TECHNICAL SECTION

Stage 10 Gold 3.5 Squad

Daventry Dolphins Swimming Club

Squad	Description	Target age	Fast track age	Program	Swim awards/ Program Contents	Metres per hr	Hrs per wk
Bronze	Skill	7-9	6-8	DDSC Upto 2 hrs p.w.	Swim Skills	800 1400	1 x 1hrs 1 x 1.5hrs
Silver	Skill	8-10	7-9	DDSC Upto 3 hrs p.w.	Swim Skills	1200 2000	2 x 1hrs 1 x 1.5hrs
Gold	Skill	9-12	8-11	DDSC Upto 3.5 hrs p.w.	Swim Skills	1800 2600	1x1.5hrs 2 x 2hrs

STAGE 10 GOLD 3.5 SQUAD

- Monday 18:45-20:30(1.75hrs) – inclusive of 15mins land work.
- Thursday 18:45-21:00(2.25hrs) – inclusive of 15mins land work.
- Sunday 17:30-20:00 (2.5hrs) – inclusive of 30mins land work.
- 5.5(6) hours per week Cost:
- These sessions are for stroke development, skills, aerobic and speed work
- Average per week 10Km

Criteria:

- Must attend a **minimum** of 3.5 hours (2 sessions) per week.
- Have or have been identified as having potential to achieve Regional qualifying times, based on attitude and application.
- Have NASA County Qualifying Times and enter.
- Be available for Team competitions and selected Open meets if selected, unless discussed with Coach.
- Compete at Club Championship Events.
- Must be on poolside, **READY TO START** (not turning up at) at relevant start times to sessions, ready to complete land work.
- Swimmers and parents, show attitude and application in relation to standards of swimming and targets.
- Must be able to complete sets on times equivalent to times of
    - 2m20s for Frontcrawl per 100m repeats
    - 2m30s for Medley/Backstroke per 100m repeats
    - 2m35s for Breaststroke per 100m repeats
    - 2m40s for ALL kick per 100m repeats

Gold Squad COMPETITIVE SWIMMING

At the end of this stage swimmers will be able to:

1. Complete a set lasting 1600 metres (either 16 x 100 metres: 8 x 200 metres; 4 x 400 metres) on a specific turn around time set by the coach (e.g. 1m50s for the 100 metres; 3m40s for the 200 metres; 7m20s for the 400 metres).
2. Swim 1500 metres continuously choosing one stroke.
3. Perform a continuous 100 metres Individual Medley kick without using a float.
4. Swim a continuous 200m Individual Medley using legal turns.
5. Perform a 15 metres under water Butterfly kick on either the back or front in a streamlined position.
6. Perform a Front crawl relay take over – as an outgoing swimmer.
7. Perform Medley relay take overs – as an outgoing swimmer.

Where participants are physically unable to ever achieve an outcome listed, the award should be granted based on the achievement of the remaining outcomes or a suitable adaptation to meet the needs of the individual.

Glossary

A **'Set'** is a collective term referring to a complete distance that may be swum as 'one distance' without stops or split into sections that total the complete distance. '**Turn around**' time is the time in which a given distance must be completed and any rest must be taken within this time.

'IM' refers to Individual Medley.

'Legal Turns are briefly detailed as follows, and for in depth reference please refer to the FINA Swimming Rules.

Butterfly to Backstroke – 2 handed touch, push off on the back in a streamlined position hands one on top of the other, kick underwater to a

maximum distance of 15m. Backstroke to Breaststroke – 1 handed touch on the back, followed by either (swimmer's choice) a flip turn or a swivel turn. Swimmer then pushes from the wall in a streamlined position, hands one on top of the other and into a one and a half Breaststroke pull underwater into the Breaststroke swim.

Breaststroke to Front Crawl – 2 handed touch, hands placed onto the wall simultaneously. One arm stretches to the front over the water and one arm stretches to the front under the water resulting in a streamlined position, one hand on top of the other. On surfacing and commencing front Crawl, the swimmer must not take a breath until three arm pulls have been completed.

'Front Crawl Relay Take Over' (incoming swimmer) – refers to a swimmer executing an appropriate finish with a full arm stroke and no breath being taken in the last 5m.

