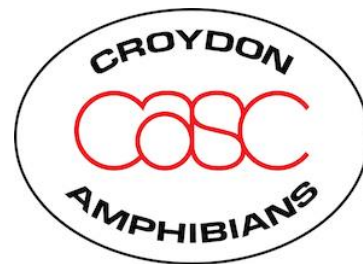


# **CROYDON AMPHIBIANS SC SWIM SCHOOL**

## **PRE-COMPETITION SECTION (CLASSES 8, 9 & 10)**



### ***Introduction***

At CASC Swim School, our Pre-Competition section offers two one-hour lessons per week with maximum class sizes of 14 swimmers. The focus of the lessons continues to build stamina and stroke techniques and is the development of competitive swimming as a specific discipline. As a club, we are able to offer continuous and seamless transition into the Competitive Squads section of CASC for those swimmers who want to continue with swimming and who are ready/suitable to do so. Coaching is given in a taught environment several times a week. At this stage, Water Polo also becomes an available option (please contact Chris Martin, Water Polo Head Coach & Secretary – [casc\\_waterpolo@outlook.com](mailto:casc_waterpolo@outlook.com)).

We generally use Croydon High School and Whitgift School as our venues for these classes.

During these latter classes, swimmers can make significant leaps in their progress. Some capable swimmers who are too young for the Competitive Squads section of the club will be invited to attend Pre-Squad. Other capable swimmers will be invited to join either Pre-Squad, Bronze or Pewter Squads on completion of the swimming classes dependent upon an assessment by Squad Coaches. Please see the main CASC website for further details of criteria, times, fees etc.

At this stage in their swimming career, for swimmers wishing to go beyond Class Ten, we would recommend a CASC Swim Hat for training and a CASC Polo Shirt. On average, we still aim for each swimmer to achieve an appropriate award each term. When swimmers are between awards but are making significant progress, they will be awarded the Swim England Achievement Award. Where swimmers are making outstanding progress, they will be fast-tracked.

As a guide, swimmers in this section will be aged between 8 and 12 years old. Above this age, different, more age-appropriate provision is made for developing swimmers.

Please contact Rachel Browne (Head Teacher - [head@cascswimschool.org](mailto:head@cascswimschool.org)) or Angie Kopka (Swim School Administrator - [admin@cascswimschool.org](mailto:admin@cascswimschool.org)) for more details.


The following pages contain a guide to the classes in the Pre-Competition Section and the award scheme/teaching plan that the CASC Swim School operate.

Please click these hyperlinks to be taken to other websites where you will be able to find a further explanation of our award scheme and teaching plan:

- [\*\*Swim England Rainbow Distance Awards\*\*](#)
- [\*\*Swim England Competitive Start Awards\*\*](#)
- [\*\*Swim England Swimming Challenge Awards\*\*](#)
- [\*\*Swim England Learn to Swim Programme\*\*](#)

CLASS	INFORMATION	AIMS
<p><b>Class Eight</b></p>	<p>Teacher/Coach.</p> <p>Max. Class size: 14.</p> <p>Duration: 60 mins plus optional 60 min.</p> <p>For those swimmers who have achieved Learn to Swim Stage 7 with a sound understanding of what has been taught so far, and are able to perform over water butterfly arms.</p>	<p>All previous teaching is revised, including and extending technique in all front crawl and backstroke, breaststroke arm action, butterfly breathing, butterfly starts and turns and backstroke and freestyle turns.</p> <div data-bbox="646 353 1321 1176" data-label="Image"> </div> <p>Swimmers may be awarded all or some of the following: Rainbow Distance Awards (400m, 600m, 800m, 1000m, 1500m), Swim England Preliminary Competitive Start Award, Swim England Learn to Swim Stage 8 Award and the Swim England Achievement Award.</p> <p><b>PLEASE NOTE:</b> For 25m+ Distance Awards, the stroke must meet the Swim England stroke standard.</p>

CLASS	INFORMATION	AIMS
<p><b>Class Nine</b></p>	<p>Teacher/Coach.</p> <p>Max. Class size: 14.</p> <p>Duration: 2 x 60 mins.</p> <p>For those swimmers who have achieved Learn to Swim Stage 8 and the Swim England Preliminary Competitive Start Award and have mastered front crawl under water arm action and breaststroke under water arm action.</p>	<p>All previous teaching is revised, including and extending technique in front crawl, backstroke, breaststroke, butterfly arm action, all starts and turns including medley turns and the use of a pace clock.</p> <div data-bbox="638 347 1236 1064" data-label="Image"> </div> <p>Swimmers may be awarded all or some of the following: Rainbow Distance Awards (800m, 1000m, 1500m, 1 Mile), Swim England Competitive Start Award, Swim England Learn to Swim Stage 9, Swim England Bronze Swimming Challenge Award and the Swim England Achievement Award.</p> <p><b>PLEASE NOTE:</b> For 25m+ Distance Awards, the stroke must meet the Swim England stroke standard.</p> <p><b>PLEASE NOTE:</b> Swim England Swimming Challenge Awards are only awarded at properly conducted time trials and competitions i.e. Swim School Galas.</p>

CLASS	INFORMATION	AIMS
<p><b>Class Ten</b></p>	<p>Teacher/Coach.</p> <p>Max. Class size: 14.</p> <p>Duration: 2 x 60 mins.</p> <p>For swimmers who have met the criteria for Learn to Swim Stage 9 in competitive swimming.</p>	<p>The focus of this class is to ensure that all strokes are performed efficiently including all under water actions, all starts and turns and push offs should be in a streamlined position. All swimmers need to achieve their Swim England Competitive Starts Award prior to being eligible to join the CASC Competitive Squads.</p>  <p>Swimmers may be awarded all or some of the following: Rainbow Distance Awards (1000m, 1500m, 1 Mile), Swim England Learn to Swim Stage 10, Swim England Competitive Start Award and the Swim England Swimming Challenge Awards (Bronze, Silver, Gold &amp; Honours).</p> <p><b>PLEASE NOTE:</b> For 25m+ Distance Awards, the stroke must meet the Swim England stroke standard.</p> <p><b>PLEASE NOTE:</b> Swim England Swimming Challenge Awards are only awarded at properly conducted time trials and competitions i.e. Swim School Galas.</p>