

**Research Study: Studying the Effects of the LTAD Model and Comparing it to Male, Female, and Age Group Training Volumes in Canadian Competitive Swimming**

You are invited to participate in a Mount Royal University research study. The study will be researched and written by Caitlin Kruger. An interview will be conducted (preferably over the phone, but email is an option if the phone is not). The interview will follow a structured questionnaire that contains open-ended questions. Please review the study details below. You may contact Caitlin below if you have any questions about the study and/or participation.

**Please contact ASAP if you are interested:**

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Research Question: From the Canadian competitive swim coaches' perspective, what are the training volumes and applications of the Long Term Athletic Development Model (LTAD) that best prepares competitive swimmers to perform successfully and consistently? Sub questions: What are the most effective and efficient methods of training used to achieve performance success? How are the training volumes and application of the LTAD used for males and females in different age groups? Do training volumes and the LTAD in Canadian competitive swimming aim to produce elite athletes or foster long-term physical activity/participation?

Purpose: This study will examine training volumes, methods, and philosophies that competitive swim coaches follow across Canada. Numeric data collected on training volumes for different age groups and sexes will be combined with the qualitative data analysis of coaching philosophies and opinions on the LTAD. This data will interpret what parts of training is believed to be improved, adapted, or changed in order to produce more success in Canadian competitive swimming programs. The goal is to encourage readers to further research the topic of training in Canadian competitive swimming, and attempt to build an optimal, fluid training model that can be adopted and implemented across the country.

Consent: A consent form will be read to the participants over the phone. They can then verbally agree to give consent. The form may also be sent by email to be signed by the participant (you) and a copy scanned and emailed back to the researcher (Caitlin Kruger).

Method: This study uses qualitative phenomenological methods. A sample population is selected via non-probability sample methods, and it will represent the total population, due to lack of time. The sample population is selected using the purposive method (only coaches of Canadian competitive swim clubs will be contacted and asked to participate), and the snowball method (using current connections to further network and contact coaches). A minimum of ten participants is the needed, the research study timeline allows for a maximum of forty participants. The data collection method utilizes a structured questionnaire combined with interviews via phone. Email is an option too if a phone call is not an option. Open-ended questions will be used in the questionnaire, as there are no right or wrong answers. This study is looking at what coaches are doing, and what they believe in for training. Answers are opinion-based, experience-based, perception-influenced, and understanding-based, which are subjective answers. After all of the interviews are conducted, the data will be compiled together and analyzed by the researcher, Caitlin Kruger. In the data analysis, the participants' answers from the interviews will be dissected, looking for commonalities and similar themes among answers. These similarities will then be grouped together to create objective philosophies and beliefs surrounding training methods, specific to training volumes and the LTAD influence.

The goal is to utilize the data to narrow down coaching philosophies and practices, focusing on a common agreement of what training looks like, and what it should look like for Canadian competitive swimming, in relation to training volumes and the LTAD to produce the best success.