

## GRANDE PRAIRIE PIRANHAS SWIM TEAM CURRICULUM

<u>Squad</u>	<b>Diddy</b>	<b>Junior</b>	<b>Age</b>	<b>Youth</b>	<b>Senior</b>	<b>Junior Performance</b>	<b>Youth Performance</b>	<b>Senior Performance</b>
<b>Age Group</b>	Boys 10 & Under Girls 9 & Under	Boys 11 & Under Girls 10 Under	Boys 12 & Under Girls 11 & Under		Boys 13 & Over Girls 12 & Over	Boys 14 & Under Girls 13 & Under	Boys 12 – 15 yrs old Girls 11 -14 yrs old	Boys 15 & Over Girls 13 & Over
<b>Participation in the program</b>	Swimmers introduced and encouraged to attend practice, individual and team racing at home and regional meets		Encouraged to commit to higher levels of attendance. Exposed to out of region competitions.		Committed to a constant attendance in conjunction to other academic, sporting, family or work commitments. Exposed to competitions relevant to experience and needs.	Now committed to swim and dryland practice. Exposed to higher levels of competition Attends all competitions qualified for.	Fully committed to swim and dryland training. . Exposed to higher levels of competition Attends all competitions qualified for.	Fully committed to swim and dryland training. .Exposed to higher levels of competition Attends all competitions qualified for.
<b>Coach ability</b>	Swimmers able to listen to coach instruction, receive constructive group or individual feedback and apply simple tasks requested. Able to circle swim and leave adequate space between other swimmers.		Swimmers wanting to learn to be adaptable and willing to attempt new tasks and apply simple stroke corrections. Able to read the clock to swim 5-10 seconds apart. Knows the 15, 30, 45, and 60 for start times. Have a practice pace equivalent to the group. Knows how to properly use equipment in practice.		Swimmers can initiate conversation on stroke improvements and independently make corrections. Able to accurately read a clock to achieve a given pace or speed. Good knowledge of the different training sets and pacing's. Knows how to build and descend sets. Understanding the importance of setting expectations for each training set.	Swimmers capable of more complex stroke corrections and how change effects stroke dynamics and efficiency. Understands practice repetitions and sets. Able to accurately read a clock to achieve a given turnaround time interval, pace or speed. Improving knowledge of the different training sets and pacing's. Knows how to build and descend sets. Capable of learning the importance of setting expectations for each training set.	Swimmers can initiate conversation on stroke improvements and independently make corrections. Able to accurately read a clock to achieve a given pace or speed. Good knowledge of the different training sets and pacing's. Knows how to build and descend sets. Understanding the importance of setting expectations for each training set.	Swimmers can initiate self-improvement of attendance, skills and work ethic. Swimmers are self-motivated and have desire to work for long term goals. Swimmers are willing to achieve correct pace or speed in each and every practice. Swimmers are willing to embrace change and take ownership of the swimming. Swimmers are willing to accept success and failure as a building block to future outcomes.
<b>Trainability (Test Sets)</b>	Can complete minimum repetitions of 25 metres of efficient Freestyle and Backstroke with legal finishes. Can complete repetitions of 50 metres kick on all strokes.		Can complete minimum repetitions of 50 metres legal Freestyle, Backstroke and Breaststroke with competitive turns and finishes. Can complete repetitions of 100 metres kick on all strokes.	Can complete minimal repetitions of 100m legal Free, Back, Breast with competitive turns and finishes Can complete legal repetitions of Butterfly with finishes. Can Complete repetitions of 200 metres kick on all strokes.	Can complete minimal repetitions of 200m legal Freestyle, Backstroke, Breaststroke with competitive turns and finishes Can complete legal repetitions of Butterfly with finishes. Can Complete repetitions of 200 metres kick on all strokes	Can legally train all four strokes with good efficiency over any distance and willing to train through discomfort Capable of completing: 8x200 Freestyle @4min 16x100 IM @2min 1x400 no1 kick sub 10min	Can legally train all four strokes with high efficiency over any distance, willing to train through discomfort, know their limits and push beyond them Capable of completing: 10x200 Freestyle @320 20x100 IM @150 1x400 no1 kick sub 8min	Can legally train all four strokes with high efficiency over any distance, willing to train through discomfort, know their limits and push beyond them to achieve excellence. Capable of completing: 15x200 Freestyle @3min 20x100 IM @140 1x400 no1 kick sub 7min

