

A large, dark blue ink splatter or blotch is centered on a white background. The splatter has irregular, feathered edges with some smaller droplets and splatters radiating outwards. The text is centered within the main body of the splatter.

OADF

Optimal Athlete Development Framework

What is OADF???

- The Optimal Athlete Development Framework (OADF) sets out to describe the characteristics that British swimming believe that swimmers will need to possess in order to be successful in 2024 and beyond.
- The framework defines the characteristics of both “The Great British Swimmer”, as well as those that are showing “Future Performance Potential”.
- The characteristics that have been chosen have been determined following consultation with leading coaches, support staff and athletes, and further developed by British Swimming in conjunction with Swim England.

What is OADF???

The OADF is a set of characteristics, attributes and principles to promote the development of future generations of Olympic swimmers in Britain.

This information has been pooled to enable coaches and swimmers to gain an understanding of key attributes and what is needed to progress as a performance swimmer.

These attributes were collated and sorted into three broad attribute headings;

- Person
- Athlete
- Performer

Person

Enjoys the journey

Resilient and robust

Driven

Good learner

Independent

Takes ownership and
responsibility of training

Fulfilled

Aspirational

Possess a growth mindset

Athlete

Swimmers need to develop performance behaviours wholly conducive to being successful performance swimmers.

Coachable

Technically excellent

Physically suitable

Winning habits

Performer

All of the sections are important but British swimming believe the performer attributes are key to achieving success at the highest level of our sport.

Perform when it matters at major meets

Execute race plans

Love racing

Arena skills

Psychologically prepared

Physically primed

Race Craft

CharEQter survey

- The purpose is to identify what combination of skills an athlete currently has and those which may need to be developed through OADF.
- Powerful conversation starter.
- Creates a two way feedback loop between swimmer and coach.

OADF **charEQter** SURVEY

USER GUIDE

Assessments

-- Select Assessment --

Athlete name

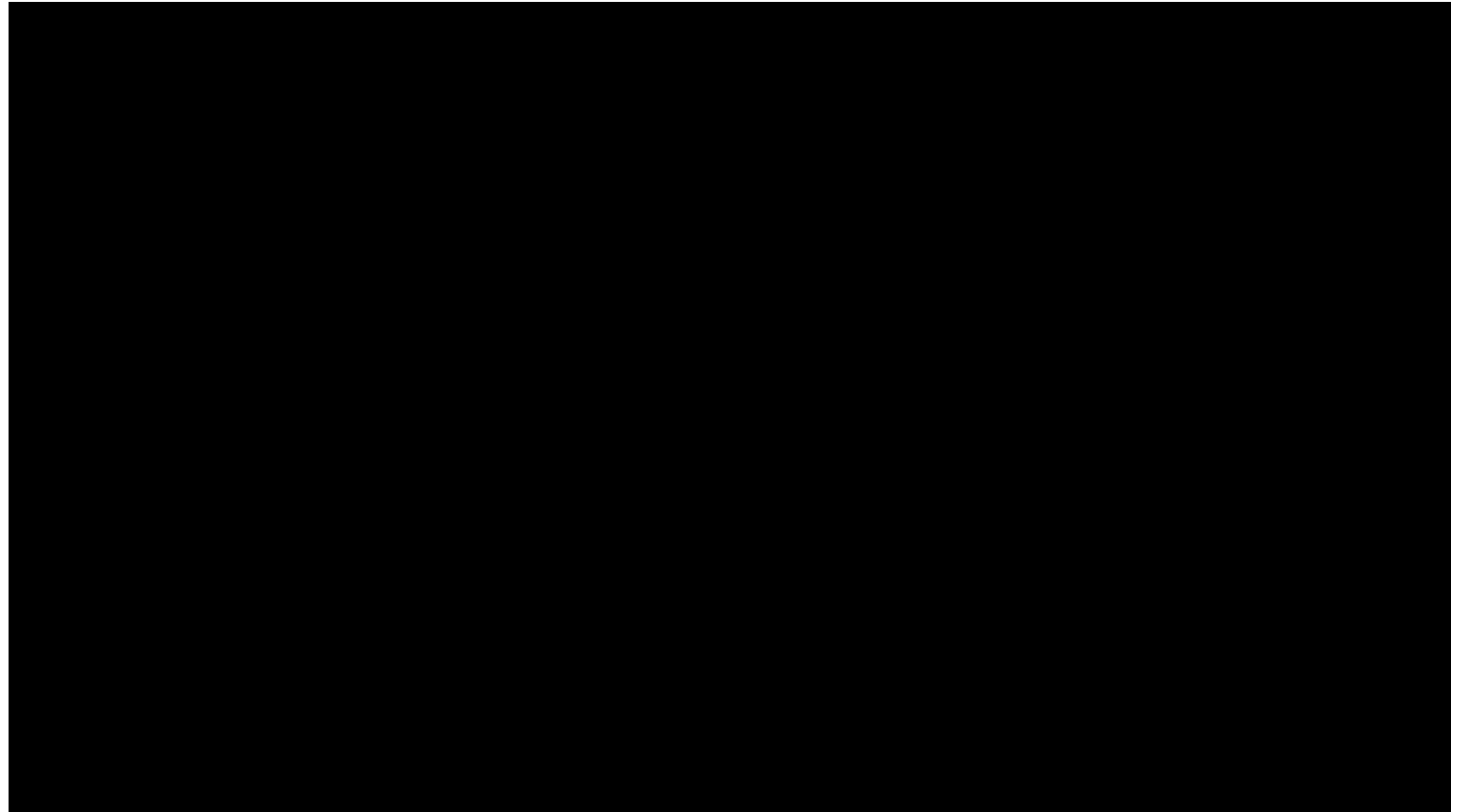
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Survey type

