

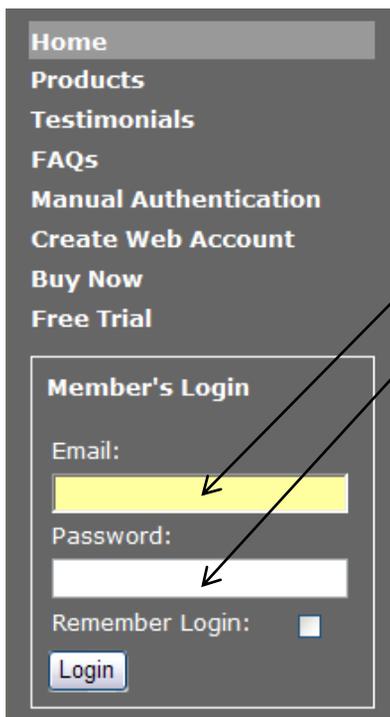
## SNZ AGE AND YOUTH DRYLAND PROGRAMMES

SNZ Youth Level 1 Programmes are suitable for swimmers aged **14yrs +**

- All swimmers are to start off with **SNZ Youth Level 1** – Programme 1 Bodyweight Focus, then progress on to SNZ Youth Level 1 Programme 2 Bodyweight Focus etc.
- Swimmers must be **100% competent** at this programme before they move on to the next as a lack of strength with Bodyweight will affect the swimmers ability to utilize power later on in the progression of programmes.
- For variety programme 1 & 2 can be used weekly in an **alternate way** Eg Mon: Programme 1, Wed: Programme 2, Fri: Programme 1.
- Ideally, dryland needs to be scheduled **3-4 x Week** for 45 – 60mins for SNZ Youth Swimmers to ensure they are receiving the balance in their training and they are optimally developing as a swimmer

## INSTRUCTIONS FOR COACHES AND STRENGTH & CONDITIONERS

1. Open [www.visualcoaching.com](http://www.visualcoaching.com) in a new window.



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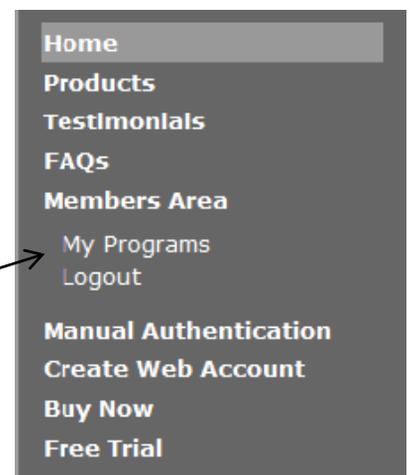
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2. Enter the details here as:

**Email: [swimmingcoachnz@gmail.com](mailto:swimmingcoachnz@gmail.com)**

**Password: swim**

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3. In the grey box under the heading “Members Area” click on **My Programmes**

Group:  ▾

4. Ensure the drop down menu here says "View All". This will display all the Strength & Conditioning Programmes starting from Level 1 downwards.

- File Name ▾
- SNZ Youth Level 1 - Prog 1 Bodyweight Focus
- SNZ Youth Level 1 - Prog 2 Bodyweight Focus
- SNZ Youth Level 1 Prog 3 Bodyweight Focus
- SNZ Youth Level 1 Prog 4 Bodyweight Focus
- SNZ Youth Level 2 Prog 1 Bodyweight + External Mass

5. Click the land program you wish to view.

The screenshot shows the 'SNZ Youth Level 1 - Prog 1 Bodyweight Focus' page. It includes a table with columns for Athlete, Team, Sport, Program Type, and Keyword. Below the table, there are several exercise entries, each with a video thumbnail, a title, and a 'Results' table. The exercises listed are: Pike walk back extension 01206, Climber walk 01205, Hip circles 01217, Supine arm-leg raise 01180, and Stabilization rotation 00749. A 'Logout' button is visible in the top right corner of the interface.

6. To print the page, click the symbol and click "Open" and then "Print". Click to close the window.

7. Click to view videos of the exercises. Click to close the video.

8. Click the blue titles to see more information about the exercise. Click to close the PDF file.

9. To view other programmes click . This will take you back to the main page (step 5).

10. To end your session click

Please send any queries to:

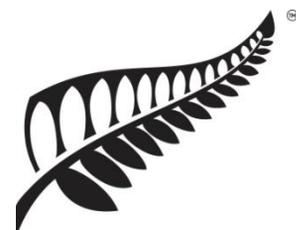
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