



## **Athlete Squad Pathway Program**

The aim of the Swimming Southland Pathway Programme is to compliment and build on to the great work already being done by the region's coaches.

The opportunities offered are on top of each swimmers weekly training commitment.

### **In a nutshell we are aiming to:**

1. Provide the swimmers with the tools both skill wise and mentally to feel comfortable and confident standing behind the blocks on race day at any given level of competition.
2. Create a sustainable pathway where success is common place
3. Create an environment that is athlete driven.
4. Increase our participation numbers as a region

### **Representing Southland**

It is an exciting time for swimming in Southland as we start our new Pathway Programme.

- There has been positive investment in the sport of swimming here in our region and this is something we must capitalise on as best we can.
- How we move forward is largely down to athletes like yourself, those of you who are truly on the front line of our sport and the ones who are most affected by any changes.
- You have an exciting opportunity to leave a remarkable legacy for future generations of swimming talent currently behind you.
- When you represent the region, whether it is at a regional, national, or international competition, or on a training camp it is expected that you do so in a professional manner and in such a way that will leave a positive legacy.
- It is our hope that you promote the very best of our fantastic region and its proud sporting heritage.

### **Programme Rationale**

We now understand what the aims of the Pathway are and where it fits in relation to our day-to-day training. Now we will drill down into the specific requirements of each squad.

- As we all know athletes all come in different shapes and sizes and go through maturation at different ages both physically and mentally.
- To make sure each swimmer is taught the right skills at the right time, we have broken the programme into 4 squads.
- Below you will find what each squad is working towards based on a swimming long term athlete development model.
- This document forms the basic framework but regional squad specific content will be added along the way.

## Pathway Programme Individual Squad Overviews

### Squad 1 – Natalie Wiegersma Squad

This squad targets all swimmers who are,

- Who are training with professional coaches in the region
- Qualified for South Island Country & Town 2021
- Qualified and attended for the NZ Junior Festival 2021
- Identified by the Swimming Southland Head Coach and or Regional Development Officer
- Swimmers must attend all opportunities and remain in the programme for the duration of the year
- Enter and race in regional Southland Meets as set by each athletes home coach

Below is a broad overview of what swimmers should be working towards being able to complete if they wish to progress

7-9 years (+ or – 1 to 2 years)
<b>Building 'The Vehicle', Water-safe, and Loads of Fun:</b> <ul style="list-style-type: none"><li>- Multiple stroke development.</li><li>- Enjoying, challenging and progressive experiences.</li><li>- Multi - Sport Skill Development.</li><li>- Introduction of short sprints, speed drills and skills, relays, and swimming games.</li><li>- Racing skills development (starts and turns etc.)</li><li>- Water-safety exercises.</li></ul>
<b>Learn to Train and Love to Swim:</b> <ul style="list-style-type: none"><li>- Development and consistent demonstration of all swimming skills.</li><li>- Expert instruction on technical and physical skills.</li><li>- Development of positive attitudes to self, others and sport.</li><li>- Participation in other sports.</li><li>- High repetition low intensity skill focus.</li><li>- Develop agility, balance, coordination, own body exercises with correct posture for appropriate strength development.</li></ul>
<b>Body Understanding:</b> <ul style="list-style-type: none"><li>- Develop coordination.</li><li>- Simple calisthenics.</li><li>- Own body weight routines with good posture.</li></ul>
<b>Competitions:</b> <ul style="list-style-type: none"><li>- Attend club, local, regional - compete in all four strokes.</li><li>- Compete in distances up to 200m.</li></ul>

## Squad 2 - Richard Tapper Squad

- Below is a broad overview of what this squad will be covering.
- Please note this squad may at times be split into two – based on what meet they have qualified for.

