

YNS Development Plan

Developmental Program (11 & unders)

Pre Team

Little sharks (5yrs – 8yrs)

Shark Fins (8yrs – 11yrs)

Bronze (10 & Under)

Age Group Program (8 - 14)

Silver (12 & under)

Gold (14 & under)

Pre Senior (11 to 14 or Freshmen in High School)

Senior Program (15 & over)

High School – Senior (Must be in High school)

Pre Nat & National – Senior Elite (Must be in High School)

Pre Team

Introduce all four strokes, streamlining, workout etiquette, develop body awareness with in the water, fun and fostering interest in sport of swimming.

Parent Tips:

- RELAX!! Your child's swimming career is a marathon, not a sprint.
- Fun, fun and more fun! Be clear with your child that swimming is not work, it is play.
- Emphasize process over performance. What time your child goes in the 25 free is about the least important thing right now.
- Encourage participation in other sports and activities.

Bronze

Swim all four strokes legally, foster ability to kick, workout etiquette, build upon body awareness within the water, core body development, fun and foster interest in sport of swimming.

Parent Tips:

- Encourage participation in other sports and activities.
- Do things that help them form an identity as a "swimmer". Make it their thing.
- Teach them to love our Team and the sport.
- Display trust in the system and coaches to boost your child's confidence.
- Be there, but not THERE!
- Avoid coaching.
- Teach them how to handle failures without fear
- Teach them to be intrinsically motivated. No external awards (i.e. money, ipods, etc.)

Silver

Competing regularly in swim meets, streamlining, foster ability to kick, build the ability to dolphin kick off all walls in a streamline position, introduce dryland workouts and incorporating pace clock management. Fun and foster interest in sport of swimming.

Parent Tips:

- Model impeccable Team behavior.
- Help them decide where swimming fits in their priorities.
- Teach them that the definition of "Competition" is to strive with, not against.
- Teach them that progress does not happen linearly.
- Remove your ego from the equation.
- Encourage participation in other sports and activities, but they need to start choosing.

Gold

Competing regularly in swim meets including travel meets, streamlining, foster ability to kick, build on their ability to dolphin kick off all walls in a streamline position, dryland workouts, pace clock management and introduce goal setting. Fun and foster interest in sport of swimming.

Parent Tips:

- Model impeccable team behavior.
- Help them decide where swimming fits in their priorities.
- Teach them that the definition of "Competition" is to strive with, not against.
- Teach them that progress does not happen linearly.
- Remove your ego from the equation.
- Encourage participation in other sports and activities, but they need to start choosing.

Pre Senior

Competing regularly in swim meets and travel meets expected as well attending 70% of monthly workouts. Streamlining, foster ability to kick, build on their ability to dolphin kick off all walls in a streamline position, dryland workouts, pace clock management, pace and strokecount and build on ability to goal set and time management. Fun and foster interest in sport of swimming.

Parent Tips:

- MAKE IT THEIR THING!
- Start focusing on one or two sports/ activities.
- Allow play to evolve into satisfaction of achievement.
- Giving them the freedom to change course will give them the best chance of a successful career.
- Encourage team travel.
- Teach them how to be good sportsman.

Senior

Preparation for high school swimming, advanced refinement of technique and efficiency, aerobic development.

Parent Tips:

- Help them decide where swimming fits in their priorities.
- Teach them good time management.
- Make it their thing.
- Personal responsibility.

Senior Elite

Emphasis: Compete at the highest competitive level. Swim in college.

Parent Tips:

- Teach them good time management and being accountable for THEIR own success.
- Help them master goal setting.
- Help them understand their contribution as role models to younger swimmers.
- Be on the lookout for excessive stress.
- Know when it's time to take a day off.
- Help them to choose the right college.
- Don't focus on scholarships unless you absolutely have to. The "right" school is almost never the one that offers the most money.