

# Senior Gold

| Training Set   | Competitive Performance   | Biomechanical Progressions  | Physiological Progressions  | Character Development and Life Skills  | Psychological Skills  |
|--|---|---|---|--|---|
| <p><b>Physical</b><br/>Group Entrance Sets:<br/>12x100 FR 1:20<br/>5x200 IM 3:00<br/>6x100 kick 1:50<br/>(2 styles of K)</p> | <p>-Participates in team swim meets as communicated by coaches at the beginning of season</p> <p>-Participation in MW short course and long course championships is required</p> <p>-Has competed in all IMX events for his/her age group</p> <p>-Will make best effort to compete in Sectional or higher level meets</p> <p>-Age Range - 13 and up</p> | <p><b>Physical</b><br/>-Adjusts stroke rate and paces per given distance at the coach's request.</p> <p>-Builds effort within a repeat and successfully descend within a number of repeats.</p> <p>-Completes a legal 400 IM with correct transitions between strokes</p> <p><b>Cognitive</b><br/>-With assistance from coach, the swimmer can calculate pace per 25, 50 or 100 for a given race.</p> <p>-Understands the concept of stroke rate during training and competition.</p> <p>-Can take his/her heart rate during training.</p> <p>-Knows all of his/her personal best times for each event.</p> | <p><b>Physical</b><br/>-Completes test sets periodically for aerobic capacity and sprinting velocity.</p> <p><b>Cognitive</b><br/>-Understands energy systems and can explain aerobic and anaerobic systems of energy delivery.</p> <p>-Understands nutritional requirements of training and competition.</p> <p>-Demonstrates and awareness of the relationship between training programs and efforts given in competition and training.</p> | <p><b>Championship Behavior and Accountability</b><br/>-Accepts the responsibility of being a leader and/or role model. The swimmer will lead by being a positive example.</p> <p>-Selects their own events for swim meets</p> <p><b>Work Ethic and Self-discipline</b><br/><b>Time Management</b><br/>-Attends an average of nine out of ten practices</p> <p>-Swimmer knows to Just Say NO to Drugs</p> <p>-Takes responsibility for attendance, performance, and habits in practice and how these three things affect meet performance</p> <p><b>Time Management</b><br/>-Has mastered time management skills so that outside activities do not interfere with practice and meet attendance</p> <p><b>Commitment and Team Loyalty</b><br/>-Understands the need to sacrifice self-interest for team goals.</p> <p>-Demonstrates commitment to his/her team by continued, dedicated membership</p> | <p><b>Arousal Control</b><br/>-Has a clear awareness of personal stressors.</p> <p>-Recognizes that arousal can negatively affect the Mind and Body</p> <p><b>Concentration</b><br/>-Develops a pre-race ritual or routine as well as race focal points and concentration.</p> <p>-Quickly rebounds from failures and consistently "swims in own lane" in practice and meets</p> <p><b>Imagery and Visualization</b><br/>-Can visualize a race from start to finish and control the image so vision matches actual performance.</p> <p><b>Self-Image</b><br/>-Realizes that positive comments help reduce stress, build confidence, and can increase the enjoyment of competition and practice.</p> <p>-Understands the damage of negative self-talk to self-esteem, performance, and the enjoyment of the sport.</p> <p><b>Goal Setting</b><br/>-Swimmer takes responsibility for setting personal goals for each race, each meet, and each season as a whole.</p> <p>-Has developed long-range goals in the sport</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