10-12 years (+ or – 1-2 years)
<b>Building 'The Engine' to Train and Compete:</b> <ul style="list-style-type: none"> <li>- Multiple stroke development.</li> <li>- Enjoying, challenging and progressive experiences.</li> <li>- Develop aerobic conditioning.</li> <li>- Develop anaerobic conditioning.</li> <li>- Continuation of speed work (relays, sprints, speed drills and skills etc.) and race skills.</li> </ul>
<b>Learning Skills:</b> <ul style="list-style-type: none"> <li>- Develop under water fly kick (front, back and side) to the 10m mark.</li> <li>- Learn stroke count and technique.</li> <li>- Improve race skills (start, turn, finish).</li> <li>- Start to learn how to pace.</li> <li>- Demonstrate the ability to hold technique at race pace.</li> </ul>
<b>Body Awareness:</b> <ul style="list-style-type: none"> <li>- Develop agility.</li> <li>- Introduce core exercises.</li> <li>- Develop balance.</li> <li>- Include body weight exercises.</li> <li>- Introduction of basic dry land equipment (i.e. stretch-cords, Ab' wheels, Swiss and medicine balls).</li> <li>- All exercises should be swimming specific; include team games.</li> </ul>
<b>Competitions:</b> <ul style="list-style-type: none"> <li>- Local, regional and national swim meets. - Compete in all four strokes.</li> <li>- Compete in all distances.</li> </ul>

## Squad 2 Competencies

- Below you will see an example of the specifics this squad will be working on achieving.
- Much of this will be taught in each swimmers home programme.
- As a regional pathway we will be consolidating these skills along with monitoring them.

10-12 years (+ or – 1-2 years)
<b>Competencies:</b> <ul style="list-style-type: none"> <li>- Use of clock – monitoring times, checking heart rates.</li> <li>- Development of stroke technique.</li> <li>- Stroke counting, increase pace, consistency of repetition in sets.</li> <li>- Proficient with good starts, turns and under water fly kick.</li> <li>- Not breathing in and out of starts and turns.</li> <li>- Capable of 15 exercises with own body weight, holding correct posture &amp; movement patterns.</li> <li>- Capable of 15 flexibility exercises.</li> <li>- Awareness of competition pathway. IM based training.</li> </ul>
<b>Continuous Swim (Skill Based):</b> <ul style="list-style-type: none"> <li>- Free 1000m</li> <li>- 4 fly kicks off every wall.</li> <li>- 400m x 2 other strokes + 400 IM</li> <li>- 4<sup>th</sup> stroke=200m or 2x100+R15sec</li> </ul>

**Swim Speed (Skill and Time Based):**

- 4 x 25m on 1:00 IM (10m under water off walls)

**Kick Test:**

- 8 x 25m timed with 15m under water fly kick on 60.
- 8 x 50m max effort on 1.30.
- 8 x 100m on 2:10 (make interval).
- 3 x 200m max effort.

## Squad Retention

Retention in this programme will be based on the following points:

- Training attendance and commitment
- Engagement with coaches and staff
- Technical assessment and improvement
- Trainability & Resilience
- Work ethic
- Openness to learning
- Personal Accountability
- Swimmer buy-in to the Pathway Programme

## Squad 3 – Mark Treffers Squad

- This Squad targets all swimmers who have qualified for NZ Div 2 Champs, NZ Short Course Champs and/or NZ Age Group Champs
- Swimmers must attend all opportunities and remain in the programme for the duration of the year
- Enter and race in regional Southland Meets as set by each athletes home coach

## Squad 3 Aims:

- Below is a broad overview of what this squad will be covering.
- Please note this squad may at times be split into two – based on what meet they have qualified for.

13-14 years (+ or - 1-2 years)

**Optimizing 'The Engine' to Train and Compete:**

- Multiple stroke development.
- Enjoying, challenging and progressive experiences.
- Improve aerobic conditioning.
- Step up anaerobic conditioning.
- Incorporate more event specific individual training and race pace work.
- Continuation of speed work and race skills.

**Developing Skills:**

- Increase speed on under water fly kick (front, back and side) to the 15m mark.
- Master stroke count, stroke rate and technique under pressure and at race pace.
- Perfect race skills.
- Develop pacing capabilities.
- Demonstrate the ability to hold technique at race pace.

**Body Strength and Control:**

- Improve flexibility.
- Develop core stability.
- Improve balance.
- Include cross training activities.
- Continuation of swimming specific strength training exercises.

**Competitions:**

- Local, regional, national, and international swim meets.
- Compete in specific events
- In addition, compete in other strokes and distances.

### Squad 3 Competencies

- Below you will see an example of the specifics this squad will be working on achieving.
- Much of this will be taught in each swimmers home programme.
- As a regional pathway we will be consolidating these skills along with monitoring them.

