## Youth Performance Squad (YPS)

The aim of the **YPS** is to create an elite training environment with individually tailored plans aiming to achieve good performances at home National Championships and possible Junior or Senior International team selection. This will be supported by services such as S&C, Land, Nutritional Advice and Sports Science. This squad is for swimmers with no other commitments or distractions other than School. If you cannot commit to the training you will be moved to the **YCS** and your place will be offered to another swimmer.

## Competitive Performance - Selection

1. MALES Achieve 2.25 in 200 I.M & 4.30 in 400 Free & FEMALES Achieve 2.35 in 200 I.M & 4.45 in 400 Free or at the discretion of the coach. (*Coaches discretion is based on Talent ID and long term potential)*
2. Compete at HK DIV1, HK Open, HK AGC, Mantas & Home Nation Nationals.
3. Swimmers who do not commit to **YPS** competition programme may be moved to a more suitable squad.

## Training Criteria – Selection

1. Average 90% Attendance per month/ training year of the required commitment level.
2. Training commitment will be on an individual basis between the athlete and the Lead Coach but it will be no less than 8 sessions per week for 48 weeks of the year. The lead coach will tell each swimmer which sessions will be best for them. During final exams, swimmers will still be expected to do at least 50% of their normal training week. There will be no exceptions made to the training commitment in this squad.
3. Punctuality & Completion of all Pool/Land Training Sessions. (A swimmer consistently late may be moved to a more suitable squad)
4. Completion of Logbooks

## Training Sessions Content – Selection

1. 9x 2-hour pool sessions
2. 6x Land Conditioning Sessions
3. Training volume 35 – 50+K/Week

## Training Set Requirements - Selection

**Physical**

Can complete the following practice sets:

| | |
|---|---|
| 4 x 400 IM | 6.20 |
| 12 x 100 Kick | 2.00 |
| 24 x 100 Free | 1.25 |

and any one of the following:

| | |
|---|---|
| 24 x 100 free | 1.20 |
| 24 x 100 Back | 1.35 |
| 24 x 100 Breast | 1.50 |
| 12 x 100 Fly | 1.50 |

## Biomechanical Progressions

**Physical:**

1. Continues to improve distance per stroke and/ or swimming speed during competition and training.

## Physiological Progressions

**Physical:**

1. Muscular strength and endurance: demonstrates improvement in muscular endurance (stroke specific)
2. Aerobic endurance: performs a 3000m threshold set three times per season with continuous improvement.
3. Lactate Tolerance: performs a set of 12 x 100 (or until failure) on 2.30 holding current best 200 pace (2nd 100 split) three times per season with continuous improvement.
4. Sprint Capacity/CP system: performs 12 x 25 on 3.00 (specific stroke) at maximum velocity three times per season with continuous improvement.
5. Kick Speed: 400 Kick for Time three times per season with continuous improvement.

**Cognitive:**

1. The swimmer demonstrates knowledge of energy systems.
   a. Demonstrates knowledge of personal training velocities for each training category.
   b. Can discuss training needs based on test set results
2. The swimmer develops and understands a nutritional plan for training and competition.

## Character Development and Life Skills

**Championship behaviour and accountability:**

1. The swimmer demonstrates leadership responsibilities by working with

younger swimmers (eg: giving talks, water work)
2. The swimmer understands the importance of seasonal, yearly, and quadrennial planning and the consistency of the plan within each of the cycles.
3. The swimmer recognises the effects of poor communication.

**Work ethic and self -discipline:**
1. The swimmer takes pride in doing the little things well and goes beyond the call of duty.
2. The swimmer demonstrates self-motivation.
3. The swimmer demonstrates an understanding of and is willing to participate in drug testing procedures.

**Psychological Skills**

**Arousal control:**
1. Skilled at managing competitive pressure (uses relaxation techniques pre-races).
2. Maintains perspective before big meets and can have fun in big competitions.
3. Is aware of tension in muscles and can relax them on cue as needed.
4. Develops and uses relaxation cues pre performance to maintain arousal control.

**Imagery and Visualisation:**
1. Can successfully utilise coping imagery for mastering stress
2. Is able to create more vivid images in his or her mind
3. Has developed control of internal images and can turn negatives into positives.
4. Can assess past races to develop peak performance cues.

**Self-Image:**
1. Able to keep racing and swimming in perspective.
2. Does not tie up self-image in swim results.

**Race Mentality:**
1. Understands that swimming fast is about not thinking.
2. Develops a sense of trust in self and abilities pre-race.
3. Learns to let the fast swim happen.

**Goal setting:**
1. Can utilise ultimate goal to persevere in the face of setbacks, obstacles, and losses.
2. Completely intrinsically driven.

**Equipment Needed**
Kickboard, Pullbouy, Arena Power Fins, FINIS Agility Paddles, Hand Paddles, 2 Drinks Bottles, Snorkel, Cap, Goggles, Skipping Rope, Band, Mesh Bag, Yoga Mat, Peanut, Foam Roller

**All swimmers must have signed & abide by the HWI Code of Conduct & Squad Criteria.**

HWI Head Coach, Performance Development Coach in consultation with all Squad Coaches may review/update the Squad Criteria cyclically (2 – 3 times / year

I shall be accepting my place and agree to the terms and conditions of the Youth Performance Squad

Signed (Swimmer)……
Date……..

Signed (Parent)……..
Date……..

I shall not be accepting my place in the Youth Performance Squad

Signed (Swimmer)……..
Date……

Signed (Parent)……..
Date……