

# Level 4 Skills Development

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

	Physical:
	<p>1. Prior to H.S. swimmers cannot advance to L5 during the school year except for introduction to morning practices 2x per month on coaches recommendation.</p> <p>High School Ages – at least four 13-14 FW times, exhibited 1 or more seasons of 85% + attendance in L4. Expressed interest in training in L5. Coaches Recommendation.</p>
	<p>Practice performance</p> <p>Can do 2 or more of the following</p> <ol style="list-style-type: none"> <li>1. Kick 12 x 100 on 1:45</li> <li>2. Swim 20 x 100 Fr on 1:10</li> <li>3. Swim 6 x 200 IM on 2:45</li> <li>4. Swim 10 x 100 Fly on 1:20</li> <li>5. Swim 10 x 100 Bk on 1:15</li> <li>6. Swim 10 x 100 Br on 1:25</li> <li>7. Can consistently spring 50 free or 100 of any stroke under 15-18 WAG times (2-3x per week)</li> </ol>
	Cognitive:
	<ol style="list-style-type: none"> <li>1. Consistently demonstrates ability to swim sets with effort and focus as directed (neg. split, descend, specific paces, all out, etc).</li> <li>2. Consistently demonstrates knowledge of times in all sets, and ability to relate those to best times and goals.</li> <li>3. Demonstrates awareness of details of stroke refinements particular to that individual, and demonstrates working on them in practice when not told by coach.</li> </ol>

## Competitive expectations

	1. Attends meets as recommended by coach
	2. Has completed all events offered in swimmer's age groups
	3. Is at or actively working toward Sectional level and above

## Other Swimming Skills Taught

	<b>* Swimmers should Exhibit all the behaviors expected of Novice- Level 4 swimmers</b>
	Physical:
	<ol style="list-style-type: none"> <li>1. Continue to decrease the number of stroke cycles or swim faster with the same number of cycles.</li> <li>2. Decrease the number of cycles per length during competition.</li> </ol>
	Cognitive:
	<ol style="list-style-type: none"> <li>1. The swimmer uses swimming speed, cycles / sec, distance per stroke during competition and training.</li> </ol>

## Physiological Progression

	Physical:
--	-----------

	1. Swims a threshold set using proper stroke technique & walls three times per season.
	2. Lactate tolerance: performs a set of 12 x 100 (or until failure) on 2:30 holding current 200 pace (2 <sup>nd</sup> 100 split) three times per season with continuous improvement.
	3. Sprint capacity/CP systems: 12 x 15 on 3:00 specialty stroke at maximum velocity three times per season with continuous improvement
	Cognitive:
	1. Demonstrates knowledge of energy system: a) Can describe the relationship between training sets and energy systems, b) Demonstrates understanding of training periodization
	2. Understand the nutritional requirements of training and competition.

Character Development and Life Skills	
	Championship Behavior and Accountability:
	1. Swimmer accepts responsibility for performance.
	Work Ethic & Self-Discipline:
	1. Swimmer will learn coping strategies to deal with peer pressure.
	2. Swimmer will learn coping strategies to deal with parent pressure.
	3. Swimmer will be able to list 5 classes of prohibited substances.
	4. Swimmer understands and performs personal race strategies.
	Commitment and Team Loyalty:
	1. Swimmer can effectively communicate their commitment to parents, coach, and teammates.
	2. Swimmer helps lead team cheers and encourage others to support and cheer on teammates during practice and at meets.
	3. Swimmer understands the relationship between personal commitment and results.
	Time Management:
	1. Demonstrates ability to balance school, social activities, swimming, and family.

	Muscle Control:
	1. Demonstrates an understanding of what relaxes and excites the athlete
	2. Utilizes relaxation techniques under meet duress to perform optimally
	3. Maintains optimum relaxation level ("good" nervousness), regardless of uncontrollables
	4. Learns to utilize imagery skills to manage competitive stress
	Imagery and Visualization:
	1. With instruction, swimmer is able to visualize a race from start to finish in complete detail (seeing, hearing, and feeling)
	Goal Setting
	1. Can utilize ultimate goal in sport to maintain intensity and work ethic in practice
	Concentration
	1. Demonstrates an ability to quickly rebound from mistakes and failures
	2. Able to successfully use pre-race routines and control focal point during a race to maintain concentration
	3. Consistently swims "in own lane" in practice and meets
	Self-Talk
	1. Able to positively reframe uncontrollable and adversity to enhance confidence
	2. Able to positively reframe uncontrollable and adversity to enhance confidence

