

Revised July 2007

PROGRESSIONS FOR DELTA DEVELOPMENT

RECOMMENDATIONS	FUNDAMENTAL	DEVELOPMENTAL	INTERMEDIATE	ADVANCED
AGES	6-12 years	8-12 years	8-13 years	9-14 years
WEEKLY ATTENDANCE RECOMMENDATION	2-3 x week/5 practices offered	3 x week/5 practices offered	3 x week/5 practice offered	4 x week/5 practices offered
PRACTICE LENGTH	45 minutes	60 minutes	60 minutes	75 minutes
SEASON LENGTH	9 months	9-10 months	9-10 months	10 months
DAILY YARDAGE	500-1000 yards	1,000-1,500 yards	1,500-2,000 yards	2,000-4,000 yards
AM's AVAILABLE	DURING SUMMER TRAINING	DURING SUMMER TRAINING	DURING SUMMER TRAINING	DURING SUMMER TRAINING
SATURDAY'S AVAILABLE	NO	NO	NO	YES
DOUBLES AVAILABLE	NO	NO	NO	NO
DRYLAND AVAILABLE	NO	NO	NO	NO
PRACTICE EQUIPMENT	Fins, waterbottle	Fins, waterbottle	Fins, waterbottle	Fins, waterbottle
BASIC GOALS	Learning the FUNdamentals of swimming, floating, & balancing in water	Combining skills and drills for improvement. Increasing knowledge of training concepts Introduction to interval training Begin basic stretching exercises	Increased emphasis on conditioning Understands purpose of stroke drills and can incorporate them into faster paced swimming and intervals. Understanding of clock management More advanced stretching exercises	Increased training within a season plan Understands the importance of continuity of training Introductory dryland exercises Increased personal responsibility Goal setting, race strategy
AREAS OF DEVELOPMENT	The categories below identify the requirements for an individual to enter the above listed group. These Progressions are guidelines and subject to the coaches final decision, space permitting.			
RECOMMEDED ATTENDANCE	40 - 60%	55 - 65%	60-70%	65 - 75%
COMPETITIVE PERFORMANCE	Dual Meets, Conference Meets	B-A+meets, Dual Meets, Conference Meets	B-A+ Meets, Dual Meets, Conference Meets, B Times in the stroke 50's and 100 IM	Regular commitment to competition B times in the stroke 50's and 200 IM
TRAINING CATEGORIES	None	6 x 50 Free/on short rest 6 x 50 Back/on short rest 8 x 25 fly/on short rest 6 x 50 Breast/on short rest 8 x 25 kick/on short rest (all strokes) Has completed a continuous 5-min swim	8 x 50 free/1:10 8 x 50 back/1:15 6 x 50 fly/1:20 6 x 50 breast/1:30 6 x 50 kick/1:30 (all strokes) Has completed a continuous 10-min swim	10 x 100 Free/1:50 10 x 50 Back/1:05 10 x 50 Fly/1:10 10 x 50 Breast/1:15 10 x 50 Kick/1:15 5 x 100 IM/2:10
BIOMECHANICAL PROGRESSIONS	25 Free & 25 Back proficiently with emerging breast & fly skills	All four strokes with starts and turns Demonstrates a basic understanding of all 4 strokes & turns. Counts stroke cycles for each stroke on one timed 25. All intervals are made with fundamentally sound technique	Legal 100 IM with proper starts & turns Completes 25 of each stroke at same time or faster than previous level with one less stroke cycle All intervals are made with fundamentally sound technique.	Increased focus on distance per stroke Has ability to race a 200 of each stroke Can calculate, with assistance of coach swim speed, stroke rate and pace. All intervals are made with fundamentally sound technique.

**Swimmers will start the next season with the group they finished with last season.
Once they meet the advancement criteria, they will be moved up.

The categories below identify the elements contributing to the creation of a complete Delta Aquatics Swimmer.
 All progressions build upon each other and it is expected that a White group swimmer has each group's elements, for example.

RECOMMENDATIONS	FUNDAMENTAL	DEVELOPMENTAL	INTERMEDIATE	ADVANCED
CHARACTER DEVELOPMENT AND LIFE SKILLS: ACCOUNTABILITY	Understands rules and consequences.	Can listen to coach and tries to make appropriate changes. Talks to coaches before and after races. Respects teammates. Understands "Team".	Can listen to coach and tries to make appropriate changes. Talks to coaches before and after races. Respects teammates. Understands "Team". Can put on swim cap without assistance.	Demonstrates understanding of sportsmanlike behavior. Knows the names of local competitors. Can repair goggles and utilize pace clock without assistance.
WORK ETHIC & SELF-DISCIPLINE	Is attentive during instructions and follows directions.	Follows team rules for proper practice behavior as listed in Swimmer's Responsibilities in Team Handbook.	Follows team rules for proper practice behavior as listed in Swimmer's Responsibilities in Team Handbook. Understands and takes responsibility for daily practice attendance.	Challenges themselves at daily practice. Not influenced by negative behavior. Understands and takes responsibility for attendance, performance and habits.
TIME MANAGEMENT		Is punctual to practice sessions.	Is punctual to practice sessions.	Understands importance of hard work in classroom as it relates to swimming.
COMMITMENT & TEAM LOYALTY	Knows the Team name, Team colors and coach's name.	Knows teammates names and names of other practice groups	Knows teammates names and names of other practice groups and coaches. Knows all best times.	Chooses a national swimming hero and knows their events and swimming history. Knows all best times and local time standards. Knows the team goals, and takes active part in developing practice group goals.
CONCENTRATION		Has a basic understanding of what concentration is.	Has a basic understanding of what concentration is. Aware of loss of focus during practice	Understands what to focus on and what to block out at meets and practices. Aware when focus leaves target.
GOAL SETTING			Beginning use of goal setting over the season.	Understands the value of setting goals to improve performance. Uses goal setting as a motivation during practice and throughout the season.

