

Preparation of Junior swimmers

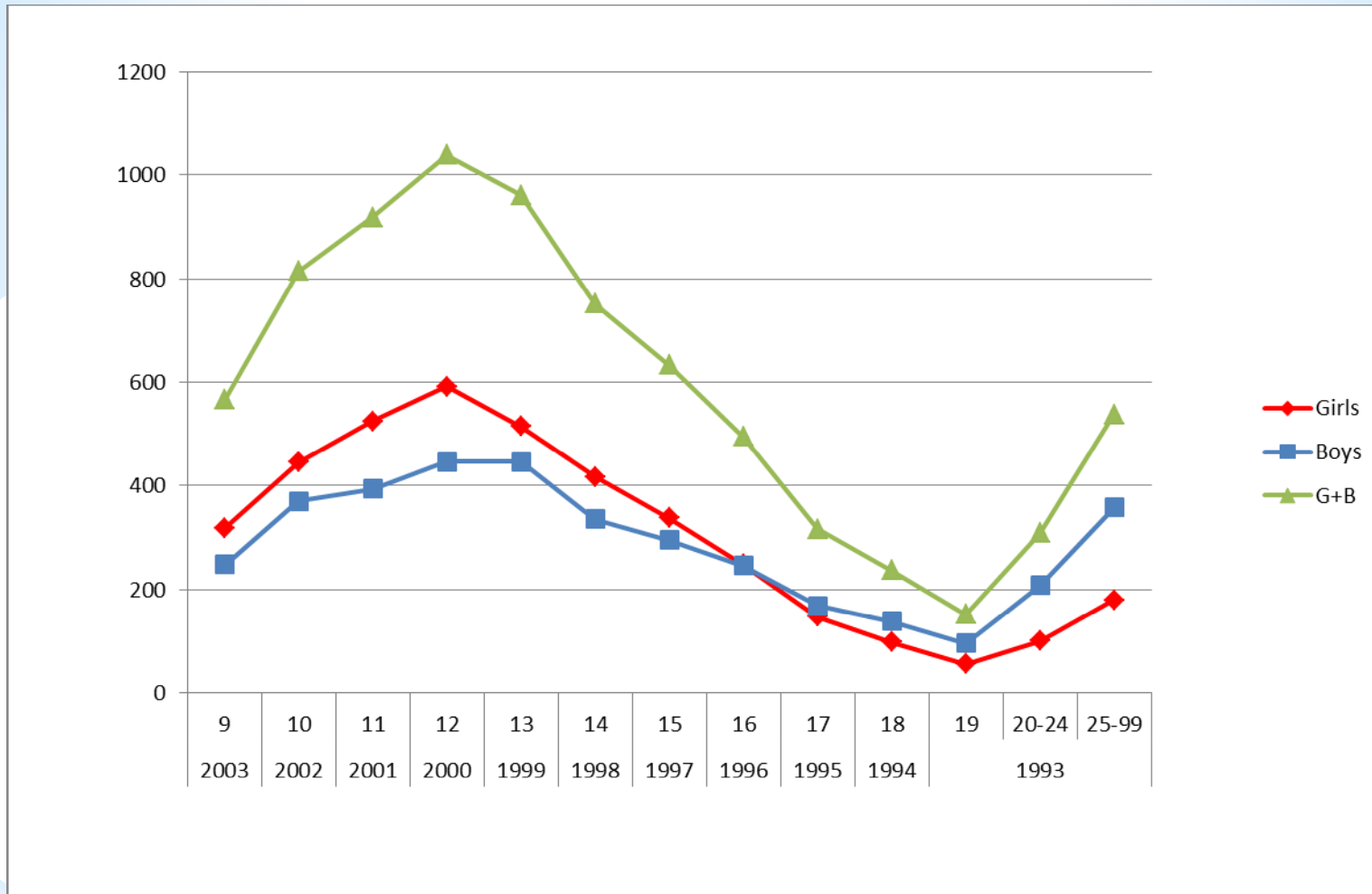
In Denmark

A little background information about Denmark

Population	5,5 mill
Swimming	3rd biggest sport

240 membership clubs
140 does competitive swimming
136500 members
8500 swimmers holds a licence
Age group - 1400
Junior - 900
Senior - 1200





Age group - Boys 14-16 Girls 13-15

Many years many different systems, from points score FINA, time standards to finally the medal winners/top 3 rankings in Olympic events at National age group championships + # 4&5 from the IM

The biggest change has been the last two seasons/years where the season changed from 3 to 2 parts, in order to change the too early specialization.

