



Level 1 (Exit Competencies)

Biomechanical Progressions	Physiological Progressions	Character Development & Life Skills	Psychological Skills
<p>Physical</p> <ol style="list-style-type: none"> From a push maintain a prone streamlined body position, defined as one hand on top of the other, ears between the upper arms, lower body stretched long, and toes pointed. <ol style="list-style-type: none"> Hold this position for at least one and one-half body lengths, and be able to vary the depth of the underwater push-off. Introduce underwater kicking skills Execute a breakout from a push by holding the streamlined position; then initiate a kicking action and progress to the surface of the water with a pull to the surface. Maintain a vertical, stationary position with little or no leg movement in deep water, using a sculling motion. Complete legal freestyle and backstroke technique for one length of the pool using shoulder and hip technique. <p><i>Freestyle</i></p> <ol style="list-style-type: none"> Demonstrate the ability to comfortably take a breath on either the right or left side. For additional freestyle drills see... <p><i>Backstroke</i></p> <p>For additional backstroke drills see...</p> Stroke progressions. Begin to develop the butterfly and breaststroke. Complete the Racing Start Progression. Perform an open turn, either prone or supine, where the hand touches the wall first, the body rotates to place the feet against the wall, the body drops underwater, and the swimmer pushes off in a streamlined position. <p>Cognitive</p> <ol style="list-style-type: none"> The swimmer can count strokes of freestyle and backstroke. Athlete should be able to repeat key words as prescribed by the coach to explain/describe movements appropriate to that level. 	<p>Physical</p> <ol style="list-style-type: none"> Coordinated movement patterns: swims freestyle and backstroke with legal form. Aerobic endurance <ol style="list-style-type: none"> Can complete a 30-minute practice session. Can perform a continuous swim for five minutes. <p>Dryland</p> <ol style="list-style-type: none"> The swimmer will play broad based movement games. The swimmer participates in multiple sports/activities. <p>Nutrition</p> <ol style="list-style-type: none"> Can name three sources of fruit, vegetables, grains, dairy, protein and fat. Has a favorite healthy food. Can help in the kitchen preparing meals. <ol style="list-style-type: none"> Mixing Pouring Cracking eggs Cutting/chopping fruits & vegetables <p>Asks for healthy snacks/meals</p>	<p>Championship Behavior and Accountability</p> <ol style="list-style-type: none"> The swimmer understands that he or she is part of a team and has respect for his or her teammates. The swimmer listens to recommendations from the coach and tries to make the appropriate changes. The swimmer understands appropriate team rules and the consequences of breaking the rules. <p>Work Ethic and Self-Discipline</p> <ol style="list-style-type: none"> The swimmer will pick up and put away any equipment he or she used in practice. The swimmer will be ready to start practice on time with the appropriate equipment (suits, goggles, etc.). The swimmer gives the coach his or her undivided attention while the coach is talking. The swimmer should focus his or her eyes on the coach and remain quiet when the coach is talking. The swimmer will also follow directions set forth by the coach in practice. The swimmer will "Just say no!" to drugs and other harmful substances. The swimmer will show respect for the facilities and equipment. The swimmer will swim the entire set (e.g., doesn't walk on bottom, counts accurately). <p>Commitment and Team Loyalty</p> <ol style="list-style-type: none"> The swimmer will know the team name and team colors. The swimmer will know the names of teammates and coaches in his or her practice group on the team. The swimmer will know the name of the training group immediately above 	<ol style="list-style-type: none"> The swimmer demonstrates "industry", or a sense of becoming capable of performing increasingly complex tasks outlined in the other three dimensions (coachable) The swimmer understands and behaviorally demonstrates that others can teach them new things (willing to learn new things and new perspectives-coachable) The swimmer behaviorally demonstrates and verbally communicates that participation in this activity is worth their time and effort (fun). The swimmer behaviorally demonstrates "initiative and competency" – becomes more comfortable with the pool/swimming environment and culture The swimmer behaviorally demonstrates both a "me and a we" (egocentrism) in their learning and participation.
<p>Suggested Training Set Guidelines</p>		<p>Competitive Performance</p>	
<p>Physical</p> <p>The athlete is capable of swimming a 300 yard "set" of freestyle and backstroke as well as kicking on the following interval bases: (all are per 50)</p> <ul style="list-style-type: none"> Free @ 1:30 Back @ 1:30 Kick @ 1:30 <p>The athlete is capable of swimming a 150 yard "set" of legal breaststroke and butterfly: (all are per 25)</p> <ul style="list-style-type: none"> Breast @ 1:00 Fly @ 1:00 <p>Cognitive</p> <p>Begins to use the pace clock.</p>		<p>Introduction to racing skills:</p> <ul style="list-style-type: none"> Race in practice Relays Kicking races 	