

Developmental Commonalities of Successful Age Group Programs

Compiled from the top 25 Age Group Programs in USA Swimming

1. Development of an Aerobic Base
2. Development of Technical Proficiency
 - DPC, SR (stroke rate)
 - Emphasis on Kicking, Pull patterns, skill development
 - Emphasize technique while fatigued
3. Emphasis on Individual Medley (IM) Training
4. Development of Athleticism
 - Dryland programs
5. Development of Racing skills (practice & competition)
 - Compete at all distance events within age group
 - Promote speed and pace work from the beginning of the season
6. Swimmer Progression Plan
 - Coaches have season plans and track training
7. Defined Goal of Achieving the Highest Level
 - Accountability
 - Develop "Toughness"
 - Training designed towards top of group
 - Smarter work not just harder work
8. Creating an environment where swimmers want to come to practice

