

SNZ Recommendations for Junior and Age Swimmers



Category	Improvement Criteria	Recommended Guidelines				SNZ Development Opportunities	Considerations and Objectives				SNZ Leader
Est. Age (years)		Sessions pw	Volume per session	Dry Land	Competitions		Training Objectives	Motor Learning Objectives	Knowledge & Attitudes	Competition Objectives	
13-14	XLR8 Points	6-9 90-120mins	4-7km	3 sessions 45-60mins	1 meet monthly: Arafura Games/PSG NZ/Aus Age champs Regional championships and competitions	Regional Age Group Development Camps	IM based technique - all strokes, begin to specialise Increase volume and intensity of training Perfect technique and skills	Adapt to diverse training methods. Refine stroke technique during all speeds and intensity of swimming. Apply strength and power to swimming performance. Begin to specialise in strokes and competition distances. Retain range of motion and muscular co-ordination at all swimming speeds. Refine race skills (starts & turns, tactics, race prep etc). Learn to taper for peak performance	Enjoyment of the process (i.e. Goal setting) and product (i.e. Attainment of results) of sport participation Understanding and practicing performance management skills (such as good nutrition, recovery techniques, mental skills etc.) Independence (i.e. working with a coach and support personnel, but taking responsibility for self) Improved personal skills including education & vocational objectives	Regional and national (age group) performance goals Competition in 'open' events as ability improves Selection of events begins to focus on stroke and distance Race strategies and mental skills are perfected	Trevor Nicholls 021540034 trevor@swimmingnz.org.nz
Boys 12-13 Girls 11-13	XLR8 Points	4-6 75-90mins	3.5-6km	2-3 sessions 30-45mins	1 meet monthly: NZ Junior championships Regional championships and competitions	Regional Junior or Age Group Development Camps	IM based technique - all strokes Increase volume Racing skills, Introduce some intense interval training Speed (<50m) & acceleration	Maintain efficient technique as body proportions change. Accommodate increases in muscle strength to improve swimming efficiency. Retain diversity of performance goals (compete in various stroke events and distances). Improve both steady pace and sprint performance using ideal stroke technique (all strokes)	Enjoyment of swimming activities and desire for personal improvement Broader knowledge of training methods and the resulting performance outcomes Improved personal management outcomes Improved personal management skills Develop self-discipline and increasing commitment to swimming	Club, regional and national level competition (age group) Performance goals should be evaluated regularly, as they apply both training and competition Each race opportunity is used as a learning experience	Trevor Nicholls 021540034 trevor@swimmingnz.org.nz
10-12	XLR8 Points	3-5 60-75mins	2-3.5km	2 sessions 20-30mins	1 meet monthly: NZ Junior championships Regional championships and competitions	Regional Junior Development Camps	IM based technique - all strokes Fundamental skill development (i.e. sculling, streamlining) Racing skills (starts, turns) Build aerobic endurance Speed (<50m) & Acceleration	Improve stroke technique and learn race skills (turns starts, pacing, acceleration). Consolidate stroke development. Improve conditioning components of endurance and speed while maintaining stroke technique. Develop simple race strategy and tactics	Enjoyment of pool and land based activities Become part of the club, team, squad culture Develop habits which support an active, healthy lifestyle Begin to function with less direct supervision and make positive decisions regarding training compliance	Club level competitions leading up to regional championships Skill development, improvement, and number of events swum are the most important goals	Arjun Haszard 0272916107 arjun@swimmingnz.org.nz
8-10	Fundamental skill development	2-4 40-60mins	.75-2km	1-2 sessions 15-25mins	Regional competitions Club meets		IM based technique - all strokes Fundamental skill development (i.e. sculling, streamlining) Racing skills (starts, turns) Build aerobic endurance Speed at 25-50, Simple training sets and games	Develop a feel for the water, the ability to make corrections in movement patterns. Learn the technical skills for all 4 strokes. Develop general body co-ordination and strength. Learn good habits for maintaining and improving flexibility. Learn to maintain correct technique on longer (submaximal) swims and short sprints	Enjoyment of pool and land based activities Learn to function as an individual within a group activity Become familiar with rules and competitive situations Learn about stroke technique and training methods	Have fun and learn to participate without anxiety or distraction Personal improvement (in both performance and skill) and enjoyment should be recognised and reinforced	Arjun Haszard 0272916107 arjun@swimmingnz.org.nz
SNZ Youth and Age Group Development Programme						Note: during some developmental stages the 'average' girl may be capable of handling a greater volume of training than the 'average' boy, due to an advanced rate of maturation					
SNZ Dryland Programmes											
XLR8 Programme Information											