

CRAWFISH AQUATICS PROGRAM PHILOSOPHY

Crawfish Aquatics subscribes to the Multi-Year Comprehensive Training Development for Swimming. This program method incorporates a number of basic training principles and takes individual differences in age and ability into account. The multi-year approach is one of the reasons we divide our swimmers into the groups of Swim School, Pink, Green, Yellow, White, Red, and Blue. Different emphasis and instructional patterns are established for the groups so there is a progression from one group to a higher group. The program structure is designed to correspond with the normal development of children from basic motor skill learning to elite performance of swimming skills.

In this method there are several physiological or training principles that are used or adapted for the creation of daily, weekly, quarterly, yearly, and swimming career plans. The following Principles of Training with short descriptions are implemented by your Crawfish Aquatics Coaching Staff.

1. Individual Response Principle

Swimmers will respond differently to the same training. A number of factors or combination of these factors can be the reason:

- a. Heredity-each athlete is given genes by parents that lead to development
ex. – no two humans are exactly alike (even twins)
- b. Maturity-athletes develop physically at different rates
ex. – early bloomer, late bloomers
- c. Nutrition-an athlete's diet is a major factor that can aid or hinder performance
ex. – a diet of refined sugar's leads to increased fatigue and weakness
- c. Rest and Sleep-athletes need quality rest and adequate sleep for performance
ex. – a person lacking in sleep fatigues faster and makes more mistakes
- d. Motivation- internal desire and drive to perform can determine performance.

2. Adaptation Principle

Physiological or body changes take place as the body adapts to training and physical activity occurs. These adaptations include improved cardiovascular system, improved muscular endurance and strength, stronger bones, stronger tendons, and stronger ligaments.

3. Overload Principle

The training program incorporates three concepts that must meet minimum levels for improvement to occur:

- a. Repetition-how many (ex. - number of 50's, breaststroke sets, sprints)
- b. Frequency-how often (ex. – number of practices per week)
- c. Intensity-how hard (ex. – 95% effort)

4. Progression Principle

Training must gradually progress for the training adaptations to take place. Training is gradually increased throughout the year and training is different from group to group (both distances and stroke categories). Training progresses from teaching of the general to teaching the specific. Along with the physical progression, there must be a level of maturation attained to handle increased training of a higher group.

5. Long-term Training Principle

Long-term training over multiple years allows for gradual progress through the different groups, development of the body and strokes, skill learning, development of race strategy, and a better understanding and appreciation for the spirit of competitive swimming.