

CDSC Athlete Development Model

CATEGORIES		FUNDAMENTAL	LEARNING TO TRAIN	TRAINING TO TRAIN	TRAINING TO COMPETE	TRAINING TO WIN
Criteria	Biological Age	Male: 7-9 years Female: 6-8 years	Male: 10-12 years Female: 9-11 years	Male: 12-16 years Female: 11-14 years	Male: 16-18 years Female: 14-16 years	Male: 18+ years Female: 16+ years
	Chronological	1st & 2nd year	2nd & 3rd year	3rd to 5th year	4th to 7th year	6th + year
	Standards	Novice	Novice to AAA	AA to Youth	AAA to National	National
Commitment	Water Hrs / Wk	1 to 2	4 to 6	7 to 12	14-18	20
	Dry Hrs / Wk	1	1 to 2	3 to 5	5 to 7	7+
	Practices / Wk	2 to 3	4 to 6	5 to 8	8 to 9	10+
	Months / Year	9 to 10	10 to 11	11	11	11 to 12
Physical Preparation	Development	Teaching / Movement Literacy	Skill Development	Skill / Aerobic Development	Competitive / Physical Development	Specialization & Performance
	Growth & Physical Considerations	CNS Fully Developed 1st Speed Window	Skill / Motor Learning Window Onset of PHV Endurance Window	PHV-Endurance Focus Onset of PWV Strength Window	PWV - Strength Window Diagnostics 5's	→
	Periodization	Structured Program	Single - 1x48 Weeks	Double - 2x24 Weeks	Double 2x24 or Triple 3x15 Weeks	Double (Distance) Triple (Mid-Distance / Sprinters)
	Weekly Volume	Skill Acquisition	8000m-20000m	25000m-40000m	44000m-60000m	Pending Specialization
	Annual Volume	100km-200km	500km-1000km	1200km-2000km	2100km-2500km	Pending Specialization
	Alactic Power	Introduction	Basic Development	→	Specific Development	→
	Alactic Capacity	Basic Development	→	→	Specific Development	→
	Anaerobic Power			Introduction	→	→
	Anaerobic Capacity			Introduction	→	→
	Aerobic Power			Introduction	Develop	→
	Aerobic Capacity		Introduction	Develop	→	→
	Core Strength	Introduction	Basic Development	Advanced Development	Refinement	Mastery
	Strength Endurance			Introduction	Basic Development	Specific Development
	Power			Introduction	Develop	→
	Maximum Strength				Introduction	Develop
	Coordination	Introduction	Develop	→	Refinement	Mastery
	Agility	Introduction	Develop	→	Maintain	→
	Flexibility	Introduction	Develop	Maximize	→	→
Swimming Specific	Development of dolphin kicking, breaststroke, sculling Introduction to other strokes, rules, starts & turns	Proficiency of dolphin kick & breaststroke, sculling Development of other strokes, starts & turns	Development of aerobic base & all 4 strokes – Refinement of starts & turns	Complimentary events, training for best event – Mastery of starts & turns	Event Specialization	

CDSC Athlete Development Model

CATEGORIES		FUNDAMENTAL	LEARNING TO TRAIN	TRAINING TO TRAIN	TRAINING TO COMPETE	TRAINING TO WIN
Injury Prev.	Body Alignment		Identify	Reccommendations	Specialist	
	Muscle Imbalances		Identify	Team / General	Individualized / Specialist	
	Shoulder Stabilization		Introduce	Team / General	Individualized / Specialist	
Mental Skills	Team Cohesion	Introduction	Practice		Lead	
	Training Habits	Introduction	Develop	Refinement		Mastery
	Training Attitudes	Introduction	Develop Self Motivated	Refinement	Mastery	
	Competitive Attitudes	Introduction	Develop	Refinement	Mastery	
	Commitment Level	Flexible Expectation		Moderate Expectation	High Expectation	
	Confidence		Introduction	Develop	Refine	
	Imagery		Introduction	Develop	Refine	
	Self Awareness		Introduction	Develop		
	Goal Setting		Introduction	Develop	Refine	
	Ideal Performance State			Introduction	Develop	Refine
	Swim to Win Playbook			Introduction	Applied	
Mission Statement		Introduction		Applied		
Competition	Profile	Intro / Time Trials / Relays	Various	3 under-2 current-1 above level	2x 3-2-1	Specialized
	Limit	No Limits	No Limits	8 Maximum	12 Maximum	Pending Specialization
	Events	Tops, 25m-50m	Distance / IM Orientated	All	Event Detection / Complimentary	Specialized
	Duration	1/2 day	1/2 to 1 day	2-4 days	1-5 days	1-8 days
	Type	Inter-club - Dual - Time Trials	Regional	Provincial / National	National / International	Individual
	Performance Targets	None	Execution of Skills / Top 16 Provincial	Top 3 Provincial / Top 16 National / BC Teams	Top 3 National / Junior Nat Teams	National Team
Other	Equipment Needed	Basic	Intermediate Provided by Self	Advanced Provided by Self	Supplemented by Team	
	Swim-a-thon	Encouraged	Mandatory			Optional
	Training Camps (Local)		Encouraged	Expected		
	Training Camps (Travel)			Available / Encouraged	Expected	
	Stroke Developmental Camps	Mini Stroke Camps	Inter-club Camps	Provincial	Provincial / National	National
Parental Involvement	Volunteering	Encouraged	Expected			
	Parent Meetings	Expected				
	Board Members		Eligible	Encouraged		
	Officiating	Expected				
	Fundraising	Encouraged	Expected			
	Team Manager			Encouraged		