This still has to be worked on, as many clubs don't have a complete system going on. A lot of agegroupers trains as if they were seniors ☹️

The season:

Divided into two cycles with two important competitions in each cycle.

National championships:

Short course championships in January

-> 80-90 swimmers

Long course championships in July

-> 80-90 swimmers (app. 60% the same as January)



Camps

2 weekends 80-90 swimmers after the championships

One 5 days camp in the spring (24-30 swimmers)

Focus: Teambuilding/relations - training - landskills - waterskills - antropometrics



International competitions:

During the spring and summer we select 24 swimmers to compete in the Nordic agegroup championships - same date as EJCh

Every second summer EYOF - not an agegroup friendly competition (early developed)

Selections from a multidisciplinary system (the sum of two events 100+200 free)

Junior - Boys 17-18 Girls 15-17

Many years the same system;

EJCh time standards +1 sec/100 m → bruttgroup 20-24 swimmers selected in august.

3 important inter-/national competitions:

Autumn = Danish Short course -> NJC

Spring = Danish Open -> EJC

Summer = EJC/Danish Championships

Camps

10 days in the fall - testing

10 days Nordic skiing in the beginning of January - aerobic

2 weeks in the middle of February - aerobic + volume

1 weekend after Danish Open (kick off EJCh) - testing

3 weeks in the end of May, beginning of June - altitude + volume

Testing with the help of experts:

- Team Denmark experts
- Rein Haljand

Skinfolds, height and weight

- Physiological development

3000 m endurance test

10x200 m steptest

- trainingspeed in different velocities (categories calculated from the $\dot{V}O_2$)

Biomechanical/technique

Feedback to coaches and swimmers

Time standards:

Nordic Junior Championships - multi disciplinary same system as agegroup

EJCh - two different TS according to final previous year top 10 for the older group, and semifinal, top 20 for the youngest group

Times correlated with the development curve/system - we have to move forward!

90 & 85 % of the Olympic development curve.

Some of the times has to be adjusted by hand, in order not to be too soft

From the time of Danish Open, to EJCh the swimmers have to progress. 16 weeks

Vis kurve:

<http://www.svoem.org/beregner/default.html>

Beregning

Progressionskurve

Om programmet

Vælg køn

Damer Herrer

Svømmer

Navn

Vælg stilart

- 100 butterfly
- 200 butterfly
- 100 ryg
- 200 ryg
- 100 bryst
- 200 bryst
- 50 fri
- 100 fri
- 200 fri
- 400 fri

Alder Tid

9	:	:	<input type="checkbox"/>
10	:	:	<input type="checkbox"/>
11	:	:	<input type="checkbox"/>
12	:	:	<input type="checkbox"/>
13	:	:	<input type="checkbox"/>
14	:	:	<input type="checkbox"/>
15	:	:	<input type="checkbox"/>
16	:	:	<input type="checkbox"/>
17	:	:	<input type="checkbox"/>
18	:	:	<input type="checkbox"/>
19	:	:	<input type="checkbox"/>
20	:	:	<input type="checkbox"/>

Procentkurve

Procent:

(100 % = valgt kurve)

