

Progressions for the Development of the BAC Level 7 Swim Program

Note:

- Development is individually biased. Therefore, the development of each swimmer through the program can and will occur at different rates depending on physical ability, competency, performance, and maturity. All progressions are formed as a guideline to be followed throughout the season, and are all subject to change based on all of the fore-said aspects.

In-Practice Training:

- Competitive Performance and Pre-requisites:
 - Swimmer has competed and trained for a USS swim club
 - Should have achieved multiple A time standards or higher from the Age Group Time Standards
 - Swimmer has competed in all events offered in his or her age group and has achieved the following minimum time standards:

100 free	1:10 lcm --- 1:00 scy
200 free	2:30 lcm --- 2:10 scy
400/500 free	5:10 lcm --- 5:30 scy
800/1000 free	10:20 lcm --- 11:40 scy
1500/1650 free	19:40 lcm --- 19:10 scy
100 back	1:20 lcm --- 1:10 scy
100 breast	1:30 lcm --- 1:20 scy
100 fly	1:20 lcm --- 1:10 scy
200 IM	2:50 lcm --- 2:30 scy
 - Swimmers can practice for 2 – 2.5 hours a session while swimming up to 9000 meters.
 - Swimmers can perform training sets between 500-4000 meters.
 - Must have command of reading and pacing using the pace clock

Training Set Requirements: (all short course meters)

- 4 x 400 IM 6:20
- 12 x 100 Kick 1:55
- 24 x 100 Free 1:25
- And one of the following below
- 24 x 100 Free 1:15
- 24 x 100 Back 1:25
- 24 x 100 Breast 1:35
- 20 x 100 Fly 1:25

Biomechanics:

- Physical and Cognitive:
 - Continues to decrease the number of stroke cycles or swim faster with the same number of cycles.
 - Decreases the number of cycles per length during competition.
 - Continues to improve distance per stroke and / or swimming speed during competition and training.

Physiology:

- Physical:
 - Pre-requisite(s):
 - Can swim continuously for a period of 30 minutes.
 - Progress to improve distance on T30 or time on other threshold set.
 - Lactate tolerance: performs a set of 12 x 100 (or until failure) on 2:30 holding current best 200 pace (2nd 100 split)
 - Sprint capacity: swims 12 x 25 on 3:00 Best Odd at maximum velocity.
 - Participates in Dry Lands and Weights 3-5 times a week
- Cognitive:
 - Understands maturation and physical development.
 - Understands the importance of muscular flexibility in swimming performance.
 - Understands the importance of dryland activities to their overall performance.
 - Understands the concept of a balanced diet during swimming training.
 - Begins to understand the basics of different energy system usage in sprinting vs. distance swimming.
 - Can use heart rate measurement to monitor exercise intensity and recovery.
 - Swimmer demonstrates knowledge of energy systems and training cycles.
 - Can discuss training needs and develops a nutritional plan for training and competition.

Character Development and Life Skills:

Championship Behavior and Accountability: The swimmer learns to accept responsibility for his or her performance. The swimmer accepts responsibility of being a leader and / or role model. The swimmer leads by being a positive example and by working with our younger athletes. The swimmer understands the importance of seasonal, yearly, and quadrennial planning and the consistency of the plan within each of the cycles. The swimmer recognizes the effects of poor communication.

Work Ethic and Self Discipline: The swimmer takes pride in doing the little things well and goes beyond the call of duty. The swimmer demonstrates self-motivation.

Time Management: The swimmer has mastered time management skills so outside activities do not interfere with practice and meet attendance.

- In Practice:
 - Swims the set as described by the coach.
 - Communicate with the coach about all aspects of training.
 - Will meet the established attendance requirements.
 - Swimmer understands and takes responsibility for attendance, performance and habits in practice and how these relate to meet performance.
 - Swimmer will learn to challenge himself/herself to the utmost of their ability in practice.
 - The swimmer understands and performs personal race strategies.
 - Swimmer is not influenced by negative behavior or his/her teammates.
 - The swimmer will learn coping strategies to deal with peer pressure.
 - The swimmer will learn coping strategies to deal with parent pressure.
- At Meets:
 - Shows and demonstrates good sportsmanship/sportswoman-ship...respects competitors and gets along with teammates regardless of ability level.
 - Exercises the golden rule (treat people like you would like to be treated).
 - Talks to the coach before and after each race.
 - Swimmer attends the recommended meets and understands the importance of being on time for warm up.
- Commitment and Team Loyalty:
 - The swimmer can effectively communicate his or her commitment to his or her parents, coach, and teammates.
 - The swimmer understands the need to sacrifice self-interest for team goals.
 - The swimmer understands the relationship between his or her personal commitment level and results.
 - The swimmer demonstrates commitment to his or her team by continued dedicated membership.

Physiological Skills:

- Able to keep racing and swimming in perspective. Does not tie up self-image in swim results.
- Understands that swimming fast is about not thinking.
- Develops a sense of trust in self and abilities pre-race.
- Learns to let the fast swim happen.
- Can utilize ultimate goal to persevere in the face of setbacks, obstacles, and losses
- Completely intrinsically driven.

- Skilled at managing competitive pressure. Maintain perspective before big meets and can have fun in big competitions.

- Utilizes relaxation techniques. Maintains optimum relaxation level.
- Can quickly return concentration focus from “uncontrollable” in practice and in meets to appropriate focus.
- Understands the effect of posture and actions on emotions.
- Realizes that positive comments help reduce stress, build confidence, and can increase enjoyment of competition and practice.
- Understands the damage of negative self-talk to self-esteem, performance, and the enjoyment of the sport.
- Is able to accept criticism/corrections from coach. Understand that criticism/correction is a critique of skills, not of the individual.
- Can visualize a race from start to finish in complete detail.. Utilize imagery skills to manage competitive stress, so the vision matches actual performance.
- Develops a pre-race ritual or routine.
- Develops race focal points for concentration.
- Has developed a long-range goal within the sport.
- Develops short-term and intermediate goals that ultimately tie into the long-range goals.