

Developing and Supporting the County Age Group Swimmer

Swim England Talent Team in conjunction with
Cambridgeshire ASA County Swimming Association

Today's Workshop ...

Highlight and explain the key elements of the:

- Competition Pathway (Review Post 2012)
- Development Programme Pathway

Consider the role of the Parent / Guardian in supporting the development of young swimmers within these pathways

The Competition Pathway

The Competition Pathway

- Post-London 2012 Review
- New competition structure
- New coaching structure
- New centre structure (NC)
- Gradual phasing in from 2015
- Ongoing project



County Championships (x 33)



Age Groups

- 11 years and upwards (age as at 31st December)
- 10 year olds may compete if they meet the 11 year old qualification standard
- 10/11 years, 12 years, 13 years, 14 years, 15 years, 16 years and over



Qualification

- Time standards for each event
- Must be achieved in a licensed competition



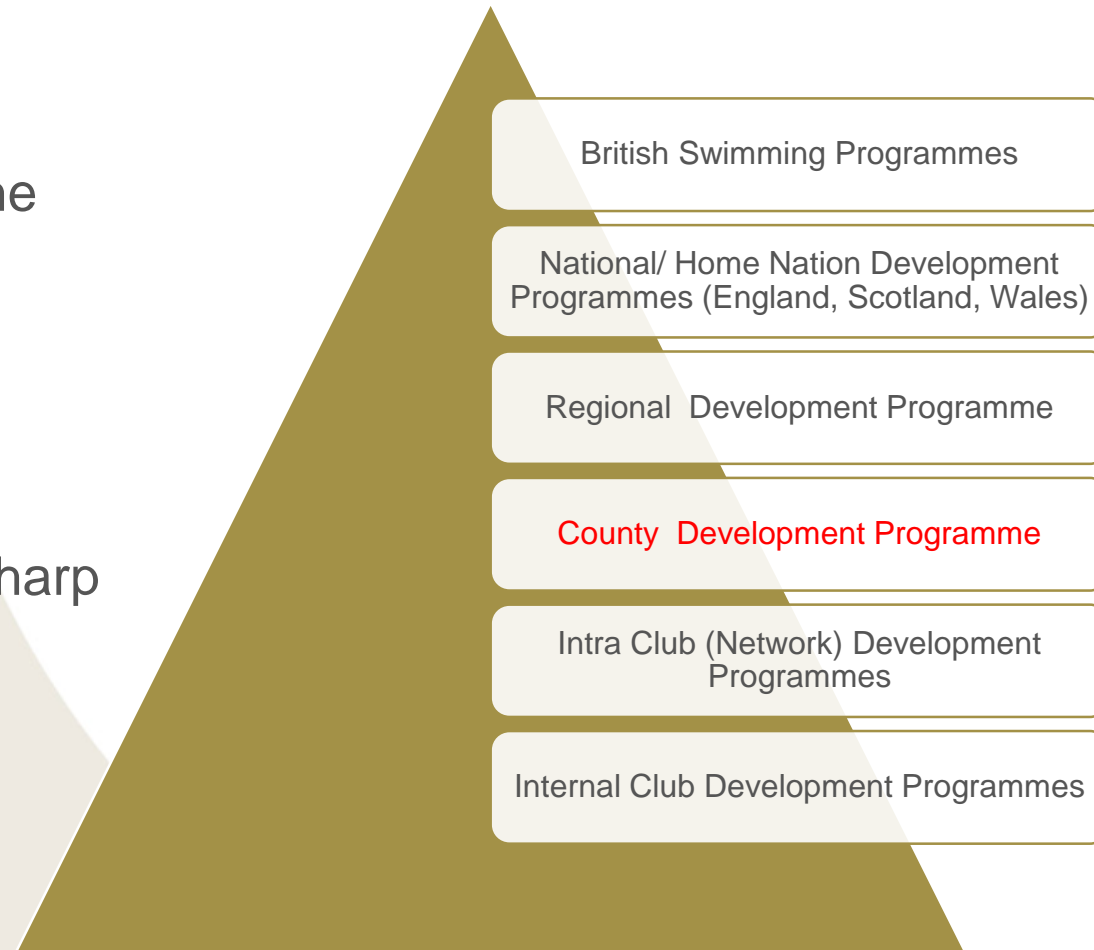
Additional Information

- Take place in January and February each year (weeks 2 – 9)
- 25m or 50m pool
- Context: Approximately 400 medallists per county, x 33 (13,000, 4.3k gold)

