

BOBCATS

## Junior Performance Squad

### Lead Coach: Nathan Bradwell

Junior Performance Squad is where children progress from being swimmers to young athletes, training in this group is most suited to children aged 10-13 years, however this largely depends on individual growth and development. Learning how to train effectively is most important at this stage, this includes working together as a team to bring the best out of each other.

All training and competition for athletes in Junior Performance Squad will be planned and delivered with a long-term focus. The aim is to ensure that young athletes have the time and space to develop, set and achieve goals, learn from mistakes, and most importantly continue to enjoy being a member of the team.

Maintaining long term focus requires increased commitment from both the young athlete and parent. Training more frequently, morning training and gym training are important steps in a swimmer's development and are introduced at this level.

### Weekly Schedule

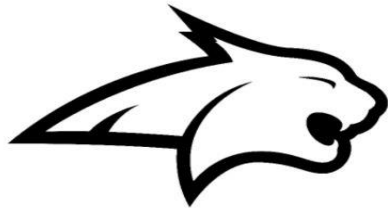
|                      |                 |      |                  |
|----------------------|-----------------|------|------------------|
| Monday               | St Peter's      | Pool | 5:45am – 7:00am  |
| Tuesday              | Padiham         | Pool | 6:30pm – 8:30pm  |
| Wednesday            | Padiham         | Pool | 6:30pm – 8:00pm  |
| Thursday             | Padiham         | Pool | 6:30pm – 8:00pm  |
| Friday               | St Peter's      | Pool | 5:45am – 7:00am  |
| Friday (invite only) | St Peter's      | Pool | 7:00pm – 8:30pm  |
| Saturday             | St Peter's      | Pool | 6:30am – 8:30am  |
| Saturday             | Burnley College | Gym  | 9:00am – 10:00am |

A minimum commitment to attend 4 sessions per week is required to make progress in all 4 strokes, race skills and to improve physical fitness (Endurance/Speed/Strength).

Saturday morning pool and gym session is compulsory, this is essential team development time and race preparation ahead of competitions.

The Friday PM session is by invite only, it is designed to offer an additional session for athletes preparing to move to Senior Performance or Senior Speed Squads.

Athletes are expected to be able to fully participate in all activities, if notified in advance our coaches can adjust sessions to help return from illness or injury.



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## **Entry Standard**

To join Junior Performance Squad, swimmers will have achieved all Development Squad progression criteria. Swimmers will normally start in September, January, or April to correspond with new training cycles.

Trials can be arranged for swimmers from other clubs who believe they have the required level of skill and commitment.

## **Competitions**

Open meets are the most important competitions for young athletes as they provide the opportunity to race multiple times, over different strokes, and distances. They are also most like County / Regional level competitions, so valuable practice for anyone wanting to perform at that level.

Team events are still very important, athletes at this level are likely to be selected for Micro League, Friendly League, and Arena League matches.

## **Progression Criteria**

Athletes can progress to either Senior Performance Squad or Senior Speed Squad.

The following areas will be considered when determining squad moves:

1. Has training and competition attendance been consistent?

Attendance will be recorded each season; this helps to build a profile for each athlete and will identify periods of illness or injury. We use this to assess an athlete's readiness to start a more demanding training and competition schedule.

2. Improvement in training monitoring sets.

During each training cycle, coaches will use sets to monitor athletes' improvement in stroke efficiency, speed, and aerobic fitness. Consistent improvement in these sets highlights the ability to adapt to progress through training.

3. Has the athlete progressed by setting and achieving realistic goals?

This will help athletes to choose which squad will best suit their strengths and future goals. Coaches will monitor progress in training and competition over the course of each season.