Indtegn %-kurve

Funktioner

Indtegn svømmer

Fjern

Nulstil

Print

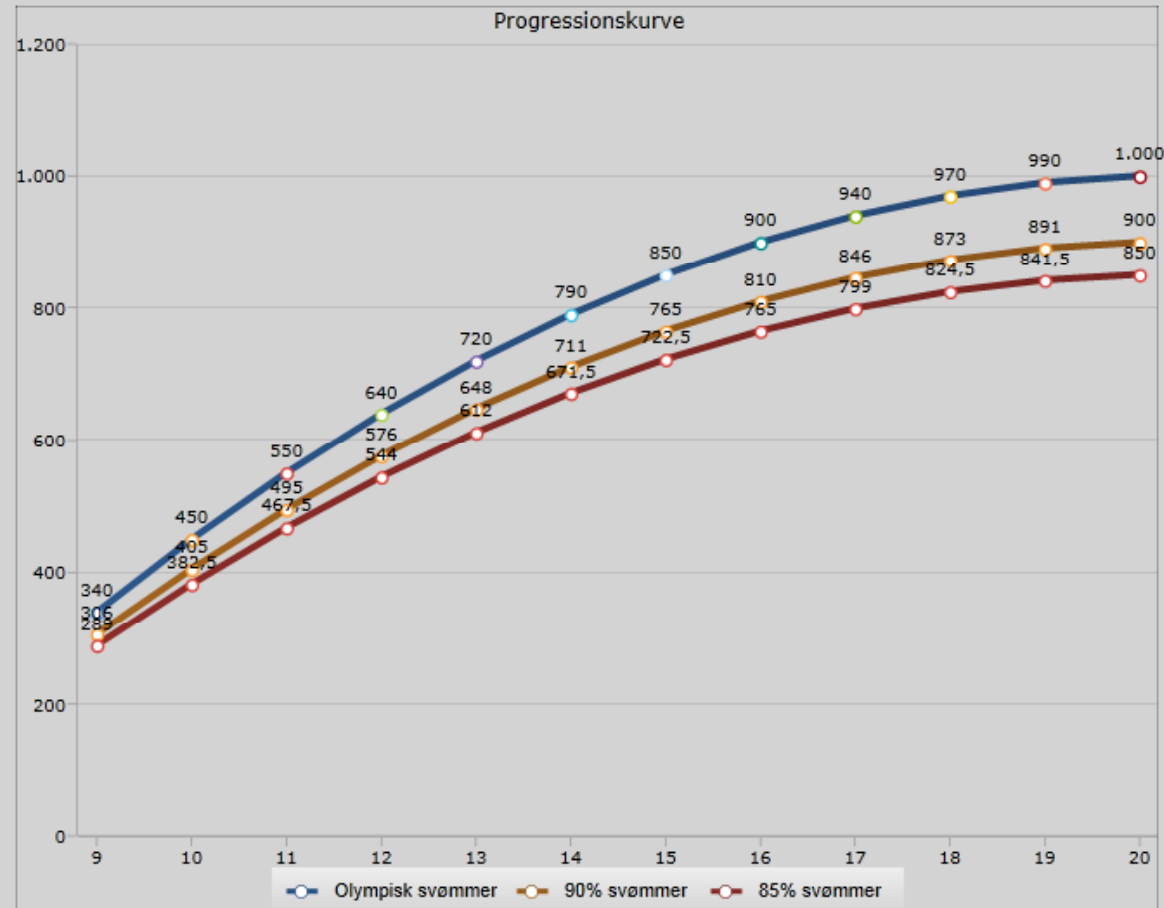
Indlæs

Gem

Vælg kurve

Olympisk svømmer	0
90% svømmer	1
85% svømmer	2

[Klik her for at åbne en beskrivelse af udviklingskurven](#)



Tider for den valgte kurve

9 10 11 12 13 14 15 16 17 18 19 20
 1:23;54 1:16;09 1:11;16 1:07;66 1:05;05 1:03;07 1:01;55 1:00;39 0:59;52 0:58;90 0:58;50 0:58;31

Time standards + progression

TS has to be hard, but obtainable.

Swimmers have to be able better the times they qualify for the meet, with approximately 15 points from Danish Open to EJCh - 16 weeks.

TS has to be obtained in the evening event during Danish Open
No one qualifies in the morning!

The reality is; swim fast in the morning and faster in the evening!

Overall goal with the system is “education of swimmers for international swimming” and to deliver 3-5 swimmers ready for the senior system.

Future seniors....?

Top 6 swimmers from EJC-finals to participate in the following ESC to keep them in the system, and still give them the opportunity to develop in a strong international competition in the first year as seniors.

Nordic championships: new competition from 2011 gives the second best/slow developers a chance to stay in contact with the system with TS between EJCh and Ecs

Fast track - we offer the best juniors to follow parts of the senior program.

But do they benefit from that?

