**TAG GOLD GROUP**

**Ages (9 - 11)**

Biomechanical Progression

**Physical**

Performs a legal 200 IM

The swimmer starts to learn more advanced stroke techniques and training routines.

The swimmer will learn the role their core/body plays in power and balance while swimming.

**Cognitive**

1. The swimmer will complete one length of the pool in all four strokes, holding the same time or faster but using at least one less stroke.

2. The swimmer will have an understanding of how their technique will change as they mature.

Physiological Progressions

**Physical**

1. Coordinated movement patterns; continues to tie together body, arm and leg movements for all four strokes.

**Aerobic endurance**

Performs a T20 or other threshold set for 20min or longer.

**Cognitive**

1. The swimmer understands maturation and physical development, begins to understand the relationship between training programs and maturation/physical development.

a. Understands the purpose of heart rate measurement.

b. Can measure his or her heart rate and know how it relates to their training.

c. Understands the importance of muscular flexibility and how it relates to performance.

d. Practices proper nutrition and knows how it relates to performance.

Character Development

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

**Behavior and Accountability**

The swimmer will demonstrate a higher level of sportsmanship (e.g. respects competitors and gets along with teammates regardless of ability levels).

**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 the importance of giving the coach his or her undivided attention while the coach is talking. The swimmer focuses their eyes on

their coach and remains quiet when the coach is talking. The swimmer will also follow directions set forth by the coach during practice sessions.

4. The swimmer will show respect for the facilities and equipment.

5. The swimmers learns to challenge themselves to perform to the utmost of their ability.

6. The swimmer understands the difference between good pain and bad pain.

During practice the swimmer will:

a. leave on time during sets

b. start and finish at the wall

c. swim sets in the prescribed manner established by the coach

d. swims the entire set (doesn’t sit on the wall, counts accurately, etc.)

e. communicates with his or her coach during workouts.

**Commitment / Team Loyalty**

1. The swimmer will learn the history of the team.

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

a. participating in team cheers

b. knowing the coaches 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. Can describe the mind-body connection (negative thoughts =

tight muscles = poor performance)

**Concentration**

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

2. Swimmer can regain focus when it is lost.

**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 a general 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 competition.

2. Works with their coach to establish appropriate goals.

Practice Requirements

**Physical**

Swimmer can complete the following practice sets

8 x 200 free (3:30y / 3:50m)

8 x 100 kick (2:05y / 2:30m)

4 x 200 IM (3:40y / 4:10m)

And any two of the following

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

10 x 100 back (1:50y / 2:05m)

10 x 50 breast (1:00y / 1:15m)

16 x 25 fly (:40y)

**Attendance**

Attend practice consistently, at least 4 practices per week

**Cognitive**

The swimmer has mastered the use of the pace clock and can utilize it during training.

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 32.0y / 36.0m

100 free 1:11y / 1:22m

200 free 2:31y / 2:52m

500 free 6:31y / 5:51m

100 back 1:21y / 1:34m

100 breast 1:34y / 1:47m

100 fly 1:27y / 1:37m

200 IM 2:54y / 3:18m