

## Hurricanes Athlete Progression Model

	Cat 1	Cat 2	Cat 3	Cat 4	Cat 5	Senior
<b>Skills In Water</b>	Distance per stroke (DPS); rhythmic breathing; streamlining; kick development; basic stroke drills; intro to starts & turns; learn proper lane etiquette	DPS; consistent kicking; body awareness & balance; refined strokes, starts & turns; intro to race strategy; learn proper lane etiquette	DPS; excellent kicking- especially underwater; great turns & details; maintain excellent body balance; learn proper lane etiquette	DPS; excellent kick – especially underwater; maintain excellent body balance; efficient strokes and focus on details; continue to develop a strong and consistent work ethic	DPS: intense focus on details – especially turns & underwaters; raising minimum standards for daily work ethic & attention to technique; bringing an attitude of eagerness to excel to new levels in training & racing	DPS; intense focus on details – especially turns & underwaters; self-commitment to becoming a better athlete; raising minimum standards for daily work ethic & attention to technique; bringing an attitude of eagerness to excel to new levels in training & racing
<b>Training</b>	Stretches & basic dryland exercises; developing aerobic foundation; intro to rules of swimming; intro to clock awareness	Core development, flexibility and advanced coordination for dryland; intro to interval training; intro to warm-up/cool down; utilization of pace clock	Adding intensity to dryland; core body strength; stretching/flexibility; importance of warm-up/cool down; introduce test sets; learn how to descend, build, negative split and pace in practice & races; master clock awareness	Adding intensity to dryland; core body strength & stretching/flexibility; training outside of your comfort zone; importance of warm-up/cool down; test set performance; continued development of descend, build, negative split in practice & races	Intro to high-performance training (in water & dryland); preparing athletes for regional & national competition; detailed knowledge of pacing & splitting for all strokes and events in practice & competition	Most challenging & highest level of training (in water & dryland); focus on championship performance and preparing athletes for National, International & NCAA competition
<b>Development</b>	Introduction to the Hurricane's Mission, TEAM culture, and character development; creating a FUN and SAFE atmosphere	Daily implementation of the Hurricane's Mission; intro to goal setting; developing ownership & accountability; healthy lifestyle education through collaboration with Swim Strong Dryland;	Daily implementation of the Hurricane's Mission; develop coach/athlete relationship; understanding commitment to sport; goal setting; understand relationship between work ethic & meet performance; positive attitude; healthy lifestyle education through collaboration with Swim Strong Dryland; focus on academic development	Daily implementation of the Hurricane's Mission; develop coach/athlete relationship; goal setting; understand relationship between work ethic & meet performance; positive attitude; healthy lifestyle education through collaboration with Swim Strong Dryland; provide leadership; ACADEMICS	Leading with the Hurricane's Mission; excellent coach/athlete relationship built around honest communication; volunteerism; ACADEMICS; healthy lifestyle education through collaboration with Swim Strong Dryland; making mature decisions away from the pool; time management skills	Leading with the Hurricane's Mission; excellent coach/athlete relationship built around honest communication; volunteerism; ACADEMICS; healthy lifestyle education through collaboration with Swim Strong Dryland; making mature decisions away from the pool; time management skills
<b>Competition</b>	Introduction to new events & relays; introduction to long course	Learn importance of TEAM, 200 free; ability to legally swim 50s/100s of all strokes & 200 IM; participation in long course encouraged	Learning the importance of TEAM, 200s of strokes; 500 free if ready; sportsmanship; emphasis on long course	Learning importance of TEAM, 400 IM/200s of stroke; 1000/1650 free if ready; sportsmanship; emphasis on long course	Focus on TEAM; team success at Age Group Champs; qualify for Senior States; strong emphasis on long course	Focus on TEAM; team success at Sectionals; qualify for Futures, Junior Nationals & beyond; strong emphasis on long course

