**Olympic Way (OW) GROUP \*OW**

**(Sessional - Fall, Winter, Spring**

Ages (9 & Under)

Biomechanical Progression

**Physical**

*Freestyle*

a. completes the legal freestyle technique, using arms and legs for 200 yards or more.

b. Demonstrate shoulder and hip rolling motion during the freestyle.

c. Demonstrate the ability to comfortably take a breath on either the right or left side.

*Backstroke*

a. Complete the legal backstroke technique, using arms and legs for 200 yards or more.

b. Demonstrate shoulder and hip rolling motion during the backstroke.

*Butterfly*

a. Complete one length of the pool with legal butterfly form.

b. Demonstrates correct timing of the pull, kick, and breathing during the butterfly.

c. Demonstrate an undulating motion during the butterfly.

*Breaststroke*

a. Complete one length of the pool with legal breaststroke form.

b. Demonstrate correct timing of the pull, kick, and breath during the breaststroke.

c. Swimmer can show proper motion and timing during an under water pull-out.

1. The swimmer can maintain and use a proper streamline position throughout practices and races.

2. The swimmer can execute a breakout from a push by holding

the streamline position, initiating a kicking action and progress to the surface with a pull.

3. The swimmer can execute a start from the blocks, hold their streamlined body position for one and one-half body lengths, initiate a kicking action for one body length and progress to the surface with a pull.

4. The swimmer can execute a legal freestyle, backstroke, butterfly and breaststroke turn including an approach of at least 10 yards.

**Cognitive Focus**

1. From a push the swimmer counts the number of strokes / stroke cycles for one length of the pool and the coach records the time.

2. The swimmer will begin to understand the importance of learning the correlation between distance per stroke and time.

Physiological Progressions

**Physical**

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

2. Aerobic endurance

a. Can properly complete a 60 minute practice session.

b. Can perform a continuous swim for 20 minutes.

**Cognitive**

1. The swimmer begins to understand maturation, physical development and nutrition.

a. Understands and accepts individual differences in physical size within an age group.

b. Understands that energy for exercise is derived from nutrition.

Character Development

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

**Behavior and Accountability**

1. The swimmer demonstrates an understanding of sportsmanship (e.g. doesn’t throw goggles, congratulates opponents).

2. The swimmer listens to recommendations from the coach and tries to make the appropriate changes.

3. The swimmer understands appropriate team rules and the consequences of breaking the rules.

**Work Ethic and Self-Discipline**

1. The swimmer will pick up and put away any equipment they used in practice.

2. The swimmer will be ready to start practice **on time** with the appropriate equipment.

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

the 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.

**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

**Stimulus Control**

1. Can describe the relationship between nervousness and performance.

2. Can describe the mind-body connection (negative thoughts = tight muscles = poor performance)

**Focus and Concentration**

1. Understands what to focus on and what to block out during practices and meets.

2. Swimmer can regain focus when it is lost.

**Self-Image**

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

Practice Requirements

**Physical**

Swimmer can complete the following practice sets

8 x 50 free (1:05)

8 x 50 back (1:15)

6 x 50 breast (1:30)

6 x 25 fly (:40)

10 x 50 kick (1:20)

**Attendance**

Attend practice consistently, at least 2 of 3 practices per week

**Cognitive**

Swimmer accurately counts and computes distances

The swimmer begins to use the pace clock for spacing and rest

Competitive

Will participate in competitive situations for the primary purpose of skill development (i.e., time trials, intrasquad meets, dual meets and other local competitions). Focus is on developing better strokes, not on evaluation of time. Swimmer and parents seek coaches’ evaluation of improvement in technique and speed after each swim.