



## **Modernian Swimming Club Vision**

The aim of Modernian swimming club is to identify and develop the best athletes in the country, providing them with the Platform they need to compete at Regional, National and International Level. Our main aim is to create an environment that is both safe and challenging whilst allowing every athlete to reach their full potential. Our programme Is Coach Driven, Athlete Focused and supported by our dedicated volunteer committee members and parents.

We offer a skill focused, High intensity training programme that enables athletes to be successful across the full Olympic programme from 50m through to 1500m. Modernian is currently the leading performance swimming programme in Bedfordshire. Our target for the future is to consolidate our position as the top club in the county and become one the best clubs in the country. Our core value is teamwork; each individual has a responsibility to their teammates and should support and encourage others. Our Decisions as a club are based on the best interests of the team first and foremost.

Modernian Swimming Club – “A team above all but above all a team”

### **MODERNIAN CORE VALUES**

Support every member of your team

Display a great work ethic and Positive Attitude

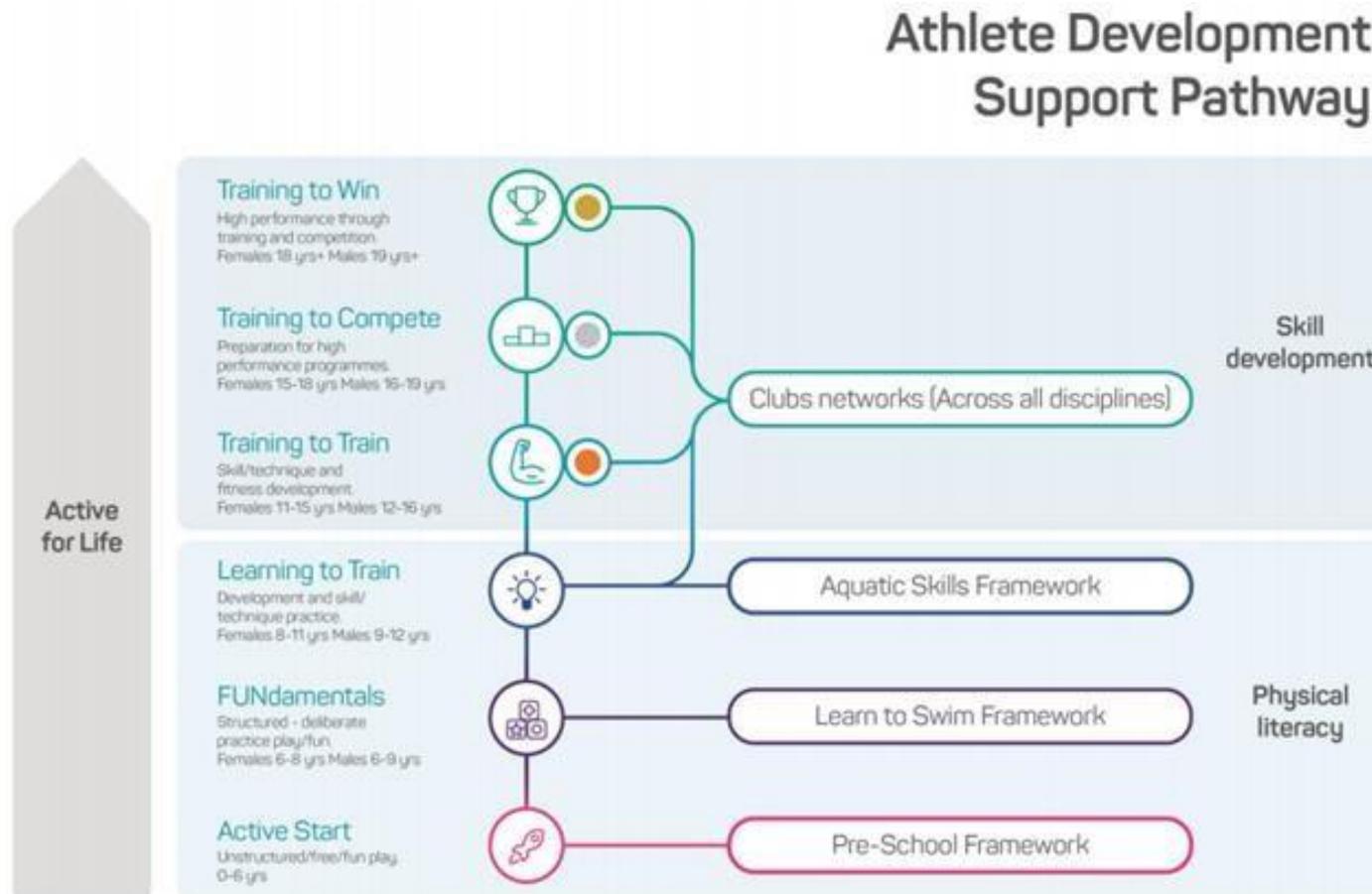
Show Respect for fellow swimmers, coaching staff, committee members and parents

Constantly challenge yourself to achieve your full potential.