13-14 years (+ or - 1-2 years)

**Competencies:**

- Understanding how to do pace work. - Maintain efficient technique. Increased volume.
- Racing skills.
- Excellence in starts, turns and under water fly kick.
- Some intense interval training.
- Compete in various stroke events and distances.
- Flexibility and body strength awareness.
- Dry-land strength training with correct posture and movement patterns, adding progressive resistance over time.
- Nutritional awareness.
- IM based training.

**Swim Test:**

- 7 x 200m Step test on 6m
- 6 x 100m max effort on 6m
- 12 x 50m max effort on 2.30

**Swim Speed (Skill and Time Based):**

- 8 x 25 Max on 1:00 (12m under water off walls)

**Kick Test:**

- 16 x 25m timed with 20m under water fly kick on 1:00.
- 10 x 50m max effort on 1:30.
- 12 x 100m on 1:45 (make interval).
- 5 x 200m max effort on 5m.
- 100m, 200m & 400m max effort.

### Squad Retention

Retention in this programme will be based on the following points:

- Training attendance and commitment
- Engagement with coaches and staff
- Technical assessment and improvement
- Trainability & Resilience
- Work ethic
- Openness to learning
- Personal Accountability
- Swimmer buy-in to the Pathway Programme

## Squad 4 – Brett Naylor Squad

- This Squad targets all swimmers who have qualified for NZ Open Champs and Para swimmers 2021
- Swimmers must attend all opportunities and remain in the programme for the duration of the year
- Enter and race in regional Southland Meets as set by each athletes home coach

Below is a broad overview of what this squad will be covering.

15-18 years (+ or – 1-2 years)
<b>Specificity of Training and Competition:</b> <ul style="list-style-type: none"><li>- Multiple stroke development.</li><li>- Enjoying, challenging and progressive experiences.</li><li>- Specialised individual training.</li><li>- Testing and data analysis.</li><li>- Enhanced performance goals.</li><li>- Continuation of speed work and race skills.</li></ul>
<b>Enhancing Skills:</b> <ul style="list-style-type: none"><li>- World Class under water speed.</li><li>- Master stroke count, stroke rate and demonstrate the ability to hold these and true technique during intensive training and at race pace.</li><li>- Fine tune all race pace skills.</li></ul>
<b>Fine Tune Postural Awareness:</b> <ul style="list-style-type: none"><li>- Develop specific individual weight training programmes.</li><li>- Refine flexibility.</li><li>- Enhance core stability.</li><li>- Increase range of motion and muscular coordination.</li></ul>
<b>Competitions:</b> <ul style="list-style-type: none"><li>- Regional, national, and international swim meets.</li><li>- Compete in specific events;</li><li>- In addition compete in other strokes and distances.</li></ul>

## Squad 4 Competencies

- Below you will see an example of the specifics this squad will be working on achieving.
- Much of this will be taught in each swimmers home programme.
- As a regional pathway we will be consolidating these skills along with monitoring them.

15-18 years (+ or – 1-2 years)
<b>Competencies:</b> <ul style="list-style-type: none"><li>- Fine tuning stroke technique.</li><li>- Understand race pace training sets.</li><li>- Transfer power into swimming.</li><li>- Transfer of wall speed into swimming speed.</li><li>- Specific strength training programme with correct posture and movement patterns, adding progressive resistance over time.</li><li>- Maintain flexibility.</li><li>- Nutritional awareness.</li><li>- Rest and recovery awareness.</li><li>- Knowledge of SNZ High Performance Pathways.</li><li>- Stroke and event specific based training.</li></ul>

**Swim Test:**

- 7 x 200m Step test on 6m
- 6 x 100m max effort on 6m
- 12 x 50m max effort on 2.30

**Swim Speed (Skill and Time Based):**

- 12 x 25m Max on 1:00 (15m under water off walls)

**Kick Test:**

- 16 x 25m under water fly kick on 1:00.
- 12 x 50m max effort on 1:30.
- 12 x 100m on 1:30 (make Interval).
- 5 x 200m max effort on 5m.
- 100m, 200m & 400m Max. Event specific customized testing

## Squad Retention

Retention in the Pathway Programme throughout the year will be based on the following points:

- Training attendance and commitment
- Engagement with coaches and staff
- Technical assessment and improvement
- Trainability & Resilience
- Work ethic
- Openness to learning
- Personal Accountability
- Swimmer buy-in to the Pathway Programme