

## GUIDE FOR PARENTS AND SWIMMERS

The following squad and group criteria has been developed to ensure that there is a transparent and logical path through the teaching and coaching groups. It ensures that the standard of swimmers are appropriate for each group. The coaching staff have the best interest of the swimmers at heart and the swimmers will need to demonstrate based on their physical and emotional development that they are able to train effectively in the groups. It is not a simple tick off exercise and then swimmers will move groups as factors such as group sizes, maturity and physical development will be other important factors. Flexibility in criteria will be shown in exceptional circumstances and under the discretion of the Head Coach and the Lead Coach for Teaching Groups. Coaching staff will monitor the performance of swimmers in each group and will train to ensure that over time the criteria for the next group upwards can be met. All swimmers will progress at different rates and this is not a signal for success or failure. The development pathways indicate that swimmers may not always progress upwards and may move sideways in order to follow a fitness pathway.

## PERFORMANCE SQUAD

The Performance Squad is the top competitive squad within the Swimming Club, and all swimmers within it are aiming to compete at the highest level. The ethos of all swimmers is to train to the best of their ability, challenge themselves, and respect the coaching team and each other. The squad will work as a team and individually to achieve personal and club goals. Whilst older swimmers may be impacted on level of commitment, it is expected that swimmers are training regularly in line with criteria, complemented with land training sessions.

| CRITERIA FOR PERFORMANCE SWIMMERS |   |            |
|-----------------------------------|---|------------|
| P1                                | Swimmers are punctual to sessions, do land based warm up and start all sessions on time with minimal breaks between the session (as agreed by Coach)  | ATTITUDE   |
| P2                                | Swimmers have good attitude to training, are motivated and complete specified sets as directed by the coaching team. Examples include: achieving training targets, maintain focus throughout set without disruption to others or extra stopping/breaks.   | ATTITUDE   |
| P3                                | Swimmers always show exemplary behaviour, giving maximum effort in the swimming and land training sessions. SMART goals will be set for each swimmer by the Coaching Team.  | ATTITUDE   |
| P4                                | Long, Medium and short term goals are set and reviewed by the Lead coach for the group. Swimmers should be available to complete regular test sets for fitness, stamina and swimming efficiency.  | ATTITUDE   |
| P5                                | Swimmers have great ability to concentrate on skills, and train effectively focusing on the key aims and goals of the set.  | ABILITY    |
| P6                                | Swimmers enter all events at the Club Championships, and recognise it as an important aspect of their overall training (subject to medical issues)  | ABILITY    |
| P7                                | Swimmers aim to enter multiple events at the County Championships and aspire to swim at regional level and higher   | ABILITY    |
| P8                                | Swimmers will represent the Club when selected at Sussex, Arena League and other galas when selected by the Head Coach  | ABILITY    |
| P9                                | Swimmers will regularly (at least once a month) compete at open meets: Aim for a selection of Level 1-3 meets with focus on key Level 1 meets throughout the year and within the National Championships qualification window.   | ATTENDANCE |
| P10                               | All swimmers in Performance Gold are expected to swim at least 1 of the 2 morning sessions (older swimmers, flexibility is given for academic commitments)  | ATTENDANCE |
| P11                               | Consideration will be given to times achieved for different strokes, IM, distances and test sets in the movement of swimmers through the Performance groups   | ABILITY    |
| P12                               | Attendance levels will be recorded for each swimmer and will be monitored. If attendance levels drop below specific amounts then the coach will discuss this with the swimmer and parent/guardian   | ATTENDANCE |
| P13                               | Test sets and an assessment of ability for Performance swimming will include for example : descending 200m freestyle swims, heart rate sets, kick sets, efficiency and speed of underwater butterfly kick from dive through to breakout, body position and streamlining, technical efficiency in all strokes. | ABILITY    |

