



**GREAT  
BRITISH  
SWIMMER**



**FUTURE PERFORMANCE POTENTIAL**



# Optimal Athlete Development Framework



# What have we now then.....

- A set of characteristics, attributes and principles that promote the optimal development for potential Olympic swimmers for Britain
- A strategy to ensure that swimmers & coaches in Britain have a well resourced pathway to reach the podium in the future
- A resource that looks at the holistic development of a person, an athlete and a performer
- 6 A-C-C-E-S-S pillars that promotes the principles that allow the transition from 'Future Performance Potential' to 'Great British Swimmer'

# OADF Interactive PDF

- The character attributes of our next generation, defined in 3 areas
  - Person            Holistic Coaching
  - Athlete            The day to day skills & attributes
  - Performer        The skills & attributes when it matters

# The Great British Swimmer



Fulfilled  
Resilient & Robust  
Aspirational  
Growth Mind-set



Displays winning habits  
Physical Attributes  
Coachable  
Technically superior



Arena skills  
Race craft  
Psychologically prepared  
Physically primed

# Future Performance Potential



Enjoys the Journey  
Resilient & Robust  
Driven & Good Learner  
Independent



Performance behaviours  
Physically suitable  
Coachable  
Technically Excellent



Loves race day  
Executes Race plan  
Performs when it matters

# Going about our business through ACCESS

- **A**thlete centred
- **C**oach led
- **C**ulturally defined
- **E**xpert informed
- **S**cience supported
- **S**ystem aligned



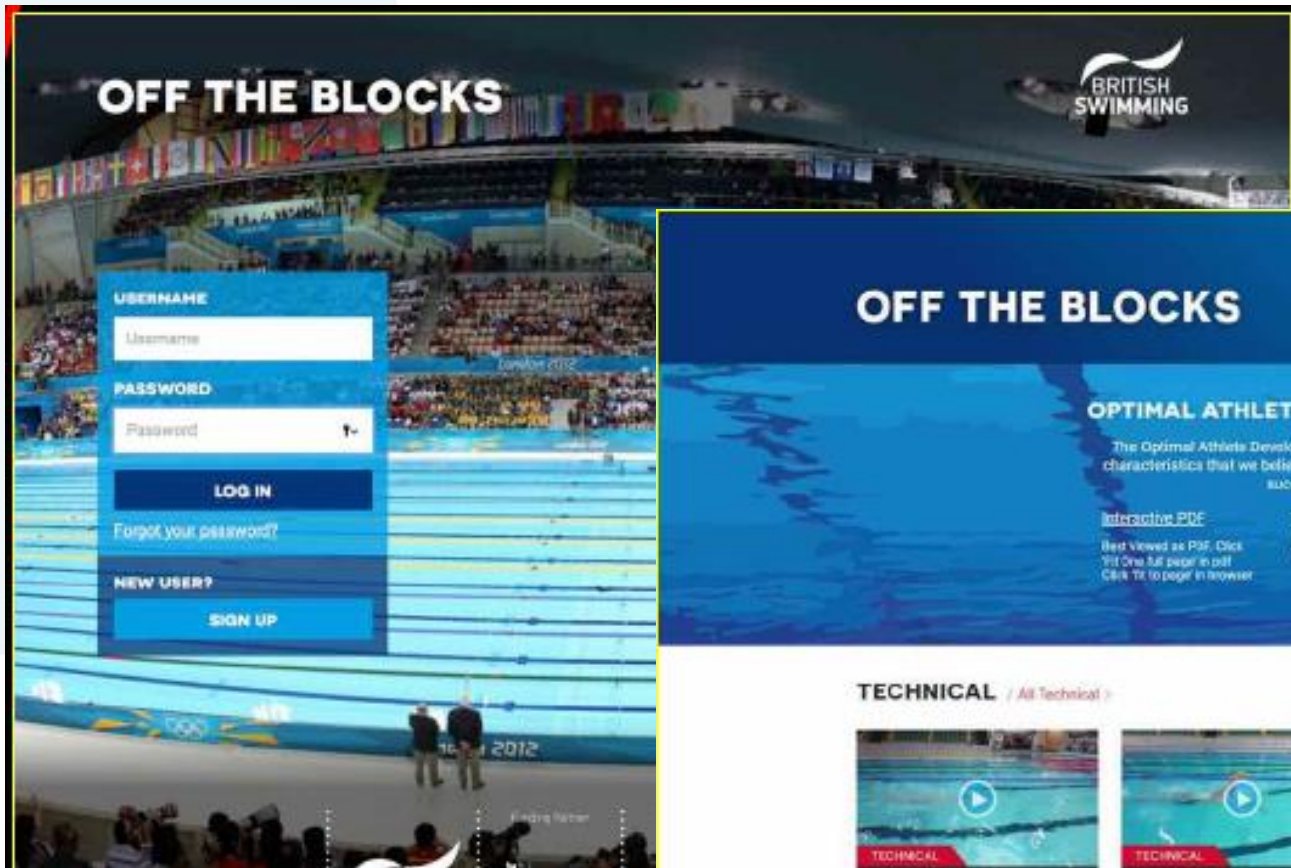
# Coming soon..... Self manage progress tool

Athlete name	Survey type	Date of Survey
Developer Tester	Future Performance Potential	

PERSON		EMERGING	DEVELOPING	EMBEDDED
<input type="checkbox"/> ENJOYS THE JOURNEY	?			
<input type="checkbox"/> SUPPORTIVE NETWORK	?			
<input type="checkbox"/> HAPPY	?			
<input type="checkbox"/> POSITIVE	?			
<input type="checkbox"/> LIFE BALANCE	?			
<input type="checkbox"/> SELF MANAGING	?			
<input type="checkbox"/> HAS A SENSE OF IDENTITY (IN AND OUT OF THE POOL)	?			
<input type="checkbox"/> HAS LONG-TERM PERSPECTIVE AND SETS LONG-TERM GOALS	?			
<input type="checkbox"/> RESILIENT & ROBUST	?			
<input type="checkbox"/> DRIVEN	?			
<input type="checkbox"/> HAS HUNGER AND DESIRE	?			

# Where is the 'Warehouse?'





# Your next steps...

- Familiarise yourselves with OADF
- Consult with your swimmers and inform your parents of OADF
- Understand within your programme what you do well and where can improvement be made (Audit)
- With other coaches share resources and ideas to facilitate learning for your swimmers
- Use off the blocks to stock you warehouse, create your resources