Goldfins Club Curriculum 2019-2024

White 1 (LTAD Learn to Train)

Love of Swimming:

* racing is fun (make it fun in practice)
* reward improvements technical and results, always show progress
* have them leave on a high note
* games and challenges to that increase learning

Technical

* body balance/position (balance on kick)
* work to improve stroke rhythms
* TEACH kick, this needs as much coaching as swimming does
* teach the stroke rules
* drill progression into swimming
* underwater work taught as streamline (no underwater dolphin or pullout at this stage)

Training and Culture

* supportive group environment
* lane discipline and circle swimming/passing
* equipment usage
* on time for practice (diving in on time)
* build routine, coaches do as you say you are going to do
* team bonding activities
* reward water bottle usage

Competition

* non sanctioned in house = skills and fun
* non sanctioned in house = test events and introduce meet protocols
* 25-200 FR and BK, 25-100 BR and FL
* sanctioned = make it the same, meet protocols should be familiar, coaches to follow up with athletes consistently on the day to ensure engagement

Testing

* time 50 and 100 kick
* timed swim (200m)
* swim legal 50m FL and BR before entering these events in competition

Goldfins Club Curriculum 2019-2024

White 2 (LTAD Learn to Train)

Love of Swimming

* competitions are FUN, have fun games/intra team competitions
* show continual improvement
* in meet goal setting (around hydration, knowing lane assignment, technical skill in the race)
* show improvement through challenges in workout, set a ‘safe’ culture where failure is learning
* team building opportunities

Technical

* balance and coordination
* add kick focus to stroke rhythms
* body balance/position (balance on kick)
* TEACH kick (all 4 strokes), this needs as much coaching as swimming does
* drill progression into swimming
* underwater work taught as streamline (no underwater dolphin or pullout at this stage)
* introduce IM
* introduce relay take overs

Training and Culture

* supportive group environment
* circle swimming/passing and clock reading
* equipment usage
* on time for practice (diving in on time)
* build routine, coaches do as you say you are going to do
* team bonding activities
* reward water bottle usage

Competition

* non sanctioned in house = skills and fun
* non sanctioned in house = test events and introduce meet protocols
* 25-400 FR and BK, 25-150 BR and FL, 100 IM
* sanctioned = make it the same, meet protocols should be familiar, coaches to follow up with athletes consistently on the day to ensure engagement

Testing

* time 50 and 200 kick
* timed swim (400m)
* swim legal 50m FL and BR before entering these events in competition

Goldfins Club Curriculum 2019-2024

White 3 (LTAD Learn to Train)

Love of Swimming

* competitions are FUN, have fun games/intra team competitions
* reward attempts in learning
* group goal setting (around hydration, knowing lane assignment, technical skill in the race)
* show improvement through challenges in workout, set a ‘safe’ culture where failure is learning

Technical

* balance and coordination
* add pull focus to stroke rhythms
* body balance/position (balance on kick)
* TEACH kick (all 4 strokes), this needs as much coaching as swimming does
* use kick as part of aerobic training
* TEACH pull (all 4 strokes), always incorporate kick and pull back into swimming
* drill progression into swimming
* underwater work taught as streamline (no underwater dolphin or pullout at this stage)

Training and Culture

* supportive group environment
* circle swimming/passing and clock reading
* equipment usage
* build progressive training blocks (stay technique focused)
* on time for practice (diving in on time)
* build routine, coaches do as you say you are going to do
* team bonding activities
* reward water bottle usage
* post pool snack and team meeting

Competition

* non sanctioned in house = skills and fun
* non sanctioned in house = test events and introduce meet protocols
* 25-400 FR and BK, 25-200 BR and FL, 100-200 IM
* sanctioned = make it the same, meet protocols should be familiar, coaches to follow up with athletes consistently on the day to ensure engagement
* Jr. Provincials is the peak competition

Testing

* time 50 and 200 kick
* timed swim (600m)
* swim legal 100m FL and 200 BR before leaving the group

Goldfins Club Curriculum 2019-2024

Blue 12 (LTAD Train to Train)

Love of Swimming

* competitions are FUN, support each other in achieving goals
* reward attempts in learning
* group goal setting (on race performance)
* show improvement through challenges in workout, set a ‘safe’ culture where failure is learning
* build athlete to coach communication (coach will LISTEN and treat athlete feedback as a monitoring tool)

