

TRITON JUNIOR PERFORMANCE SQUAD

Training Criteria - Selection

1. Average 85% Attendance per month/ training year, with allowance for outside activities.
2. Punctuality & completion of all pool & dry land training sessions (Swimmers consistently late for pool/ land sessions or not completing sessions may be moved to a more suitable Squad)
3. Self-tapering will not be tolerated (i.e. missing sessions due to a meet being on at the weekend, taper time only happens 2-3 times per season for target meets.)

Training Sessions Content – Selection

1. 6 Pool Sessions
2. 6 Land Sessions
3. Pre/Post Prehab/Recovery
4. Training volume 25 Km +

Training Set Requirements - Selection Physical

Can complete the following practice sets:

8 x 200 IM	3.40
12 x 100 kick	2.10
24 x 100 free	1.45

and any one of the following:

12x100 free on	1.40
12x100 back on	1.55
12x100 breast on	2.05
12x100 fly on	2.00

Competitive Performance – Selection

1. Age 10-13 (Girls) & 10-14 (Boys)
2. Achieve Alberta Championship Time or (at the discretion of the coach)
3. Compete at Club/Provincial/National. Target Meets – Championships/Junior Nationals.
4. Swimmers who do not commit to Triton competition program may be moved to a more suitable squad.

Biomechanical Progressions:

1. Perform a 400 individual medley swim with correct transitions between strokes.
2. The swimmer, with the assistance of his or her coach, can calculate swimming speed and distance per stroke during competition and training.

Physiological Progressions:

Physical:

1. Muscular strength and endurance: can perform sit-ups, push-ups and chin-ups.
2. Aerobic endurance: swims a 2000m threshold set three per season with continuous improvement.
3. Sprint capacity system: swims 12 x 25 (three butterfly, three backstroke, three breaststroke and three freestyle) on 3.00 (3

per stroke) at maximum velocity 3 times per season.

4. Kick Speed: 400m Kick for time performed 3 times per season.

Cognitive:

1. Knowledge of energy systems: can explain aerobic and anaerobic systems of energy delivery.
2. Understands nutritional requirements of training and competition: demonstrates understanding of basic nutrition principles, fuels for swimming performance, training diets, hydration, and the importance of eating a balanced diet.
3. Demonstrates an understanding of the relationship between training programs and maturation and development and their effects on competitive and training performance.
4. Understand how to use heart rate measurement to monitor training progress.

Character Development and Life Skills Championship behaviour and accountability:

1. The swimmer learns to accept responsibility for his or her performance.

Work ethic and self -discipline:

- 1. The swimmer will learn coping strategies to deal with peer pressure.
- 2. The swimmer will learn coping strategies to deal with parent pressure.
- 3. The swimmer understands and performs personal race strategies.

Time management

- 1. The swimmer demonstrates an ability to balance school, social activities, swimming and family.

Commitment and loyalty

- 1. The swimmer can effectively communicate his or commitment to his or her parents, coach and teammates.
- 2. The swimmer knows the team goals and will take an active part in developing specific and attainable practice group goals.
- 3. The swimmer understands the relationship between his or her personal commitment level and results.

Psychological Skills:

- 1. Demonstrates an understanding of the individual zones of optimal functioning concept.

- 2. Can identify (personal) optimal zone of performance both in practice and in competition.

- 3. Understands personal signs of under or over stimulation (“not enough” or “too much” nervousness)

Imagery and Visualisation:

- 1. Can visualise a race from start to finish.
- 2. Can control the image so the vision matches actual performance.

Concentration:

- 1. Develops a pre-race ritual or routine
- 2. Develops race focal points for concentration.

Self-image:

- 1. Realises that positive comments help reduce stress, build confidence, and can increase enjoyment of competition and practice.
- 2. Understands the damage of negative self-talk to self-esteem, performance, and the enjoyment of the sport.

Goal setting:

- 1. Has developed a long-range goal within the sport.

- 2. Develops short-term and intermediate goals that ultimately tie into long-range goals.

Meet and Practice Behaviour

- 1. Understands the effect of posture and actions on emotions.
- 2. Uses the “Act as if” strategy if in alternate position.

All swimmers must have signed & abide by the Club’s Code of Conduct & Squad Criteria.

The Club’s Director of Swimming & Performance Coach, in consultation with the squad coaches may review/update the Squad Criteria cyclically (2 – 3 times / year)

I shall be accepting my place and agree to the terms and conditions of the Junior Performance Squad.

Signed (Swimmer).....
Date.....

Signed (Parent).....
Date.....