

ARUBA ARTISTIC SWIMMING

LONG TERM ATHLETIC DEVELOPMENT PROGRAM

LEVELS AND STAGES

ELITE

- **Physiological Adaptation**
 - Nutrition
 - Cardiovascular Endurance
 - General Strength & Power
 - Flexibility
 - Rest & Recovery - *Every week*
 - Training Intensity High (*6-8hrs daily*)
- **Mental Prep. & Adaptation**
 - Learning to win & Learning to lose
 - Emotional maturity
 - Resilience
 - Mindfulness
 - See a professional *2x per month*
- **Academic Adaptations (\$\$)**
 - Changing Schools
 - Changing programs
 - Adapting schedules
- **Social Adaptation**
 - Adaptation of Circle

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COMPETITIONS

FUNDAMENTAL

- OLYMPIC GAMES
- PANAMERICAN GAMES
- SOUTH AMERICAN GAMES
- CENTRAL AMERICAN GAMES

PREPARATORY

- WORLD CHAMPIONSHIPS
- WORLD CUPS

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PREPARATORY

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- WORLD CUPS

SUPPORT

- COA
- SUBSIDIE COMISSIE
- FEDERATION
- INTERNATIONAL FUNDING

LEVELS AND STAGES

HIGH-PERFORMANCE (HP)

- **Physiological Adaptation**
 - Nutrition (\$\$)
 - Cardiovascular Endurance
 - General Strength & Power
 - Flexibility
 - Rest & Recovery (\$\$) - *Twice per month*
 - Training Intensity Moderate (*4-6hrs daily*)
- **Mental Prep. & Adaptation (\$\$)**
 - Learning to win & Learning to lose
 - Emotional maturity
 - Resilience
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COMPETITIONS

FUNDAMENTAL

- JUNIOR PANAMERICAN GAMES
- JUNIOR WORLDS

PREPARATORY

- PAN AMERICAN CHAMPIONSHIPS
- SOUTH AMERICAN CHAMPIONSHIPS (CONSANAT)
- CENTRAL AMERICAN CHAMPIONSHIPS (CCCAN)

SUPPORT

- SUBSIDIE COMISSIE
- FEDERATION

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LEVELS AND STAGES

DEVELOPMENT

- **Physiological Adaptation**
 - Learning about nutrition
 - Learning to train
 - Training Intensity Light (*3-5hrs daily*)
- **Mental Prep. & Adaptation**
 - Is learned through the training process
 - With coaches' help
- **Academic Adaptations**
 - None...
 - Practice revolves around schooling
- **Social Adaptation**
 - None

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COMPETITIONS

FUNDAMENTAL

- PANAMERICAN CHAMPIONSHIPS
- CARIFTA
- INTERNATIONAL OPENS

PREPARATORY

- DIA DI BETICO
- HIMNO Y BANDERA
- ARUBAANSE A

SUPPORT

- CLUBS
- PARENTS

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LEVELS AND STAGES

RECREATIONAL/SPORT FOR LIFE

- **Physiological Adaptation**
 - NONE
 - Training Intensity Casual (*1-2hrs daily, 2-3x per week*)
- **Mental Prep. & Adaptation**
 - NONE
- **Academic Adaptations**
 - None...
 - Practice revolves around schooling
- **Social Adaptation**
 - Goal is to have fun

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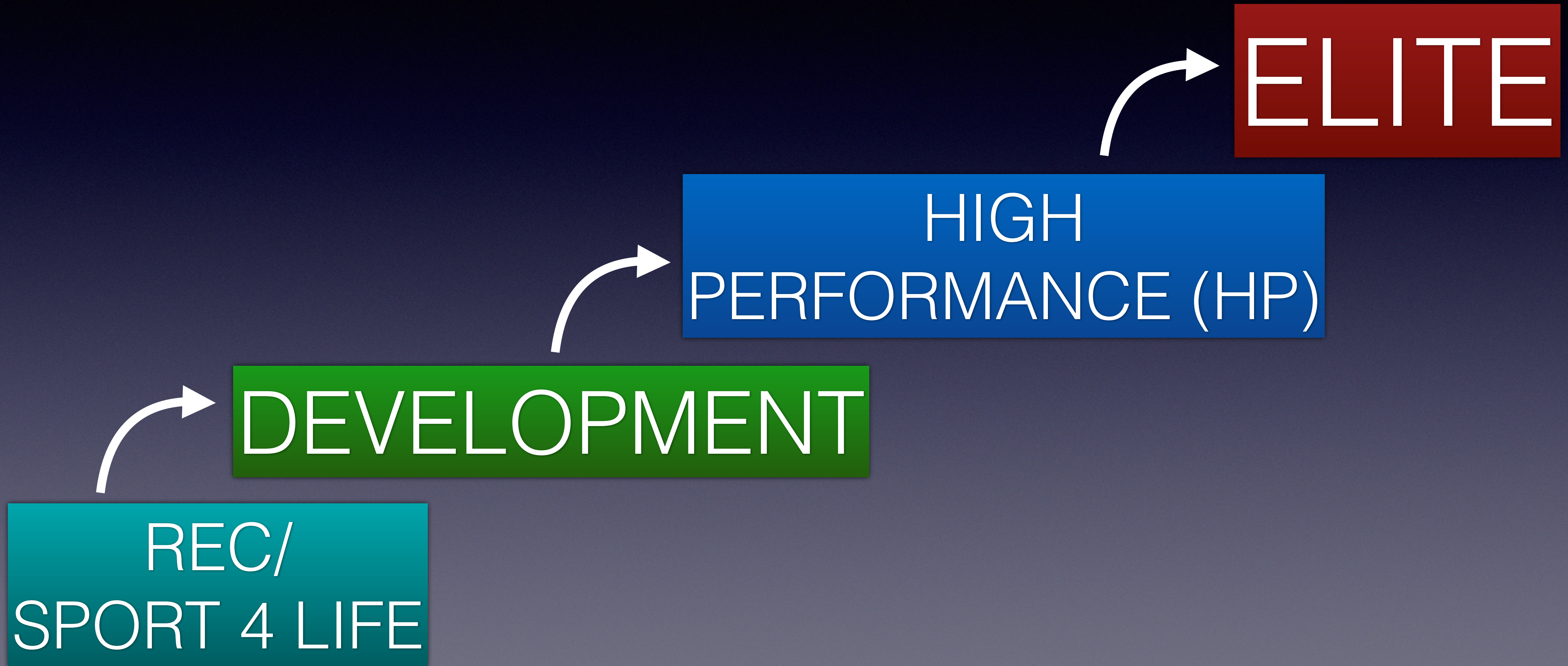
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REC/SPORT 4 LIFE

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 - NONE
- **Academic Adaptations**
 - None...
 - Practice revolves around schooling
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LEVELS AND STAGES



LEVELS AND STAGES

ELITE

HIGH
PERFORMANCE (HP)

DEVELOPMENT

REC/SPORT 4 LIFE