Technical

* balance and coordination
* add drag reduction focus to stroke rhythms
* body balance/position (balance on kick)
* TEACH kick (all 4 strokes), this needs as much coaching as swimming does
* use kick and pull as part of aerobic training
* TEACH pull (all 4 strokes), always incorporate kick and pull back into swimming
* drill progression into swimming
* underwater dolphin kick and pull outs are introduced

Training and Culture

* supportive group environment
* circle swimming/passing and clock reading
* equipment usage
* build progressive training blocks (3:1)
* aerobic development through increase distance per rep
* speed skilled daily (turns, fast 15m breakouts, dive, takeovers, finishes)
* on time for practice (diving in on time)
* build routine, coaches do as you say you are going to do
* team bonding activities
* reward water bottle usage
* post pool snack and team meeting

Mental Skills

* build a safe physiological environment
* decompression strategies
* work on self confidence

Competition

* in season - training continues, swim meet focus reflects training focus
* peak - whole group competes, focus is on the performance

Testing

* time 50 and 400 kick
* timed swim (800m)

Goldfins Club Curriculum 2019-2024

Blue 14 (LTAD Train to Train)

Love of Swimming

* competitions are FUN, support each other in achieving goals
* reward attempts in learning
* group goal setting (on race performance)
* show improvement through challenges in workout, set a ‘safe’ culture where failure is learning
* build athlete to coach communication (coach will LISTEN and treat athlete feedback as a monitoring tool)
* build athlete to athlete communication

Technical

* balance and coordination
* add drag reduction focus to stroke rhythms
* body balance/position (balance on kick)
* TEACH kick (all 4 strokes), this needs as much coaching as swimming does
* use kick and pull as part of aerobic training
* TEACH pull (all 4 strokes), always incorporate kick and pull back into swimming
* drill progression into swimming
* underwater dolphin kick and pull outs are developed

Training and Culture

* supportive group environment
* circle swimming/passing and clock reading
* equipment usage
* build progressive training blocks (3:1)
* aerobic development through increase distance per rep
* speed skilled daily (turns, fast 15m breakouts, dive, takeovers, finishes)
* on time for practice (diving in on time)
* build routine, coaches do as you say you are going to do
* team bonding activities
* reward water bottle usage
* post pool snack and team meeting

Mental Skills

* build a safe physiological environment
* decompression strategies
* work on self confidence

Competition

* in season - training continues, swim meet focus reflects training focus
* peak - whole group competes, focus is on the performance

Testing

* time 50 and 400 kick
* timed swim (1500m)

Goldfins Club Curriculum 2019-2024

Blue 18 (LTAD Train to Train)

Love of Swimming

* competitions are FUN, support each other in achieving goals
* reward attempts in learning
* group and individual goal setting (on race performance)
* show improvement through challenges in workout, set a ‘safe’ culture where failure is learning
* build athlete to coach communication (coach will LISTEN and treat athlete feedback as a monitoring tool)
* build athlete to athlete communication

Technical

* balance and coordination
* add drag reduction focus to stroke rhythms
* body balance/position (balance on kick)
* TEACH kick (all 4 strokes), this needs as much coaching as swimming does
* use kick and pull as part of aerobic training
* TEACH pull (all 4 strokes), always incorporate kick and pull back into swimming
* drill progression into swimming
* underwater dolphin kick and pull outs are developed

Training and Culture

* supportive group environment
* circle swimming/passing and clock reading
* equipment usage
* build progressive training blocks (3:1)
* aerobic development through increase distance per rep
* anaerobic training introduced at coaches discretion
* speed skilled 4x/week (turns, fast 15m breakouts, dive, takeovers, finishes)
* on time for practice (diving in on time)
* build routine, coaches do as you say you are going to do
* team bonding activities
* reward water bottle usage
* post pool snack and team meeting

Mental Skills

* build a safe physiological environment
* decompression strategies
* work on self confidence

Competition

* in season - training continues, swim meet focus reflects training focus
* peak - whole group competes, focus is on the performance

Testing

* time 50 and 400 kick
* timed swim (2000m)
* 7 x 50 efficiency

Goldfins Club Curriculum 2019-2024

Gold 14 (LTAD Train to Train)

Love of Swimming

* competitions are FUN, support each other in achieving goals
* reward attempts in learning
* group and individual goal setting (on race performance)
* show improvement through challenges in workout, set a ‘safe’ culture where failure is learning
* build athlete to coach communication (coach will LISTEN and treat athlete feedback as a monitoring tool)
* build athlete to athlete communication

