the next level. They need to strive to accomplish the items under their practice group in order to advance to the next level.

PLACEMENT CRITERIA

FOR SWIM LESSONS TO DEVELOPMENTAL

- ❖ The child must be water safe. They must understand terminology of all four strokes and be able to demonstrate the basic movement of the arms and kick in all four competitive strokes.
- ❖ Swimmer understands the basic of breathing to the side for freestyle.
- ❖ Swimmer can swim a 25 yd length in freestyle and backstroke.
- ❖ Swimmer can swim a half a lap in breaststroke and butterfly.
- ❖ Swimmer can demonstrate neutral position on both stomach and back.
- ❖ Swimmer can tread water 45 sec.
- ❖ Swimmer understands rhythmic breathing (rockets).
- ❖ They must be age 6 and up.

FOR DEVELOPMENTAL TO AGE GROUP

CHAMPIONSHIP BEHAVIOR AND ACCOUNTABILITY

- ❖ The swimmer demonstrates an understanding of sportsmanship-championship behavior. (i.e. no throwing goggles, congratulating opponents, get along with others regardless of their ability, etc.)
- ❖ The swimmer will treat teammates, parents, coaches as he/she would like to be treated.
- ❖ The swimmer shows respect for the facility, equipment, and team rules.
- ❖ Begins to encourage and motivate other teammates.
- ❖ Demonstrates the ability to communicate with his/her coach.
- ❖ Knows teammates' and coaches' names in his/her practice group.
- ❖ Swimmer takes pride in being part of the team; demonstrated by: participation in team cheers and meetings, relays, and cheering for teammates. Understanding relays are decided upon for what is best for the team and can accept these decisions.

TRAINING WORK ETHIC

- ❖ Swimmer is ready to start practice on time and comes prepared with proper equipment.
- ❖ Challenges themselves and others to perform to the utmost of their ability in practice
- ❖ Understands the basic usage of the pace clock.
- ❖ Maintains attendance requirements of at least 70% of practices.
- ❖ Picks up after themselves both on deck and in locker room.
- ❖ The swimmer not only listens but does not talk while coach is delivering instructions.
- ❖ Demonstrates safe choices upon entering the pool and being with teammates.
- ❖ During practice a swimmer is expected to:
 - Leave on time during sets and leave the designated amount of time behind the swimmer in front of him.
 - Start and finish to the wall.
 - Swim the set in the prescribed manner.
 - Swim the entire set (doesn't walk on bottom, counts accurately, doesn't turn around, doesn't stop to play with goggles...)

COMPETITION EXPECTATIONS

- ❖ Competes in local and developmental competitions.

- ❖ The swimmer talks to the coach before and after races
- ❖ Participates in team cheers and meetings.
- ❖ Understands the National Age Group Motivational Time Standard Goals.
- ❖ Knows best times in three events.

TRAINING PERFORMANCE

Test Sets to move to Age Group Training group:

Can complete the following sets:

- 10 x 50 freestyle on 1:00 yards or 1:10 meters
- 8 x 50 kick on 1:15 yards and 1:25 meters
- 6 x 100 I.M. on 2:10 yards and 2:30 meters
- 5 x 200 free on 3:45 yards and 4:20 meters
- 10 x 100 free on 1:50 yards and 2:15 meters
- 4 x 200 I.M. on 4:10 yards and 4:45 meters
- 6 x 50 fly or Back on 1:10 yards and 1:15 meters
- 6 x 50 breast on 1:20 yards and 1:30 meters
- Can swim 20 min straight without stopping
- Can vertical kick 10 min straight without holding side or rope

SKILLS PERFORMANCE

- ❖ Can breathe to both sides without interruption of the stroke in freestyle and trains with a alternate breathing pattern in freestyle.
- ❖ Trains with every two breathing pattern in fly.
- ❖ Can demonstrate proper turns in all competitive strokes and I.M.
- ❖ Can demonstrate a proper racing start.
- ❖ Can demonstrate required stroke and skill drills.
- ❖ Knows proper ready position for start of sets and streamline push off the walls at the start of each set.
- ❖ Knows proper pull and kick patterns for each stroke.
- ❖ Knows the names assigned to all phases of the stroke.
- ❖ Knows proper air exchange and rhythm of breathing for each stroke.
- ❖ Can use sculling motion in deep water in a vertical chair seated position for 2 min.

STRENGTH PERFORMANCE

- ❖ Can do push-ups, pull ups, dips, and sit ups.
- ❖ In the Age Group Level athletes will be introduced to strength training using their body's own weight.

