

10 & Under Philosophy



December 2019 10 & Under Select Camp

Niagara Swimming is committed to providing its youngest swimmers opportunities to build confidence, develop healthy **sportsmanship**, and to have **fun** achieving goals. With a priority on swimming fundamentals, Niagara supports a shorter distance, IM focused philosophy for its 10 & Under athletes, giving them the foundation to **continue to be well-rounded, successful, and engaged athletes** as they age up through our program.

11-12 Year Old Philosophy

Niagara Swimming provides our 11-12 year old swimmers with the opportunity to grow in the sport while still maintaining a fun, dynamic atmosphere. With a focus on **complex skills** development, **technique**, and the integration of **healthy habits**, we can continue to **engage athletes** through this phase of **rapid growth**.



13-14 Year Old Philosophy



Niagara Swimming works with our 13-14 year old athletes to improve their performance through an application of **training principles**. At this stage, we place emphasis on **work ethic** and **precision** of technique. With the integration of more demanding events, we also focus on **athlete wellness** including mindfulness, mental preparation, and **nutrition** as these athletes move into their teenage years and continue to develop their identities as young adults.