**JUNIOR GROUP**

**Ages (11 – 13)**

Biomechanical Progression

**Physical**

Performs a legal 400 IM

The swimmer starts to learn senior level stroke techniques and training drills.

The swimmer will learn the role their core/body plays in power and balance while swimming and incorporates resistance training to aid in this lesson.

**Cognitive**

1. The swimmer understands the relationship between distance per stroke, stroke rate and speed

2. The swimmer can calculate speed and distance per stroke during competition and training

Physiological Progressions

**Physical**

1. Muscular strength and endurance are incorporated into training (body weight mostly)

**Aerobic endurance**

Performs a T20/T30 two to three times per season with continuous improvement.

**Cognitive**

1. Knowledge of the energy systems, can explain aerobic and anaerobic systems of energy delivery.

2. Understands nutritional requirements of training and competition, understands the importance of hydration and eating a balanced diet.

3. Demonstrates an understanding of the relationship between training programs and maturation and how it will change throughout their swimming career.

4. Uses heart rate monitoring to measure training progress and appropriate energy systems.

Character Development

and Life Skills\_\_\_\_.

**Behavior and Accountability**

The swimmer takes responsibility for attendance, performance, and practice habits and understands how these three relate to meet performance.

**Work Ethic and Self-Discipline**

1. The swimmer attends the recommended meets and understands the importance of being on time for warm-ups.

2. The swimmer meets the established attendance requirements.

3. The swimmer will learn coping strategies to deal with peer pressure and parental pressure.

4. The swimmer understands and performs personal race strategies

5. An understanding of prohibited and harmful substances will be established.

6. The swimmer performs to their utmost ability in all practices and competitions.

7. The swimmer can pinpoint when and where pain is occurring

**Commitment / Team Loyalty**

1. The swimmer can effectively communicate their commitment level to their parents, coach and teammates.

2. The swimmer knows the team and group goals and will take an active part in ensuring the group reaches their goals.

2. The swimmer takes pride in being a member of their team and demonstrates it by:

a. participating in team cheers

b. knowing teammates names

c. supporting teammates during swims (practice or meets)

Psychological Skills

**Mental Dimension of Training**

1. Understands that an important part of training and competition involves mental preparation.

2. Knows techniques to control

the mind (positive self-talk and imagery) and the body (deep

breathing and progressive muscle relaxation).

**Concentration**

1. Has an understanding of what to focus on and what to block out during practices and meets.

2. Can tell the difference between “uncontrollables” and appropriate focal points.

**Self-Image**

1. Understands the role of failure and learning from mistakes, knows that this is essential to becoming a champion.

2. Is able to accept criticism from their coach and understands this criticism is a critique of an individual’s effort or yet to learn skills, not a critique of them as a person.

**Self-Talk**

1. Has an understanding of the effect that negative self-talk plays on performance and closely monitors negative self-talk.

2. Understands the benefits of and uses positive self-talk and affirmations.

**Goal Setting**

1. Understands the importance of goal setting to improve performance in practices and competitions.

2. Begins to set goals for the entire season, with coaches assistance..

Practice Requirements

**Physical**

Swimmer can complete the following practice sets

10 x 200 free (3:00y / 3:25m)

12 x 100 kick (1:55y / 2:15m)

8 x 200 IM (3:20y / 3:50m)

And any two of the following

16 x 100 free (1:25y / 1:35m)

14 x 100 back (1:30y / 1:40m)

9 x 100 breast (1:50y / 2:00m)

16 x 50 fly (:50y / :55m)

**Attendance**

Attend practice consistently, at least 5 practices per week

**Cognitive**

The swimmer uses the pace clock for interval training and to determine splits and pacing.

Competitive

Has competed in all the events offered in his or her age group and has met 6 of the following time standards (yards or meters) in a sanctioned meet:

50 free 29.0y / 33.0m

100 free 1:02y / 1:11m

200 free 2:13y / 2:33m

500 free 5:54y / 5:20m

100 back 1:11y / 1:20m

100 breast 1:20y / 1:30m

100 fly 1:11y / 1:19m

200 IM 2:31y / 2:52m