**Moving from lessons to “competitive swim skills” with emphasis on attentive behaviour and eagerness to learn.**

*“The best swimmers are the best listeners”* Mel Marshall, Adam Peaty’s coach

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|  | **Entry Criteria** | **Ongoing Performance Measurements** |
| **Attitude/Respect** | 1. Is ready to listen, learn & act on the coach’s feedback
2. Is willing to try new skills, meet new people & have fun
 | 1. Good, attentive behaviour showing respect to others (for further information see our children’ code of conduct on our website)
2. To demonstrate a willingness to listen & learn
3. To be willing to ask questions & engage with the coaches
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| **Commitment/****resilience** | 1. Attends pool training sessions consistently & regularly.
 | 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
6. Training expectation is to attend 2 out of 3 sessions per week
7. Competition expectation is to attend time trials, club champs, Yule in the Pool and be available for league selection
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| **Power of the team** | 1. Enjoys being part of a team and the swimming environment
 | 1. To take part in club-wide activities, such as presentation evening
2. To be supportive towards your teammates at all times
3. Represent the club by wearing a club hat in competitions
4. Undertake the RMAP routine together, prior to every session
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| **Swimming technique & ability** | 1. Has completed at least Stage 7 of the Swim England Learn to Swim Pathway, or
2. Has demonstrated the required level of skills during the trial (equivalent to at least Stage 7).
 | 1. To develop strokes & skills similar to those outlined in the Swim England Stages 8 & 9 awards.
2. To develop the preliminary disciplines required for competitive starts (how to perform a shallow drive from poolside at the deep end, then the shallow end & working towards diving off the starting blocks)
3. To develop the stamina necessary for progress in competitive swimming
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