

Level 1 Skills Development

Advancement Requirements * Exceptions may be made on a case by case basis

	Physical:
	1. Ages 10 & Under → has A times in at least 2 different strokes Ages 11-12 → has B Times in at least 2 different strokes Ages 13+ → has 11-2 B times in at least 2 different strokes
	2. Swims 3 x 200 IM on 4:45
	3. Kicks 5 x 100 on 2:50
	4. Swims 6 x 100 Fr on 2:00
	5. One of the following: a. Swims 6 x 100 Fr on 1:50 b. Swims 4 x 50 Fly on 1:15 c. Swims 5 x 100 Bk on 2:05 d. Swims 5 x 100 Br on 2:15
	6. Executes legal 200 IM using proper turns and breakout strokes.
	7. Swims a continuous 20-minute swim using proper stroke technique & walls at a consistent pace once per season to determine pace.
	8. Skull in prone position for 100 yards
	9. Skull in supine position for 100 yards
	Mental Attentiveness:
	1. Consistently demonstrates ability to hold a given pace for a complete set
	2. Consistently demonstrates ability to descend pace for a complete set

Competitive Expectations

	1. Attends at least 1 USA swimming meet per quarter
	2. Has completed all events offered in swimmers age groups under 500 yards except 200 Fly, 200 Br, 200 Bk, and 400 IM.

* Swimmers should exhibit all the behaviors expected of Novice & Junior level swimmer

	1. Counts and records time and number of stroke cycles for one length of the pool for each stroke. <ul style="list-style-type: none"> • Must be same pace or faster than Junior swimmer and one less stroke cycle. • Swimmer will maintain a record throughout time as Level 1 swimmer.
	2. Starts in good streamline & finishes to the wall
	3. Can properly execute sets that includes multiple distances and intervals

Life Skills Taught

* Swimmers should demonstrate expected behaviors and knowledge of Novice & Junior Level Swimmers

	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. Continues to build on good sportsmanship learned as a Junior level swimmer (e.g. doesn't throw goggles, congratulates opponents, respects competitors, gets along with friends regardless of ability)
2. Communicates with the coach during practice & before and after each race.
3. Attends the recommended meets and understands the importance of being on time for meet warm-ups.
4. Swimmer understands the importance of saying no to drugs and other harmful substances.
Commitment & Team Loyalty
1. Swimmer chooses a swimming hero and knows the events the hero competes in. Shares info with group.
2. Swimmer participates in team cheers and encourages others to support and cheer on teammates during practice and at meets.
3. Swimmer consistently demonstrates pride in team by: <ul style="list-style-type: none"> a) participating in team cheers b) knowing the coaches' and teammates' names c) supporting and cheering on teammates during meets and practices
Health & Nutrition
1. Understands that energy for exercise is derived from nutrition
2. Understands the importance of muscle flexibility in swimming performance
3. Demonstrates how to stretch each major muscle group
Time Management:
1. Demonstrates ability to balance school and outside activities.
Muscle Control:
1. Can describe the relationship between nervousness and performance
2. Can describe the mind-body connection (negative thoughts=tight muscles=poor performance)
3. Can describe the relationship between relaxation and performance
4. Knows the three levels of nervousness (too little, just right, too much)
5. Can perform belly breathing as a relaxation technique
6. Understand that stress comes from self-talk and faulty focus of concentration
7. Understands the concept of "uncontrollable" as a major source of stress.
Goal Setting
1. Understands the value of setting goals to improve performance
2. Begins to set seasonal goals and evaluate performance against goals.
Self-Image:
1. Able to accept criticism from coach
2. Understands the benefits of and uses positive self-talk and affirmation.
3. Closely monitors negative self-talk
4. Understands that criticism is a critique of an individual skill, not a critique of the person.
Mental Development
1. Understands that an important part of training in swimming involves a mental dimension.
2. Understands the importance of concentration during practice and meets and can regularly recognize a faulty focus and bring self back to a proper focus.