### PERFORMANCE GOLD

All Performance Silver Squad criteria must be met plus the following:

|     |  | Criteria Met | Target* |
|-----|--|--------------|---------|
| PG1 | County Championship Qualification in multiple events (Jan/Feb Champs)  |              |         |
| PG2 | Swimmers aspire to gain Regional Base times at a minimum, with the aim to meet Regional automatic qualification times  |              |         |
| PG3 | Swimmers should be at least 12 years of age in the calendar year. In exceptional circumstances a talented younger swimmer may be selected.                     |              |         |
| PG4 | Ability to train at the highest level, competent at aerobic threshold sets and strong ability at all strokes, with discrete specialisms                        |              |         |
| PG5 | Expectation to attend at least 1 morning session a week and attend Saturday morning training (when not competing) *Subject to academic commitments             |              |         |
| PG6 | Squad swimmers must be training a minimum of 5 sessions out of a maximum of 8 sessions a week (Dual Members must show commitment to the club in other aspects) |              |         |

### PERFORMANCE SILVER SQUAD

All Performance Silver Squad criteria is sought to be met:

|      |  | Criteria Met | Target* |
|------|--|--------------|---------|
| PS1  | County Championship Qualification (Jan/Feb Champs)   |              |         |
| PS2  | Train a minimum of 4 sessions out of a maximum of 7 sessions a week, including the ability to swim 1 morning session a week (must stick to either a Tuesday or Friday). Swimmers must be at least 12 years of age in the calendar year to train morning sessions. (Dual Members must show commitment to the club in other aspects) |              |         |
| PS3  | Ability to swim 200m freestyle in competition faster than 2.40   |              |         |
| PS4  | Timed 20 minute swim target (T20) - 1200-1300m   |              |         |
| PS5  | Ability to swim 4x200m freestyle descending (last 200m PB + 10 secs)   |              |         |
| PS6  | Ability to swim at least 100m butterfly proficiently   |              |         |
| PS7  | Quality technique on all strokes and turns essential   |              |         |
| PS8  | Ability to swim 16x25m rolling IM order off 30 seconds   |              |         |
| PS9  | Enters Club Championships - aim for all events (unless medical issues)   |              |         |
| PS10 | Represents the Club at Sussex League and other galas - essential when selected   |              |         |
| PS11 | Swimmers are expected to commit to training and perform at the highest level.  |              |         |

### PERFORMANCE BRONZE

All Performance Bronze Squad criteria is sought to be met:

|      |   | Criteria Met | Target* |
|------|---|--------------|---------|
| PB1  | Swimmer is aiming to gain County Champ qualification times (Jan/Feb Champs)   |              |         |
| PB2  | Train a minimum of 3 sessions out of a maximum of 4 sessions a week, showing dedication and strong attitude to training |              |         |
| PB3  | Ability to swim 100m in all strokes and IM with good technique, turns and no stopping                                   |              |         |
| PB4  | Ability to swim 200m freestyle in competition faster than 3.00  |              |         |
| PB5  | Regularly enters the Club Championships and all level of open meets in multiple events                                  |              |         |
| PB6  | Represent the club at galas when selected   |              |         |
| PB7  | Timed 20 minute swim target (T20) - 1000-1100m  |              |         |
| PB8  | Understanding of swimming terminology e.g. 200m = 8 lengths, and order of strokes for IM's                              |              |         |
| PB9  | Ability to swim 200m IM with correct turns at race pace   |              |         |
| PB10 | Ability to swim 16x25m rolling IM order off of 35 seconds   |              |         |

## THE HORNETS TEACHING SQUADS

The Teaching Squads provide the framework and platform for swimmers at a younger level developing through to competitive swimming. They also provide opportunities for fitness and recreational swimming, with most still competing at a lower commitment level. The ethos of all swimmers is to give their best, listen to and respect their coaches and teachers, and seek to improve their skills and ability. The squads will work as a team and individually to achieve personal and club goals. It is expected that swimmers are training regularly and giving the best of their ability.

