



Age Group Elite (AGE) Description

Swimmers making the AGE group need to have made a decision about where they want to go with swimming. They have made the goal to compete at their highest level in this sport as AGE is used as a jump off point to get to that level. Because of this goal swimmers are expected to make swimming a year round priority over all other activities. Though other activities are not to be excluded, they should not affect the training and competition of swimming. 80% attendance and an attempt to make swimming a more holistic part of one's life are necessary to achieve the dedication component.

The Age of swimmers moving up to this group will be from 12-14 but is not excluded to that age group. These swimmers must have met a minimum level of speed relative to that of their age. They must be at the top or close to the top in their age group and must be on their way to achieving 15 and over A times in a wide range of events. Because the age range varies AGN times for the 12+under girls and 13 and under boys are used as a standard to gauge where they should be but are not as important.

Swimming is a very technical sport involving a lot of different drills and technical work. Ones understanding of these drills and technique are necessary and therefore intelligence and commitment to the understanding of these skills is necessary as well as in other aspects of the swimmers lives like school for example.

Training and technical goals must be established to allow the swimmer to train all four strokes fast enough and technical enough when asked to do so. Due to the increase in mileage and training it is necessary that the swimmer can maintain technique through the tiring times.

Ultimately we want a swimmer in AGP that is committed to learning and training in all aspects of their life, who desires to be the best in the world, who can demonstrate technique at a high enough level, who can maintain that technique even when things get tough and someone who has made certain training and speed oriented milestones.

Technical Description of Athletes to Enter the AGE Group

Fast	Dedicated	Educated	Trainable	Technical
Closed to Senior Provincial Times (2%)	Is willing to focus primarily on swimming	Is regarded in high academic standing in school	Can hold Sustained freestyle effort of 4000m at 1:40 pace	Ability to maintain correct body position through The most drills of all strokes
Regionally Competitive in ones age group	Commitment = to 80% attendance throughout the whole year	Has knowledge of Most basic drills and how they relate to swimming	Can Hold 6x200 IM at 3:30 pace	Consistency of Improvement in all 200m events

Achieved Numerous Provincial Times in ones age group	Completes every meter of every set the way it is made to	Is aware of the Pace Clock	Kick 300 in under 6:00 and streamline Kick 50 meters in under 55	Proper kick rate in all four strokes
Close to achieving Year 1AGN times(4%)	Willing to start accepting a swimming "lifestyle" outside of practices	Has mastered all basic technical terminology	Can train all technically sound strokes on 1:05 pace For at least 500m	Breakout capability to at least 7m off every wall
				Basic Physical understanding of Stroke Rate and how it relates to speed
				Ability to use transitions in races as an advantage

Age Group Elite Program & Schedule
Name of Coach: Tim Smith

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		6-7 Dryland		6-7 Dryland		7:15-7:45 Dry land 8-10 Swim
PM	4:15-6:30 Swim	4-6 Swim	4:15-6 Swim 6-6:30 Dry land	4-6 Swim	4:15-6:30 Swim	