



## ***TECHNICAL SECTION***

### ***Stage 9 Silver 2 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 2.5 hrs p.w.	Swim Skills	800	1 x 1hrs 1 x 1.5hrs
						1400	
Silver	Skill	8-10	7-9	DDSC Upto 3.5 hrs p.w.	Swim Skills	1200	2 x 1hrs 1 x 1.5hrs
						2000	
Gold	Skill	9-12	8-11	DDSC Upto 5.5 hrs p.w.	Swim Skills	1800	1x1.5hrs 2 x 2hrs
						2600	

## **STAGE 9 SILVER 2 SQUAD**

- Monday 18:00-19:00(1hr)
- Thursday 18:00-19:00(1hr)
- Friday 19:00-20:30(1.5hrs)
- 3.5 hours per week Cost:
- These sessions are for skill and stroke development
- Average per week 4800m

### Criteria:

- Must attend a **minimum** of 2 hours (2 sessions) each week.
- Be available for development galas, selected open meets and Team competitions if selected, unless discussed with the Coach.
- Compete at Club Championship Events.
- Have or have been identified as having potential to achieve County qualifying times, based on attitude and application.

## **Silver Squad COMPETITIVE SWIMMING**

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

1. Complete a set lasting 800 metres (either 16 x 50m; 8 x 100m; 4 x 200m) on a specific turn around time set by the coach (e.g. 1m10s for 50 metres; 2m20s for 100 metres; 4m40s for 200 metres).
2. Swim 800 metres continuously choosing one stroke. (15mins)
3. Swim a continuous 100 metres Individual Medley using legal turns.
4. Perform a 15m underwater kick on front in a streamlined position.
5. Perform a backstroke start then Butterfly kick in a streamlined position underwater until 10m from the start point (wall), transfer into stroke and complete the remainder of the 25m .
6. Perform a Front Crawl start, underwater kick in a streamlined position until a minimum of 10m from the start point (wall) is completed, transfer into stroke and complete the remainder of the 25m.
7. Perform a Butterfly start, kick in a streamlined position until a minimum of 10m from the start point (wall) is completed, transfer into stroke and complete the remainder of the 25m.
8. Perform a Breaststroke start, perform a one and a half pull (A Pull) under water, transfer into stroke and complete the remainder of the 25 metres..

*N.B. All starts to be done by a 'take your marks, go' by the coach. The go can be by whistle or shout.*

**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.**

## Silver 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.

**'Underwater Kick'** refers to either Butterfly Kick or Front Crawl Kick.

**Front Crawl, Butterfly or Breaststroke starts could be either of the following (swimmers choice)**

**'Track Start'** refers to a starting position as follows: 1 foot is placed at the front of the block/poolside. Hands grab either at the front or to the side of the front foot.

**'Grab Start'** refers to a starting position as follows: 2 feet, shoulder width apart, toes over the edge, hands can be either in-between the feet or either side of the feet.

**'One and a half pull under water' – "A PULL"** refers to a the swimmer pushing of the wall streamlined, then performing a complete pull where the hands finish by the hips, the hands then recover inside of the body to full stretch and into the first breaststroke pull, the head must break the surface of the water before the hands turn inwards on this first breaststroke pull.

## 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					



## **Competitive Swimming Stage 9 Silver -> Stage 10 Gold – Standards Expected.**

### **Silver -> Gold (Approximately Stage 9 to Stage 10 ASA Learn to Swim Pathway)**

**1. Complete a set lasting 800m (e.g. either 16 x 50m; 8 x 100m; 4 x 200m) on a specific turn around time set by the coach (e.g. 1m30 for the 50m's; 2m45 for the 100m's; 6.00m for the 200m's).**

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 800m choosing one stroke.**

a. Complete the 800 metres 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 800 metres.

**3. Swim a continuous 100m Individual Medley with legal turns.**

a. Complete the 100m without stopping using correct starts, turns and finish that comply with FINA law.

b. The strokes should conform to the FINA stroke rules throughout the 100m.

**4. Perform a 15m underwater kick on the 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.

**5. Perform a Backstroke start the Dolphin kick in a streamlined position underwater until 10m from the start point, then transfer into the stroke and complete the 25m length.**

- a. The hands hold the starting block with the feet placed on the wall.
- b. The head is then thrown back as far as possible, and the hands release their hold on the block, the body continues backwards and the swimmer at this point goes to the legs pushing from the wall to thrust the swimmer upwards and backwards.
- c. The body should arch over and clear of the water, some part of the back must clear the water.
- d. A tight streamlined position will be maintained under the surface of the water.
- e. The swimmer will travel a minimum of 10m before the head breaks the surface.
- f. On breaking the surface, the swimmer will continue swimming backstroke according to FINA laws.
- g. The swimmer will complete the length with a legal finish.

**6. Perform a Front Crawl start, kick in a streamlined position until 10m from the start point, then transfer into the stroke and complete the length.**

- a. The start performed can be either the track or grab start.
- b. The swimmer should enter the water in a streamlined position, all the body should enter through the same 'hole' with as little splash as possible.
- c. A tight streamlined position will be maintained under water.
- d. The swimmer will travel a minimum of 10m before the head breaks the surface.
- e. On breaking the surface the swimmer will continue swimming front crawl according to FINA laws.
- f. The swimmer will complete the length with a legal finish.

**7. Perform a Backstroke start, under water kick shall either be backstroke or dolphin in a streamlined position and transfer into the stroke before 15m and complete the length.**

- a. REPEAT as in 5.

**8. Perform a Butterfly start, kick in a streamlined position until 10m from the start point, then transfer into the stroke and complete the length.**

- a. The start performed can be either the track or grab start.
- b. The swimmer should enter the water in a streamlined position, all the body should enter through the same 'hole' with as little splash as possible.
- c. A tight streamlined position will be maintained under water.
- d. The swimmer will travel a minimum of 10m before the head breaks the surface.
- e. On breaking the surface the swimmer will continue swimming butterfly according to FINA laws.
- f. The swimmer will complete the length with a legal finish.

**9. Perform a Breaststroke start, perform a legal underwater pull and transition, then transfer into the full stroke and complete the length.**

- a. The start performed can be either the track or grab start.
- b. The swimmer should enter the water in a streamlined position, all the body should enter through the same 'hole' with as little splash as possible.
- c. A tight streamlined position will be maintained underwater.
- d. One and a half arm pulls and one leg kick will be achieved before the head breaks the surface.
- e. On breaking the surface the swimmer will continue swimming breaststroke in accordance with FINA laws.
- f. The swimmer will complete the length with a legal finish.