

A SWIMMERS TOOL BOX

It is a given that the world's best swimmers have personality characteristics of ...

- Fearlessness
- Consistency
- Resistance
- Dedication
- Commitment
- Competitiveness

There are a number of other personality characteristics that can be identified in most experienced older and successful athletes. They are the things or actions that support their performances in competition, training and out of the pool.

The following lists of training and competition competencies are the minimum expected levels for the various Aquaknight levels.

#1 Training Competencies

- Use of clock for timing during sets checking heart rates.
- Use of equipment kickboards fins, pull buoys, fluid bottles.
- Maintenance of technique, stroke counting, Increase pace, consistency of repetition.
- Use of heart rate monitoring

#2 Continuous swim test (skill base)

- Free 1000m
- 2 other strokes 400m
- IM 400m
- 4th stroke 200m or 2x100 + 10 sec

#3 Speed (Skill / time standards)

- 4x25m + 2min IM order

#4 Testing

- Kick endurance
- Power test

Land based training

- Agility / coordination testing
- Capable of 10 flexibility exercises
- Capable of 15 land exercises with own body weight.
- Awareness of pathway.

Junior Aquaknights



Silver / Bronze Aquaknights



#1 Training Competencies

- Use of clock for monitoring heart rates during sets.
- The correct use of training equipment.
- Maintaining technique in training and demonstrating proper training protocols.
- Stroke counting; speed variation; negative splitting.
- Accurate and consistent performance of training sets at relevant intensities
- Pre training and race warm up and loosen protocols.
- Recovery strategies
- Have a means of tracking training and competition results, for example log books and training slates

#2 Continuous swim test (time /skill base)

- Free 2km
- 400 IM
- One Olympic distance /stroke at required FINA point's level.

#3 Speed (Skill / time standards)

- 6x100 on 6:00min

#4 Testing

- 5x200 kick endurance
- Power test

Land based training

- Have a good understanding of land based training
- Understand the CSNZ pathway

International / Gold Aquaknights



International and Gold Aquaknights will demonstrate a high level of skill in all training competencies set for the Silver and Bronze levels and in addition will:

#1 Training and out of training competencies

- Being able to carry out race pace strategy sets with a high level of skill.
- Maintain accurate records of training and competition tracking information.
- Complete an Individual Performance Plan (IPP)
- Demonstrate a thorough understanding of your, CSNZ and SNZ annual competitive plan and pathways.
- Using mental skills, imagery and attention control.
- Learning to create the individual ideal performance state.
- Develop an understanding:
 - Drug testing protocol.
 - Dealing with media.
 - Learning to interact with other coaches.
 - Working within the CSNZ team culture.

#2 Test sets

- Submitting to the Regional Director of Coaching at regular intervals, results of predetermined test sets that are used in each individual swimmers programme.

Land based training

- Have an understanding and be able to carry out an unsupervised land based programme.
- Squad members over the age of 17 years are encouraged to undertake a staged gym programme

Individual Performance Plans (IPP) International and Gold Squads

The main focus of the CSNZ pathway is for a constant pursuit of improved performances along the FINA point's pathway. It is therefore important that swimmers and coaches do not leave this to happen but improvement along the point's pathway is made to happen by design.

Part of that process will be for the coaches of International and gold squads to complete IPP's in conjunction with the Regional Director of Coaching.

The IPP will cover the core areas of

- Athlete profile
- Competition plan
- Performance targets
- Performance tracking
- Critical success factors

In addition to each swimmers annual training plan being supervised by the Regional Director of Coaching, is to ensure that the training periodization is following a well-structured pathway and that all energy systems are being trained to an appropriate level to enhance performance at each pinnacle event.

The critical element of this monitoring will be to ensure each swimmer at this level is in a coaching environment that is providing the quality of coaching and the support structures needed to keep on the pathway.

GAP ANALYSIS —→ TIME AVAILABLE FOR CHANGE

All swimmers from Bronze through to International should spend time working out where they are now and where they want to be at the end of each training phase. It is particularly important for the International and Gold squad who are working on IPP's.

1. Target Competition:

All competition should have a purpose and each competitive swim should be within a 3% performance band (competitive Zone) this will ensure you are working towards your goal times and maintaining position on the point's pathway.

2. Gap Analysis:

The information you need to work on the gap analysis:

(a) Current Status / Target Competition

Date

Month

Name Venue Date Month

Months Available

The next stage is to work out the gap between the current time and what has to be done at the target meets to qualify. This swimmer is currently on 671 points for the 200m freestyle, (1:56.50) and needs qualify for the Aquaknights Gold Squad at 750 points (1:52.26) in April 2012 to be on the team to the American Grand Prix Series – 15 months

Calculate time/ percentage difference

Current Performance - Goal Performance - Time - Percentage

761pts - 750pts = 4.24sec = **3.64%**

Rule:

You should never swim outside 3% of your personal best in competition, narrowing the performance margin down as you get close a pinnacle event.