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<b>Goal</b>	Progression to Cat 2; teaching the “long term development process”	Progression to Cat 3; intro to motivational time standards & championship level meets: continue teaching and focusing on the “long term development process”	Progression to Cat 4; focus on all 4 strokes and all events, regardless of distance; strive to achieve Age Group Champs	Progression to Cat 5; focus on all 4 strokes and events, regardless of distance; compete at Age Group Champs	Progression to the Senior Group; focus on all strokes and all events, regardless of distance; score at Age Group Champs; qualify for Senior States	Prepare athletes for success in NCAA swimming & beyond; score at Sectionals/Futures; qualify for Junior/Senior Nationals and Olympic Trials
<b>Practice Attendance Recommendations</b>	2-3 days per week, including dryland	2-3 days per week, including dryland	3-4 days per week, including dryland	4-5 days per week, including dryland	5-6 days per week, including dryland; communicate with coach when unable to attend practice; summer training is a priority	5-6 days per week, including dryland; communication with coach when unable to attend practice is expected; summer training is a priority
<b>Meets</b>	<b>Recommendation:</b> 3 meets per season plus a season-ending championship	<b>Recommendation:</b> 3 meets per season plus a season-ending championship	Attend one 3-day meet/month with focus on highest level end of season champ meet that you’ve qualified for	Attend one 3-day meet/month with focus on highest level end of season championship meet that you’ve qualified for	Strive for 100% meet attendance as prescribed by coach	100% meet attendance as prescribed by coach
<b>Gear</b>	Junior-size kickboard, fins, yoga mat	Kickboard, fins, pull buoy, snorkel, water bottle, yoga mat	Kickboard, fins, paddles, pull buoy, snorkel, water bottle, yoga mat	Kickboard, fins, paddles, pull buoy, snorkel, water bottle, yoga mat, foam roller	Kickboard, fins, paddles, pull buoy, snorkel, tempo trainer, water bottle, yoga mat, foam roller	Kickboard, short fins, paddles, pull buoy, snorkel, tempo trainer, water bottle, yoga mat, foam roller
<b>Progression Requirements ***</b>	<b>Skills Needed for Entrance Consideration into Cat 1:</b>  Good listening skills; ability to kick consistently; ability to swim freestyle with face in the water; kick on back	<b>Skills Needed for Entrance Consideration into Cat 2:</b>  Ability to complete the following sets with strong proficiency in streamlines, turns, kicking, etc.:  4 x 50 free @1:30 4 x 50 kick @2:00 12 x 25 @1:00 (3 of each stroke) 3 x 100 IM @3:00	<b>Skills Needed for Entrance Consideration into Cat 3:</b>  Ability to complete the following sets with strong proficiency in streamlines, turns, kicking, etc.:  6 x 50 free @1:10 6 x 50 kick @1:30 6 x 100 IM @2:30	<b>Skills Needed for Entrance Consideration into Cat 4:</b>  Ability to complete the following sets with strong proficiency in streamlines, turns, kicking, etc.:  8 x 100 free @1:40 6 x 100 IM @1:55 6 x 100 kick @2:15	<b>Skills Needed for Entrance Consideration into Cat 5:</b>  Ability to complete the following sets with strong proficiency in streamlines, turns, kicking, etc.:  8 x 100 free @1:30 4 x 400 free @6:00 6 x 200 IM @3:30 8 x 100 kick @2:00	<b>Skills Needed for Entrance Consideration into the Senior Group:</b>  Ability to complete the following sets with strong proficiency in streamlines, turns, kicking, etc.:  10 x 100 free (5 @1:15/1:20, 5 @1:10/1:15) 8 x 200 IM @2:45/3:00 10 x 100 kick @1:45

\*\*\*In addition to the above MINIMUM progression requirements, athletes will be evaluated on the “TOTAL PACKAGE” when determining move-ups. This includes DAILY CONSISTENCY in the following: meet and practice attendance, general attitude, meet and practice performance, work ethic, commitment, leadership, sportsmanship, showcasing the Hurricane’s Mission on a daily basis, coachability, communication and listening skills, general behavior, ability to be a TEAM player, etc. The coaching staff will meet throughout the season to address group move-ups and will make final group placement decisions based on these staff discussions. **Coaches have final say on group placement.** Age group (Cat 1 – Cat 4) group moves may occur at the beginning of each month. Group moves involving Cat 5 and Senior training groups may occur after December champ meets, after short course season champs or after long course season champs.