

Youth Performance

Youth Performance squad is for swimmers competing at regional level and working toward national level competitions. Competitions will be located both in and out of the region to develop the necessary experience for achieving excellence in the sport. Swimmers are expected to attend a seasonal intensive training camp for improved independence, experience and physiological adaptation. The training program of this squad prioritises physiological, technical and tactical development for optimal performance at Championship competitions.

Swimmers are within 3% of an East Region short course or long course qualifying time for the season. At the Head Coach's discretion other swimmers may be deemed eligible for this squad if they meet the squad expectations and can withstand the training intensity and maintain desired skill levels.

Ages Male 13-18 / Female 12-18 as of 31st December

Training Sessions

	Pool Sessions		Strength & Conditioning Sessions	
Monday	5.30-7.00am	Downham Market		
Tuesday	8.00-9.30pm	Downham Market	7.15-8pm	Downham Market
Wednesday	8.00-9.30pm	King's Lynn	5.00-6.00pm	Zoom
Thursday	8.00-9.30pm	King's Lynn		
Friday	6.00-8.00pm	King's Lynn		
Saturday	7.00-8.30am	Downham Market		
Sunday				

Specific Squad Expectations

- Swimmers have the ability to and demonstrate the attitudes and behaviours to progress and compete at National level – **Reference the OADF** characteristics, attributes, behaviours, attitudes and habits mentioned at the end of this document.
- Swimmers demonstrate a strong work ethic and are committed to attending 90-100% of training sessions each week and a minimum of 5 pool sessions and 1 land training session each week.
- Swimmers are on poolside at least 15 minutes before the start of each pool session (excluding Tuesdays & morning training) to complete stability and mobility work. **Swimmers will not get in the pool until they have completed 15 minutes of good quality pre-pool work.**
- Swimmers complete at least 10 minutes of stretching after every pool session.
- A positive mindset both in training and competition. A team player, respectful, supportive and caring.
- Committed to working towards achieving process and outcome objectives in competition.
- Consistently demonstrate a minimum of 5 fly kicks of all wall in a streamlined position.
- Can hold 10 x 100 FC @1.30
- Can kick 100m on their No.1 Stroke in under 1min 50sec

- Consistently holds required race pace times when asked.
- Loves race day and thrives in a competitive environment.
- Swimmers set process orientated goals to motivate and drive their own development.
- Swimmers are learning to balance swimming, school / work and social commitments.
- Swimmers are accountable for their own effort, actions and behaviours.
- Swimmers are developing an understanding of training cycles and the importance of competing unrested at meets to learn and work towards their long term goals.
- Swimmers are learning to take a step back and put performances in perspective and view the big picture.
- Swimmers in exam years agree an 'individual' training programme with the head coach before the Easter Holidays.
- Swimmers attend the seasonal intensive training Camp.

Equipment

- Stretch band for pre-pool work / shoulder stability and strengthening
- Red or Black looped resistance band for land training
- Finis Steamlined Kickboard or Similar
- Fins
- Pull Buoy
- Hand paddles
- Snorkel
- Drinks bottle

Reviews

Swimmers progress and ability to meet the criteria and expectations of the squad will be monitored throughout the season. Swimmers who are not meeting the criteria and expectations for the squad will be informed of this and will be given a set period of time to reach the required standard. If swimmers are still not meeting the squad's criteria and expectations after this time frame, they will be moved to a more appropriate squad for their abilities, attitude, commitment and ambition.

The Optimal Athlete Development Framework (OADF) within WNSC - a set of characteristics, attributes, behaviours, attitudes and habits to promote the optimal development of swimmers within WNSC, based on British Swimming's OADF. The identified characteristics etc for swimmers within your squad are mentioned below along with how coaches and swimmers can aim to develop these areas. The OADF is split into three clear areas, the Person, the Athlete and the Performer.

Person						
		Enjoys the Journey	Resilient & Robust	Driven	Good Learner	Independent
Youth Performance	Behaviours, attitudes and characteristics	Everyone has a shared goal and are supportive of each other	See's setbacks as an opportunity to learn	Swimming is not a sacrifice but an opportunity to be the best they can be	Takes on challenges with no hesitation	Is accountable for their own actions and behaviours
		Capable of balancing swimming, school and social	Remain calm in difficult or uncomfortable situations	Motivated to achieve their goals	Receives feedback positively	Manages their time between swimming and other commitments
		Focus on long term results		Set process orientated goals that help them work towards outcomes		Is involved in meal preparation at home and takes and takes an interest in their nutrition
		Own identity within the group			Remains grounded and humble, doesn't think they are above others and are grateful for opportunities	
		Enjoy what they do				
	How?	Training camp	Attendance is consistently excellent	Goal setting	Challenged in training and competition	Planning - weekly structure and annually to account for exams /holidays etc
		Team bonding	Goal setting		Feedback & education	Formal and informal opportunities to communicate with coach
		Away meets	Debriefs with coach post race / meet		Development of a solid coach - athlete relationship where swimmer has a say on their own development	Packs and helps prepare their own food and drink for training and competition, taking responsibility for the choices
		Goal setting & planning	Opportunities for failure to occur are planned into sessions /calendar			

Athlete					
		Performance Behaviours	Physically Suitable	Coachable	Technically Excellent
Youth Performance	Behaviours, attitudes and characteristics	Always wants to learn	Knows their body and what pre-pool exercises work best for them	Appreciates the efforts of others to push them to achieve more	Starting to specialise in particular strokes / distances whilst
		Still setting process focused goals but can set realistic outcome goals	Has a good understanding of nutrition and the importance of fuelling and re-fuelling for optimal physical performance	Is vulnerable and honest enough to know they are not perfect	Constantly working on raising the standard of their skill execution
		Showing long term development		Open to feedback	
				Actively seeks to change bad habits	
	How?	Goal setting - process based and agreed with coach	Attends all sessions	Goal setting	Medley based training with some stroke / distance specialisation
		Shows will to learn and achieve. Is challenged to do so in training and competition.	Completes pre and post pool	Coach - athlete relationship / discussions	Skills are challenged and monitored in training e.g. uw kick counts, not breathing on 1st stroke, stroke counts and rates
		Race plans	Developing improved strength, stability and mobility in land training	Planning failure into training and competition	
			Nutrition education		

Performer					
		Loves Race Day	Execute your Race Plan	Perform when it Matters	
Youth Performance	Behaviours, attitudes and characteristics	Competes at different levels so that they experience success and failure and learn to handle both winning and losing	Starting to think about certain outcomes but focusing on the process of how to get there	Can perform in multiple events one after another e.g. heats and finals	
		Can deal with uncomfortable situations e.g. lack of rest between races	Skills and techniques are maintained under pressure	Focused on themselves not what others are doing	
		Enjoys themselves and stays positive			
		Sets a good example on race day			
	How?	Failure meets planned into season	Race Plans discussed and practiced	Entering a variety of events across the weekend	
		Competing in numerous and varied events in one day	Test skills under pressure in training to make sure they hold up in competition	Any withdrawals agreed with the coach	
		Supporting team members in every race		Race plans discussed and practiced	