### YOUTH SQUAD

All Youth Squad criteria is sought to be met:

|     |   | Criteria Met | Target* |
|-----|---|--------------|---------|
| YS1 | Swimmers will typically be of secondary school age who cannot commit to daily training expected at performance level. |              |         |
| YS2 | Train between 1- 3 evening sessions a week to improve fitness/endurance and work on swimming technique                |              |         |
| YS3 | Ability to swim 200m freestyle in competition faster than 3.00  |              |         |
| YS4 | Timed 20 minute swim target (T20) - 1000-1100m  |              |         |
| YS5 | Ability to swim 4x200m freestyle descending (last 200m PB + 10 secs)  |              |         |
| YS6 | Ability to swim at least 100m of all stroke and IM proficiently   |              |         |
| YS7 | Good technique on all strokes and turns essential   |              |         |
| YS8 | Ability to swim 16X25m rolling IM order off 35 seconds  |              |         |
| YS9 | Aims to enter Club Championships - aim for specialist events  |              |         |

### MASTERS SQUAD

All Masters Squad criteria is sought to be met:

|     |   | Criteria Met | Target* |
|-----|---|--------------|---------|
| MS1 | Swimmers will typically be over 25 years of age and wish to swim competitively at Masters level or swim for fitness |              |         |
| MS2 | Train between 1- 3 evening sessions a week to improve fitness/endurance and work on swimming technique              |              |         |
| MS3 | Ability to swim multiple lengths in a variety of strokes  |              |         |

### STAMINA

All Stamina Criteria is sought to be met:

|      |   | Criteria Met | Target |
|------|---|--------------|--------|
| ST1  | Ability to dive from the starting blocks into the water (ASA Award)                                   |              |        |
| ST2  | Ability to perform all turns technically correct, not necessarily efficiently                         |              |        |
| ST3  | Correct technique on breaststroke legs  |              |        |
| ST4  | Butterfly pull recovering over the water and good timing with strong kick and undulation              |              |        |
| ST5  | Good understanding of technique on all strokes  |              |        |
| ST6  | Expectation to participate in Club Championships and other Galas                                      |              |        |
| ST7  | Ability to swim 200m freestyle (1 minute rest), 200m backstroke (1 minute rest), and 100m Ind. Medley |              |        |
| ST8  | Ability to swim 50m freestyle faster than 45 seconds  |              |        |
| ST9  | Ability to swim 16X25m rolling IM order off 40 seconds  |              |        |
| ST10 | Demonstrate ability to swim 800m freestyle in under 16 mins   |              |        |

### STROKE 2 (Strength and age is the defining criteria for this group)

All Stroke 2 Criteria is sought to be met:

|      |   | Criteria Met | Target |
|------|---|--------------|--------|
| SK7  | Ability to swim freestyle, backstroke and breaststroke with good technique        |              |        |
| SK8  | Ability to dive into the water from the blocks or to the side of the pool         |              |        |
| SK9  | Ability to demonstrate attempts at appropriate turns for each stroke              |              |        |
| SK10 | Good butterfly kick and undulation demonstrated                                   |              |        |
| SK11 | Ability to swim 50m freestyle in under 55 seconds                                 |              |        |
| SK12 | Aim to compete at Club Champs 50m races (at least) with attempt at 100m freestyle |              |        |

### STROKE 1 (Entry level Swim Assessment for Squads)

All Stroke 1 Criteria SK1-5 must be met as this is the entry level assessment

|     |   | Criteria Met | Target |
|-----|---|--------------|--------|
| SK1 | 100m freestyle (arms recovering out of water)   |              |        |
| SK2 | 100m backstroke (maintain position on the back)   |              |        |
| SK3 | 100m breaststroke (general correct action required)   |              |        |
| SK4 | 25m butterfly (attempt required)  |              |        |
| SK5 | Ability to swim each part without stopping for longer than 5 secs each length and no longer than 20 secs between each part. Must finish assessment within 15 minutes. |              |        |
| SK6 | Aim to compete at Club Champs 50m races   |              |        |