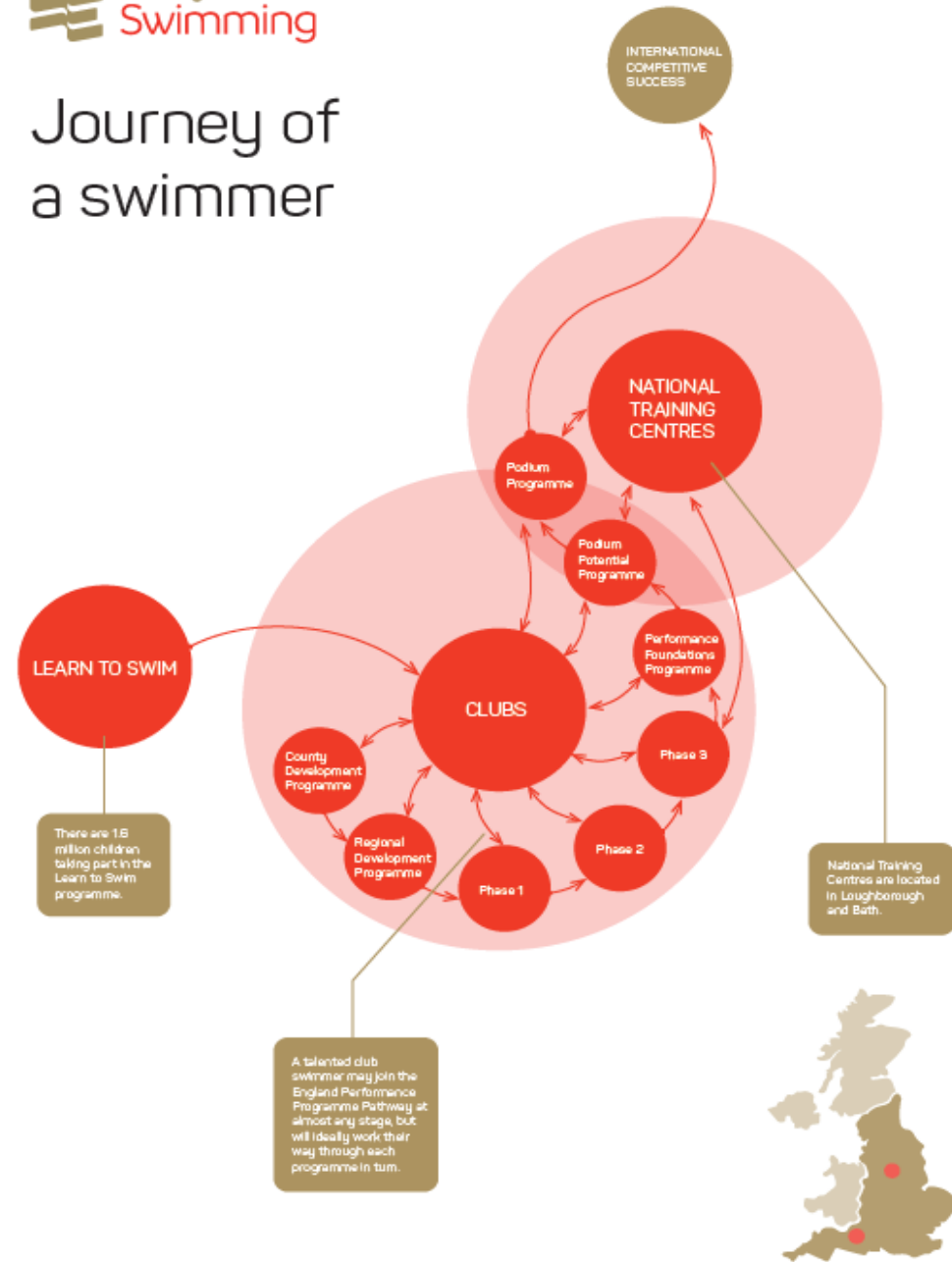
The Development Programme Pathway

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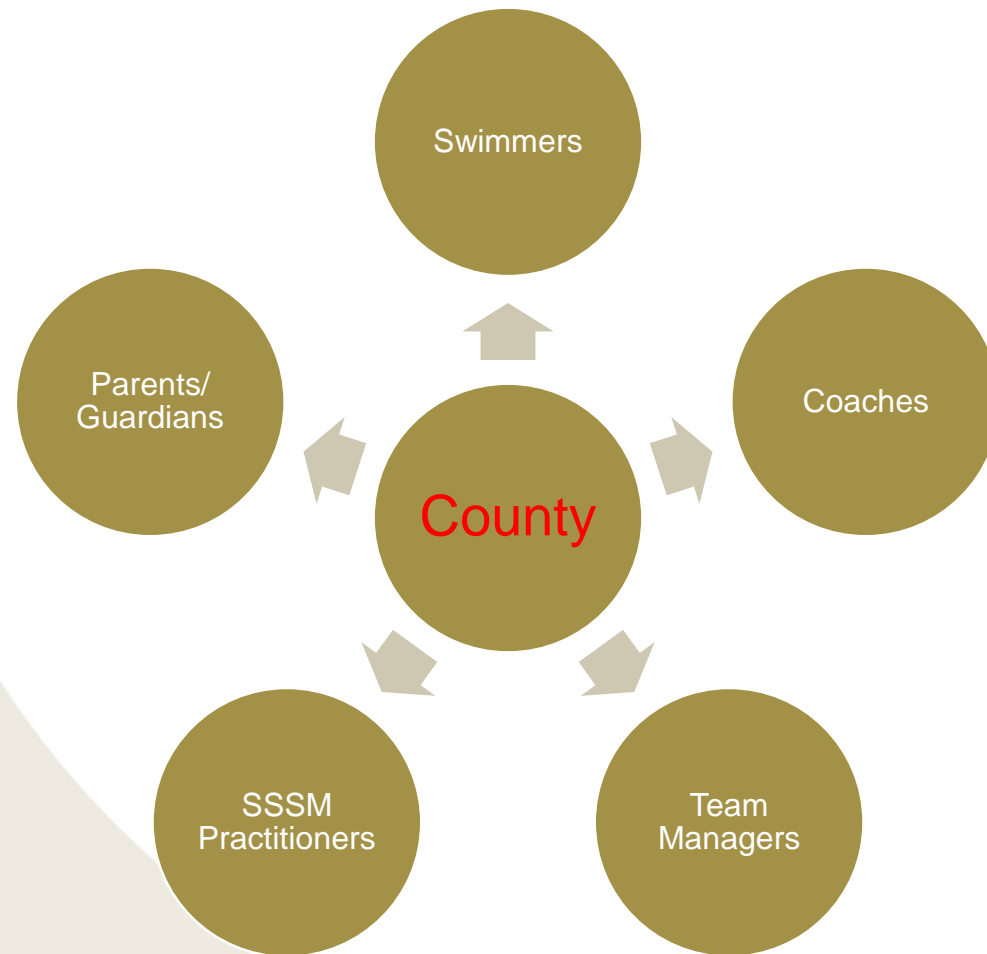
- Standardised from the bottom up
- Inclusive model for coaches
- Guidance from the sharp end
- Progressive



Journey of a swimmer



The County Development Programme



County Development Programme

Swimmer Programme:

- 3 x 1 day camps (20-30 swimmers)
- 11 years AEOY
- Coach focussed
- 1000 swimmers vs 20 coaches



