




# Singapore Swimming Association

## Long Term Athlete Development



*A journey come full circle*




2016 showed Singaporeans they are CAPABLE if they dare to DREAM

Our ROLE as the NGB -Swimming is to develop infrastructure that creates sustainable pathways of opportunity for the DREAMS of future generations to become REALITY.

Our GOAL is to improve capability of our systems, paving the way for greater success long term, enabling Singapore to increase participation and medal targets at future Major Championships.

In short we must maximize the individual potential of every swimmer in our charge.




### LTAD - A Direction Forward

- Maximum Participation
- Higher Achievement
- Better Health and Life Balance

Building a sustainable and successful eco-system for high performance

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### Our Reality – Why LTAD

There is no single pathway to success in sport – but we need foundations, guidelines and a framework to navigate the journey effectively, challenge current practices and dare to step into the unknown.




### Structure and Framework – Clear and progressive pathways

- Athlete centered – Emphasis on Short and Long Term Physical Literacy – Holistic Development.
- Underpinned by evidence - Gives structure to why and how we collect data and the application of that information to continue to improve the integrity and strength of our pathways.
- Identifies the opportunities and expectations at every step. Confidence that programming offers every opportunity for development of each athlete's individual potential
- Quality coaching and Daily Training Environments at all levels

#### Continuous Learning

- Growth Mindset

Athletes, Coaches, Parents, Administrators et al.

#### Collaboration

Maximize our Resources

- Facilities
- Manpower
- Stakeholders
- Facilitators
- Service Providers



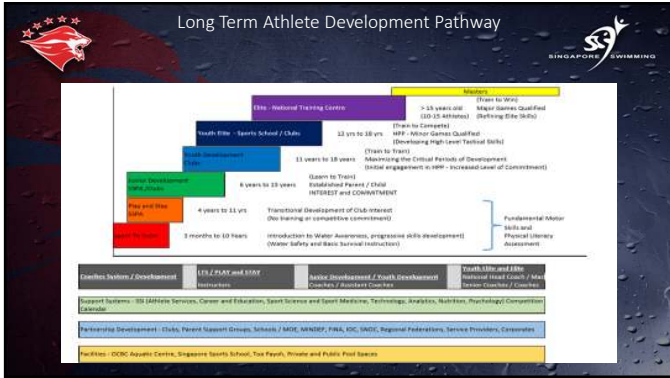

### Swimming Athlete Pathway

- Learn to Swim, SSA Swimming Proficiency Award (SSPA) Age: 6-12
- Development / Competitive Swim Program at Clubs
- NYSI / Sports School – Swimming Programme
- National Junior Squad to compete in SEA Age Group / Asian Youth Games, Youth Olympic Games, FINA World Juniors Swimming Championships
- National Squad Compete in SEA Games, Asian Games, Commonwealth Games, Olympics, FINA World Swimming Championships









### The Challenge

- Finding the Athletes**
  - Singapore is a small nation – population approx. 5.8 million
- Societal Pressures – Roadblocks and Motivation to Participate**
  - Sport not considered a priority in mainstream
  - Focus on KPI's and tangible results ie. medals as measures of success
  - Retention
- Research Influence on Philosophy and Strategy**
  - Age Appropriate programming, multisport vs specialization (Ericsson vs Cote)
  - Physical Literacy Development (Margaret Whitehead)
  - Sensitive Training Phases (Istvan Balyi 2006)
  - Athlete Tracking vs TID – Timing and Implementation

### Pick your Battles. Have a PLAN.

Building sustainable pathways takes knowledge, resources, motivation and buy in of the majority to achieve success.

Understand what's in your backyard and implement strategies to effect the biggest change first.

If a Child can DREAM, then its up to us to build the platforms on which that dream can become REALITY. Fill the basket with opportunity and potential.

### Begins, Continues and Ends with Physical Literacy

**1** Consent to Move: Children in the environment feel positive about PA and are able to play freely and spontaneously in their own time.

**2** Motivated to Move: The child or adolescent engages in PA for fun, feeling intrinsic satisfaction and enjoyment.

**3** Confident to Move: Active play becomes fundamental, purposeful and enjoyable, leading to physical literacy.

"If you don't have time to do it right,

When will you have the time to do it over."

John Wooden