REQUIRED STROKE AND SKILL DRILLS

<i>Freestyle</i>	<i>Backstroke</i>	<i>Breaststroke</i>	<i>Butterfly</i>
Streamline kick	Light bulb drill	One Pull –Two Kick	Streamline Kick
One arm freestyle	One arm backstroke	Kick on back	Dolphin Drill
Catch -up drill	Double arm backstroke	Baby stroke progression	2 rt. 2 lft. 2 both
2 rt. 2 lft. 4 both	2 rt. 2 lft. 4 both	One under Two up, etc.	Underwater Fly
Finish	Count strokes and Finish	Finish	Finish
Free Turn	Back Turn	Breast Turn	Fly Turn
Ready Position	Streamline	Pullout	

AGE GROUP TO SENIOR

CHAMPIONSHIP BEHAVIOR AND ACCOUNTABILITY

- ❖ The swimmer demonstrates an understanding of sportsmanship-championship behavior. (i.e. no throwing goggles, congratulating opponents, get along with others regardless of their ability, etc.)
- ❖ The swimmer will treat teammates, parents, and coaches as he/she would like to be treated.
- ❖ The swimmer shows respect for the facility, equipment, and team rules.
- ❖ Encourages and motivate other teammates.
- ❖ Demonstrates the ability to balance school and outside activities.
- ❖ Demonstrates the ability to communicate with his/her coach.
- ❖ Knows teammates and coaches names in his/her practice group.
- ❖ Swimmer takes pride in being part of the team; demonstrated by: participation in team cheers and meetings, relays, and cheering for teammates. Understanding relays are decided upon for what is best for the team and can accept these decisions.

TRAINING WORK ETHIC

- ❖ Swimmer is ready to start practice on time and comes prepared with proper equipment.

- ❖ Challenges themselves and others to perform to the utmost of their ability in practice
- ❖ Understand the use and intervals of the pace clock.
- ❖ Maintains attendance requirements of at least 80% of practices.
- ❖ Picks up after themselves both on deck and locker room.
- ❖ The swimmer not only listens but does not talk while coach is delivering instructions.
- ❖ Demonstrate safe choices upon entering the pool and being with teammates.
- ❖ During Practice a swimmers is expected to:
 - Leave on time during sets and leave the designated amount of time behind the swimmer in front of him.
 - Start and finish to the wall.
 - Swim the set in the prescribed manner.
 - Swim the entire set (doesn't walk on bottom, counts accurately, doesn't turn around, doesn't stop to play with goggles...)

COMPETITION EXPECTATIONS

- ❖ Attends the recommended swim meets for his/her level and understands the importance of being on time to warm-ups.
- ❖ The swimmer talks to the coach before and after races.
- ❖ Participates in Team cheers and meetings
- ❖ Sets goals based on National Age Group Motivational Time Standards.
- ❖ Swimmer competes in all events offered in his/her age group.
- ❖ Knows their Best Times in events.

TRAINING PERFORMANCE

Test sets to move to Senior Training group:

Can complete the following sets:

- 24 x 100 free on 1:15 yards 1:25 meters
- 12 x 50 kick on .55 yards 1:00 meters
- 8 x 200 I.M. on 2:45 yards 3:10 meters
- 12 x 50 fly on .45 yards and .55 meters
- 24 x 100 primary stroke
- Fly and Back 1:25 yards 1:35 meters Breast 1:35 yards 1:45 meters
- 800 free on 10:00 yards 11:00 meters
- 6 x 50 on 3:00 at sub best time of 100 split

SKILLS PERFORMANCE

- ❖ Consistently practices proper turns and breathing patterns off turns.
- ❖ Can demonstrate a proper racing start and breathing patterns off start.
- ❖ Can demonstrate a proper relay take off.
- ❖ Has mastered required stroke and skill drills.
- ❖ Knows the names assigned to all phases of the stroke.
- ❖ Constantly trains with an efficient streamline off starts and turns

COGNITIVE

- ❖ Begins learning about nutritional requirements of training and competition.
- ❖ Begins understanding how to utilize split information into training.
- ❖ Begins understanding race strategy for different events.
- ❖ Has a beginning understanding of effective goal setting.

STRENGTH PERFORMANCE

- ❖ Has strength and flexibility required for training at the Senior Level.
- ❖ Can do pushups, pull ups, and abdominal work correctly.
- ❖ In the Age Group Level athletes will be introduced to strength training using their body's own weight.
- ❖ Introduced to shoulder strengthening exercises.
- ❖ In the Senior Level they will be introduced to weight machines and other strength training equipment.

