

Developing and Supporting the Regional Age Group Swimmer

Lindsay Dunn, Swim England National Talent Officer and
Chris Dove, Head Coach, North East Region Development
Programme

12/05/19

England Talent aim to influence:

- The 'Daily Training Environment'

LTS, Clubs, Performance Centres and National Training Centres

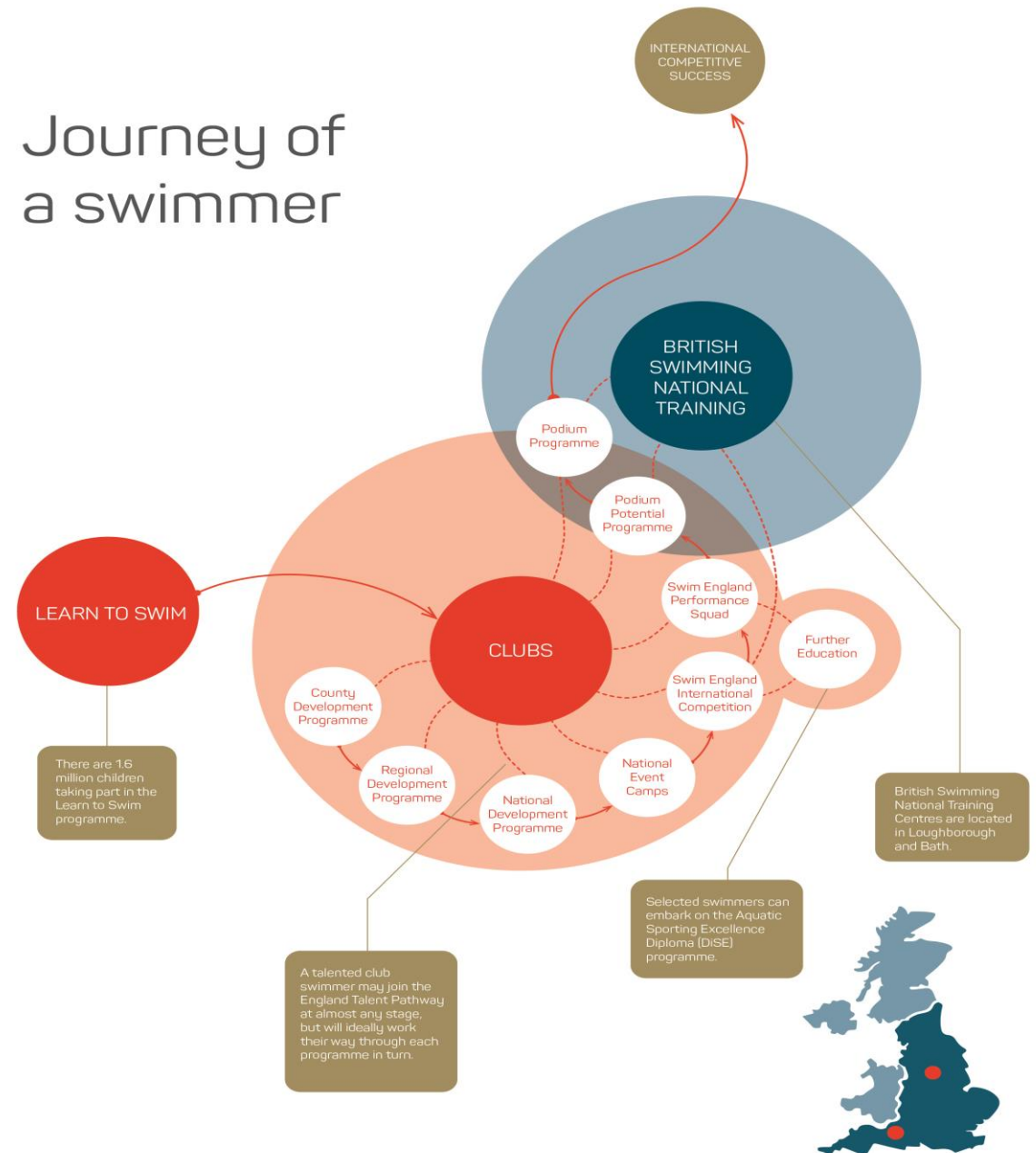
- The 'Domestic Competition Programme'

