



# OADF Launch

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Friday 16<sup>th</sup> November 2018

OPTIMAL ATHLETE DEVELOPMENT FRAMEWORK

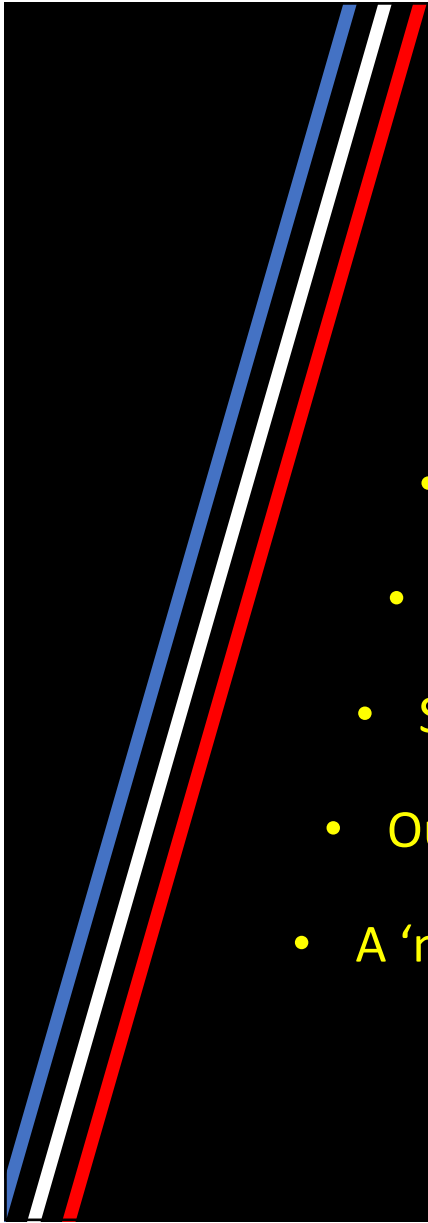
## CONTENTS

1	Executive Summary	2
2	Introduction and background	8
3	Methodology	10
4	Outcomes versus The Project Key Objectives	11
5	Summary of Strengths, Weakness, Gaps and Opportunities of the Current LTAD model	20
6	Future Recommendations	22
7	The New Framework for Swimming in Great Britain	23
8	Making The Framework Happen	29
9	Future Review and Evaluation Mechanisms	33
10	Required Actions	37

## Appendices

1	Individuals Consulted	41
2	Documentation Read and Reviewed	42
3	Performance Coach Questionnaire Results	44
4	Club and Community Coach Questionnaire Results	58
5	Learn to Swim (LTS) Headline Results	78
6	Comparator models for athlete development	80
a.	UK Athletics	80
b.	England Hockey Board	84
c.	British Rowing	88
d.	French Swimming	94
e.	Swimming Canada	98

e.	Swimming Canada	98
f.	OPTIMAL ATHLETE DEVELOPMENT FRAMEWORK	94
c.	British Rowing	88
b.	England Hockey Board	84

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- LTAD review and recommendations were the best starting point
  - The phrase 'Optimal Athlete Development Framework' would be used
  - Target date for project completion would be mid-2018
  - Fundamental aim would to develop swimmers with a "British" identity
  - Set out evidence-based philosophies through a series of broad statements
  - Output would be a document that summarises the headlines of the OADF
  - A 'no compromise' approach taken to the integrity & robustness of the OADF

O. A. D. F.



GREAT  
BRITISH  
SWIMMER

OPTIMAL ATHLETE DEVELOPMENT FRAMEWORK

# framework

/ˈfreɪmwɜːk/ 

*noun*

an essential supporting structure of a building, vehicle, or object.

"a conservatory in a delicate framework of iron"

*synonyms:* frame, substructure, structure, skeleton, chassis, shell, body, bodywork; [More](#)

- a basic structure underlying a system, concept, or text.

"the theoretical framework of political sociology"

*synonyms:* structure, shape, fabric, frame, order, scheme, system, organization, construction, configuration, composition, constitution, architecture, anatomy; [More](#)

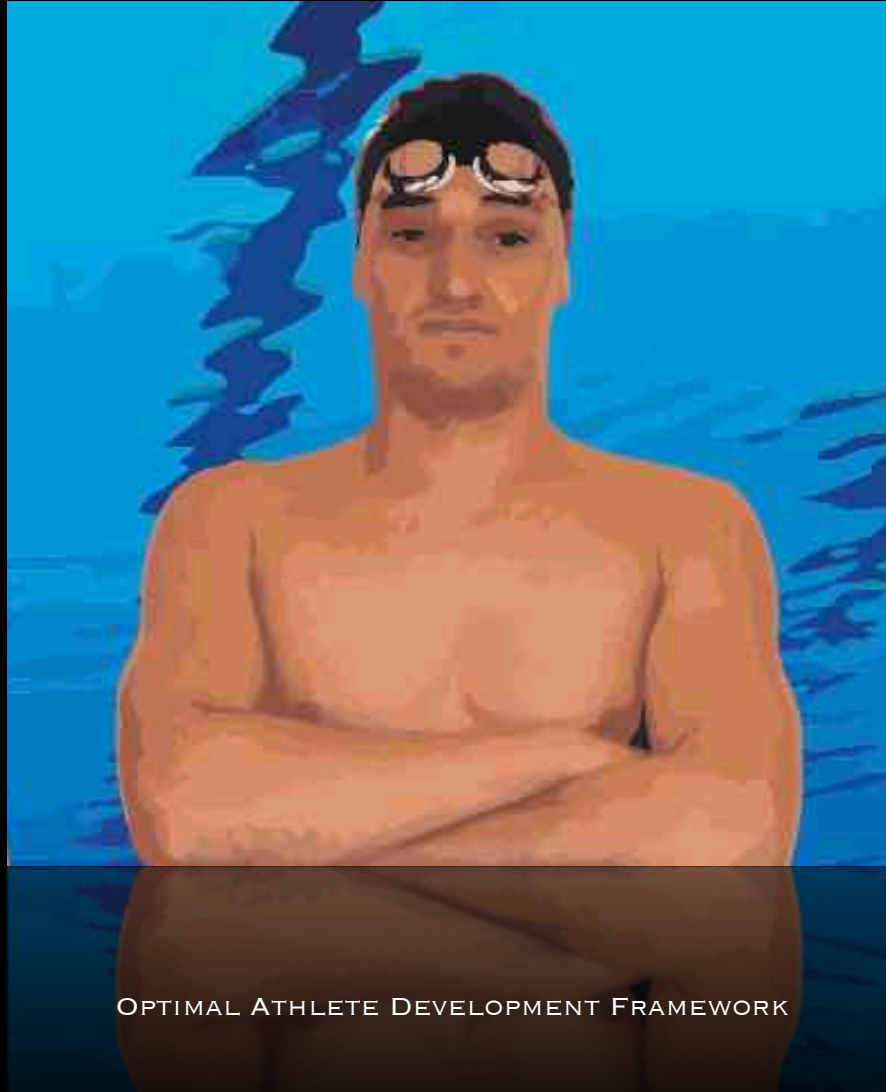
*configuration, composition, constitution, architecture, anatomy; More*

