

AUSTRALIAN SWIMMING INC. MULTI-YEAR AGE-GROUP SWIMMER DEVELOPMENT MODEL

Age	8 ± 1 year		10 ± 2 years		Girls 12 / Boys 13 ± 1 year		14 ± 2 years	
Training Period	2 years		2 years		2 - 3 years		3 - 5 years	
Training Time Per Week	Pool	Land	Pool	Land	Pool	Land	Pool	Land
	2-4 Sessions 40 min - 1 hr	1-2 Sessions 15-25 min	3-5 Sessions 1 - 1 1/4 hr	2 Sessions 20-30 min	4-6 Sessions 1 1/4 - 1 1/2 hr	2-3 Sessions 30-45 min	6-10 Sessions 1 1/2 - 2 hr	2-3 Sessions 45 min - 1 hr
Volume / Session	0.75 - 2 Km.		2 - 3.5 Km.		3.5 - 6 Km.*		4 - 8 Km.*	
Yearly Training Volume (Pool)	24 - 30 Weeks 75 - 250 Km.		30 - 36 Weeks 250 - 500 Km.		36 - 44 Weeks 500 - 1000 Kms.		40 - 46 Weeks 1000 - 2500 Kms.	
Training Objectives	<ul style="list-style-type: none"> * Technique all strokes * Racing Skills starts, turns, pace * Aerobic Endurance * Sculling Drills * Speed at 25-50m * Simple Training Sets and Games 	<ul style="list-style-type: none"> * Flexibility * General Body Strength * Movement Co-ordination * Group Activities 	<ul style="list-style-type: none"> * Technique * Racing Skills * Aerobic Endurance * Speed (< 50m) & Acceleration * Greater mix of Training Methods 	<ul style="list-style-type: none"> * Increase Strength to Body Weight Ratio * Even Development of all muscle groups * Flexibility * Improve 'core' body strength 	<ul style="list-style-type: none"> * Technique * Increased Volume * Racing Skills * Speed (< 50m) & Acceleration * Introduce some Intense Interval Training 	<ul style="list-style-type: none"> * Musculo-Skeletal Assessment * Body Weight Exercises & Simple Gym Equipment * Flexibility & Body Strength 	<ul style="list-style-type: none"> * Increase Volume and Intensity of Training * Integrated Training Model * Begin to Specialise * Perfect Technique & Skills 	<ul style="list-style-type: none"> * Periodise Strength Program * Transfer Power into Swimming Performance * Cross Training Activities * Maintain Flexibility
Motor Learning Objectives	<ol style="list-style-type: none"> 1. Develop a feel for the water, the ability to make corrections in movement patterns. 2. Learn the technical skills of all four strokes. 3. Develop general body co-ordination and strength. 4. Learn good habits for maintaining and improving natural flexibility. 5. Learn to maintain correct technique on longer (submaximal) swims. 6. Learn to maintain correct technique on short sprints. 		<ol style="list-style-type: none"> 1. Improve stroke technique and learn race skills (such as turns, starts, pacing, and acceleration). 2. Consolidate stroke development. 3. Improve conditioning components of endurance and speed while maintaining stroke technique. 4. Develop simple race strategy and tactics. 		<ol style="list-style-type: none"> 1. Maintain efficient technique as body proportions change. 2. Accommodate increases in muscle strength to improve swimming efficiency. 3. Retain diversity of performance goals (compete in various stroke events and distances). 4. Improve both steady pace and sprint performance using ideal stroke technique (all strokes). 		<ol style="list-style-type: none"> 1. Adapt to diverse training methods. 2. Refine stroke technique during all speeds & intensity of swimming. 3. Apply strength and power to swimming performance. 4. Specialise in strokes and competition distances. 5. Retain range of motion and muscular co-ordination at all swimming speeds. 6. Refine race skills (starts & turns, tactics, pace, etc.). 7. Learn to taper for peak performance. 	

[* During some developmental stages girls will be capable of handling a greater volume of training than boys, due to an advanced rate of maturation.]

	[age 8 ± 1 year]	[age 10 ± 2 years]	[age 12 / 13 ± 1 year]	[age 14 ± 2 years]
Knowledge & Attitudes	<ol style="list-style-type: none"> 1. Enjoyment of pool and land based activities. 2. Learn to function as an individual within a group activity. 3. Become familiar with rules and competitive situations. 4. Learn about stroke technique and training methods. 	<ol style="list-style-type: none"> 1. Enjoyment of pool and land based activities. 2. Become part of the club, team, squad culture. 3. Develop habits which support an active, healthy lifestyle. 4. Begin to function with less direct supervision and make positive decisions regarding training compliance. 	<ol style="list-style-type: none"> 1. Enjoyment of swimming activities and desire for personal improvement. 2. Broader knowledge of training methods and the resulting performance outcomes. 3. Improved personal management skills (balancing training, school and social objectives). 4. Develop self-discipline and increasing commitment to swimming. 	<ol style="list-style-type: none"> 1. Enjoyment of the process (i.e. goal setting) and product (i.e. attainment of results) of sports participation. 2. Understanding and practicing performance management skills (such as good nutrition, recovery techniques, mental skills, etc.). 3. Independence (i.e. working with a coach and support personnel, but taking responsibility for self). 4. Improved personal skills (including education & vocational objectives).
Competition Objectives	<p>Have fun and learn to participate without anxiety or distraction. Personal improvement (in both performance and skill) and enjoyment should be recognised and reinforced.</p>	<p>Club level competitions leading up to State competitions (i.e. school or age-group). Skill development, improvement, and number of events swum are the most important goals.</p>	<p>Club and State level competition (age group). Performance goals should be evaluated regularly, as they apply to both training and competition. Each race opportunity is used as a learning experience.</p>	<p>State and National (age-group) performance goals. Competition in 'open' events as ability improves. Selection of events begins to focus on stroke and distance. Race strategies and mental skills are perfected.</p>