

**Gulliver Swim Club
Multi-Year Age-Group Swimmer Development 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	Pool	Land	Pool	Land	Pool	Land	Pool	Land
Per Week	2-4 Sessions	1-2 Sessions	3-5 Sessions	2-4 Sessions	4-6 Sessions	3-5 Sessions	7-9 Sessions	4-6 Sessions
Per Day	40 min - 1 hr	15-25 min	1 - 1 1/4 hr	20-30 min	1 1/4 - 1 1/2 hr	30-45 min	1 1/2 - 2 hr	45 min - 1 hr
Volume/Session	800 – 2000 yards/meters		2000-4000 yards/meters		3000-6000 yards/meters		5000-10000 yards/meters	
Yearly Training	30 - 36 Weeks		34 - 40 Weeks		38 - 44 Weeks		42 – 48 Weeks	

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

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

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.

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

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.

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

Have fun and learn to participate without anxiety or distraction.

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

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.

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.

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.