Technical

* balance and coordination
* add drag reduction focus to stroke rhythms
* body balance/position (balance on kick)
* TEACH kick (all 4 strokes), this needs as much coaching as swimming does
* use kick and pull as part of aerobic training
* TEACH pull (all 4 strokes), always incorporate kick and pull back into swimming
* drill progression into swimming
* underwater dolphin kick and pull outs are developed

Training and Culture

* supportive group environment
* circle swimming/passing and clock reading
* equipment usage
* build progressive training blocks (3:1)
* aerobic development through increase distance per rep
* speed skilled daily (turns, fast 15m breakouts, dive, takeovers, finishes)
* on time for practice (diving in on time)
* build routine, coaches do as you say you are going to do
* team bonding activities
* reward water bottle usage
* post pool snack and team meeting

Mental Skills

* build a safe physiological environment
* decompression strategies
* work on self confidence
* build “ideal” Performance State

Competition

* in season - training continues, swim meet focus reflects training focus
* peak - whole group competes, focus is on the performance

Testing

* time 50 and 400 kick
* timed swim (2000m)
* Stroke efficiency test

Gold 16 (LTAD Train to Train)

Love of Swimming

* competitions are FUN, support each other in achieving goals
* reward attempts in learning
* group and individual goal setting (on race performance)
* show improvement through challenges in workout, set a ‘safe’ culture where failure is learning
* build athlete to coach communication (coach will LISTEN and treat athlete feedback as a monitoring tool)
* build athlete to athlete communication

Technical

* balance and coordination
* add drag reduction focus to stroke rhythms
* body balance/position (balance on kick)
* TEACH kick (all 4 strokes), this needs as much coaching as swimming does
* use kick and pull as part of aerobic training
* TEACH pull (all 4 strokes), always incorporate kick and pull back into swimming
* drill progression into swimming
* underwater dolphin kick and pull outs are developed

Training and Culture

* supportive group environment
* circle swimming/passing and clock reading
* equipment usage
* build progressive training blocks (3:1)
* aerobic development through increase distance per rep
* anaerobic training introduced
* speed skilled 4x/week (turns, fast 15m breakouts, dive, takeovers, finishes)
* on time for practice (diving in on time)
* build routine, coaches do as you say you are going to do
* team bonding activities
* reward water bottle usage
* post pool snack and team meeting

Mental Skills

* build a safe physiological environment
* decompression strategies
* work on self confidence
* build “ideal” Performance State
* introduce performance on demand

Competition

* in season - used as benchmark testing
* peak - whole group competes, focus is on the performance

Testing

* time 50 and 400 kick
* timed swim (2000m)
* 7 x 50 efficiency test

Gold 18 (LTAD Train to Train/Compete)

Love of Swimming

* competitions are FUN, support each other in achieving goals
* reward attempts in learning
* group and individual goal setting (on race performance)
* show improvement through challenges in workout, set a ‘safe’ culture where failure is learning
* build athlete to coach communication (coach will LISTEN and treat athlete feedback as a monitoring tool)
* build athlete to athlete communication

Technical

* balance and coordination
* add drag reduction focus to stroke rhythms
* body balance/position (balance on kick)
* TEACH kick (all 4 strokes), this needs as much coaching as swimming does
* use kick and pull as part of aerobic training
* TEACH pull (all 4 strokes), always incorporate kick and pull back into swimming
* drill progression into swimming
* underwater dolphin kick and pull outs are developed

Training and Culture

* supportive group environment
* circle swimming/passing and clock reading
* equipment usage
* build progressive training blocks (3:1)
* aerobic development through increase distance per rep
* anaerobic training introduced
* speed skilled 4x/week (turns, fast 15m breakouts, dive, takeovers, finishes)
* on time for practice (diving in on time)
* build routine, coaches do as you say you are going to do
* team bonding activities
* reward water bottle usage
* post pool snack and team meeting

Mental Skills

* build a safe physiological environment
* decompression strategies
* work on self confidence
* build “ideal” Performance State
* introduce performance on demand

Competition

* in season - used as benchmark testing
* peak - whole group competes, focus is on the performance

Testing

* time 50 and 400 kick
* timed swim (2000m)
* 7 x 50 efficiency test