<b><u>Race ability</u></b>	Swimmers race during each practice as individuals and as a team.	Swimmers introduced to racing strategies such as stroke counting, breathing patterns and lap counting	Swimmers are introduced to race plans and how to implant, process and evaluate them	Swimmers enhance racing strategies and learn how they affect race outcomes	Swimmers are introduced to race plans and how to implant, process and evaluate them.	Swimmers can excel in winning and losing. Swimmers can adapt and change race plans. Swimmers can self-evaluate race plans
<b><u>Motivation</u></b>	Swimmers enjoy coming to practice and are eager to learn new skills	Swimmers keen to reinforce previous skills and are eager to explore and develop new skills Swimmers willing to make simple goals and want to achieve them at practice.	Swimmers wanting to be consistent with practice attendance, effort and focus and competition performance outcomes.	Swimmers begin learning the relationship between practice attendance, effort and focus and competition performance outcomes.	Swimmers wanting to understand the relationship between practice attendance, effort and focus and competition performance outcomes.	Swimmers wanting to refine the relationship between practice improvements and competition performance outcomes.
<b><u>Skill requirements</u></b>	Efficient Freestyle and Backstroke with good side breathing in freestyle. Has good knowledge of Breaststroke and Butterfly, such as legal kick in one of these strokes. Can dive from the poolside achieving a streamlined position. Capable of performing a forward and backward roll in a tight circumference. Has good knowledge of sculling.	Has superior knowledge of Freestyle and Backstroke. Has good knowledge of Butterfly and Breaststroke with legal leg kick. Can dive from a starting block. Can execute correct competitive turns. Capable of executing underwater streamlining. Uses legal finishes in practice. Excellent knowledge of sculling techniques. Capable of using stroke and lap counting.	Has good knowledge of all strokes, turns, transitions and finishes. Consistently achieves streamlined underwater off all walls past the flags. Understands body position, breathing patterns and stroke counting. Learnt the importance of decreasing drag and improving	Has good knowledge of all four stroke and their competitive turns and finishes. Exhibits good stroke technique at all times and show improvement in underwater, stroke counting, breathing patterns and stroke rates. Capable of maximising underwater streamlining. Able to apply and maintain stroke correction.	Has excellent knowledge of all strokes, turns and transitions. Consistently achieves streamlined underwater off all walls past the flags. Understands body position, breathing patterns, stroke counting and stroke rates. Understands the importance of posture, balance, coordination Learnt the importance of decreasing drag and improving distance per stroke.	Has excellent knowledge of all strokes, turns and transitions. Consistently achieves streamlined underwater off all walls past the flags. Understands body position, breathing patterns, stroke counting and stroke rates. Understands the importance of posture, balance, coordination Learnt the importance of decreasing drag and improving distance per stroke.
<b><u>Attendance requirements</u></b>	36 weeks of the year 75% attendance per month 2/3 one hour practices per week	40 weeks of the year 80% attendance per month 3 - 5 1.5 hour practices per week 2 dryland practice per week	42 weeks of the year 80% attendance per month Minimum four 1.5hr practices per week 2 dryland practice per week	46 weeks of the year 90% attendance per month Minimum five 1.5hr -2hr practices per week 3 dryland practice per week	48 weeks of the year 90% attendance per month Minimum six two-hour swim practices per week 4 dryland practices per week	48 weeks of the year 90% attendance per month 8 two hour swim practices per week 5 dryland practices per week
<b><u>Competition focus</u></b>	Swimmers strive to compete in 25m and 50m races on each stroke plus 100m Ind.Medley. Advanced swimmers will compete the 200m Freestyle	Swimmers focus on competing down from 200m Freestyle, Ind.Medley and Form stroke. Advanced swimmers will compete 400m Freestyle and Ind.Medley.	Swimmers focus on specific stroke and distances relevant to their development	Swimmers focus on competing down from 400m Freestyle, 400m Ind.Medley and 200m Form strokes.	Swimmers compete down from 400m Freestyle, 400m Ind.Medley. Also focusing on form stroke preference	Swimmer focus on 3-4 Specific events.
<b><u>Performance standard</u></b>	Novice level gaining competitive experiences	Improving competitive experiences and moving towards Provincial Qualification	Aspiring and achieving Provincial standards	Aspiring to Provincial qualification.	Achieving Provincial Standards Aspiring to Championship Standards and beyond	Achieving Championships Aspiring to National Standards