

**Boca Raton Swim Team
Multi-Year Age-Group Swimmer Training Model**

Age	6 – 8 years old		8 – 10 years old		10 – 13 years old		13 – 18 years old	
Training Period	2 years		2 years		2 – 3 years		3 – 5 years	
Training Focus	Land	Water	Land	Water	Land	Water	Land	Water
Times per Week	1 -2	2 -4	2 -3	3 - 6	3 - 5	4 - 7	3 – 5	7 - 9
Length of Time	40 mins- 1 hour		15 – 20 mins	1 hour – 1hr 30 mins	30 mins	1 hr 30 mins – 2 hours	30mins - 1 hour	1hr 30min - 3 hours
Volume / Sessions	500 – 1000 yards / meters		2000 – 4000 yards / meters		3000 – 6000 yards / meters		5000 – 10000 yards / meters	
Yearly Training	Training 30 - 36		Weeks 34 - 40		Weeks 38 - 44		Weeks 42 – 48 Weeks	

[* During developmental stages some girls may be capable of handling a greater volume of training than boys, due to an advanced rate of maturation.]

Motor Learning Objectives

	[age 6-8]	[age 8-10]	[age 10-13]	[age 13 -18]
	Develop a feel for the water, the ability to make corrections in movement patterns. Learn the technical skills of all four strokes.	Improve stroke technique and learn race skills (such as turns, starts, pacing and acceleration). Improve conditioning components of endurance and speed while maintaining stroke technique	Maintain efficient technique as body proportions change. Accommodate increases in muscle strength to improve swimming efficiency.	Adapt to diverse training methods and learn about commitment and sacrifice. Refine stroke technique during all speeds & intensity of swimming.
	Develop general body co-ordination and strength	Develop simple race strategy and tactics	Retain diversity of performance goals (compete in various stroke events and distances).	Apply strength and power to swimming performance. Specialize in strokes and competition distances.
	Learn good habits for maintaining and improving natural flexibility	Learn to maintain correct technique on longer (submaximal) swims	Improve both steady pace and sprint performance using ideal stroke technique (all strokes).	Retain range of motion and muscular co-ordination at all swimming speeds
	Develop a joy of swimming and have FUN!	Learn to maintain correct technique on short sprints.	Learn about sportsmanship and team social skills.	Refine race skills (starts & turns, tactics, pace, etc.). Learn to taper for peak performance.

Knowledge & Attitudes

[age 6-8]

Enjoyment of pool and land based activities.

Learn to function as an individual within a group activity

Become familiar with rules and competitive situations.

Learn about stroke technique and training methods.

[age 8-10]

Enjoyment of pool and land based activities

Become part of the club, team, squad culture

Develop habits which support an active, healthy lifestyle.

Begin to function with less direct supervision and make positive decisions regarding training compliance

[age 10-13]

Enjoyment of swimming activities and desire for personal improvement

Broader knowledge of training methods and the resulting performance outcomes.

Improved personal management skills (balancing training, school and social objectives).

Develop self-discipline and increasing commitment to swimming.

[age 13 -18]

Enjoyment of the process (i.e. goal setting) and product (i.e. attainment of results) of sports participation.

Understanding and practicing performance management skills (such as good nutrition, recovery techniques, mental skills, etc)

Independence (i.e. working with a coach and support personnel, but taking responsibility for self).

Improved personal skills (including education & vocational objectives).

Competition Objectives

[age 6-8]

Have fun and learn to participate without anxiety or distraction.

Personal improvement (in both performance and skill) and enjoyment should be recognized and reinforced.

[age 8-10]

Club level competitions leading up to State competitions (i.e. school or age group).

Skill development, improvement, and number of events swum are the most important goals

[age 10-13]

Club and State level competition (age group).

Performance goals should be evaluated regularly, as they apply to both training and competition.

Each race opportunity is used as a learning experience.

[age 13 -18]

State and National (age-group) performance goals.

Competition in 'senior open' events as ability improves.

Selection of events begins to focus on stroke and distance

Race strategies and mental skills are perfected.