



Perth City Swim Club
Swimmer Pathway



Aims of the Pathway

- Provide a clear pathway for all Swimmers advancing from Learn to Swim to Masters in a diverse team environment that creates friendships for life
- Provide continual opportunity to participate in the sport of swimming in the City of Perth recognising the importance sport plays in health & mental well-being
- Provide opportunity to develop future talent that wish to excel in the sport of swimming



Head Coach Commitment

“ At Perth City we are committed to creating a fun and enjoyable training environment which provides the pathway for development & performance swimmers to reach their potential.”

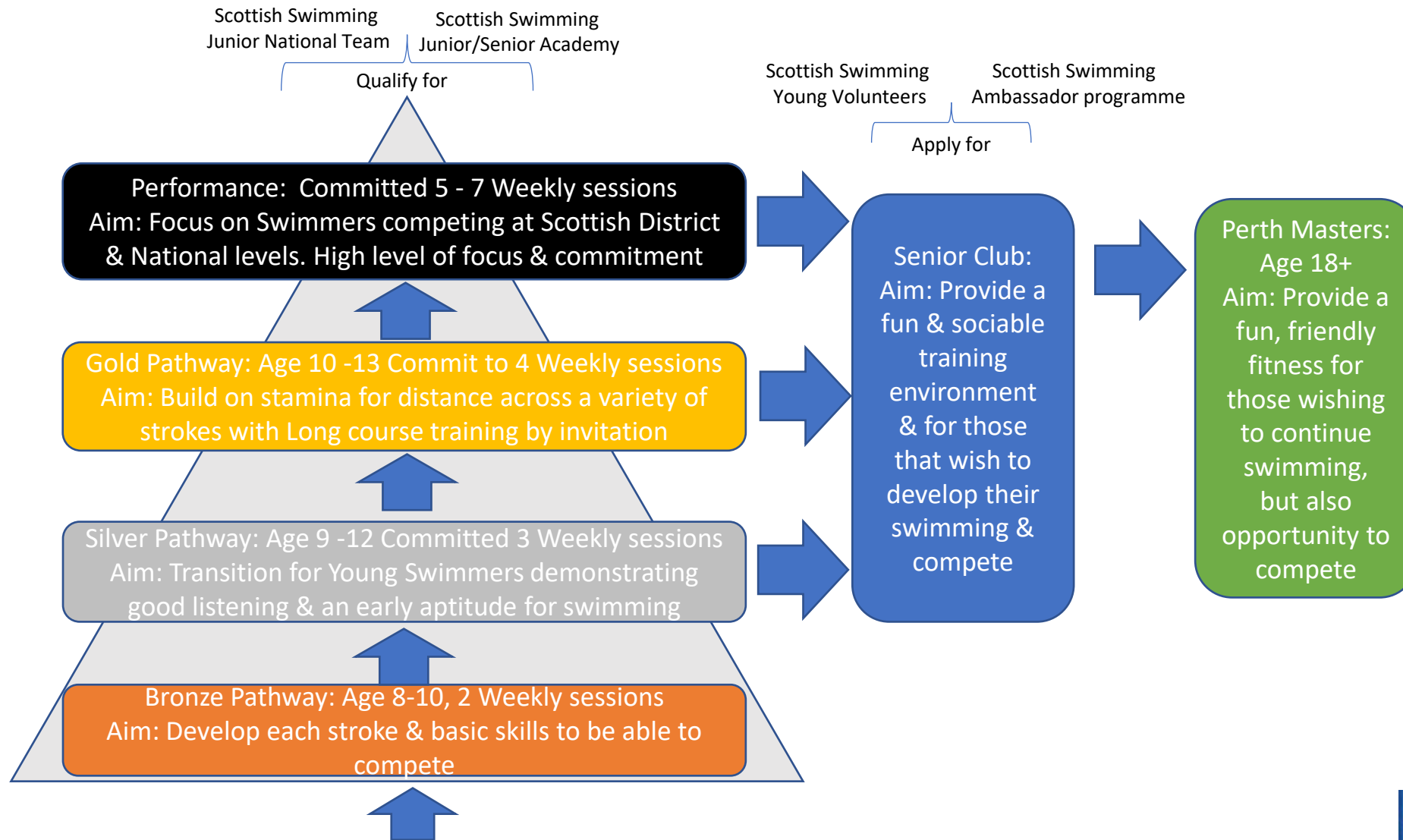
“Being out of the water for such a long time, our role is to give every swimmer the opportunity to catch up, as many have missed vital time when progress may have occurred.”