Calendar planning (Championships, Open Meets, other Competitions organised by Key Partners)

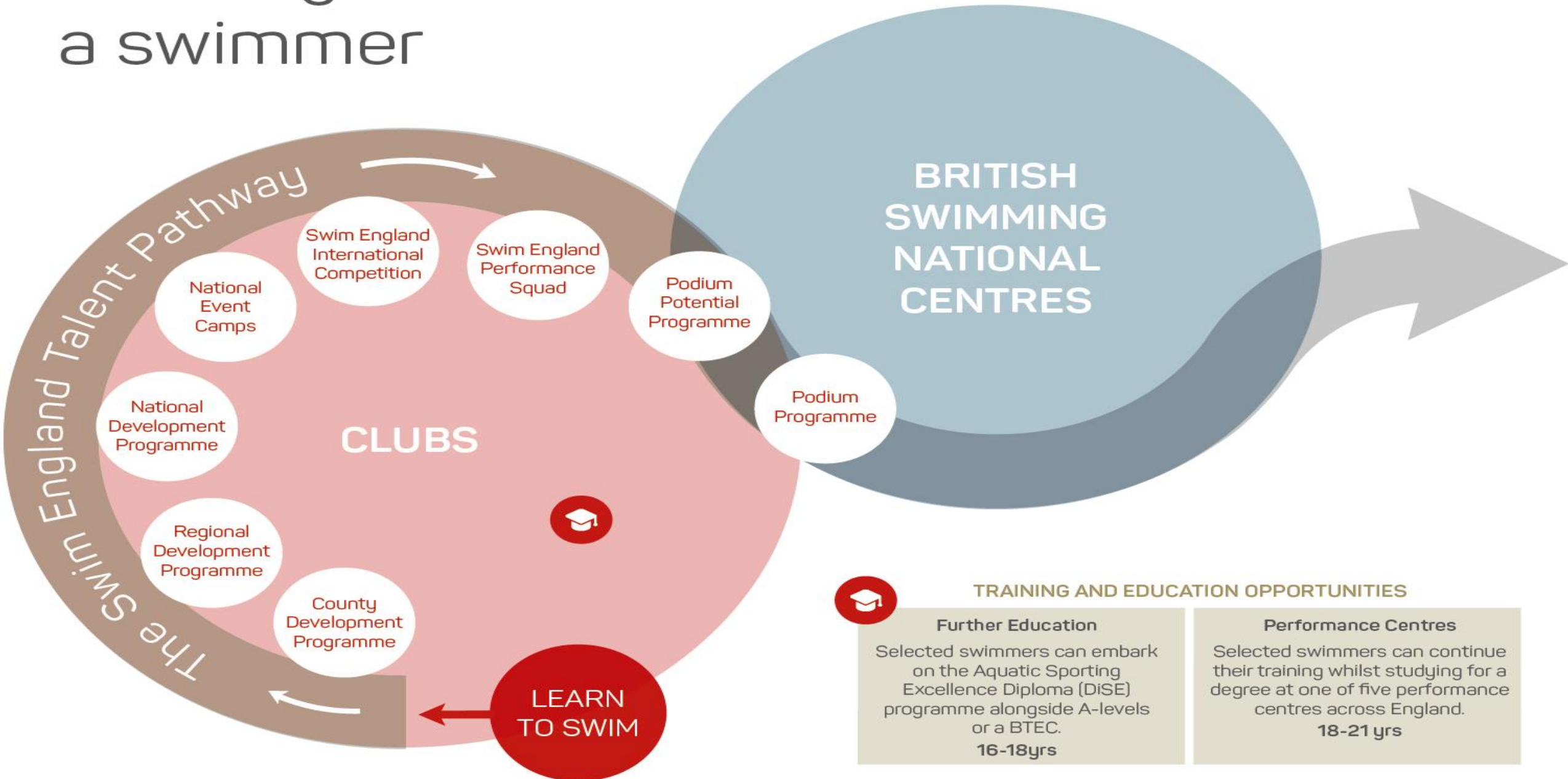
- The 'Development Programme Pathway'

