

## RAUSWIM Level Review 2010

Dear Swimmers and Parents,

Along with the change in fee structure we are introducing, come changes to the squad levels. In order to make the pathway more clear as well as the expectations of the athletes and their families as well.

We have an outstanding tradition and history, and are excited about continuing this growth. Please understand that this document is current, but, will change over time.

The outline of the levels, including lane allocation begins below:

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5-5:15	Gold	Gold	Silver	Silver	Bronze	Bronze
5:15-5:30	Gold	Gold	Silver	Silver	Bronze	Bronze
5:30-5:45	Gold	Gold	NJR/NSR	NJR/NSR	NSR	NSR
5:45-6	Gold/NJR	Gold/NJR	NSR	NSR	NSR	NSR
6-7	NJR	NJR	NSR	NSR	NSR	NSR

National Junior will do a scaled PT with Mike and Jim from 5-5:30, then be coached by Jason for the Water Portion. They will warmup for 15 minutes in lanes 1-4, and then move to work with the Gold group at the end of their session.

Jason will coach Gold and Silver, Brogan will be in charge of Bronze, then assist with Gold and Silver once that is finished.

### GROUP OVERVIEW

#### Bronze

1st group out of Learn to Swim

Age 5-10

Kids attend 1-2 sessions per week, 30 minutes

In the Water:

- Teach all Strokes, Simple Drills-demand perfection
- Educate all in The Road Rules/Training Etiquette-starting and finishing, rotate leader to get everyone familiar with how to train properly
- Read the Pace Clock
- Emphasis on body position and leg contribution (always kicking)
- Find something that they do well, and refine that.
- Body Position is everything, skill is everything-NO need for conditioning sets

Dry: Static exercises on deck to create awareness of the midline, and its role in the water

Target Competition: Club Nights

**Parental Expectation:** Timekeep 1x a term

To Move Up, a non-exhaustive criteria list:

- Physical Ability to train with Silver and Junior Coach Recommendation
- Appreciation of all 4 strokes

- Attending 2 competitions per term-Club Night and one more
- WNLC/WNLC Qualification Standard in 2 events, 2 strokes preferred

## **Silver**

Age 7-11

2-3 sessions per week, 30 minutes

In the Water:

- Continued Technique emphasis (all Strokes)
- Progressive and more complex drills, relating the purpose of skills, starts and turns with how these skills will impact race results
- Short conditioning sets (500-600m)
- More Road Rules (Get out past the flags, Leading Lane Order, Send-offs, Finishes)

Dry: Continued Static exercises, as well as introduction of basic movements, pushup, squat, deadlift, occasional Pullup work, more orientation toward CrossFit Kids basics.

Competition: Race Nights, Gold Coast Zone and Club League-2x/term expected

**Parental Expectation:** Timekeep 2x a term, Team Manage GCZ or Club League

To Move Up, a non-exhaustive criteria list:

- Physical Ability to train with Gold and Junior Coach Recommendation
- Competitive Attitude
- Familiarity with all 4 strokes
- Competent Starts and Turns
- 3 competitions per term
- WNLC/WNLC Qualification Standard in 4 events, at least 2 strokes

## **Gold**

Regionally competitive group at the Wellington Champs level

Age 7-11

2-3 Sessions per week-they have 5 to pick from, 60 minutes

Water Skills:

- Advance Technical Competence-correlate with competitive outcome-SKILL IS EVER ONGOING AND ESSENTIAL FOR SUCCESS, drills are a part of every workout
- Encourage champion qualities.
- Appreciation of the Work Ethic required with conditioning sets increased to 600-1000m
- Work towards better self regulation and understanding the purpose for each swim, expand self monitoring-awareness of training times
- Orientate the seasonal competitive structure

Dry: Continued Static exercises, as well as introduction of basic CrossFit movements

Competition: all of the competitions listed before PLUS Signature Meets-2x/term Expected

**Parental Expectation:** Timekeep 2x a term, Team Manage Gold Coast Zone or Club League event, Assistant Manage Signature/Wellington Championship

To Move Up, a non-exhaustive criteria list:

- Physical Ability to train with National Junior/Head Coach Invitation
- Championship Attitude
- Command of all 4 strokes
- Competent Starts and Turns
- 3 competitions per term
- WNSC/WNLC top 10 result or National Junior/Div2 Qualification Standard

National (Junior)

Coached by Head Coach, Assistant National Coach AND Junior Coach

Age 11-14

4-5 Sessions per week 2 hours PM, being technically based

Advance Technical appreciation of all strokes through the concepts of balance, rhythm, length and flow

Experience the work ethic of champions. IM conditioning-working all strokes

Specificity and Progressive Overload

Address goal setting/address time management, 15 minute meeting + take home sheet every 6 months

Work on weaknesses: Fortify Strengths

Dry: Complete indoctrination into CrossFit movements and principles

Competition: All of the above PLUS Regional Target Meets (Manawatu) and National Junior or Div2 meets

**Parental Expectations:** 6x/Year, any of the above as well as Team Manage Wellington Championship, Signature Level, or Officiate as Timekeeper/Marshal

To Move Up, a non-exhaustive criteria list:

There is no Major distinction between Junior and Senior, except they are still coached by the Junior Coach primarily, they are under the umbrella of the National Group. They train in a similar manner to the National Senior, with the number of sessions per week, and the emphasis on NAGs/Opens as an end goal are the major differences.

National (Senior)

Coached by Head Coach and National Assistant

ALL NATIONAL LEVEL

Age 13-19 Years

6-8 sessions per week, TWO mornings/week expected

2 hours PM, 1.5 hours AM, with Morning being technically based

Continuing refinement of technique-improve basic efficiency

Formalize goal setting and identify commitment, 15 minute meetings every season

Develop individual racing strategies/more specific development of main events/strokes

Ingrain the understanding of Specificity and Overload as applied to both skill and effort

Educate-everyone needs to know their history, records, splits, race profiles

Dry: CrossFit Emphasis-Refine the techniques required for effective participation in that segment of workout-Commitment to this part of the programme is essential.

Competition: National Age Group Championships (Short and Long Course), NZ Opens/Olympic Trials/Commonwealth Trials

**Parental Expectation:** 8x year, any of the above, as well as: Team Manage Regional or National Event, Referee, or Committee Member