Oct 2021

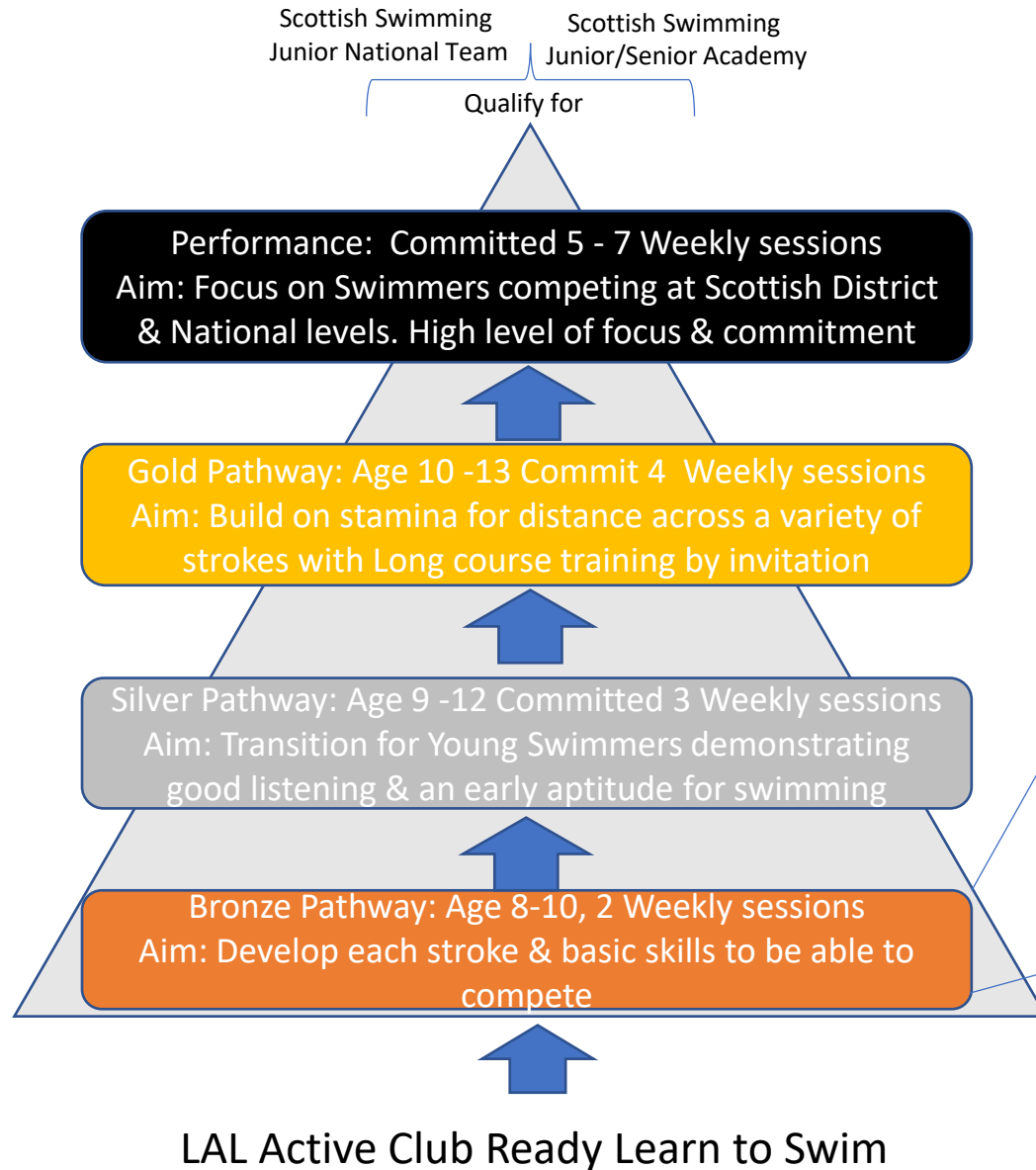


**PERTH CITY
SWIM CLUB**

Perth City Swim Club: Swimmers Pathway



Perth City Swim Club: Bronze Pathway



Invitation to attend & successful trial for Perth City Swim club:

