

Junior Silver

Training Set	Competitive Performance	Biomechanical Progressions	Physiological Progressions	Character Development and Life Skills	Psychological Skills
<p>Physical Entrance Sets: 10x100 FR 1:35 4x 200 IM 3:40 6x 100 K 2:00 Choice K</p>	<p>-Participates in appropriate swim meets</p> <p>-Availability for MW short course and long course championships is required</p> <p>-Times in all 50 and 100 stks, 200 Fr, 200 IM, 200 of your best stroke</p> <p>-Age Range 11-14</p>	<p>Physical</p> <p>-Maintain consistent stroke rates and times in training sets</p> <p>-From a push swimmer does one less stroke from the previous groups number of stroke cycles of Free, Fly, Back, Breast.</p> <p>-Performs a legal 200 IM</p> <p>Cognitive</p> <p>-Understands the difference between distance per stroke, stroke rate, and swimming speed</p> <p>-Swimmer can name 2 ways to minimize resistance and why</p> <p>-Swimmer can explain why sculling is important in creating propulsion</p>	<p>Physical</p> <p>-Aerobic endurance: T 30 and other Ability tests once per month</p> <p>Cognitive</p> <p>-Understands the concept of basic fuels used during swim training development</p> <p>*understands the basics of different energy systems used in Sprint vs. distance</p> <p>*Swimmer can use heart rate measurement to monitor exercise intensity and recovery</p> <p>-Knows their times in their primary events</p>	<p>Championship Behavior</p> <p>Swimmer will know the names of their competitors.</p> <p>-Leadership such as:</p> <p>*Lead Lane</p> <p>*Has appropriate equipment</p> <p>* Max effort in practice and meets</p> <p>Work Ethic and Self-discipline</p> <p>-Swimmer will not be influenced by the negative behavior of their teammates</p> <p>-Attends an average of four practices per week</p> <p>-Swimmer knows to Just Say NO to Drugs</p> <p>-Swimmer takes responsibility for attendance, performance, and habits in practice and how these three things affect meet performance</p>	<p>Arousal Control</p> <p>-Can combine self-talk and slow breathing as arousal control.</p> <p>-Has a clear awareness of personal stressors.</p> <p>-Recognizes that arousal can negatively affect the Mind and Body</p> <p>-Knows techniques to control mind and Body (Positive self-talk, imagery, breathing)</p> <p>Concentration</p> <p>-Can quickly turn focus and concentration to appropriate levels</p> <p>Imagery and Visualization</p> <p>-Understands the importance of Visualization</p> <p>-Knows the principals behind effective Imagery</p> <p>Self-Talk</p> <p>-Knows at least one technique to handle Negative self-talk.</p> <p>Goal Setting</p> <p>-Beginning to set goals for whole season (Individual, and team)</p>

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