County Development Programme

Pool Sessions

- Held short course, focus on:
 - aquatic alignment
 - streamlining
 - stroke technique

Dry Land Training

- Pre and Post pool activities
- Fundamental Movement Patterns

Workshops

- Principles of effective and efficient stroke technique
- Performance Lifestyle
- Performance Nutrition



Development Pathway Programme

Regional Programme

- 3 x 1 day camps
- 36 swimmers (18 girls and 18 boys) aged 12 years in the year of competition
- Starts/ Turns/ Finishes

National Phase 1 Programme

- 3 x 1 day camps
- 36 - 48 swimmers aged 13/ 14 years in the year of competition
- Underwater Transitions/ Stroke Efficiency/ Relay Takeovers

National Phase 2 Programme

- 2 x 2 day camps
- 40 – 52 swimmers aged 15/ 16 years in year of competition
- Event Focused/ Overnight Stay

National Phase 3/ 2024

- International Trip
- Numbers TBC, aged 13 years +
- Event/ Competition Focused

Process Goals – Controllable

Race Objectives

Name: _____



Competition	Flanders Meet				Rate Objectives 1 to 5 5 = Great, perfectly achieved				
Event	400 IM				H	S-F	F	(Circle)	
Main Objective	Match Fly & FC Splits by pacing Fly easier (22 Strokes)				1	2	3	4	5
2 nd Objective	Improve turns off walls using 5 kicks (7-10m). On the last turn kick as fast (and go as far) as possible				1	2	3	4	5
Split Emphasis [Not times]	<u>1st 25/50/100</u>	<u>2nd 25/50/100</u>	<u>3rd 25/50/100</u> Br -ve Split	<u>4th 25/50/100</u>					
Result & Issues to work on	Pacing much better; Fly easier & 22 kicks achieved. Average turn distance 8-9m; last one 12.5m, Excellent! Must consolidate this work in other events.				1	2	3	4	5

