**Moving from swim skills to “learning to train” whilst gaining a basic knowledge of factors affecting your swim performance.**

*“Don’t practice until you get it right, practice until you can’t get it wrong” Olympic gymnast*

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|  | **Entry Criteria** | **Ongoing Performance Measurements** |
| **Attitude/Respect** | 1. Have proven that you are able to listen, learn & act on the coach’s feedback on a consistent & regular basis
2. Is willing to try new skills, continue to meet new people & have fun
 | 1. To maintain & develop appropriate behaviour & responsibilities within a 1:1 & group training environment (for further information, see our Swimmers Code of Conduct on our website)
2. To develop greater responsibility for your learning & improvement by being ready to listen & learn in training
3. To begin to recognize the importance of OADF by recognizing the importance of commitment to training & by gaining a basic knowledge of factors affecting your performance
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| **Commitment/****resilience** | 1. Attends pool training sessions consistently & regularly
2. Already attended at least 2 competitions & achieved times on Swim England rankings in some events
3. Shows a positive attitude to learning/training
4. Completes all lengths and drills as requested by the coach
5. Prepares and ensure that the ‘magic 6’ is at every session.
 | 1. To continue to attend pool training sessions consistently & regularly
2. To complete all lengths & drills as requested by the coach
3. The ‘magic 6’ at all times
4. To continue the growth mindset and be excited to continue development
5. To learn from any mistakes made & develop more good habits
6. To begin to ask more questions and gather more information into your development
7. To realise that bad races happen & are part of the learning process
8. Training expectation is to attend 3 out of 4 sessions per week, at least one of which should be a 2-hour session, + land training
9. Competition expectation is to attend time trials, club champs, Yule in the Pool + 4 other open meets and be available for league selection
10. At gala, to target all strokes & relevant distances up to & including 400m events. In addition, older swimmers will also be expected to target distance events (800m/1500m)
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| **Power of the team** | 1. Enjoys being part of a team and the swimming environment
 | 1. To be supportive towards your teammates at all times
2. Represent the club by wearing club kit at training and competitions (min. hat and T-shirt)
3. Undertake the RMAP routine together, prior to every training session
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| **Swimming technique & ability** | 1. Has good stroke technique & good, legal turns on all 4 strokes
2. Can swim 400m continuously using one stroke with legal competitive turns
3. Can push & streamline then kick 25m butterfly without using a board
4. Can perform butterfly, backstroke, breaststroke & front crawl turns from 10m in to 15m out
5. Can perform a dive track start & dolphin kick underwater in a streamlined position for 5m with the focus on progressing it to 10m
6. Can complete a set totaling at least 800m as specified by the coach (i.e. using turnaround times as instructed)
7. Can swim a continuous 100m individual medley (4x25m) using recognized competitive turns
8. Can perform a 15m underwater kick on front from a push & glide in a streamlined position
9. Can perform butterfly, front crawl & backstroke starts, then dolphin kick in a streamlined position underwater. Transfer into the stroke & complete the remainder of the 25m
10. Can perform a breaststroke start, performing a one & a half pull underwater. Transfer into stroke & complete the remainder of the 25m.
 | 1. To develop strokes & skills similar to those outlined in the [Swim England Stage 10 Award](https://www.swimming.org/learntoswim/swim-england-learn-to-swim-awards-8-10/) & those described in the [Swim England Competitive Start Award](https://www.swimming.org/learntoswim/swim-england-competitive-start-awards/)
2. To develop effective technique & skills for all 4 strokes
3. To develop effective technical & mental skills required to assist & improve performance
4. To develop basic aerobic conditioning & speed
5. To develop Individual Medley (IM) skills & effective starts & turns
6. To begin learning basic swimming mechanics
7. To begin learning the importance of nutrition & hydration in sport
8. To qualify for County Championships (to achieve finals & win medals)
9. To be selected for County Development Programmes.
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