Provides enhanced support to the swimmers and the team behind the swimmers

Journey of a swimmer



Journey of a swimmer



TRAINING AND EDUCATION OPPORTUNITIES



Further Education

Selected swimmers can embark on the Aquatic Sporting Excellence Diploma (DiSE) programme alongside A-levels or a BTEC.

16-18yrs

Performance Centres

Selected swimmers can continue their training whilst studying for a degree at one of five performance centres across England.

18-21 yrs

Coming up ...

Through this workshop, Swim England aim to help you as parents/guardians to better support your young swimmers throughout their journey in our sport.

Specifically we are going to look at:

- ***The Optimal Athlete Development Framework***
- ***The Youth Physical Development Model***
- ***The Swim England Talent Pathway:***
 - ***Regional Development Programme***

OPTIMAL ATHLETE DEVELOPMENT FRAMEWORK

Lindsay Dunn,
Swim England National Talent Officer

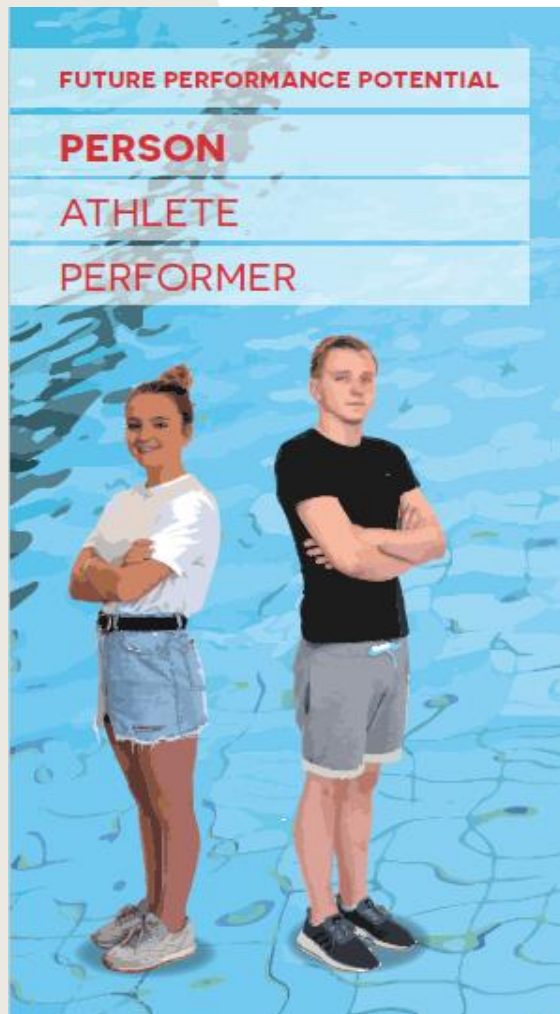




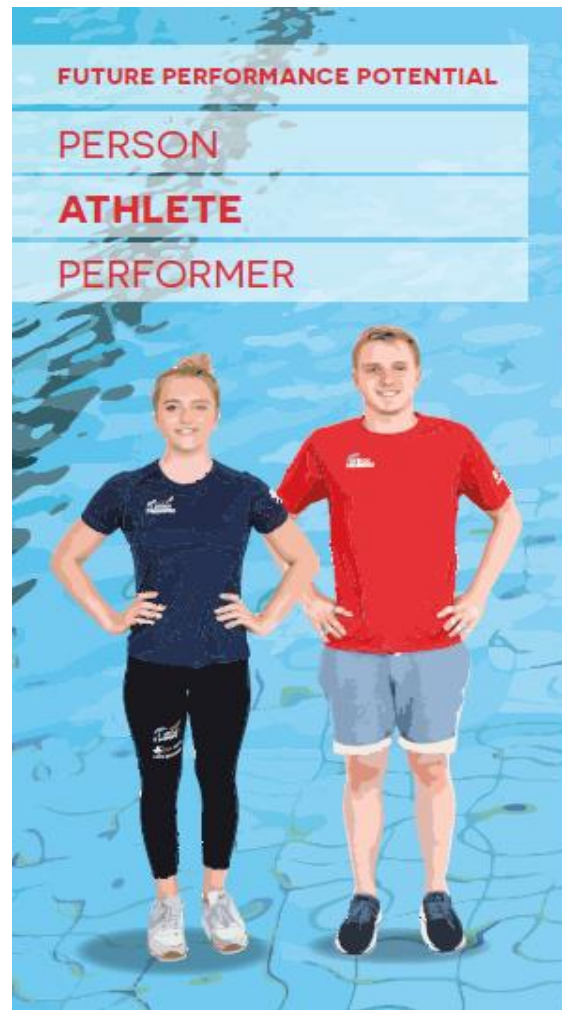
ACCESS

- **A**thlete centred
- **C**oach led
- **C**ulturally defined
- **E**xpert informed
- **S**cience supported
- **S**ystem aligned

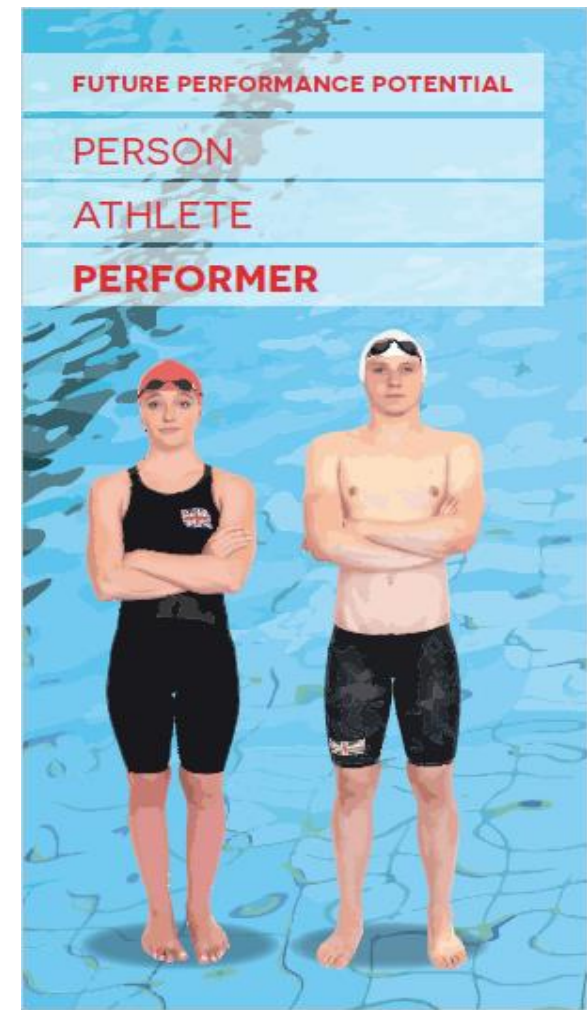




Enjoys the Journey
Resilient & Robust
Driven
Good Learner
Independent



Performance behaviours
Physically suitable
Coachable
Technically Excellent



Loves race day
Executes Race plan
Performs when it matters

Parental Support with OADF

- Useful to understand what we mean by each of the FPP characteristics.
- Consider how you can help your children to develop some of these characteristics ...
 - **enjoyment of the journey?**
 - **resilience/ robustness?**
 - **independence?**

...