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PROGRESSIONS FOR DELTA DEVELOPMENT

RECOMMENDATIONS	BLUE	WHITE	
AGES	12-18 years	13yrs & Older	
WEEKLY ATTENDANCE RECOMMENDATION	5 x week/6 practices offered	5-7 x week/6+ practices offered	
PRACTICE LENGTH	90 minutes	120 minutes	
SEASON LENGTH	11 months	12 months	
DAILY YARDAGE	3,000-5,000 yards	5,000-8,000 yards	
AM's AVAILABLE	DURING SUMMER TRAINING	DURING SUMMER TRAINING	
SATURDAY'S AVAILABLE	YES	YES	
DOUBLES AVAILABLE	YES (with 85% attendance)	YES (with 85% attendance)	
DRYLAND AVAILABLE	YES (2-3x week)	YES (3-4x week)	
PRACTICE EQUIPMENT	Fins, waterbottle	Fins, waterbottle	
BASIC GOALS	Begin adaptations to higher-level swimming. Begin cardio, body weight circuit (pushups/sit-ups/etc.), Intro to medicine balls & tubing, jump ropes, partner stretches	Prepare for transition to high school, college, and higher level swimming.	
AREAS OF DEVELOPMENT	The categories below identify the requirements for an individual to enter the above listed group. These Progressions are guidelines and subject to the coaches final decision, space permitting.		
RECOMMENDED ATTENDANCE	70 - 85%	Over 85%	
COMPETITIVE PERFORMANCE	Regular commitment to competition A times in the stroke 100's and 200 IM	Regular commitment to competition A Times in the stroke 200's	
TRAINING CATEGORIES	15 x 100 Free/1:30 10 x 100 Back/1:40 10 x 100 Fly/1:50 10 x 100 Breast/1:50 10 x 100 Kick/2:00 3 x 400 IM on 6:30	20 x 100 Free/1:20 12 x 100 Back/1:25 12 x 100 Fly/1:30 12 x 100 Brst/1:40 10 x 100 Kick/1:50 4 x 400 IM/6:00	
BIOMECHANICAL PROGRESSIONS	Can calculate, without assistance of coach swim speed, stroke rate, and pace. Continues to improve DPS and/or swimming speed during training & competition. All intervals are made with fundamentally sound technique.	Continues to improve DPS and/or swimming speed during training & competition. All intervals are made with fundamentally sound technique.	

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RECOMMENDATIONS	BLUE	WHITE	
CHARACTER DEVELOPMENT AND LIFE SKILLS:	Learns to accept responsibility for performance. Communicates in a non-derogatory manner.	Understands the relationship of seasonal and yearly planning. Recognizes the effects of poor communication.	
ACCOUNTABILITY	Accepts responsibility for being a leader or role model. Leads by being a positive example. Demonstrates leadership responsibilities by working with younger swimmers. Understands importance and consistency of seasonal planning.		
WORK ETHIC & SELF-DISCIPLINE	Learns coping strategies for dealing with peer and parental pressures. Understands and performs personal race strategies. Demonstrates self-motivation. Takes pride in doing little things well and goes beyond the call of duty.	Manages setbacks so they don't interfere with long-term planning. Consistently makes choices that positively affect training performance. Demonstrates an understanding of the short and long term affects of performance enhancing drugs.	
TIME MANAGEMENT	Demonstrates an ability to balance school, swimming, social life and family	Mastered time management skills so that outside activities do not interfere with attendance.	
COMMITMENT & TEAM LOYALTY	Can effectively communicate commitment to parent, coach and teammates. Demonstrates a supportive attitude towards teammates. Understands the need to sacrifice self-interest for team goals. Works to include, not exclude. Contributes in group activities. Minimal involvement in outside swimming programs.	Treats teammates as special and unique individuals, uplifts them at difficult times in and out of the pool. Welcomes difficult training loads. Outside swimming programs do not conflict or interrupt daily training or competitions.	
CONCENTRATION	Develops a pre-race ritual/routine. Develops race focal points for concentration. Can quickly return concentration focus from uncontrollables in practice and in meets to appropriate focus.	Skill refined to "tunnel vision" as needed in practice and competition. Develops control of "eyes" and "ears" concentration-wise. Demonstrates ability to quickly rebound from mistakes and failures. Consistently swims "in own lane" in practice and meets.	
GOAL SETTING	Understands the principles of effective goal setting. Has developed a long range goal within the sport. Develops short and intermediate goals that ultimately tie into long range.	Utilizes ultimate goal to persevere in the face of set-backs and losses. Completely intrinsically driven.	