



Lionville Community YMCA Competitive Swimming Model

<http://www.lcyswim.org>

Squad:	RED (Previously known as MINI (swim team) and BRONZE (stroke clinic))
Age Range:	Ages 7-10 (Younger with approval of Competitive Aquatic Director)
Training Period:	2-3 Years
Squad Placement:	<ol style="list-style-type: none">1. Must meet ability requirements AND2. Age 7-8 regardless of competitive experience OR3. Age 9-10 with less than two (2) years competitive experience OR4. Specifically placed by coaching staff
Ability Requirements:	<ul style="list-style-type: none">• Kick 25-yards of flutter kick, streamline on back• Swim 25-yards of freestyle with rotary breathing in 45 seconds• Swim 25-yards of backstroke in 45 seconds
Training Objectives:	<ul style="list-style-type: none">• Technique: All Strokes• Racing Skills: Starts, Turns, Pace• Aerobic Endurance• Sculling Drills• Speed at 25-50 yards• Simple Training Sets and Games
Motor Learning Objectives:	<ol style="list-style-type: none">1. Develop a feel for the water, the ability to make corrections in movement patterns2. Learn the technical skills of all four strokes3. Develop general body coordination and strength4. Learn good habits for maintaining and improving natural flexibility5. Learn to maintain correct technique on longer (sub maximal) swims6. Learn to maintain correct technique on short sprints
Knowledge and Attitudes:	<ol style="list-style-type: none">1. Enjoyment of pool and land based activities2. Learn to function as an individual within a group activity3. Become familiar with rules and competitive situations4. Learn about stroke technique and training methods
Competitive Objectives:	Have fun and learn to participate without anxiety or distraction. Personal improvement (in both performance and skill) and enjoyment should be recognized and reinforced.



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Squad:	BLUE (Previously known as PREP (swim team) and SILVER (stroke clinic))
Age Range:	Ages 9-12
Training Period:	2-3 Years
Squad Placement:	<ol style="list-style-type: none">1. Must meet ability requirements AND2. Age 9-10 with at least two (2) years competitive experience OR3. Age 11-12 with less than three (3) years competitive experience OR4. Specifically placed by coaching staff
Ability Requirements:	<ul style="list-style-type: none">• Swim 100-yards of freestyle in 2 minutes• Swim 100-yards of individual medley in 2 minutes 30 seconds• Perform racing dive from the starting platform• Perform forward somersault in the water to the wall
Training Objectives:	<ul style="list-style-type: none">• Technique• Racing Skills• Aerobic Endurance• Speed (25-50 yards) and Acceleration• Greater Mix of Training Methods
Motor Learning Objectives:	<ol style="list-style-type: none">1. Improve stroke technique and learn race skills (such as turns, starts, pacing and acceleration)2. Consolidate stroke development3. Improve conditioning components of endurance and speed while maintaining stroke technique4. Develop simple race strategy and tactics
Knowledge and Attitudes:	<ol style="list-style-type: none">1. Enjoyment of pool and land based activities2. Become part of the club, team, squad, culture3. Develop habits which support and active, healthy lifestyle4. Begin to function with less direct supervision and make positive decisions regarding training compliance
Competitive Objectives:	Club level competitions leading up to District competitions. Skill development, improvement and number of events swum are the most important goals.



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Squad:	YELLOW (Previously known as JUNIOR (swim team) and GOLD (stroke clinic))
Age Range:	Ages 11-14
Training Period:	2-3 Years
Squad Placement:	<ol style="list-style-type: none">1. Must meet ability requirements AND2. Age 11-12 with at least three (3) years competitive experience OR3. Age 13-14 with less than four (4) years competitive experience OR4. Specifically placed by coaching staff
Ability Requirements:	<ul style="list-style-type: none">• Swim 200-yards freestyle in 3 minutes 20 seconds• Swim 200-yards individual medley in 4 minutes• Perform a racing dive from the starting platform• Perform competitive turns for all four strokes
Training Objectives:	<ul style="list-style-type: none">• Technique• Increased Volume• Racing Skills• Speed (25-50 yards) and Acceleration• Introduce some Intense Interval Training
Motor Learning Objectives:	<ol style="list-style-type: none">1. Maintain efficient technique as body proportions change2. Accommodate increases in muscle strength to improve swimming efficiency3. Retain diversity of performance goals (compete in various stroke events and distances)4. Improve both steady pace and sprint performance using ideal stroke technique (all strokes)
Knowledge and Attitudes:	<ol style="list-style-type: none">1. Enjoyment of swimming activities and desire for personal improvement2. Broader knowledge of training methods and the resulting performance outcomes3. Improved personal management skills (balancing training, school and social objectives)4. Develop self-discipline and increasing commitment to swimming
Competitive Objectives:	Club and District/State level competition. Performance goals should be evaluated regularly, as they apply to both training and competition. Each race opportunity is used as a learning experience.



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Squad:	GREEN (Previously known as SENIOR (swim team) and PLATINUM (stroke clinic))
Age Range:	13-18
Training Period:	3-5 Years
Squad Placement:	<ol style="list-style-type: none">1. Must meet ability requirements AND2. Age 13-14 with at least four (4) years competitive experience OR3. Age 15-18 regardless of competitive experience OR4. Specifically placed by coaching staff
Ability Requirements:	<ul style="list-style-type: none">• Swim 200-yards freestyle in 3 minutes• Swim 200-yards individual medley in 3 minutes 30 seconds• Perform a racing dive from the starting platform• Perform competitive turns for all four strokes
Training Objectives:	<ul style="list-style-type: none">• Increased Volume and Intensity of Training• Integrated Training Model• Begin to Specialize• Perfect Technique and Skills
Motor Learning Objectives:	<ol style="list-style-type: none">1. Adapt to diverse training methods2. Refine stroke technique during all speeds and intensity of swimming3. Apply strength and power to swimming performance4. Specialize in strokes and competition distances5. Retain range of motion and muscular coordination at all swimming speeds6. Refine race skills (starts and turns, tactics, pace, etc.)7. Learn to taper for peak performance
Knowledge and Attitudes:	<ol style="list-style-type: none">1. Enjoyment of the process (i.e. goal setting) and product (i.e. attainment of results) of sports participation2. Understanding and practicing performance management skills (such as good nutrition, recovery techniques, mental skills, etc.)3. Independence (i.e. working with a coach and support personnel, but taking responsibility for self)4. Improved personal skills (including education and vocational objectives)
Competitive Objectives:	District/State and National performance goals. Competition in 'open' events as ability improves. Selection of events begins to focus on stroke and distance. Race strategies and mental skills are perfected.