- Entry Level to Perth City Swim Club
- 2 sessions per week

Focus on:

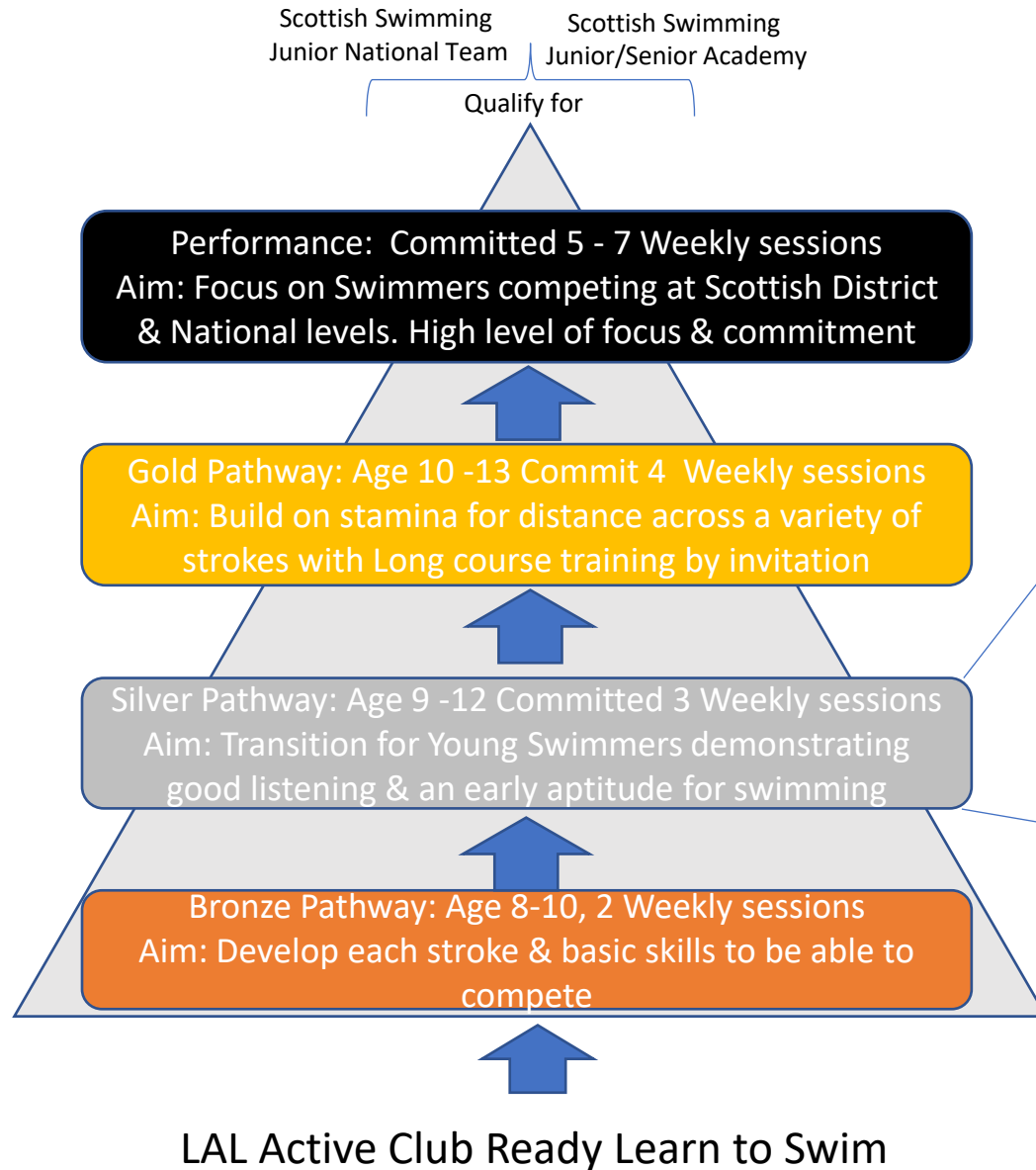
- Stroke development
- Listening & learning from coaching.
- Develop towards competitive racing
- Becoming part of a team

