

OPTIMAL ATHLETE DEVELOPMENT FRAMEWORK

INTRODUCTION

The objective of Aquatics GB's Performance Pathway is to develop athletes that have the skills, characteristics and behaviours to thrive in the highest competitive arenas, specifically at the World Championships and Olympic and Paralympic Games.

The Optimal Athlete Development Framework (OADF) sets out to describe the characteristics that we believe our swimmers will need to possess in order to be successful in 2024 and beyond.

The framework defines the characteristics of both "The Great British Swimmer", as well as those that are showing "Future Performance Potential and Future Performance Development". It is not a rigid curriculum, nor indeed a tool for talent identification or selection.

These characteristics we have chosen have been determined following consultation with leading coaches, support staff and athletes, and further developed by Aquatics GB in conjunction with Swim England, Scottish Swimming and Swim Wales, supported by the Home Nation Sporting Institutes.

The 6 'A-C-C-E-S-S' pillars of the OADF describe the approach and underlying principles we will use to develop and then transition our 'Future Performance Development' and 'Future Performance Potential' athletes on to becoming a 'Great British Swimmer'.

AQUATICS GB'S ASSOCIATE PERFORMANCE DIRECTOR, TIM JONES:

"This is an incredibly important inclusive and integrated project that will help determine the collective future of athletes on both our Olympic and Paralympic swimming pathways.

We are adopting a non-prescriptive approach, providing strong guidance but steering clear of telling coaches and practitioners how to do their jobs. We believe in promoting autonomy, and want to encourage individuality by urging the team around athletes of all abilities to exercise all of their knowledge and skill in developing the characteristics set out in this framework."

**WE WORK TOGETHER USING THE FOLLOWING 6 A-C-C-E-S-S PILLARS
AS OUR FUNDAMENTAL WAY OF GOING ABOUT OUR BUSINESS**





GREAT BRITISH SWIMMER



FUTURE PERFORMANCE POTENTIAL



FUTURE PERFORMANCE DEVELOPMENT

FUTURE PERFORMANCE DEVELOPMENT

PERSON

ATHLETE

PERFORMER



Aquatics GB

Future Performance Development defines the character attributes of our developmental level swimmers who have aspirations to fulfil their long-term potential in the sport.

These athletes are the future of swimming in Great Britain and the skills, attributes and behaviours contained here are the foundations for successful transition through the performance pathway.



FUTURE PERFORMANCE DEVELOPMENT

PERSON

ATHLETE

PERFORMER



Aquatics GB



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FUTURE PERFORMANCE POTENTIAL

PERSON

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Aquatics GB

Future Performance Potential defines the character attributes of our next generation. We are looking to work with our club swimming fraternity to identify, and then develop a new and guaranteed supply of athletes. These athletes will be capable of being successfully transitioned over the medium to long term, to perform at the highest levels of world swimming.



FUTURE PERFORMANCE POTENTIAL

PERSON

ATHLETE

PERFORMER



Aquatics GB



FUTURE PERFORMANCE POTENTIAL

PERSON

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Aquatics GB



THE GREAT BRITISH SWIMMER

PERSON

ATHLETE

PERFORMER



Aquatics GB

Building on the characteristics identified within 'Future Performance Potential', the Great British Swimmer defines the additional attributes of athletes who we believe are capable of consistently producing medal winning performances at World, and Olympic and Paralympic level.



THE GREAT BRITISH SWIMMER

PERSON

ATHLETE

PERFORMER



Aquatics GB



THE GREAT BRITISH SWIMMER

PERSON

ATHLETE

PERFORMER



Aquatics GB



THE GREAT BRITISH SWIMMER

PERSON

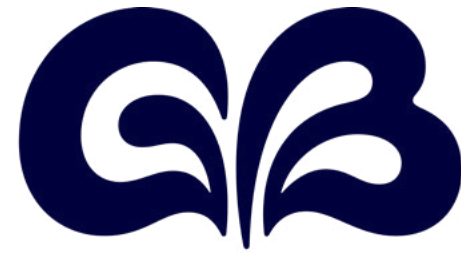
ATHLETE

PERFORMER



Aquatics GB





Aquatics GB



**Scottish
Swimming**



SWIM WALES
NOFIO CYMRU



**Swim
England**