THE YOUTH PHYSICAL DEVELOPMENT MODEL

Lindsay Dunn,
Swim England National Talent Officer

YOUTH PHYSICAL DEVELOPMENT (YPD) MODEL FOR FEMALES

CHRONOLOGICAL AGE (YEARS)	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+
AGE PERIODS	EARLY CHILDHOOD			MIDDLE CHILDHOOD					ADOLESCENCE										ADULTHOOD	
GROWTH RATE	RAPID GROWTH			STeady GROWTH					ADOLESCENT SPURT					DECLINE IN GROWTH RATE						
MATURATIONAL STATUS	YEARS PRE-PHV								PHV			YEARS POST-PHV								
TRAINING ADAPTATION	PREDOMINANTLY NEURAL (AGE-RELATED)								COMBINATION OF NEURAL AND HORMONAL (MATURITY-RELATED)											
PHYSICAL QUALITIES	FMS			FMS			FMS		FMS											
	SSS			SSS			SSS		SSS											
	Mobility			Mobility					Mobility											
	Agility			Agility					Agility					Agility						
	Speed			Speed					Speed					Speed						
	Power			Power					Power					Power						
	Strength			Strength					Strength					Strength						
	Hypertrophy								Hypertrophy		Hypertrophy							Hypertrophy		
	Endurance & MC			Endurance & MC					Endurance & MC							Endurance & MC				
TRAINING STRUCTURE	UNSTRUCTURED			LOW STRUCTURE					MODERATE STRUCTURE			HIGH STRUCTURE			VERY HIGH STRUCTURE					

YOUTH PHYSICAL DEVELOPMENT (YPD) MODEL FOR MALES

CHRONOLOGICAL AGE (YEARS)	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+	
AGE PERIODS	EARLY CHILDHOOD			MIDDLE CHILDHOOD						ADOLESCENCE							ADULTHOOD				
GROWTH RATE	RAPID GROWTH			↔			STEADY GROWTH			↔			ADOLESCENT SPURT			↔				DECLINE IN GROWTH RATE	
MATURATIONAL STATUS	YEARS PRE-PHV						←			PHV			→				YEARS POST-PHV				
TRAINING ADAPTATION	PREDOMINANTLY NEURAL (AGE-RELATED)						↔			COMBINATION OF NEURAL AND HORMONAL (MATURITY-RELATED)											
PHYSICAL QUALITIES	FMS			FMS			FMS			FMS											
	SSS			SSS			SSS			SSS											
	Mobility			Mobility						Mobility											
	Agility			Agility						Agility			Agility								
	Speed			Speed						Speed			Speed								
	Power			Power						Power			Power								
	Strength			Strength						Strength			Strength								
	Hypertrophy						Hypertrophy			Hypertrophy				Hypertrophy							
	Endurance & MC			Endurance & MC						Endurance & MC			Endurance & MC								
	TRAINING STRUCTURE	UNSTRUCTURED			LOW STRUCTURE			MODERATE STRUCTURE			HIGH STRUCTURE			VERY HIGH STRUCTURE							

Key Messages ...

- Progression is an 'individual' process – avoid comparing swimmers with their peers ...
- Allow coaches to direct and explain the need for flexibility within squad structures to meet the needs of athletes of differing sexes, 'biological' ages and 'training' ages. Some swimmers may be prescribed different training programmes within the same squad – individualisation is the key!
- Dryland activities are critical to the success of young swimmers (pre and post pool, land training) – needs to start earlier and be 'integral' to the overall programme.


Key Resources: Off the Blocks

COACHING **FACTSHEETS**
OFF THE BLOCK
BACKSTROKE STARTS

BRITISH SWIMMING

LONG WHISTLE WARNINGS
There are two long whistles for backstroke starts: one to enter the water and the second to bring the swimmers to the wall.

“TAKE YOUR MARKS”
Both hands should firmly grip the available handles in the swimmer’s preferred position. The feet should be placed under, at, or above the water surface, either level with each other - mandatory when using a foot ledge -, or ‘split’ one higher than the other. The feet and toes should be placed firmly on the ledge. In pools where there is no foot ledge, the feet and toes should ‘grip’ the wall or touchpad.
The body should be pulled up and in towards the block with the hips nearly out of the water.




“GO!”