REQUIRED STROKE AND SKILL DRILLS

All of Developmental Required Skills Plus:

- ❖ Sculling in three positions of catch, in sweep and finish through
- ❖ Vertical Kicking
- ❖ Pop Over Drills
- ❖ Acceleration Drills
- ❖ Speed Drills

SENIOR LEVEL

CHAMPIONSHIP BEHAVIOR AND ACCOUNTABILITY

- ❖ The swimmer demonstrates an understanding of sportsmanship-championship behavior.
- ❖ The swimmer will treat teammates, parents, and coach's as he/she would like to be treated.
- ❖ The swimmer shows respect for the facility, equipment, and team rules.
- ❖ Encourages and motivates other teammates and peers.
- ❖ Demonstrates the ability to balance school, social, swimming and family.
- ❖ Swimmer communicates openly with his/her coach.
- ❖ Understands team rules and code of conduct and understands the consequences of breaking the rules.
- ❖ The swimmer is not influenced by negative behavior/actions of teammates/peers.
- ❖ The swimmer will learn coping strategies to deal with parental or peer pressure.
- ❖ Swimmer takes pride in being part of the team; demonstrated by: participation in team cheers and meetings, relays, and cheering for teammates. Understanding relays are decided upon for what is best for the team and can accept these decisions.
- ❖ Swimmer learns to accept the responsibility of his/her performance.
- ❖ Swimmer can effectively communicate his/her commitment to his/her parents, coaches, teammates, and peers.
- ❖ 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.

TRAINING WORK ETHIC

- ❖ Swimmer is ready to start practice on time and comes prepared with proper equipment.
- ❖ The swimmer understands and takes responsibility for attendance, performance, habits in practice, and how these relate to meet performance and the performance of the team as a whole.
- ❖ Challenges themselves and others to perform to the utmost of their ability in practice
- ❖ Understands and calculates times using pace clock, and also understands intervals.
- ❖ Maintains attendance requirements of at least 80% of practices.
- ❖ Picks up after themselves both on deck and in locker room.
- ❖ The swimmer not only listens but does not talk while coach is delivering instructions.
- ❖ Demonstrates safe choices upon entering the pool and being with teammates.
- ❖ Understands heart rate as it relates to intensity of training.
- ❖ During practice a swimmer is expected to:
 - Leave on time during sets and leave the designated amount of time behind the swimmer in front of him.
 - Start and finish to the wall.
 - Swim the set in the prescribed manner.
 - Swim the entire set (doesn't walk on bottom, counts accurately, doesn't turn around, doesn't stop to play with goggles...)

COMPETITION EXPECTATIONS

- ❖ Attends the recommended swim meets for the Senior level and understands the importance of being on time to warm-ups.
- ❖ The swimmer understands the importance of communicating with the coach about his/her races.
- ❖ Participates and offers leadership in team cheers and meetings.
- ❖ Sets goals based on National Age Group Motivational Time Standards.
- ❖ Knows their best times for each event and his/her splits. May use this knowledge in training sets.
- ❖ Swimmer can recite goal times and splits.
- ❖ Swimmer periodically tries the longer events in communication with his/her coach.
- ❖ Swimmer should have competed at least once in events available for his/her age bracket.
- ❖ Swimmer understands and performs personal race strategy.

TRAINING PERFORMANCE

Senior Swimmers should be able to do these sets:

24 x 100 free on 1:15 yards, 1:25 meters

12 x 50 kick on .55 yards, 1:00 meters

8 x 200 I.M. on 2:45 yards, 3:10 meters

4 x 400 I.M. on 5:30yds, 6:45 meters

12 x 50 fly on .45 yards, .55 meters

4 x 100 fly on 1:45 yards, 1:55 meters

24 x 100 primary stroke

Fly and Back 1:25 yards, 1:35 meters Breast 1:35 yards, 1:45 meters

800 free on 10:00 yards, 11:00 meters

6 x 50 on 3:00 at sub best time of 100 split

12 x 100 on 2:30 holding current best 200 (second 100).

SKILLS PERFORMANCE

- ❖ Consistently practices proper turns and breathing patterns off turns.
- ❖ Continues to strive for a proper racing start and breathing patterns off start.
- ❖ Can demonstrate a proper relay take off.
- ❖ Has mastered required stroke and skill drills

COGNITIVE

- ❖ Swimmer has general knowledge of energy system and how they are used in training.
- ❖ Understands nutritional requirements of training and competition.
- ❖ Understands the importance of distance per stroke and strives for goal DPS through race and practice.
- ❖ Understands that training seasons are designed for peak performance at the highest level of competition at the end of the season. Understands improvement will not happen at every competition as a result.
- ❖ Understands and utilizes effective goal setting principals.

STRENGTH PERFORMANCE

- ❖ Has strength and flexibility required for training at the Senior Level. Understands the importance of flexibility and stretches outside of training.
- ❖ Swimmer understands the importance of shoulder strength, and performs shoulder injury prevention exercises on own.
- ❖ Can do pushups, pull-ups, and abdominal work correctly.
- ❖ In the Age Group Level athletes will be introduced to strength training using their body's own weight.
- ❖ In the Senior Level they will be introduced to weight machines and other strength training equipment.