## Athlete Development Support Pathway

ADSP is a framework for the development of children's physical literacy (fundamental movement skills and sport specific skills) and aims to encourage lifelong participation in sport and physical activity.

The Pathway Includes seven key stages, with clear progression routes from learn to swim through to High Performance. The Modernian Swimming club pathway has 5 main squads that align with the ADSP with a view to promote long term athlete development.





## **Key Features**

**Active Start** – This stage should be fun for children and include both unstructured and structured free play in order to develop children’s basic movement skills. The aquatics aim here is also to develop their general water confidence.

**FUNDamentals** – Again this stage is about fun and enjoyment, with the key focus on the development of movement skills. Play should remain a key aspects at this stage however with more focus on structured play. The aquatics aim here is the development of core aquatic skills.

**Learning to Train (Swim Skills)** – This stage should focus on two key areas: 1. The development of specific skills and technical elements needed within sports. 2. Individual’s physical, social and emotional development. Enjoyment should still play a key role at this stage along with participation. The aquatics aim is to develop the specific skills relevant to the aquatic pathway chosen (Competitive Swimming, Diving, Lifesaving, Para-Swimming, Synchronised Swimming, Snorkelling, Water Polo etc.) and this may take place within club environments.

### **Training to Train** – (Building the engine)

at this stage there should be a lot of an emphasis on aerobic conditioning. We are trying to create strong aerobic foundations for the athlete to allow them to have a successful career in the sport. The focus should still be on training rather than competition, and the training should be predominantly skill focused, high volume, low intensity workloads.

**Training to Compete** – (optimising the engine) during the training to compete stage there should be a continued emphasis on physical conditioning, with the focus on maintaining high volume workloads but with increasing intensity. During this stage there should be an introduction of Strength & Conditioning to help the swimmer manage the Increase in workload in the pool. This should be coupled with continued work on core body strength and maintaining Flexibility.

**Training to Win** – (Maximising the engine) this is the final stage of athletic preparation. The emphasis should be on specialisation and mastering performance. All of the athletes’ physical, technical, tactical, mental, and ancillary capacities should now be fully established, with the focus shifting to the optimisation of performance.

## Optimum Athlete Development Framework

OADF is a framework designed to create Future Performance Potential Athletes, These athletes define the character attributes of British Swimming's next generation. They are looking to work with the club swimming fraternity to identify, and then develop a new and guaranteed supply of athletes. These athletes will be capable of being successfully transitioned over the medium to long term, to perform at the highest levels of world swimming. This Framework Highlights the Characteristics needed to succeed in the sport. As a club we use this model to decide the type of athletes we want in our squads.

<b>Characteristics of a Performance Potential Athlete (OADF)</b>	
ENJOYS THE JOURNEY	The ATHLETE is fully immersed in making the most of every aspect of being the best that they can be. They must remain enthusiastic about the sport and enjoy their journey. They must have a supportive network that actively encourages their development regardless of sporting success.
DRIVEN	The ATHLETE is determined to achieve. Has Hunger and desire and displays a strong intrinsic motivation to achieve their goals. They also display a practical sense of what they can achieve. The Athlete does not see high performance as a sacrifice, but a conscious decision to be the best they can be.
GOOD LEARNER	The ATHLETE is inquisitive to always find out more and become a student of their sport. They are curious about Their performance, thrives on challenge, and believes there are few limits to their abilities and talent. The Athlete is always willing to explore new ideas and ways of doing things to gain a competitive edge. They have an outstanding appetite to consistently put in an enormous amount of effort and they stay grounded and continually take on a modest view of their own self-importance.
LOVES RACE DAY	The ATHLETE thrives in the competitive environment, has the ability to always be at their best at the most important events of the season. They always focus their mind on the importance of their own individual performance and they have the ability to achieve the best result possible irrespective of the level of competition.
TECHNICALLY EXCELLENT	The ATHLETE will prioritise their technical development over everything in order to maximise their long term potential, they strive to go above and beyond to develop their technical ability. They demonstrate a high level of technical execution of all racing skills and they are viewed as a technically superior at their age and stage of development.
COACHABLE	The ATHLETE has effective communication skills to enable a positive Coach/Athlete relationship. They will request, positively receive and act upon feedback.