Example:

Target competition:

Event: Nationals					
Current Status		Target Competition			Months Available
Date	Month	Name Venue	Date	Month	
1st	January 2011	Auckland	1st	April 2012	
					15

Gap analysis

Event: Nationals - Qualify Gold Squad					
Calculate time percentage difference			Difference		
Current Performance	Goal Performance	Time	Percentage		
Points: 761	Time: 1:56.50	Points: 750	Time: 1:52.26	Minus 4.24 sec	
				= 4.24 sec	= 3.64%

Making It Happen: 4.24 sec improvement over 15 months = .28sec per month

Rule:

1. Each months training should reflect that improvement e.g.: If you are doing a test set each month, then aim to show that same improvement each month it's all about **TRACKING!**
2. It is considered realistic (rule of thumb) that 3% improvement is achievable in 12 months

"SUCCESS IS ALL ABOUT THE QUIET ACCUMULATION OF SMALL TRIUMPHS"

Note: The template is available from the Regional Director of Coaching

Four Regions Aquaknights Qualification Criteria

<ul style="list-style-type: none"> The 2010 FINA Points tables LC / SC will be used January 2011 – December 31st 2014 <ul style="list-style-type: none"> International 800+ Open age Gold 750+ Male / Female born 1994 - 1993 Silver 700 + Male 1995 – 1994 / Female 1996 - 1995 Bronze 600 + Male 1997 – 1996 / Female 1998 – 1997 Junior Aquaknights Region selection Male 1998 - 2000 / female 1999 - 2001 Qualifying Period 1st January – December 31st of each year. <ul style="list-style-type: none"> Long Course 1st January – December 31st (no converted times permitted) Short Course 1st May - 30th September (only) Olympic events only Qualifying competition. <ul style="list-style-type: none"> International Competition e.g. Australian Nationals / State Championships, American Grand Prix, FINA world Cup etc. SNZ National Championships, Regional Championships. CNI Championships. All camps are compulsory with the exception of swimmers selected in national teams and camps. Qualifying is dependent also on the completion of IPP's, test sets and an annual plan being prepared and made available to the Regional Director of Coaching.
--

Aquaknights Competition / Camps

Date	Venue	Competition / Camp	Qualifying
2011	2011 will be used as a setup year to embed the new Aquaknight Pathway with camps being held to consolidate the different squads. Once dates are known for SNZ activities it is planned to hold camps Friday– Sunday separately for each of the Aquaknight Squads –		
September / October	In each of the four Regions	Camps To coincide with the RCD visits	<ul style="list-style-type: none"> Junior Aquaknights Region Selection
December	Rotorua	Camp <ul style="list-style-type: none"> Testing Review plan 	All Aquaknight Squads
2012			
January	South Island	Internal Tour Regional Championships	<ul style="list-style-type: none"> Bronze 600+
January	Camp / competition Australia	Australian State Championships	<ul style="list-style-type: none"> Silver 700+
June	America	3 x Grand prix Series	<ul style="list-style-type: none"> International Gold } 750+

2013	<ul style="list-style-type: none"> The programme through to December 2013 would mirror that of 2012 with the expectation that there would be movement through the squads. With the team going back to America in 2013 having some swimmers who are tracking towards qualifying for Glasgow in 2014.
2014	<ul style="list-style-type: none"> A training camp off shore for 850+ squad members would be held in preparation for the trials at the 2014 Open Nationals.

Coaches Meetings Annual Format

Date	Venue	Purpose
12 th February	Hamilton CSNZ Championships	<ul style="list-style-type: none"> • Discuss meet • General
6 th – 8 th May	Rotorua Coach Summit	<ul style="list-style-type: none"> • Planning • Education
September / October	HBPB / BOP / Taranaki On the Saturday at each meet	<ul style="list-style-type: none"> • Discuss meet • General

Regional Director of Coaching Programme visits

Date	Venue	Purpose
11 th – 13 th February	Hamilton	CSNZ Championships <ul style="list-style-type: none"> • Coach Meeting • Aquaknight meetings
5 th – 9 th April	Auckland	SNZ Open Championships
6 th – 8 th May	Rotorua	Coaches Summit
10 th September – 9 th October	Four regions	<ul style="list-style-type: none"> • Regional Champs • Programme visits • Junior Aquaknight
12-14 th December	Rotorua	<ul style="list-style-type: none"> • All Aquaknight Camp

The Central Swimming New Zealand competitive and training plan will be reviewed annually at the Regional Coaching Summit.