Race Skill and Delivery

Race Tactics

Hydration

Pre race routines – stretching/mobilising

Post Race routines

Training in preparation for the meet

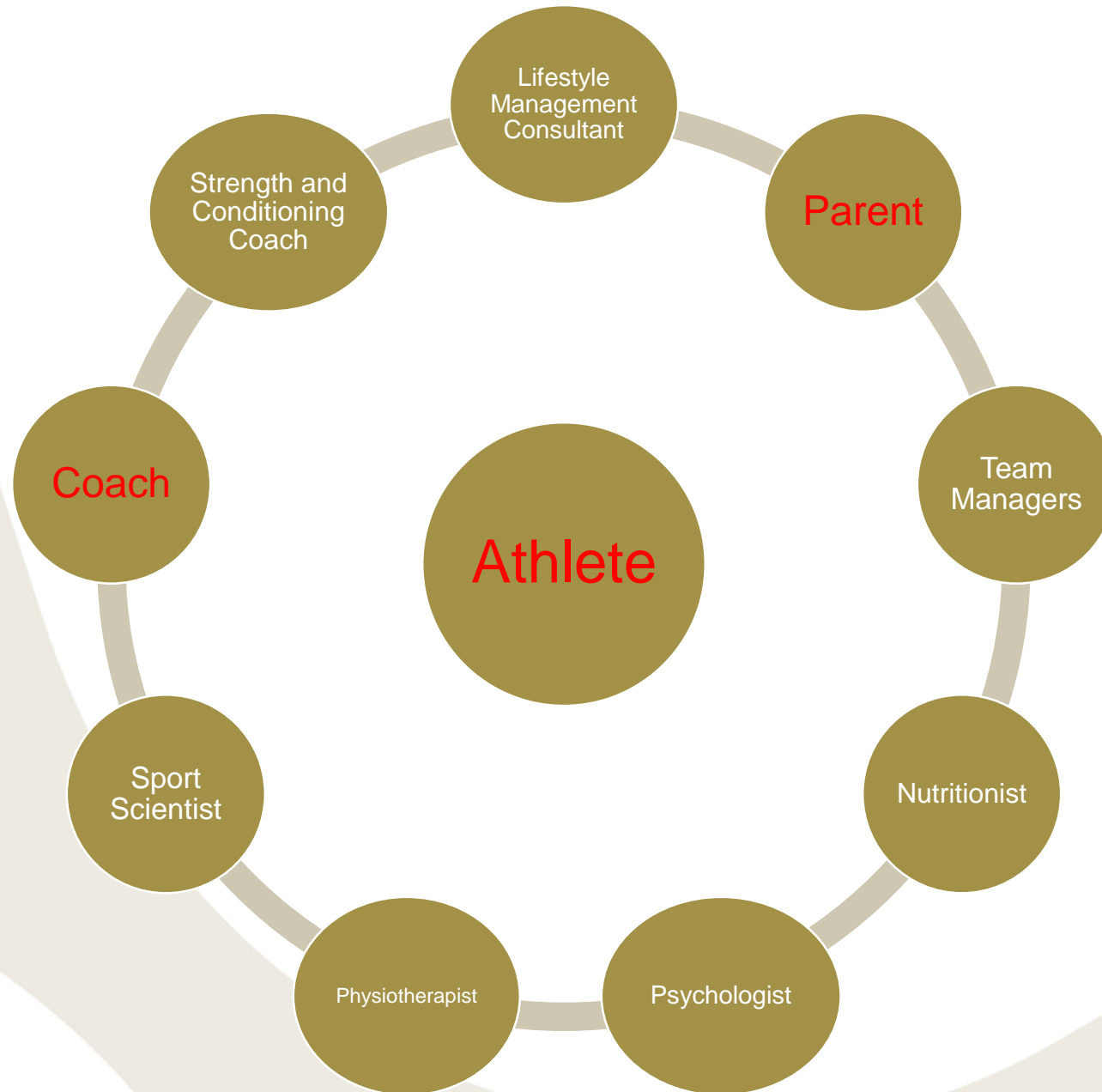
Sleep

Avoid: Times & Beating swimmer 'X' from 'X' club

The Athletic Triangle

The athletic triangle, consisting of the coach, athlete and parent(s), is a natural aspect of the youth sport setting. The coach's and parents' roles in this process are critical to the success of any program.





23:1 Rule

- Majority of hours per week are out of the pool and not under the influence of the coach.
Decisions made that effect both training and competition performances.
- Time away from the training environment often allows the athlete to undermine their hard work in the pool!
- England programmes commitment to parents/ guardians to improve education on how they can better support their child.

Coach and Parental Support

Coaches provide:

- Informational Support (technical advice)
- Emotional Support
- Esteem Support

Parent/ Guardians provide

- Tangible Support (finance/driving)
- Emotional Support
- Esteem Support



Social Support – Roles undertaken effectively in the sporting sense – The research shows:



DONE
EFFECTIVELY:

Perceived sport competence
Self – confidence
Self – esteem
Enjoyment
Commitment
Successful performance
outcomes

DONE
INEFFECTIVELY:

Anxiety
Drop Out



Volunteer Roles ...

- Team Managers – pathway to Olympic level
- Referees – pathway to Olympic level
- Judges – pathway to Olympic level
- Timekeepers
- Marshalls (Warm Up/ Swim Down/ Events)
- Collating/ managing entries
- Producing the programme/ start lists
- Selling entry tickets/ programmes/ raffles
- Catering for other volunteers/ coaches
- Announcer/ Competition
- Committee members either at Club, County, Region or Nationally

ALL THESE THINGS ALLOW COACHES AND CLUBS TO FUNCTION MORE EFFECTIVELY, WHICH IN TURN BENEFITS THE SWIMMER!

Further Information

Key Websites

- www.eastswimming.org + Twitter, Instagram, Facebook
- www.swimming.org
- www.britishswimming.org
- www.offtheblocks.info

East Region Talent Officer: Kevin Pickard

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Bill and Rebecca – effective partnership for long term success