- The ‘drive’ from the wall should be initiated from the hips by the swimmer feeling they are pushing the wall away.
- As the hands release their grip, the head and shoulders should move forwards as soon as possible (‘forwards’ as in the intended direction of swimming - i.e. towards the other end of the pool)
- The head, shoulders, body and hips should move diagonally upwards and forwards. The neck and chest should be extended.
- The duration of the push should be as short as possible (indicates greater force).
- The arms should be swung forwards and extended past the head.
- The order of ‘drive’ is hips, head, hands.
- At the end of the leg drive the body angle should be diagonal and straight.




FLIGHT

- The flight over the water should take the swimmer as far as possible.
- The hips should be raised as high as possible, then, just before the hands and arms enter the water the feet should be raised completely out of the water. This will produce an arched body shape over the water.
- The arms should squeeze the head before the entry.



ENTRY

- The hands, arms, head, shoulders, torso, hips, knees and feet should enter through the same ‘hole’.
- A small dolphin kick should be made during the entry of the legs (Hips, head, hands, feet).
- A tight, ‘squeezey’ streamlining should be held to ensure no loss of speed after the entry.



<https://offtheblocks.info>

Send email and you will receive a username/ password within a few days

Key Resources: Swim England Club Awards



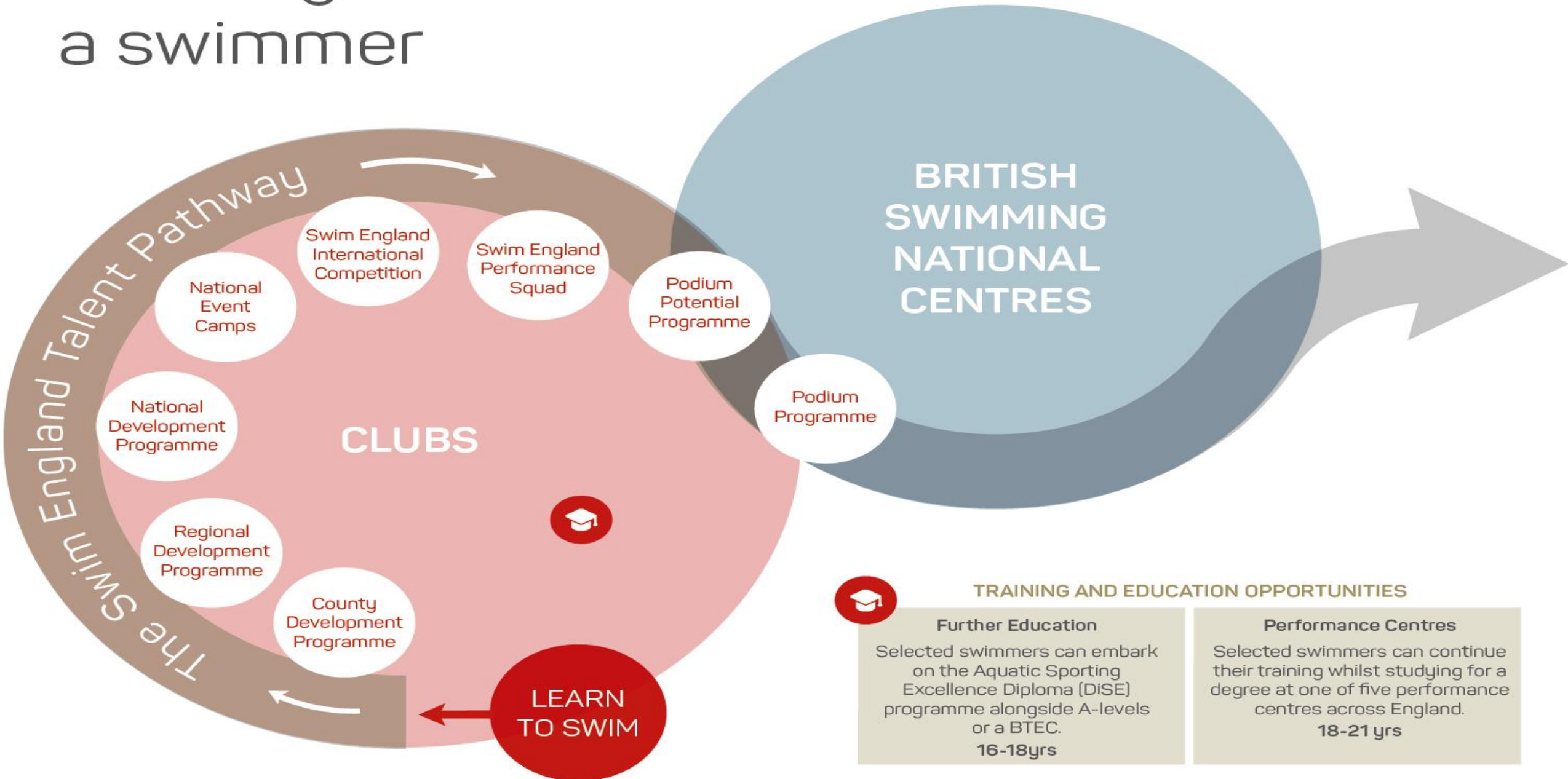
- Launched May 2018
- Aim to improve the technical development of young age group swimmers transitioning from learn to swim programmes into competitive swimming clubs
- Target audience: 7 – 12 years
- Delivery Period: 3 – 4 years

