

**Biomechanical Progressions**

**Physical**

1. 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.
  - a. Hold this position for at least one and one-half body lengths, and be able to vary the depth of the underwater push-off.
  - b. Introduce underwater kicking skills
2. 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.
3. Maintain a vertical, stationary position with little or no leg movement in deep water, using a sculling motion.
4. Complete legal freestyle and backstroke technique for four lengths of the pool

**Freestyle**

- a. Demonstrate the ability to comfortably take a breath on either the right or left side.
- b. Demonstrate the ability to comfortably perform a flip turn.

**Backstroke**

- c. Demonstrate the ability to kick off underwater and transition to swimming backstroke without stopping.
- d. Demonstrate the ability to count strokes from flag to wall so they can appropriately finish.
- e. Demonstrate the ability to perform the backstroke flip turn

5. Stroke progressions. Begin to develop the butterfly and breaststroke.

**6. Complete the Racing Start Progression.**

7. 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.

**Cognitive**

1. The swimmer can count strokes of freestyle and backstroke.
2. Athlete should be able to repeat key words as prescribed by the coach to explain/describe movements appropriate to that level.
3. The swimmer can demonstrate proper circle swimming.

**Physiological Progressions**

**Physical**

1. Coordinated movement patterns: swims freestyle backstroke and breaststroke with legal form.
2. Aerobic endurance
  - a. Can complete a One Hour practice session without stopping during the swims.
  - b. Can perform a continuous swim for five minutes.

**Nutrition**

1. Can name three sources of fruit, vegetables, grains, dairy, protein and fat.
2. Has a favorite healthy food.
3. Can help in the kitchen preparing meals.
  - a. Mixing
  - b. Pouring
- c. Cracking eggs
- d. Cutting/chopping fruits & vegetables
4. Asks for healthy snacks/meals

**Character Development & Life Skills**

**Championship Behavior and Accountability**

1. The swimmer understands that he or she is part of a team and has respect for his or her teammates.
2. The swimmer listens to recommendations from the coach and tries to make the appropriate changes.
3. The swimmer understands appropriate team rules and the consequences of breaking the rules.

**Work Ethic and Self-Discipline**

1. The swimmer will pick up and put away any equipment he or she used in practice.
2. The swimmer will be ready to start practice on time with the appropriate equipment (suits, goggles, etc.).
3. 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.
4. The swimmer will "Just say no" to drugs and other harmful substances.
5. The swimmer will show respect for the facilities and equipment.
6. The swimmer will swim the entire set (e.g., doesn't walk on bottom, counts accurately).

**Commitment and Team Loyalty**

1. The swimmer will know the team name and team colors.
2. The swimmer will know the names of teammates and coaches in his or her practice group on the team.
3. The swimmer will know the name of the training group immediately above

**Psychological Skills**

1. The swimmer demonstrates "industry", or a sense of becoming capable of performing increasingly complex tasks outlined in the other three dimensions (coachable)
2. The swimmer understands and behaviorally demonstrates that others can teach them new things (willing to learn new things and new perspectives-coachable)
3. The swimmer behaviorally demonstrates and verbally communicates that participation in this activity is worth their time and effort (fun).
4. The swimmer behaviorally demonstrates "initiative and competency" – becomes more comfortable with the pool/swimming environment and culture
5. The swimmer behaviorally demonstrates both a "me and a we" (egocentrism) in their learning and participation.

**Suggested Training Set Guidelines**

**Physical**

- Capable of swimming a 100-yard freestyle and 100-yard backstroke without stopping and using flip turns.
- Swimmer should be able to swim a 50-yard breaststroke legally without stopping and using an open turn.
- Able to complete a flutter kick set
- 8x25 kick w/board @:55, 8x25 streamline kick on back @:55
- Able to complete a freestyle set
- 4x50 free @ 1:40, 2x100 free @ 2:30
- Able to complete a backstroke set
- 8x25 back @ :45, 4x50 back @ 1:40
- Able to complete a breaststroke set
- 8x25 legal kick @ 1:10, 4x50 breast @ 2:00

**Cognitive**

Begins to use the pace clock.

**Competitive Performance**

Introduction to racing skills:

- Race in practice
- Relays
- Kicking races