'Front Crawl Relay Take Over' (outgoing swimmer) – refers to a dive following an incoming swimmer touching the wall which must be executed in a reasonable time – e.g. a good anticipation is required as long as it takes place ONCE the incoming swimmer has touched the wall (under FINA Law the incoming swimmer must be in contact with the wall and also the outgoing swimmer must be in contact with the block).

Land Conditioning

Other Sports/ Physical activities	✓				
Flexibility & Stretching	✓				
Developing a full range of limb movement	✓				
Body Weight Exercises	✓				
Introduce Core Strength & Balance	✓				
Focus on Technique	✓				
Develop Core Strength (Swiss Balls)					
Progress Body Weight Exercises					
Introduce Medicine Ball work					
Tubing exercises					
Integrate Land & Water work					
Partner Flexibility					
Basic Machine Weights					
Lifting Education					
Develop Weight Lifting Exercises					
Dumbbells & Bar bells					
Specific power Development					

STAGE 10 COMPETITIVE SWIMMING – SCHEME OF WORK

COACH _____

Objectives/Week No	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1600m Set (32 x 50, 16 x 100)																				
1500m continuous Swim using one stroke – 24mins																				
100m IM kick without float – 2mins 10secs																				
200IM with legal turns – 3m40s																				
15m underwater butterfly kick on back or front in a streamlined position																				
Front crawl Relay Takeover as an incoming swimmer																				
Front crawl Relay Takeover as an outgoing swimmer																				
Kick 100M FC 2mins																				
Kick 100M BC 2mins 10secs																				
Kick 100M Brst 2mins 10secs																				
Kick 100M Fly 2mins 10sec																				

Competitive Swimming Stage 10 Gold -> Olympic Squad – Standards Expected.

Stage 10 Gold -> Olympic Squad

1.Complete a set lasting 1600m (either 16 x 100m; 8 x 200m; 4 x 400m) on a specified time turn around time as set by the Coach (e.g. 1m50s for 100m's; 3m40s for 200m's; 7m20s for 400m).

a. Complete the set whilst using the pace clock correctly and obeying the lane discipline procedures of setting off at intervals of 5 seconds between swimmers, finishing on a full stroke on the wall and overtaking using the inside of the lane.

2. Swim continuously for 1500m choosing one stroke.

a. Complete the 1500m without stopping using correct starts, turns and finish that comply with FINA law.
b. The stroke chosen should conform to the FINA rules throughout the 1500m.

3. Perform a continuous 100m Individual Medley kick without using a kick board.

a. The butterfly kick can be completed either on the front, side or back.

i) If on the front the arms will be streamlined in front and breathing will take place at the side or front.

ii) If on the side, one arm will be close to the hips, and not aiding propulsion, and one arm will be in front of the head in a streamlined position. Breathing will take place to the side.

iii) If on the back the arms will be above the head in the water in a streamlined position.

b. The backstroke kick will be completed with the arms above the head in the water in a streamlined position.
c. The breaststroke kick will be completed, the hands will be streamlined in front and the head will come up to breathe at the front.
d. The front crawl kick can be completed either on the front, side or back, as in a).

4. Swim a continuous 200m Individual Medley .

a. Complete the 200m Individual Medley without stopping using correct starts, turns and finishes that comply with FINA laws.

b. The strokes should conform to the FINA stroke rules throughout the 200m.

5. Perform a 15m underwater dolphin kick on either back or front in a streamlined position.

a. The swimmer should have one hand on top of the other, straight arms squeezing the head, the head should be in line (on the same plane) as the arms and shoulders are extended.
b. The body will be in line with the angle of the arms.
c. The head will not break the surface of the water before 15m has been travelled.

6. Perform a Front Crawl relay take over – as an incoming swimmer.

a. Maintain speed into the wall.
b. The swimmer must finish on a full stroke without gliding in.
c. The swimmer will stretch in to the finish by turning onto their side.

7. Perform a Front Crawl relay take over – as an outgoing swimmer.

a. The outgoing swimmer will watch the incoming swimmer and initiate the start before the incoming swimmer has touched the wall.
b. The swimmer will leave the block or side when the incoming swimmer touches the wall.
c. The time differential between the incoming swimmer touching the wall and the outgoing swimmer leaving the block or side, will be minimal, it is recommended less than 0.5 of a second.
d. The outgoing swimmer will perform a start including the transition into the stroke in accordance with FINA laws.