<http://www.swimming.org/sport/coaching-the-swimming-club-awards/>

THE DEVELOPMENT PROGRAMME PATHWAY: The Regional Development Programme

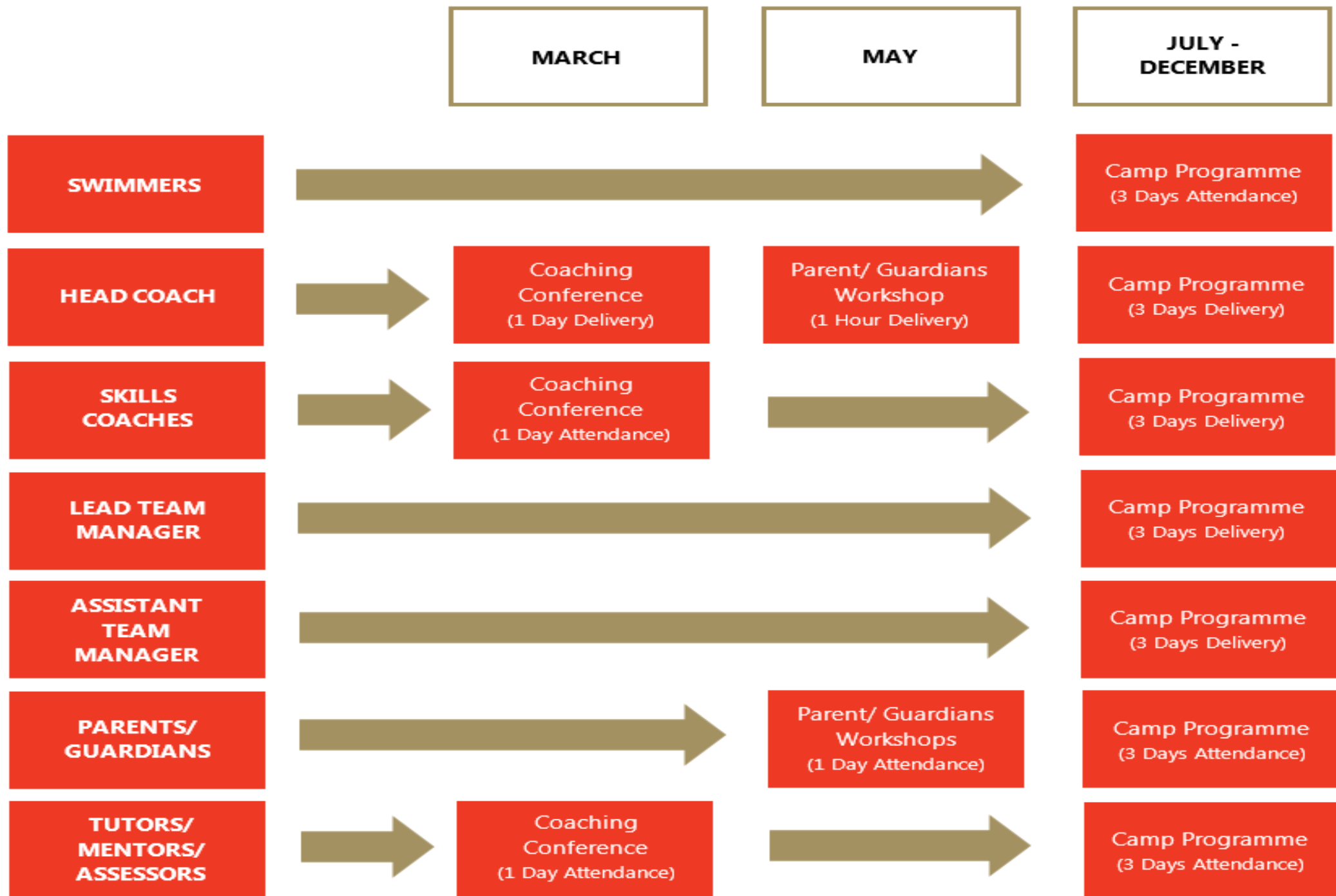
Chris Dove,
Head Coach, North East Region Development Programme