Future Performance Potential

PERSON	EMERGING	DEVELOPING	EMBEDDED
FULFILLED	<div><div>?</div><div></div></div>		
SUPPORTIVE NETWORK	<div><div>?</div><div></div></div>		
ENTHUSIASTIC FOR THEIR SPORT AND ENJOYS THEIR JOURNEY	<div><div>?</div><div></div></div>		
STRONG SENSE OF IDENTITY (IN AND OUT OF POOL)	<div><div>?</div><div></div></div>		
LIFE BALANCE	<div><div>?</div><div></div></div>		
SELF MANAGING	<div><div>?</div><div></div></div>		
PERFORMANCE-BASED DECISION MAKING(IN & OUT OF POOL)	<div><div>?</div><div></div></div>		
RESILIENT & ROBUST	<div><div>?</div><div></div></div>		

CharEQter Survey





What is
A.C.C.E.S.S and
how is it used in
OADF?

- Access is an acronym of the 6 pillars of the OADF that describes the approach and underlying principles that are used to develop and then transition swimmers into becoming Great British athletes.

Athlete Centred

- Importance of having athletes at the centre of every decision that is made.
- Coaches to treat each swimmer as an individual.
- Give athlete what is needed, not necessarily what they want.
- Ability to tell swimmers why we did what we did to aid in their development and encourage athletes to ask questions.
- Athletes to contribute to their own program and take ownership of training and results.



Coach Led

- Coaches should be the leader of the program, not only swimmers but also parents and committees.
- The coach should be the focal point and drive the club forward.
- Needs to be well informed, educated and have a constant desire to be ahead of the curve.
- Should educate and improve their team and swimmers.
- Needs to be able to communicate with the team surrounding each athlete such as physio or nationalists.



Culturally defined

Simply put it's the 'The way we do things around here'.
When were aligned we can achieve great things

Examples of a great culture

- Turn up on time
- Arrive prepared to train to the best of your ability
- Support and encourage your peers
- Treat everyone with respect
- Stay connected



Expert informed

All decisions made as coaches are guided by expert knowledge.

Coaches and staff should always follow three simple guidelines to ensure decisions are made through expert knowledge.

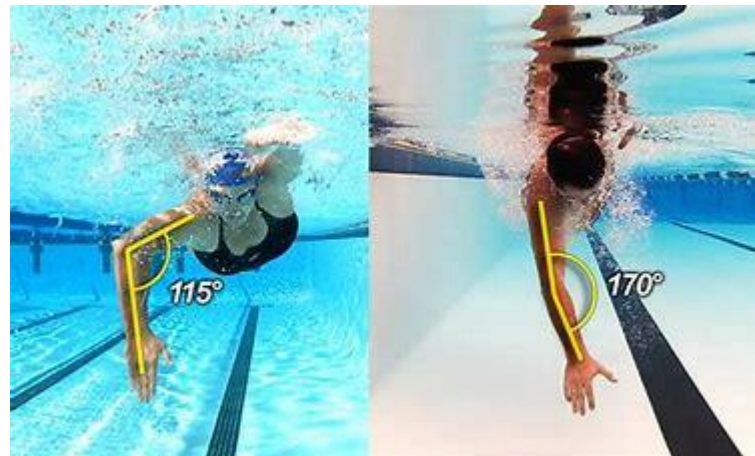


- 1. Evidence based approach to inform our decisions.
- 2. Work to stay ahead of the pack by implementing marginal gains.
- 3. Continually develop all of our staff to be experts in their field.

