

Seawolves Silver

Training Set	Competitive Performance	Biomechanical Progressions	Physiological Progressions	Character Development and Life Skills	Psychological Skills
<p>Physical</p> <p>-Entrance Set: None</p> <p>-Can swim 4x50 of each stroke as well as 2x100IM</p>	<p>-Competes in Home Meets and Qualifier Meet as well as two additional meets</p> <p>-Times in all 25s stks</p> <p>-Age Range 12-U</p>	<p>Physical</p> <p>-Pushes off wall/blocks in streamline on front and back</p> <p>-Swims legal freestyle with correct breathing</p> <p>-Swims legal backstroke</p> <p>-Can perform a start off the blocks</p> <p>-Completes legal open and flip turns</p> <p>Cognitive:</p> <p>-Accurately counts distances</p> <p>-Correctly uses the pace clock</p>	<p>Physical</p> <p>-Coordinated movement Patterns: Can legally swim all four strokes</p> <p>-Aerobic endurance: 10 Min. Swim</p> <p>Cognitive:</p> <p>-Understands and accepts physical differences in physical size within an age group</p>	<p>Championship Behavior</p> <p>-Treats other swimmers, parents, coaches, officials, equipment and facilities with respect and demonstrates sportsmanship</p> <p>-Talks to coach before and after races</p> <p>-Understands that they are part of a team and follows the rules of the team</p> <p>Work Ethic and Self-discipline</p> <p>- During Practice:</p> <ul style="list-style-type: none"> *Leave on time during sets *Start and Finish on the wall *Swim the set in the prescribed manner *Swims the entire set <p>Commitment and Loyalty</p> <p>-Swimmer takes pride in being a member of the team, which is demonstrated by:</p> <ul style="list-style-type: none"> *Know the coaches names *Participate in team cheers *Cheer on teammates at meet and practice <p>-Attends an average of two practices per week</p>	<p>Arousal Control</p> <p>-Understands the mind-body connection (positive thoughts=loose muscles=positive performance)</p> <p>Self-Image:</p> <p>Understands the role of failure and the importance of learning from mistakes</p> <p>Concentration</p> <p>-Understands what to focus on and what to block out both in training and in meets</p>

*Adapted from USA Swimming's "Progressions of Athlete Development." Groups progress from one to another and all previous group requirements apply. Age, attendance, entrance sets, and competing in Qualifying/Championship meets are all requirements. Swimmers must demonstrate development of all other criteria