

Junior Skills Development

Advancement Requirements

Physical:

1. Swims 4 x 100 IM on 3:30
2. Swims 6 x 50 Free on 1:45
3. Swims 6 x 50 Back on 2:00
4. Swims 6 x 50 Breast on 2:00
5. Swims 3 x 25 Fly on 1:00
6. Kicks 6 x 50 Free on 2:15
7. Swim continuously for 10-minute using proper stroke technique and walls
8. Executes proper start from the blocks in streamline and conducts proper breakout for each stroke
- Scull in prone position for 50 yards
10. Scull in supine position for 50 yards

Mental Attentiveness:

1. Consistently counts distance and sets
2. Consistently demonstrates how to use pace clock for sets

Stroke Technique:

1. Executes a legal 100 of freestyle with proper flip turns and walls
2. Executes a legal 100 of backstroke with proper flip turns and walls
3. Executes a legal 100 of I.M. with proper turns and walls
4. Executes a legal 50 of breaststroke with proper turns and walls
- Executes a legal 50 butterfly with proper turns and walls
- Butterfly: Consistently demonstrates correct timing of pull, kick and breath
7. Butterfly: Consistently demonstrates undulation motion during the butterfly
8. Breaststroke: Consistently demonstrates correct timing of pull, kick and breath
9. Demonstrates ability to consistently push off wall at proper depth in a streamline

Competitive Expectations

Attends at least 3 USA swimming meets per year (C meets or above)

* Swimmers should Exhibit all the behaviors expected of Novice level swimmer

1. Count and record time and number of stroke cycles for one length of the pool for each stroke. Maintain record throughout time as Junior level swimmer.
2. Leave on time during sets
3. Starts and finishes at the wall legally
4. Swims the set in the prescribed manner (e.g. doesn't do freestyle on butterfly sets, doesn't pull on kicking sets, performs all turns legally and with streamline & proper breakouts)

Life Skills Taught

*** Swimmers should demonstrate expected behaviors and knowledge Novice level swimmer**

Character

1. Swimmer is timely for practices and meets
2. Swimmer consistently treats teammates, coaches, and parents with respect
3. Swimmer is responsible for behavior & gear
4. Swimmer consistently challenges themselves to perform to their utmost ability at practice.

Championship Behavior & Accountability

1. Consistently demonstrates good sportsmanship (e.g. doesn't throw goggles, congratulates opponents)
2. Communicates with the coach
3. Swimmer talks to coach before and after each race.

Commitment & Team Loyalty

1. Swimmer will know the history of the team
1. Swimmer chooses a swimming hero and knows the events the hero competes in. Shares info with group.
2. Swimmer consistently demonstrates pride in team by: a) participating in team cheers, b) knowing the coaches' names, c) supporting and cheering on teammates during meets and practices

Health & Nutrition

1. Understands that energy for exercise is derived from nutrition

Time Management:

1. Swimmer understands importance of doing quality work in school and completes homework on time.
2. Swimmer turns in appropriate team paperwork on time.

Muscle Control:

1. Can describe the relationship between nervousness and performance
2. Can describe the mind-body connection (negative thoughts=tight muscles=poor performance)

Self-Image:

1. Understands the role of failure and learning from mistakes; realizes this is essential to success
2. Has general understanding of the effect that negative self-talk plays on performance (garbage in-garbage out)

Mental Development

1. Understands that an important part of training in swimming involves a mental dimension.
2. Understands what to focus on and what to block out during practice and in meets.
3. Has an awareness of when focus leaves and how to bring focus back.