Science informed

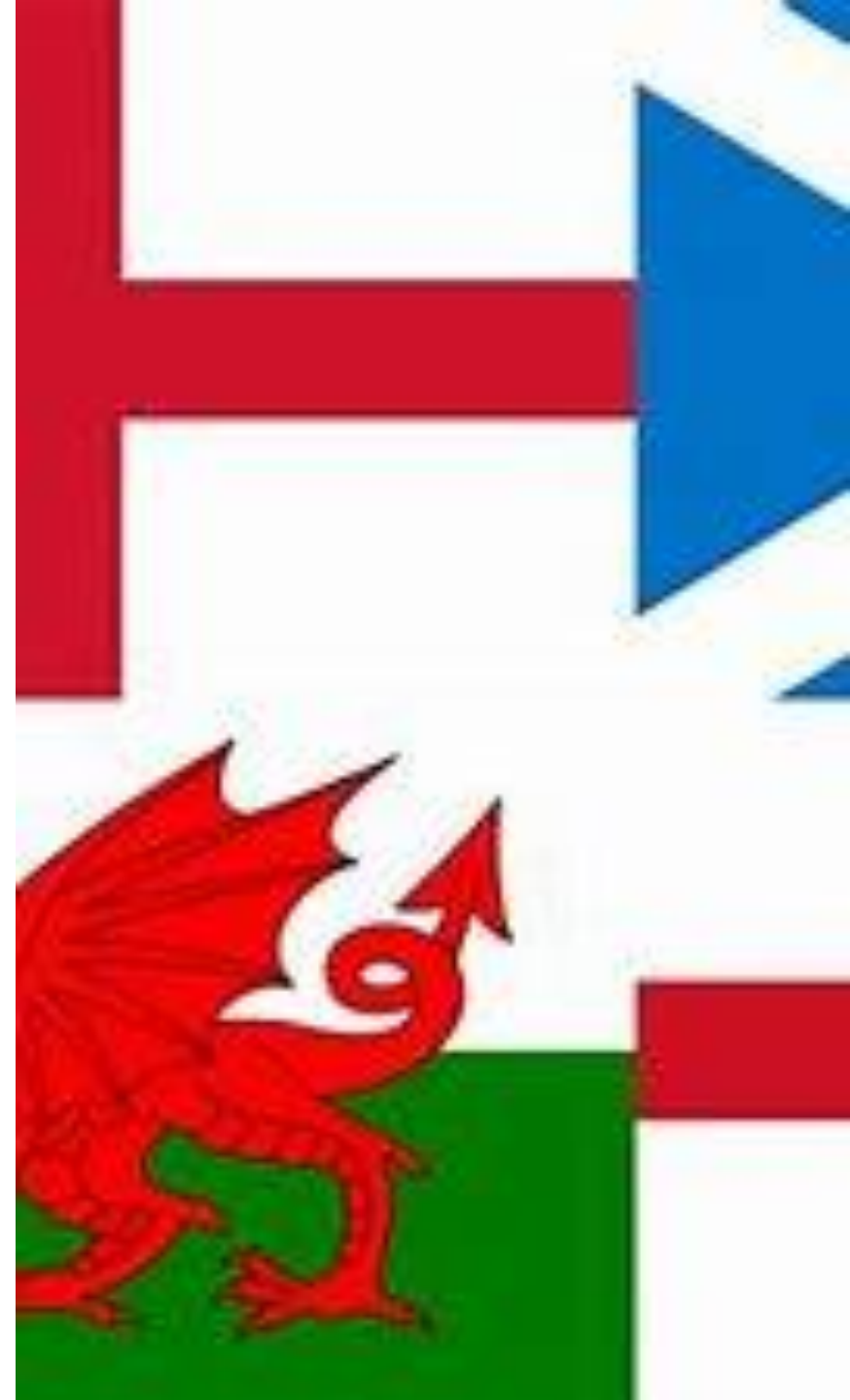
This refers to the wrap around support network, such as sport medicine and therapy. These can be broken into four elements;

- 1. Sports science
- 2. Physical performance (nutrition and S&C)
- 3. Race analysis
- 4. Mental performance and lifestyle
- Role – to provide additional performance and incite to achieve marginal gains.



System aligned

- System alignment is a critical piece of the British swimming work in world class performance.
- Home national talent programs work as a foundation for athletes to progress to the world class swimming program.
- Importance of all home nations pulling in the same direction.
- Domestic competitions – now fully aligned across regions & home nations.
- Same philosophy across the whole home nation program – Swim a seasons best at your bench mark meet.



Time to reflect?

- What attributes do you believe are important?
- What attributes do you currently possess?
- What attributes do you need to develop?