Competition Level:

- Club championships



Perth City Swim Club: Silver Pathway



To be considered for Silver a Swimmer would need to display:

- Good listening skills
- Retention of feedback
- Attitude for swimming
- Be committed to 3 sessions per week

Focus on:

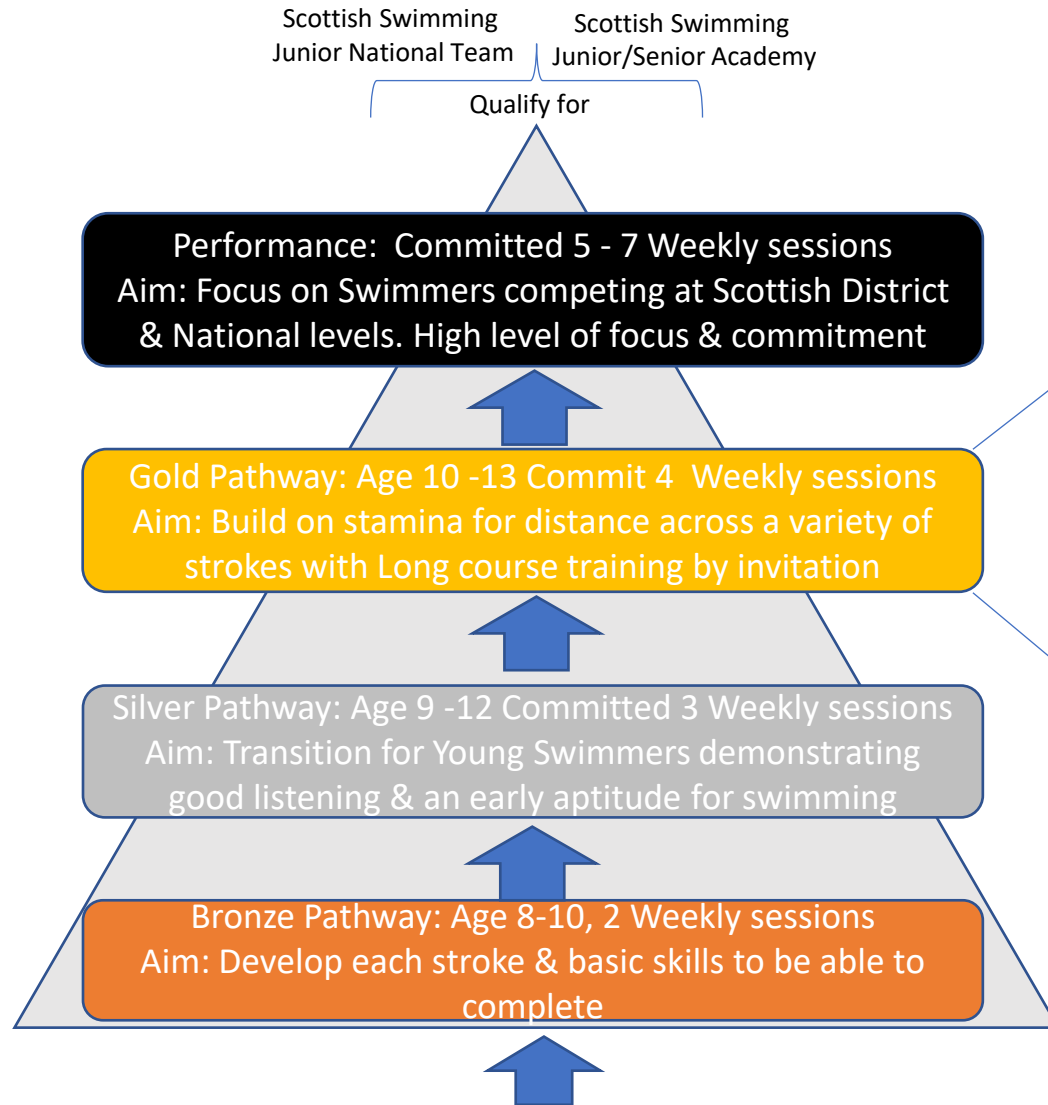
- Stroke development
- Starts/Turns

Competition Level:

- Mini Meets
- District leagues
- Introduction level to Midlands District