*synonyms: structure, shape, fabric, frame, order, scheme, system, organization, construction,*

*"the theoretical framework of political sociology"*

- a basic structure underlying a system, concept, or text

OPTIMAL ATHLETE DEVELOPMENT FRAMEWORK



OPTIMAL ATHLETE DEVELOPMENT FRAMEWORK







**GREAT  
BRITISH  
SWIMMER**



**FUTURE PERFORMANCE POTENTIAL**







# FUTURE PERFORMANCE POTENTIAL



OPTIMAL ATHLETE DEVELOPMENT FRAMEWORK

## FUTURE PERFORMANCE POTENTIAL

### PERSON

### ATHLETE

### PERFORMER

#### ENJOYS THE JOURNEY

THE PERSON is fully immersed in making the most of every aspect of being the best that they can be.

**SUPPORTIVE NETWORK** - The people around the PERSON will support them holistically in their development, irrespective of sporting success.

**HAPPY** - The PERSON exhibits a relaxed and contented demeanour.

**POSITIVE** - The PERSON maintains a positive outlook on life and sport at all times, irrespective of results in the pool.

**LIFE BALANCE** - The PERSON has the ability to be able to put sport into context and maintain a sense of balance in all aspects of life.

**SELF MANAGING** - The PERSON has an appropriate set of skills to manage and self-regulate all aspects of their life.

#### HAS A SENSE OF IDENTITY (IN AND OUT OF THE POOL)

The PERSON has developed a unique set of character attributes which sets them apart from others.

#### HAS LONG-TERM PERSPECTIVE AND SETS LONG-TERM GOALS

The PERSON focuses on the best possible 'end of career' result and not the immediacy of a short-term outcome.



ENJOYS THE JOURNEY

RESILIENT & ROBUST

DRIVEN

GOOD LEARNER

INDEPENDENT



< BACK TO FRONT PAGE

DELIVERING OLYMPIC PODIUM SUCCESS



# GREAT BRITISH SWIMMER



OPTIMAL ATHLETE DEVELOPMENT FRAMEWORK



## THE GREAT BRITISH SWIMMER

PERSON

ATHLETE

PERFORMER

### RACE CRAFT

THE PERFORMER is a great racer and has the ability to understand and execute various racing strategies.

**OWNING A RACE PLAN** - THE PERFORMER has belief in and ownership of a race plan, yet is adaptable to race the situation as it changes whilst achieving the same result.

**ATHLETIC INTELLIGENCE** - THE PERFORMER has an aptitude for grasping the important factors influencing performance.

**ANALYTICAL OF THEIR OWN PERFORMANCE** - THE PERFORMER critically evaluates their race and understand all risks and opportunities.

**ARENA/RACE EXPERIENCE** - THE PERFORMER has competed at a sufficient number, quality and type of competitions that they are comfortable in the biggest arena.

**EFFICIENTLY MOVE THROUGH HEAT TO SEMI TO FINAL WITH MINIMAL EMOTION** - THE PERFORMER is efficient in their energy expenditure as they move through rounds, both physically and emotionally.



ARENA SKILLS

RACE CRAFT

PSYCHOLOGICALLY PREPARED

PHYSICALLY PRIMED

< BACK TO FRONT PAGE

DELIVERING OLYMPIC PODIUM SUCCESS

## DELIVERING OLYMPIC PODIUM SUCCESS

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

### CULTURALLY DEFINED

OUR CULTURE DEFINES WORLD-CLASS  
BEHAVIOURS TO DELIVER PODIUM SUCCESS

- Athlete wellbeing and duty of care is at the heart of our culture
- Our culture is aligned to British Swimming Team Behaviours
- We have a culture of continuous improvement - Kaizen
- We deliver seasons best performances at the Benchmark Meet

[< BACK TO FRONT PAGE](#)



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OPTIMAL ATHLETE DEVELOPMENT FRAMEWORK

# OFF THE BLOCKS



## OPTIMAL ATHLETE DEVELOPMENT FRAMEWORK

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.

[Interactive PDF](#)

Best viewed as PDF. Click  
'Fit One full page' in pdf  
Click 'fit to page' in browser

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browser

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viewed on all formats as  
well as printed

## TECHNICAL / All Technical >



OPTIMAL ATHLETE DEVELOPMENT FRAMEWORK