

The Levels System

FAQs

- **Why a “Levels System”?** The Levels System was designed to help give the athletes, parents and coaches a structured path to acquiring the knowledge, skills, attitudes and behaviors needed to be successful in the sport long-term.
- **How does it benefit my child?** The system gives each swimmer developmentally appropriate physiological, psychological, tactical and technical goals to reach so they may have the tools needed for success at the next level. In a sport measured by a stopwatch, it is easy to fall into a "my child has an "AA" cut therefore he/she is ready to move on" mentality. By ensuring that each child has all of the other tools needed for continued success, not just a fast time, they will enjoy the sport more, be more successful and happier throughout their career.
- **How does it benefit me as a parent?** I know that parents only want the best for their children. I have been asked countless times throughout my coaching career, "what can I do for my child?". Well, we have tried to lay it out as specifically as possible; not just for the athletes and coaches, but for the parents as well. By taking the time to learn about the development goals for your child at every stage of development, encouraging them to acquire those skills and rewarding them properly as they progress in the sport, you will help your child learn skills that will help them in the sport and in life in general. The Levels System helps parents by allowing them to become an important part of their child's development. We are developing online classes and seminars dedicated to every aspect of the Levels System (video, audio, text, etc.). Take the time to learn what is expected of them at their individual stage of development and support them as they progress. Your praise is their biggest reward.
- **How does this help the team?** The Levels System helps give a team a true structure and a lexicon that can be used team-wide. As a team grows, they need to ensure that everyone understands what we are looking to achieve at every stage. Without a clear, program-wide structure in place, success becomes random, not planned. This system strives to build world class "programs"; not just individual world class swimmers. The Levels System helps teams meet those goals.
- **How does the Levels System work within a training group structure?** The Levels System is structured to ensure that athletes are placed in a training group that is developmentally appropriate for their current needs. As the swimmer progresses, their needs change. The Levels System is progressive in nature and helps ensure that the athlete is continually challenged and is ready for the demands of the next level.. By using this process versus outcome approach, the swimmers internalize the physiological, psychological, tactical and technical aspects of the sport needed for long term success in a methodical manner..