Perth City Swim Club: Gold Pathway



LAL Active Club Ready Learn to Swim

To be considered for Gold a Swimmer would need to display:

- Good listening skills
- Retention of feedback
- Regular competitor at meets
- Mastered & competent at all four strokes
- Be committed to 4 sessions per week

Focus on:

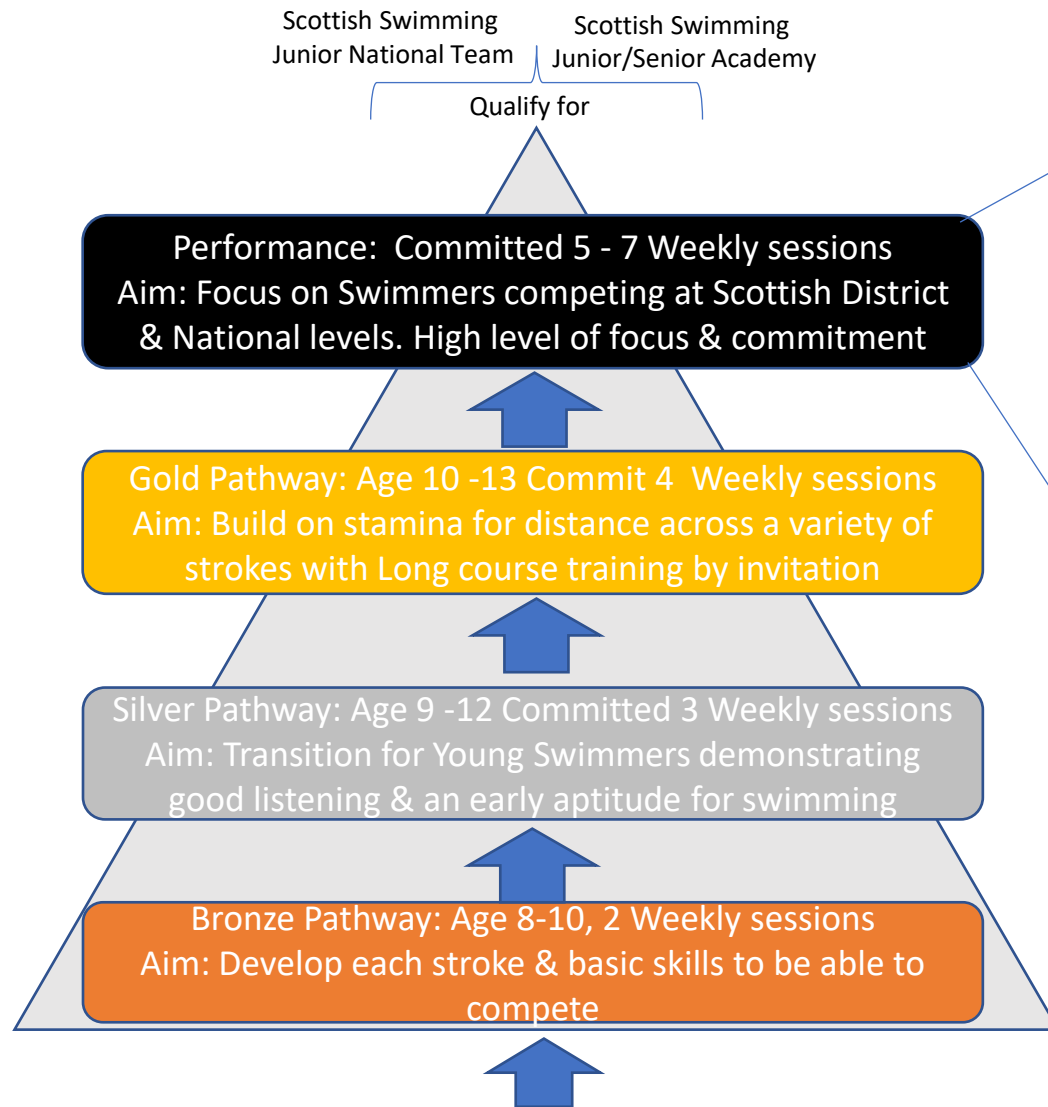
- Stroke development
- Stamina
- Variety of stroke focus
- Distance swimming
- Long course (50m) by invitation

