

TIPS FOR AGE GROUP PROGRAMS

1

CORE SKILLS

Technique and core skills are perfected before adding intensity to training.



2

DEVELOPMENT

Prioritise development over winning. Create a culture and environment focused on long term success.

3

PLAY

Learn through play with your younger swimmers. Let them experiment and have fun. Create a genuine love of the sport!



4

MULTI-SPORT

Encourage your swimmers to participate in multiple sports to help build all-round physical literacy



5

INDEPENDENCE

Create independent and autonomous swimmers who are capable of good decision making and self-regulation

6

DEVELOPMENT WINDOWS

Ensure training is appropriate for the age/stage of their development. If you jump ahead it can become difficult to back-track later.



7

HUMILITY

Create humble athletes that are eager to learn. Humility is the foundation of learning!



8

FUN

enjoy!

Ensure that your program is a fun place to be. If your swimmers are not having fun with you, they will find somewhere else or another sport where they can.

9

LIFE-SKILLS

Teach your swimmers appropriate life skills. It is easier to build strong performance behaviours once they are in place.



10

PARENTS

Engage the parents in your club. Tell them what you are doing and why, so they understand the journey their children are on.