**SENIOR GOLD GROUP**

**Ages (14 - 18)**

Biomechanical Progression

**Physical**

1. Continues to decrease the number of stroke cycles or swims faster with the same number.

2. The swimmer understands how to make changes to their race strategy and technique as their bodies change.

**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. An extensive dry-land program will be administered, focusing on injury prevention and functional strength.

**Aerobic endurance**

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

**Lactate tolerance**

Performs a set of 10 x 100 (or similar set) on 3:00 holding best 200 pace (2nd 100 pace) at least 3 times per season.

**Cognitive**

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

anaerobic systems of energy delivery.

2. Can describe the relationship between training sets and energy systems.

3. Understands nutritional requirements of training and competition.

3. Demonstrates understanding of training periodization.

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.

The swimmer accepts the responsibility of being a leader and/or role model and leads by example.

**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 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.

**Time Management**

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

**Commitment / Team Loyalty**

1. The swimmer understands the need to sacrifice self-interest for team goals.

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

Psychological Skills

**Imagery and Visualization**

1. Through instruction, the swimmer is able to visualize a race from start to finish in complete detail (seeing, hearing and feeling)

2. Knows techniques to control the mind (positive self-talk and imagery) and the body (deep

breathing and progressive muscle relaxation).

**Concentration**

1. Demonstrates an ability to learn and quickly rebound from mistakes and failures.

2. Able to successfully use pre-race routines and control focal

points during training and competition.

3. Consistently swims “in their own lane” at practice and meets

**Self-Image**

1. The swimmer has a positive view of themself as a person, athlete and member of their team.

2. They can utilize their ultimate goal in the sport to maintain intensity and work ethic in practice.

**Self-Talk**

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

2. Able to positively reframe uncontrollables and adversity to enhance performance.

**Goal Setting**

1. Has developed a long-range goal within the sport and understands what it will take to achieve that goal.

2. Develops short and intermediate goals that ultimately tie into long-range goals.

**Stimulus control**

1. Demonstrates an understanding of the individual zones of optimal functioning (IZOF) concept.

2. Can identify personal optimal zone of performance both in practice and in competition.

3. Understands personal signs of under or over arousal (not enough or too much nervousness)

Practice Requirements

**Physical**

Swimmer can complete the following practice sets

12 x 200 free (2:40y / 3:00m)

12 x 100 kick (1:45y / 2:00m)

6 x 400 IM (5:40y / 6:10m)

And any two of the following

24 x 100 free (1:15y / 1:25m)

20 x 100 back (1:20y / 1:30m)

12 x 100 breast (1:40y / 1:50m)

16 x 100 IM (1:25y )

**Attendance**

Attend practice consistently, at least 7 practices per week

Competitive

Has competed in all the events offered in his or her age group.

Has PVS Senior Championship qualifying standards in at least four events.