Competition Level:

- Graded Meets
- District leagues
- Competed at Midlands District



Perth City Swim Club: Performance



LAL Active Club Ready Learn to Swim

To be considered for Performance Swimmer would need to display:

- Higher level of focus & commitment to the sport
- Be committed to a minimum of 5 -7 sessions per week
- Probationary Period of 3 months with Coach/Swimmer & Parent feedback on aptitude, effort & progress prior to permanent place being offered

Focus on:

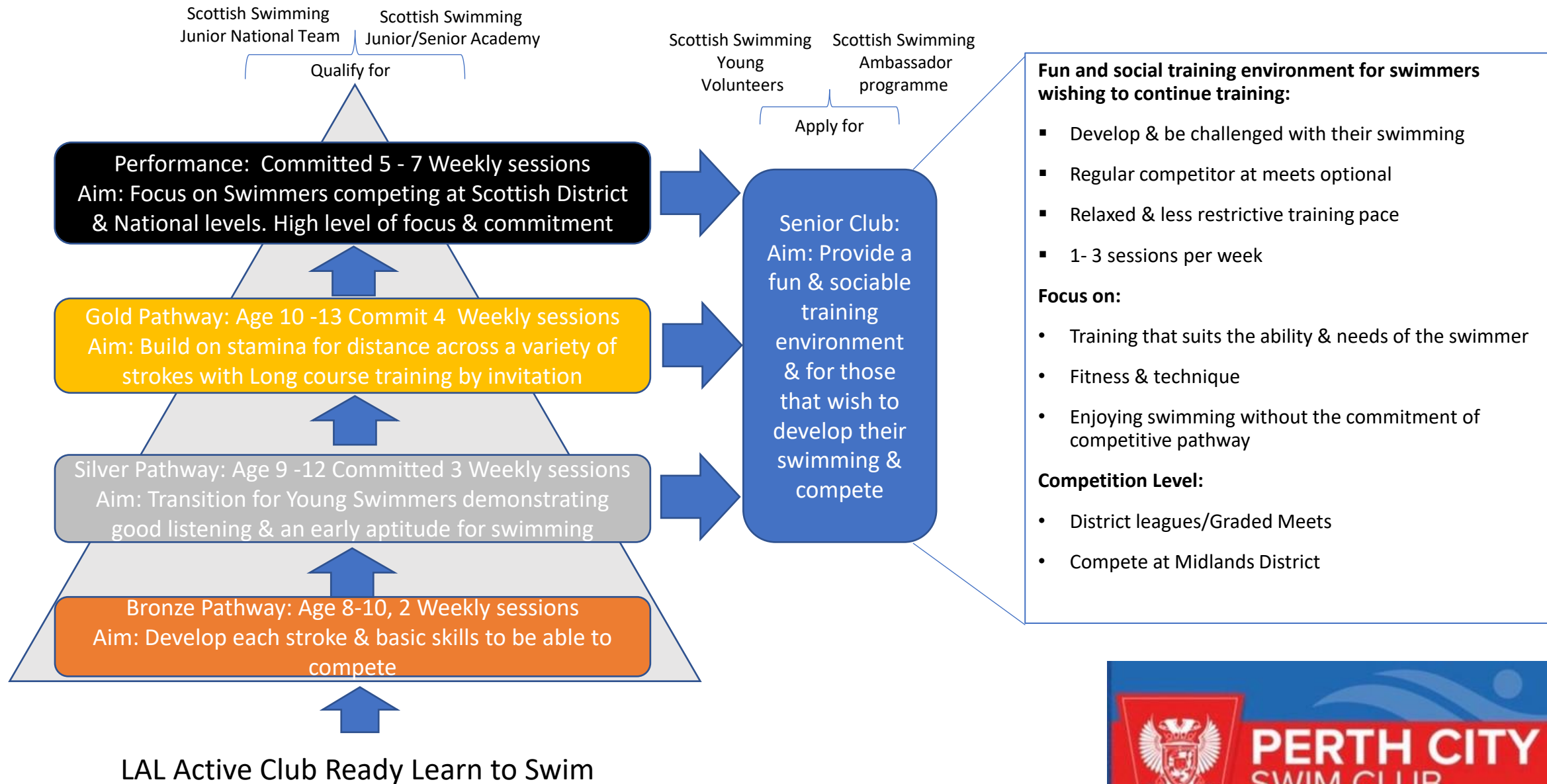
- Stamina
- Variety or individual stroke/race focus
- Distance swimming & Long course (50m) training
- Introduction of land based training

