



LFSC SWIMMER DEVELOPMENT

NATIONAL SQUAD:

Elite Training and Performance

SENIOR SQUAD:

Sr. Training Program, HS Age, Performance Driven

BRONZE SQUAD:

Performance Focus, Commitment Driven, Intro to Elite Dryland, Elite Swimming Training Model, Personal Accountability and Responsibility

GREEN SQUAD: Fitness Focus, Effort in Practice, Skill Development while Training, Personal Improvement in Competition, General Body Strength (Pre-hab), Multi-Objective Training Sets

YELLOW SQUAD: Practice Organization, Essential Fitness, Stroke Skill Refinements, Intro to Competition, Simple Body Weight Dryland

MIGHTY DUCKS: Practice Fundamentals, Essential Swimming Strength, Intro to Practice Equipment, Fundamentals of Breast and Fly, Starts, Turns, Relay Skills

MINI DUCKS: Essential Skills, Fundamental Swimming Strength, Fundamentals of Free and Back