FAST TRACKING WILL BE AVAILABLE TO ALL SQUADS AND AT THE HEAD COACHES DESCRETION

JUNIOR

AIM: TO INTRODUCE SWIMMERS TO CLUB SWIMMNG
CONCENTRATE ON SWIM SKILLS & TECH

AGE GROUP 6YRS +

TRAINING HOURS 1 X 1HR/WK

ENTRY CRITERIA
1. TO HAVE COMPLETED AT LEAST A TERM IN STAGE 8
2. TO COMPLETE 50M OF FRONT CRAWL, BACK CRAWL AND BREASTSTROKE WITHIN ASA LAW AND 25M OF BUTTERFLY.
3. TO TUMBLE TURN FRONT AND BACK
4. TO DIVE IN FROM THE DEEP END AND HOLD A STREAMLINED POSITION UNDER THE WATER.

MOVEMENT CRITERIA
1. TO COMPLETE 50MFC IN UNDER 60'S AND 100IM IN UNDER 3.00
2. TO MAINTAIN A 80% ATTENDANCE RATE
3. TO COMPLETE A T10 TEST AND REACH 350M+

COMPETITIVE SKILL

AIM: TO CONCENTRATE ON COMPETITIVE SWIM SKILLS AND INCREASE DISTANCE.

AGE GROUP 7YRS+

TRAINING HOURS 2X1HR/WK

ENTRY CRITERIA
1. TO HAVE COMPLETED AT LEAST A TERM IN JUNIOR
2. TO COMPLETE 50M FC IN UNDER 60'S AND 100IM IN UNDER 3.00.
3. TO COMPLETE A T10 TEST AND REACH 350M+

MOVEMENT CRITERIA
1. TO HAVE ACHIEVED : 50M BF (NO TIME CONSTRAINT), 50M FC IN LESS THAN 50'S , 50BC IN LESS THAN 60'S AND 5 IN LESS THAN 1.05.
2. TO BE ABLE TO PERFORM 1X 100IM WITH CORRECT TURNS
3. TO ATTEND ONE TIME TRIAL OR ONE COMP
4. TO MAINTAIN 80% ATTENDANCE RATE
5. TO PASS THE COMPETITIVE START AWARD

COMPETITIVE DEVELOPMENT

AIM: TO DEVELOP THE TRAINING TO TRAIN AND INCREASE INTENSITY

AGE GROUP 9YRS+

TRAINING HOURS4 X 1HR/WK

ENTRY CRITERIA
1. TO HAVE COMPLETED AT LEAST A TERM IN COMPETITIVE SKILL
2. TO HAVE ACHIEVED : 50M BF (NO TIME CONSTRAINT), 50M FC IN LESS THAN 50'S , 50BC IN LESS THAN 60'S AND 50M BRS IN LESS THAN 1.05.
3. TO BE ABLE TO PERFORM 1X 100IM WITH CORRECT TURNS
4. TO ATTEND ONE TIME TRIAL OR ONE COMP
5. TO MAINTAIN 80% ATTENDANCE RATE
6. TO PASS THE COMPETITIVE START AWARD

MOVEMENT CRITERIA
1. TO MAINTAIN A 80% ATTENDANCE RATE EACH MONTH
2. TO ACHIEVE WITHIN 5% OF DEVELOPMENT TIMES FOR 3 200'S WITHIN AGE GROUP
3. TO COMPLETE 1 DISTANCE EVENT

PERFORMANCE

AIM: TO INTRODUCE SPECIFITY IN EVENTS AND START TRAINING TO WIN

LEAD COACH: NIKKI

TRAINING HOURS: 8.75HRS PER WEEK

CRITERIA
1. TO BE INVITED BY THE HEAD COACH TO JOIN THE SQUAD
2. TO MAINTAIN A 90% ATTENDANCE RATE EACH MONTH
3. TO SET AND USE GOALS
4. TO SELF ANALYSE AND MEET COACH ONCE A MONTH
5. TO ACHIEVE WITHIN 4% OF A NATIONAL TIME IN ONE OR MORE EVENT WITHIN AGE GROUP
6. TO MENTOR YOUNGER SWIMMERS
7. TO PRODUCE PERSONAL BEST TIMES

AGE GROUP PERFORMANCE

AIM: TO PREPARE AND TRAIN TO COMPETE READY TO COMPETE WITHIN THEIR AGE GROUP
AGE GROUP: ALL AGES FROM 9YRS TO 14YRS BOYS/13YRS GIRLS

TRAINING HOURS 6 HRS PER WEEK

LEAD COACH: NIKKI SUPPORT COACH: SAM & RACHEL

CRITERIA
2. TO MAINTAIN A 85% ATTENDANCE RATE EACH MONTH
3. TO COMPETE IN A DISTANCE EVENT
4. TO COMPLETE 200BF OR 200IM OR 400FC IN COMPETITION
5. TO ACHIEVE WITHIN 3% OF THE COUNTY TIMES FOR THAT YEAR IN RESPECTIVE AGE GROUPS IN MORE THAN THREE EVENTS

AGE GROUP COMPETITIVE

AIM: TO DEVELOP TRAINING TO TRAIN FOR COMPETITIONS

AGE GROUP 9yrs to 14yrs/15yrs

TRAINING HOURS4 X 1HR/WK

LEAD COACH: SAM SUPPORT COACHES: RACHEL & SENIOR SWIMMERS

CRITERIA
1. TO HAVE COMPLETED AT LEAST A TERM IN COMPETITIVE DEV
2. TO MAINTAIN A 80% ATTENDANCE RATE EACH MONTH
3. TO ACHIEVE DEVELOPMENT TIMES FOR 3 200'S AND TWO COUNTY TIMES WITHIN AGE GROUP
4. TO COMPLETE 1 DISTANCE EVENT

MOVEMENT CRITERIA
1. TO ATTEND 4/5 SESSIONS EACH WEEK
2. TO MAKE THE SET TURNAROUND TIMES WITHIN THE TEST SET 3

SENIORS

AIM: TO PROVIDE TRAINING FOR THOSE NOT ABLE TO REACH PERFORMANCE LEVEL BT ABLE TO ACHIEVE REGIONAL LEVEL.

LEAD COACH: NIKKI

TRAINING HOURS: 5.75HRS PER WEEK

CRITERIA
1. TO HAVE COMPLETED AGE GROUPS & BE IN YO
2. TO MAINTAIN A 80% ATTENDANCE RATE EACH MONTH
3. TO ACHIEVE WITHIN 3% OF REGIONAL TIMES FOR THAT YEAR RESPECTIVE OF AGE GROUPS IN 3 EVENTS OR MORE
4. TO UNDER GO VARIOUS TEST SETS FROM THE HEAD COACH
5.TO BE GUIDED BY THE TEST SETS AND GOAL SETTING
6. TO AIM TO REACH PERFORMANCE LEVEL

CLUB SQUAD

AIM: TO PROVIDE TRAINING FOR THE OLDER SWIMMER AND TO PROVIDE A SQUAD WHICH CAN BE USED TO MOVE UPWARDS AS WELL DOWN WARDS DEPENDANT ON CIRCUMSTANCES

AGE GROUP - 12YRS +

TRAINING HOURS 2.5HRS PER WEEK

LEAD COACH: CHRIS SUPPORT COACH SAM

CRITERIA:
1. TO MAINTAIN 60% ATTENDANCE RATE
2. TO COMPLETE TEST SETS TO MONITOR PERFORMANCE
3. TO COMPETE AS AND WHEN NEEDED
4. TO DEVELOP SWIM SKILLS

MASTERS