

## Athlete Development Support Pathway (ADSP)

### What is it?

The ADSP is the swimming-specific version of the Athlete Development Model.

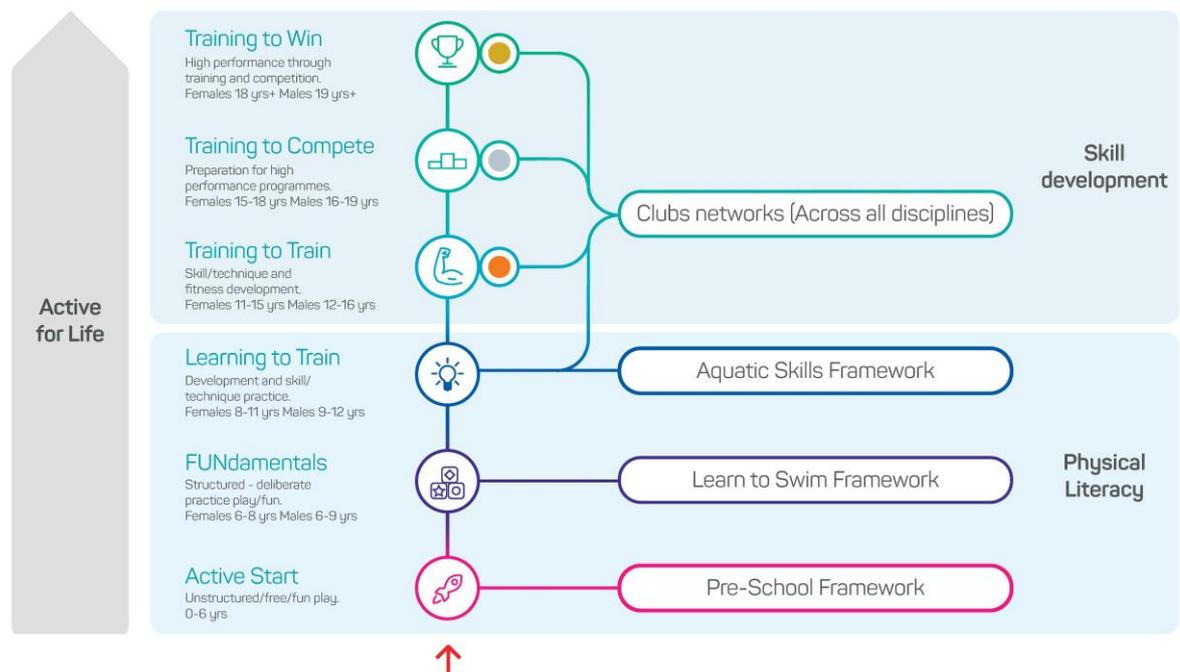
### What does the model represent?

The model provides a framework for the development of children's physical literacy (i.e. fundamental movement skills and sport-specific skills) and aims to encourage lifelong participation in sport and physical activity (in this case aquatics).

The model includes seven key stages, with clear progression routes from 'Active Start' right through to 'Active for Life'.

The model is based on scientific research, which determines the best way to teach and develop talented athletes to achieve sporting excellence.

## Athlete Development Support Pathway



## Key features and links with the Learn to Swim Programme

### **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**

At this stage it's about fun and enjoyment, with the key focus on the development of movement skills. Play should remain a key aspect at this stage, but with more focus on structured play. The aquatics aim here is the development of core aquatic skills.

### **Learning to Train (SwimSkills)**

This stage should focus on two key areas:

1. The development of specific skills and technical elements needed within sports.
2. An individual's physical, social and emotional development.

The aquatics aim here is to develop the specific skills relevant to aquatic activity that a learner wants to practice and improve at (e.g. swimming, diving, lifesaving, para-swimming, synchronised swimming, water polo, etc.). This may take place within club environments.

Swimming teachers and assistants should support their learners' development right through Learn to Swim Stages 1 to 7 (or equivalent) and beyond.

They should also be aware of the opportunities available when they complete Stage 7, and be able to provide learners and parents/carers with advice and guidance on these opportunities.

This doesn't just mean clubs, it can also include other health and fitness opportunities within aquatics such as fitness sessions, fun splash sessions and everyday participation.