

	Senior Performance, Senior Black and Junior Black (Train to Compete)	Junior Black and Junior Red (Train to train)	Junior Red and Novice Black (Learn to Train)	Novice Red and Novice Black (FUNderamentals & Learn to Train)
Personal	<ul style="list-style-type: none"> -Leadership -Contract for training -Commitment level= Taking ownership -Responsibility -Voluntarism 	<ul style="list-style-type: none"> -Contract for training -Nutrition and hydration -discipline & personal responsibility -Time management 	<ul style="list-style-type: none"> -Promote team work & personal interaction skills -Intro to discipline and structure -Sport as lifestyle commitment 	<ul style="list-style-type: none"> -Intro discipline and structure -Promote team work -Fair Play -Positive attitude towards participation and activity
Technical	<ul style="list-style-type: none"> -Individual stroke work (Know stroke specific drills) -Training Knowledge <ul style="list-style-type: none"> • Splits • PB/Practice PB • Heart Rate • Stroke Rate • % Chart 	<ul style="list-style-type: none"> -Learning and understand drills (IM Based) -Training Knowledge <ul style="list-style-type: none"> • Splits • Heart Rate • PB/Practice PB 	<ul style="list-style-type: none"> -Refining swimming skills <ul style="list-style-type: none"> • Stroke, Turns, under H20 -Basic practice skills -Training Knowledge <ul style="list-style-type: none"> • PB • Splits • Understand Pace clock/ pacing 	<ul style="list-style-type: none"> -Refine basic swimming skills -Focus on stroke tech NOT times -Training Knowledge <ul style="list-style-type: none"> • Base knowledge of equipment • Learning Pace clock
Mental	<ul style="list-style-type: none"> -Individual Comp plans -Relaxation techniques -Race strategy 	<ul style="list-style-type: none"> -Imaginary -Intro to relaxation skills -Positive reinforcement (Self-talk) -Race strategy -Long term goal setting 	<ul style="list-style-type: none"> -Short term goal Setting <ul style="list-style-type: none"> • Sept-Dec • Jan-Mar • Apr-Jun -Visualization -Basic relaxation skills (e.g. breathing tech) 	<ul style="list-style-type: none"> -Positive attitude -Concentration skills -Self confidence -Meet goals
Physical	<ul style="list-style-type: none"> -Strength/power training -Flexibility -Core strength -Training guide/comparison chart 	<ul style="list-style-type: none"> -Physical condition -Flexibility/stability Ag-1- Into to strength training 	<ul style="list-style-type: none"> -Intro to basic flexibility -Intro concept of warm up and stretching (activation) -ABCs 	<ul style="list-style-type: none"> -ABCs -Linear/Lateral -Speed -Sculling skills -Intro concept of warm up and stretching (activation)
Training Hours				

LTAD Stage	(FUNdermentals & Learn to Train)	(Learn to Train)	(Train to train)	(Train to Compete)
Groups	Novice Red and Novice Black	Junior Red and Novice Black	Junior Black and Junior Red	Senior Performance, Senior Black and Junior Black
Personal	<ul style="list-style-type: none"> -Intro discipline and structure -Promote team work -Fair Play -Positive attitude towards participation and activity 	<ul style="list-style-type: none"> -Promote team work & personal interaction skills -Intro to discipline and structure -Sport as lifestyle commitment 	<ul style="list-style-type: none"> -Contract for training -Nutrition and hydration -discipline & personal responsibility -Time management 	<ul style="list-style-type: none"> -Leadership -Contract for training -Commitment level= Taking ownership -Responsibility -Voluntarism
Technical	<ul style="list-style-type: none"> -Refine basic swimming skills -Focus on stroke tech NOT times -Training Knowledge <ul style="list-style-type: none"> • Base knowledge of equipment • Learning Pace clock 	<ul style="list-style-type: none"> -Refining swimming skills <ul style="list-style-type: none"> • Stroke, Turns, under H20 -Basic practice skills -Training Knowledge <ul style="list-style-type: none"> • PB • Splits • Understand Pace clock/ pacing 	<ul style="list-style-type: none"> -Learning and understand drills (IM Based) -Training Knowledge <ul style="list-style-type: none"> • Splits • Heart Rate • PB/Practice PB 	<ul style="list-style-type: none"> -Individual stroke work (Know stroke specific drills) -Training Knowledge <ul style="list-style-type: none"> • Splits • PB/Practice PB • Heart Rate • Stroke Rate • % Chart
Mental	<ul style="list-style-type: none"> -Positive attitude -Concentration skills -Self confidence -Meet goals 	<ul style="list-style-type: none"> -Short term goal Setting <ul style="list-style-type: none"> • Sept-Dec • Jan-Mar • Apr-Jun -Visualization -Basic relaxation skills (e.g. breathing tech) 	<ul style="list-style-type: none"> -Imaginary -Intro to relaxation skills -Positive reinforcement (Self-talk) -Race strategy -Long term goal setting 	<ul style="list-style-type: none"> -Individual Comp plans -Relaxation techniques -Race strategy
Physical	<ul style="list-style-type: none"> -ABCs -Linear/Lateral -Speed -Sculling skills -Intro concept of warm up and stretching (activation) 	<ul style="list-style-type: none"> -Intro to basic flexibility -Intro concept of warm up and stretching (activation) -ABCs 	<ul style="list-style-type: none"> -Physical condition -Flexibility/stability Ag-1- Into to strength training 	<ul style="list-style-type: none"> -Strength/power training -Flexibility -Core strength -Training guide/comparison chart
Training Hours				