Vælg køn

Damer **Herrer**

Svømmer

Navn

Vælg stilart

- 200 bryst
- 50 fri
- 100 fri
- 200 fri**
- 400 fri
- 800 fri
- 1500 fri
- 200 IM
- 400 IM

Alder Tid

11	:	:		
12	:	:		
13	:	:		
14	:	:	2:07:66	✓
15	:	:	2:00:22	✓
16	:	:	2:00:94	✓
17	:	:	1:51:61	✓
18	:	:	1:50:00	✓
19	:	:		
20	:	:		
21	:	:		
22	:	:		

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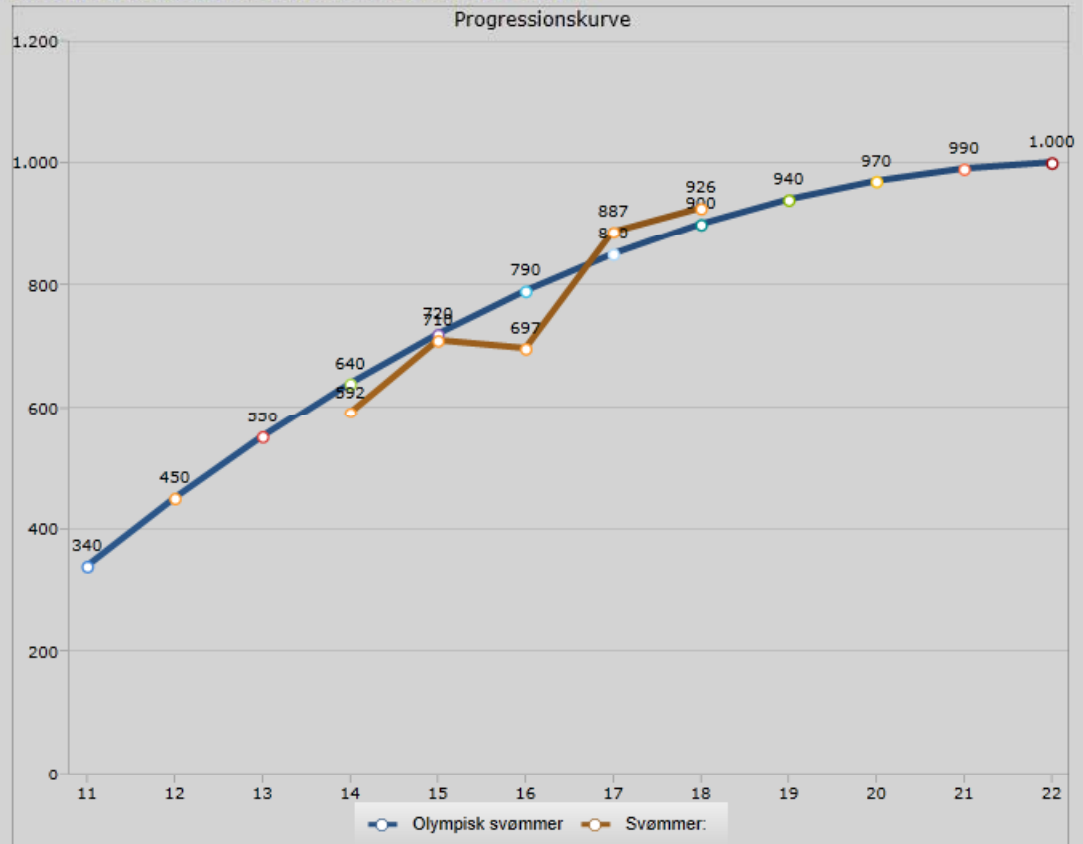
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Gem

Vælg kurve

Olympisk svømmer
 Svømmer:

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Tider for den valgte kurve

14 15 16 17
 2:14;85 2:06;94 2:07;72 1:57;88

Challenges:

Clubs pulling in another direction

Schools - much time away from classes

Ridgid schoolsystem

The system is depending on the clubs willingness to deliver their clubcoaches as assistant coaches.

- Education
- Experience
- Whitout profit for coach or club

Nice things

- Strong swims (PB) in the morning and even better in the evening
- More finals in EJCh
- Nice relay results, fighting the big countries

Things to improve

- More entries in the longer events
- Better results in the longer events
- Bigger team (keep the swimmers in the pool after the age of 14)

The preparation of a special 16 year old girl
With the strongest kick you have ever seen!



Thank you 😊