

Seawolves Gold

Training Set	Competitive Performance	Biomechanical Progressions	Physiological Progressions	Character Development and Life Skills	Psychological Skills
Physical Entrance Sets: None	-Competes in Home Meets and Qualifier Meet as well as two additional meets --Availability for MW short course and long course championships is required -Times in all 50 stks, 100 FR, 100 IM (SC) -Age Range 14-U	Physical -Execute Start: Head First, Streamline, tight underwater -Execute Flip turns: Free and Backstroke -Execute Open Turns: Breast and Fly -Execute correct breathing for each stroke -Performs a legal 100 IM	Physical -Coordinated movement Patterns: swims all strokes -Aerobic endurance: 10 Min. Swim Cognitive -Understand nutrition and how it relates to energy for practice and/or meet	Championship Behavior -Swimmer treats other swimmers, parents, and coaches the way the want to be treated -Swimmer will talk to coach before and after races Work Ethic and Self-discipline -During Practice: *Leave on time during sets *Start and Finish on the wall *swim the set in the prescribed manner *swims the entire set Commitment and Loyalty -Swimmer takes pride in being a member of the team, which is demonstrated by: *Know the coaches names *Participate in team cheers *Cheer on teammates at meet and practice -Attends an average of two practices per week -Swimmers will Learn swimmers in upper groups	Arousal Control -Can describe the relationship between Nervousness and Performance -Understands the mind-body connection (positive thoughts=loose muscles=positive performance) Self-Image -Accept criticism from the coach, and understands that is about the skill not the swimmer themselves. Self-Talk -Has a general understanding of the effects that NEG. self-talk will have on their performance *Garbage in Garbage out Concentration -Understands what to focus on and what to block out both in training and in meets

*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