



Development 3 Group Description

Saskatoon Goldfins most advanced developmental squad, Dev 3 begins a focus towards swimming at an elite level. In this phase in the Saskatoon Goldfin program all basic fundamentals will become mastered. The focus in Dev 3 is to begin an increase of volume while displaying correct fundamentals. Volume will be limited to the swimmers ability to retain correct technique, and adequate skill. In order to ensure that all skills and techniques are covered attendance should be a high priority. During competition there will be a larger focus on technical execution, and a secondary focus on speed and performance. See below the stroke by stroke focus, and progression towards graduating into Age Group Elite program.

Dev 3 Minimum Entry Requirements

Fast Enough	Dedicated	Knowledgeable	Trainable	Technical
Closing in on A times 200 IM/400 free	Committed to Dev 3 schedule	Can read the pace clock	Can perform 500 meters of every stroke on :40/25 interval	Legal technique in all 4 strokes
	Expressed interest in progressing technical abilities	Able to measure own times on the pace clock.	Can swim aerobic freestyle on 2:00/100 for 1000 meters	Legal turns consistently all 4 strokes
		Understand descending, ascending.	Ability to train 100 IM's @ 2:20/100 base all with adequate skill	Correct kicking technique for all strokes
		Understand negative splitting	Can kick 600 meters @ :45/25 base	Knowledge and execution of perfect push offs
				Knowledge and execution of correct starts

Focus of the Dev. 3 Program

With the above stated tool box all basic skills must come together and become well engrained into the swimmers training and racing. Aerobic training will come into a larger portion of the program routine, and will challenge the swimmers ability to maintain correct fundamentals. Maintaining fundamentals under aerobic fatigue will lead to increased technical ability that will assist in long term success. Developing a serious attitude in this squad will be an expectation. Listening to instructions and being coachable will be needed requirements for the AGE program.

Development 3

Name of Coach: Sean Pederson

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM					7:45-10 am

PM	6-6:30 Sprint Dry Land 6:30-8	6:30-8 Swim	6-6:30 Sprint Dry Land 6:30-8 Swim	6:30-8 Swim
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