

SOLOMON ISLAND AQUATICS FEDERATION LEGACY PLAN

Introduction:

The Swimming Legacy Plan outlines a comprehensive and forward-looking strategy to create a lasting impact on the sport of swimming. Whether you are an individual athlete, coach, organization, or community, this plan can serve as a blueprint for achieving excellence, fostering growth, and leaving a legacy in the world of swimming.

I. Vision and Mission

1.1 Our vision:

is to elevate the sport of swimming by nurturing a culture of excellence, inclusivity, and sustainability, leaving a legacy for future generations.

1.2 Our mission:

is to achieve this vision by implementing strategies that enhance athlete development, promote grassroots participation, improve coaching standards, and create a thriving and supportive swimming community.

II. Swimming Goals

Goal	Specific	Target Date	Responsible Party	Current Status	Achieved Date	Notes
Goal 1	Increase the number of registered swimmers by 10%	January 2024	Membership Director	In Progress	Feb 2024	
Goal 2	Host a regional swimming championship event	April, June, Sep, and Dec 2024	Events Coordinator	In Progress	- April, June, Sep, Dec 2024	

Goal	Specific	Target Date	Responsible Party	Current Status	Achieved Date	Notes
Goal 3	Develop a junior swim talent identification program	2024	Development Committee	In Progress	-2024	
Goal 4	Improve coaching certification standards	2024	Coaching Committee	In Progress	-2024	
Goal 5	Increase federation sponsorship revenue by 20%	2024	Sponsorship Manager	Not Started	-2024	
Goal 6	Increase participation in international events	2024	Events Coordinator		2024	

III. Athlete Development

Subject	Specific
Age Group	Talent identification can vary by age, as swimmers may develop at different rates.

Subject	Specific
TID	Running awareness program for school, community around the provinces
Performance Metrics	Consider the relevant performance metrics for each age group, such as swim times, stroke efficiency, and race results.

Subject	Specific
Program Goals	The high-performance program, such as Olympic qualification, world championships, or national records.
Athlete Selection	Criteria for selecting athletes to be part of the high-performance program, including past performance, potential, and dedication.
Strength and Conditioning	Dryland training program, including strength training, flexibility, and injury prevention exercises.
Nutrition Plan	Nutritional guidelines and meal plans for swimmers to ensure they meet their energy and recovery needs.

Subject	Specific
Sports Science Support	Utilization of sports science, such as biomechanics, physiology, and psychology, to enhance performance and recovery.
Sports Medicine Support	Medical staff, injury prevention, rehabilitation, and athlete health management.
Talent Development	Strategies for identifying and developing young talent within the federation.
Psychological Support	Mental coaching, resilience training, and strategies to manage performance anxiety.
Competitions Plan	List of major competitions and selection criteria for each, including national, international, and qualifying events.
Monitoring and Evaluation	System for tracking athlete progress, including performance metrics and regular evaluations.
Funding and Resources	Budget allocation and funding sources for the high-performance program, including sponsorships and grants.
Facilities and Equipment	Access to training facilities, equipment, and technology needed for optimal training and performance.

Subject	Specific
Athlete Support Services	Support services provided to athletes, such as academic support, career guidance, and athlete well-being programs.
Anti-Doping Education	Implementation of anti-doping education and adherence to WADA regulations.
Communication Strategy	Plan for communication within the federation, with athletes, and the public, including social media presence.
Subject	Specific
Program Objectives	Define the specific objectives of the mentorship and role models program, such as providing guidance, motivation, and support to young swimmers.
Mentors and Role Models	Identify experienced swimmers, coaches, and other individuals who will serve as mentors and role models within the program.
Mentee Selection Criteria	Criteria for selecting young swimmers to participate in the program, such as age, potential, attitude, and commitment.
Mentor-Mentee Pairing	Match mentors with mentees based on compatibility, goals, and specific areas of expertise.

Subject	Specific
Program Duration	Specify the duration of the mentorship relationships, whether they are seasonal, annual, or based on specific goals.
Mentorship Activities	Outline the activities and responsibilities of mentors, such as providing guidance on training, technique, and competition preparation.
Role Models' Involvement	Describe how role models will engage with young swimmers, including speaking at events, offering motivational talks, and providing inspiration.
Support Resources	Provide mentors with resources, training, and support to help them effectively guide and inspire young swimmers.
Mentorship Events	Plan and schedule mentorship events, workshops, and gatherings to facilitate interaction between mentors and mentees.
Role Models' Engagement	Arrange for role models to participate in federation events, conduct clinics, and share their experiences with young swimmers.
Program Promotion	Develop a strategy for promoting the mentorship and role models program within the swimming community and to the public.

IV. Grassroots Initiatives

4.1 Learn-to-Swim Programs:

Promote water safety and swimming by offering accessible learn-to-swim programs for children and adults.

4.2 School and Community Partnerships:

Collaborate with schools and community organizations to introduce swimming to a broader audience.

4.3 Specialized Programs:

Create programs for underrepresented groups, such as individuals with disabilities, to ensure inclusivity in the sport.

V. Coach Development

5.1 Coaching Certification:

Offer coaching certification programs and continuous education opportunities to improve coaching standards.

5.2 Coaching Mentorship:

Establish mentorship programs to pair experienced coaches with newcomers, fostering professional growth.

VI. Facilities and Resources

6.1 Pool Infrastructure:

Advocate for and invest in state-of-the-art swimming facilities, including both competition and training pools.

6.2 Equipment and Technology:

Stay at the forefront of technological advancements in swimming equipment, training aids, and performance analysis tools.

VII. Promotion and Branding

7.1 Marketing and Promotion:

Develop marketing campaigns to increase awareness of swimming and its benefits, targeting both athletes and spectators.

7.2 Media Coverage:

Work with media partners to enhance the visibility of swimming events and personalities.

VIII. Sustainability and Legacy Planning

8.1 Financial Sustainability:

Develop financial strategies to ensure the long-term viability of the swimming legacy plan, including sponsorships, fundraising, and revenue generation.

8.2 Succession Planning:

Identify and train future leaders to carry forward the legacy plan when the current leadership transitions.

IX. Evaluation and Adjustments

9.1 Regular Assessment:

Periodically evaluate the progress of the legacy plan against set goals and make necessary adjustments.

9.2 Stakeholder Feedback:

Seek input from athletes, coaches, parents, and community members to ensure the plan remains relevant and effective.

Conclusion:

By following this Swimming Legacy Plan, will create a lasting and meaningful impact on the sport of swimming, leaving a legacy that enriches the lives of countless athletes and enthusiasts for generations to come. Remember that the journey to building a legacy is ongoing, and our dedication and commitment to the plan will be the key to its success.