Journey of a swimmer



The Regional Development Programme





Regional Development Programme

Swimmer Programme:

- 3 x 1 day camps: 30th June, 22nd September and 24th November
- 36 swimmers (18 girls and 18 boys) aged 12 years in the year of competition
- Selected from rankings (selection policy available on the Regional website)



Selection Policy

- Minimum activity level: Attendance at three x one day events at Catterick Leisure Centre on 30th June, 22nd September and 24th November.
- A total of 36 swimmers (18 Male/ 18 Females) will be selected as follows:
- The Swim England rankings data base will be used for selection purposes. Only long course times achieved between January 1st 2019 and the Monday following the final Regional 'Age Group' Championship weekend in 2019, will be considered.
- Swimmers must have competed in at least one event at the Regional Championships (extenuating circumstances such as illness/ injury should however be considered where possible).
- Swimmers are selected based upon their region of representation and not their club.
- The highest ranked 12 year old Male and Female (age as at 31st December in the year of competition), in each event competed at the Regional Championships will be initially selected.
- Further selections will be made from the 2nd, 3rd, 4th etc ranked swimmers.
- Where swimmers have an equal ranking, selections will be made prioritised according to the highest FINA Point Score in a single event.
- Swimmer selections must be completed within one week of the completion of the Regional Championships.
- Swimmers and Home Coaches must be informed within two weeks of the completion of the Regional Championships.
- Swimmers must reply to confirm whether they will be accepting or declining their place on the programme within three weeks of the completion of the Regional Championships.
- Swimmers should only be selected if they are indicating that they can commit to the full three day programme. If they subsequently are unavailable for all three days no refund should be given and no additional swimmers invited thus avoiding unnecessary disruption to the programme.
- Any reserve swimmers and their respective Home Coaches should then be informed within four weeks of the completion of the Regional Championships.
- All places on the programme must be filled and all paperwork returned by the end of June 2019, ready for the first camp of the programme which is scheduled to take place from July 2019.

Regional Development Programme

Swimmer Programme:

Pool Sessions

- Short Course
- Starts, Turns and Finishing Techniques

Dry Land Training

- Pre and Post pool activities
- Mobility and Stability for Starts and Turns
- Fundamental Movement patterns

Workshops

- Effective starts, turns and finishes
- Goal Setting
- Eating for Swimming Fast



Bringing the OADF to Life!

Throughout the camps we are going to work on developing the following characteristics of the OADF:

- **Coachable**
- **Technically Excellent**
- **Good Learner**
- **Enjoys the Journey!**



Any Questions



