

National Group

Time Standard	Competitive Performance	Biomechanical Progressions	Physiological Progressions	Character Development and Life Skills	Psychological Skills
<p>-Must hold Sectional Cuts and/or by invitation</p> <p>-Group will be capped at approximately 12 swimmers</p>	<p>-Participates in National Group swim meets, as communicated by coaches at the beginning of season;</p> <p>-Will compete in Sectional or higher level meets, as appropriate for the individual swimmer</p> <p>-Age Range - minimum 14 years old and entering freshman year of high school</p>	<p>Physical</p> <ul style="list-style-type: none"> -Adjusts stroke rate and paces per given distance at the coach's request. -Builds effort within a repeat and successfully descend within a number of repeats. -Completes a legal 400 IM with correct transitions between strokes <p>Cognitive</p> <ul style="list-style-type: none"> -With assistance from coach, the swimmer can calculate pace per 25, 50 or 100 for a given race. -Understands the concept of stroke rate during training and competition. -Can take his/her heart rate during training. -Knows all of his/her personal best times for each event. 	<p>Physical</p> <ul style="list-style-type: none"> -Completes test sets periodically for aerobic capacity and sprinting velocity. <p>Cognitive</p> <ul style="list-style-type: none"> -Understands energy systems and can explain aerobic and anaerobic systems of energy delivery. -Understands nutritional requirements of training and competition. -Demonstrates and awareness of the relationship between training programs and efforts given in competition and training. 	<p>Championship Behavior and Accountability</p> <ul style="list-style-type: none"> -Accepts the responsibility of being a leader and/or role model. The swimmer will lead by being a positive example. -Selects their own events for swim meets <p>Work Ethic and Self-discipline</p> <p>Time Management</p> <ul style="list-style-type: none"> -Swimmers must attend at least 85% of practices each week on average. Coaches may move swimmers failing to meet this standard to a different group. -Swimmer knows to Just Say NO to Drugs -Takes responsibility for attendance, performance, and habits in practice and how these three things affect meet performance <p>Time Management</p> <ul style="list-style-type: none"> -Has mastered time management skills so that outside activities do not interfere with practice and meet attendance <p>Commitment and Team Loyalty</p> <ul style="list-style-type: none"> -Understands the need to sacrifice self-interest for team goals. -Demonstrates commitment to his/her team by continued, dedicated membership 	<p>Arousal Control</p> <ul style="list-style-type: none"> -Has a clear awareness of personal stressors. -Recognizes that arousal can negatively affect the Mind and Body <p>Concentration</p> <ul style="list-style-type: none"> -Develops a pre-race ritual or routine as well as race focal points and concentration. -Quickly rebounds from failures and consistently "swims in own lane" in practice and meets <p>Imagery and Visualization</p> <ul style="list-style-type: none"> -Can visualize a race from start to finish and control the image so vision matches actual performance. <p>Self-Image</p> <ul style="list-style-type: none"> -Realizes that positive comments help reduce stress, build confidence, and can increase the enjoyment of competition and practice. -Understands the damage of negative self-talk to self-esteem, performance, and the enjoyment of the sport. <p>Goal Setting</p> <ul style="list-style-type: none"> -Swimmer takes responsibility for setting personal goals for each race, each meet, and each season as a whole. -Has developed long-range goals in the sport

*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