

# SWIMMER / ATHLETE DEVELOPMENT OVERVIEW



← DEVELOPMENTAL AGE -2 -1 0 +1 +2 →

## CHRONOLOGICAL AGE



Physical Activity & Play

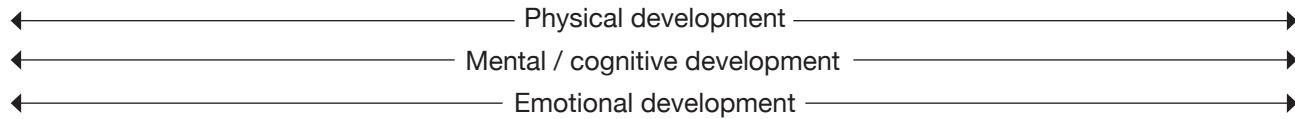


Giving Back

## TRAINING AGE +/-



**COGNITIVE DEVELOPMENT**  
Development of logic – ability to remember sets, calculate swim times and splits, Consequences of actions – understand rules of the sport



**EMOTIONAL DEVELOPMENT**  
Ethics, fair play and character building

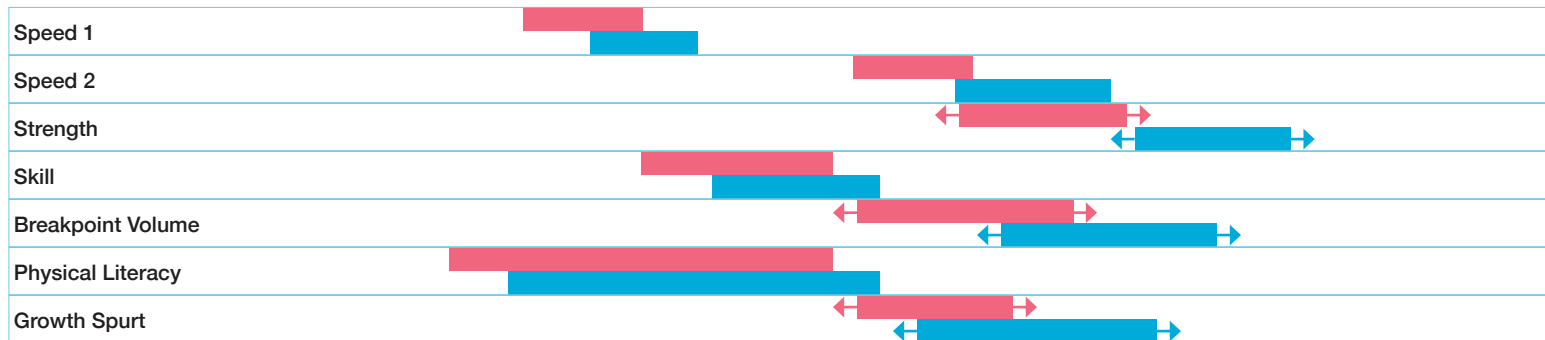
	ACTIVE START	FUNDamental	LEARN TO TRAIN	TRAIN TO TRAIN	TRAIN TO COMPETE	TRAIN TO WIN	ACTIVE FOR LIFE
Girls	Physical Activity & Play; ABCs (Agility, Balance, Coordination & Speed)	5 6 7	8 9 10 11	12 13 14	15 16	16+	Competitive for Life; Fit for Life; Sport and Physical Activity Leaders
Boys		6 7 8	9 10 11 12	13 14 15	16 17 18	18+	
		Physical Literacy multi-sport, skill acquisition and FUN	Skill development & enhancement across all parameters	Aerobic training priority, further develop skill, speed, strength & flexibility	Perform skills under variety of competitive conditions during training; optimum preparation	Focus of training shifted to maximization of performance; Performance on demand	

## SENSITIVE PERIODS OF ACCELERATED ADAPTATION TO TRAINING

### DEVELOPMENTAL AGE



**FEMALES** (Pink)  
**MALES** (Blue)



**SPEED 1**  
Quickness and agility less than 5 seconds

**SPEED 2**  
Alactic - power and capacity up to 20 seconds

**BREAKPOINT VOLUME**  
Building the engine for performance

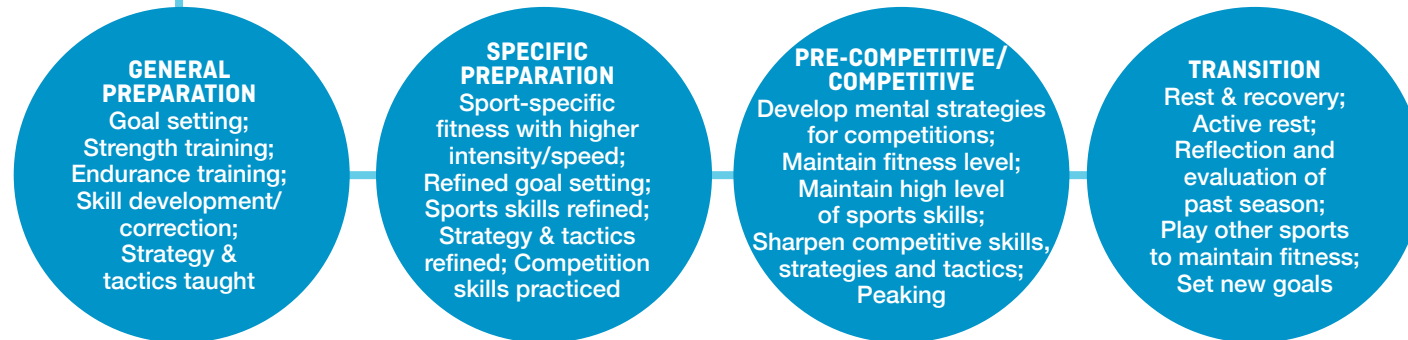
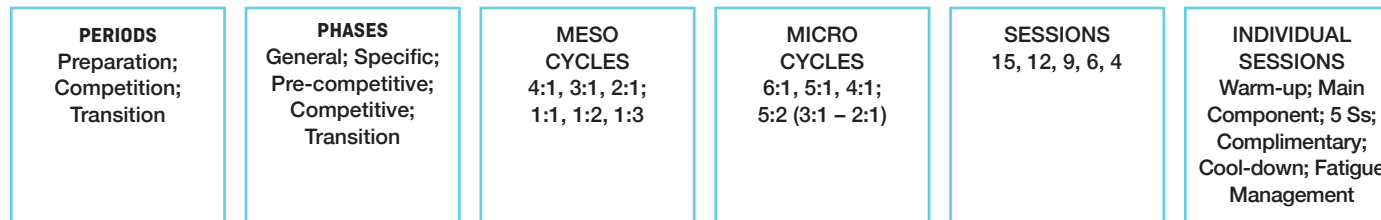
# SWIMMER / ATHLETE DEVELOPMENT OVERVIEW



## BASIC COMPONENTS OF TRAINING & PERFORMANCE

5 Ss of Training  
 (Stamina, Strength, Speed, Skill, Suppleness)  
 Planning Quantification and Implementation  
 Additional 5 Ss of training and performance: Structure; Schooling; Psychology; Sustenance and Socio-cultural

## PERIODIZATION



## ANCILLARY CAPACITIES

Warm-up Stretching Taper and Peak	Environment Mental Nutrition and Hydration	Cool-down Fatigue Management (Regeneration)	Health Equipment Socio-cultural
---	--	--	---------------------------------------

Integration of Sport Science, Sport Scientific Activities, Sport Medicine