

Team Genesis/LOVE Swimming

Youth & Adult Structured & Coached Swim Programs, Camps & Clinics
Recreational, Learn to, Fitness/Lap Swimming, Intermediate Swimming, Advanced Masters
Swimming, Tri-Athlete Swim Training, Swim Team, Motivational, Educational & Private Coaching

USA & AAU Sports Team and League Staffed by Volunteer AAU & USA Certified Coaches

Outreach Team & League Managed by
Team Genesis Sports

A sports Ministry of Trinity Fellowship Church since 1997

Team Genesis/LOVE Swimming Training Overview

Updated 5/7/09

“Swim America” Swim School (Recommended 1 Practice weekly, maximum workload volume 100+ yards per practice)

Purpose Nationally licensed program “to foster the proper instruction of beginning swimming at all levels, so that this instruction includes the basic concept of proper swimming that eventually leads to excellence in competitive swimming.”

1. **Program structure** has fundamental elements of swimming organized into 10 units known as stations.
2. **Nationally based** to deliver the same high-quality product at every location in which it operates.
3. **Every Coach trains**, communicates and follows through with their instructors.
4. **Goal driven** with advancement criteria established to provide each swimmer with clear tests of his/her capabilities.
5. **Technique oriented** to teach proper techniques of swimming.
6. **Complete & Diverse** program that is designed to prepare anyone who wishes to learn with the tools to participate in a wide variety of aquatic activities.

Preliminary – 1st 2 years of swim training (Recommended 1-3 practices weekly, maximum workload volume 500 – 3000 yards per practice)

Purpose mainly aerobic/endurance training

7. Teach swimming technique in different swimming strokes
8. Teach dives and turns
9. Improve interest to compete
10. Develop flexibility, general endurance (aerobic)
11. Develop balance in water
12. Play and Games
13. Yearly workload volume – 170,000 yards +

Basic Training – next 4 years of swimming – (3 - 8 practices weekly, maximum workload volume 2,000 – 4,500 yards per practice)

Purpose

1. Teach advanced swimming technique in different swimming strokes
2. Train long distance and repetition
3. Evaluate individual swimming stroke and distance orientation
4. Develop aerobic and anaerobic endurance
5. Yearly workload volume – 700,000 yards +

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“Love one another. As I have loved you, so you must love one another”. John 13:34

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Specialization – next 4 years of swimming (6 – 11 Practices weekly, maximum workload volume 2,500 – 7,000 yards per practice)

1. Develop individual swimming technique
2. Individualization of technical and racing strategies
3. Develop aerobic – anaerobic mix
4. Develop anaerobic specific endurance
5. Develop general strength
6. Develop specific speed
7. Maintain flexibility.
8. Yearly workload volume – 975,000 yards +

Peak Performance – next 8 years of swimming (8 – 15 practices weekly, maximum workload volume 4,000 – 10,000 yards per practice)

Purpose

1. Perform a stabilization of individual swimming technique, diving, turns, and tactical skills
2. Develop distance specific endurance
3. Develop specific power
4. Maximize workload volume
5. Model (race simulation) of all conditions of competition
6. Maintain individual flexibility
7. Repetition, interval and training methods
8. Yearly workload volume – 1,650,000 yards +

Maintenance of High Performance – Elite Swimmers next 8+ years of swimming (9-12 practices weekly, maximum workload volume 4,500 – 12,000 yards per practice)

Purpose

1. Maintenance of individual swimming technique, diving, turns and tactical skills
2. Maintenance of individual power, endurance, speed and flexibility.
3. Reduction of total workload volume with increasing intensity.
4. Stabilization of psychological condition.
5. Maintenance of health.
6. Yearly workload volume – 1,350,000 yards +

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