Competition Level:

- National Level (SNAGS/Open)
- District Championships
- Progress towards British & Scottish meets
- Potential for Warm weather training camp
- Pathway to qualifying for National Programmes



Perth City Swim Club: Senior Club



Perth City Swim Club: Kit list:

Friday Club, Bronze Pathway, Silver Pathway	Gold Pathway & Senior Club
Club cap	Club cap x 2
Goggles	Goggles x 2
Water bottle	Water bottle x 2
Kickboard	Kickboard
Junior Pullbuoy	Junior Pullbuoy
Mesh poolside bag	Mesh poolside bag
	Short Training Fins
	Hand paddles
Training snorkel	Training snorkel
PCSC T-shirt	PCSC T-shirt

Performance Squads
Club cap x 2
Goggles x 2
Water bottle x 3
Alignment Kickboard
Pullbuoy
Mesh poolside bag
Short Training Fins
Hand paddles
Training snorkel
Stretch bands & roller – see Land Coach
PCSC T-shirt



Squad Timetable and Costs

*data accurate November 2021



Squad	Timetable	Squad Cost/month
Friday Night Club	Friday eve PLP, Sunday am PLP	£25.00
Bronze Development	(Monday eve KG), Friday eve PLP, Sunday am PLP	£27.50
Silver Development	Monday eve KG, Friday eve PLP, Sunday am PLP	£29.75
Gold Development	Tuesday eve KG, Wed eve PLP, Friday eve PLP, Sunday am PLP, Stirling	£55.25
Performance	Monday eve PLP, Wed eve Kinross, Thu eve PLP, Sat am PLP, Stirling	£72.25
Performance +	As Performance + Tues eve PLP +/- Wed am PLP	£89.25
Senior 1	Friday evening PLP	£12.75
Senior 2	2 session of Thurs eve KG, Fri eve PLP, Wed am PLP, Wed eve PLP	£25.50
Senior 3	3 session of Thurs eve KG, Fri eve PLP, Wed am PLP, Wed eve PLP	£34.00