

Development Squad

Introduction

This squad is for swimmers who:

- a) Want to continue their personal development;
- b) Can complete a 200m swim on front crawl, backstroke and breaststroke without stopping, in accordance with ASA guidelines;
- c) Can complete a 50m swim on butterfly without stopping, in accordance with ASA guidelines;
- d) Can swim 2 x 100m individual medley with 60 seconds rest, in accordance with ASA guidelines;
- e) Can perform tumble turns and backstroke turns in accordance with ASA guidelines;
- f) Have displayed improved proficiency at medley transition turns;
- g) Have the support of parents/guardians.

We welcome and encourage parent/guardian volunteers in numerous roles, including coaching/coach support, officiating, committee, team managing, home meet gala team and IT support.

Entry into the Development Squad is by Fareham Nomads' Development Coach & Club Coach invitation only.

Objectives

The primary objective of this squad is:

- **To learn the skills and technique involved in swimming by continued development of each of the four strokes as well as the core elements of body control, feel for the water and stable movement patterns**

All objectives of this squad are in line with the British Swimming's Long Term Athletic Development plan:

Stage 2 – SwimSkills: Building Technique

Focusing on the young swimmer – learning how to train and develop skills of the sport. Learning basic technical/tactical skills and ancillary capacities, including the following:

1. Develop and improve stroke technique on all four competitive strokes;
2. Learn basic stroke drill progressions on all four competitive strokes;
3. Practice individual medley swimming sets;
4. Learn and perfect starts, turns and finishes on all four competitive strokes and individual medley transition turns;
5. Independently monitor training by using the pace clock;
6. Complete a well-balanced training programme that includes varied pace swims, basic swimming speed, pacing and over-distance swims;

7. Starting to learn the rules of swimming;
8. Increase the distance covered in training sessions to improve endurance;
9. Participate in club championships and club time trials, using a variety of strokes over a variety of distances;
10. Participate in local Level 3 and Level 4 open meets and fun meets at the relevant level;
11. Learn and practice basic mobility and activation;
12. Take responsibility for training equipment required at each training session (see list below).

If insufficient time is devoted to training in Stages 1 and 2 then it is highly unlikely the young swimmer will reach their full potential.

Swimmers are expected to follow ALL aspects of the programme and to conduct themselves like an athlete in all aspects of their daily life.



Development Squad

WEEKLY TRAINING SCHEDULE

	MON	TUE	WED	THUR	FRI	SAT	SUN
AM							
Time					06:00 – 07:30	06:00 – 07:30	
Venue					Holly Hill	Holly Hill	
Land Work					06:00 – 06:10 <i>(poolside)</i> Skip Activate Mobilise Prime	06:00 – 06:10 <i>(poolside)</i> Skip Activate Mobilise Prime	
Pool Work					06:10 – 07:30 SWIM	06:10 – 07:30 SWIM	
PM							
Time	18:15 – 19:30	19:15 – 20:45			18:30 – 20:30		17:30 – 19:00
Venue	West Hill Park	West Hill Park			Fareham Leisure Centre		Mountbatten
Land Work	18:15 – 18:25 <i>(poolside)</i> Skip Activate Mobilise Prime	19:15 – 19:25 <i>(poolside)</i> Skip Activate Mobilise Prime			18:30 – 19:15 <i>(Studio 2)</i> Dumbbells and core strength conditioning		17:30 – 17:40 <i>(poolside)</i> Skip Activate Mobilise Prime
Pool Work	18:25 – 19:30 SWIM	19:25 – 20:45 SWIM			19:30 – 20:30 SWIM		17:40 – 19:00 SWIM

Please note that this is a basic weekly schedule. The programme is dynamic and is subject to change, particularly around the Christmas and summer holidays. Also, when open meets occur, training schedules over the affected weekend are likely to change if swimmers from the Development Squad are expected to attend.

Additional sessions will be included where necessary and land training is subject to [cycle periodisation](#).

Attendance

There are 6 available sessions and swimmers are expected to attend a minimum of 4 sessions per week with at least one early morning. Parents should note that to gain maximum benefit from the programme, swimmers need to be achieving an attendance of at least 5+ sessions per week.

Competitions

Swimmers are to compete at competitions as directed by the Performance & Development Coaches only. Development Squad swimmers are invited and actively encouraged to compete at Fareham Nomads Swimming Club's club championships, which are held over the winter cycle each year, as well as at Level 3-4 Open Meets.

Punctuality

Swimmers should arrive punctually for training and should be enthusiastic to do so. Swimmers should aim to complete each and every session (especially morning sessions) and arrange transport to enable them to do so.

Squad fees

Fees are payable monthly by standing order.

Equipment

At this level, swimmers are expected to have and be responsible for their own swimming equipment. Swimmers should arrive punctually for training with the following equipment properly adjusted and in good working order prior to the start of each session. Please see recommended list below:

Swim Equipment		
Mesh equipment bag		Essential item for keeping all of your equipment together in one place.
Goggles (2 pairs)		Vital equipment for all swimmers! We recommend you have two pairs so you always have a spare pair with you, especially when competing. Prices vary tremendously from as little as £5 for a basic pair to well over £30 for a good racing pair. The important thing is to make sure they are properly adjusted and fit well.
Pull buoy		We use pull buoys to isolate the pull and maintain body alignment on some pull only sets. A small pull buoy is best for junior swimmers. Older swimmers may use a larger one. Please note we sometimes use pull buoys for kick sets also!
Short training fins		We recommend short training fins. Fins that have an ankle strap allow for greater flexibility. Please avoid very stiff heavy fins, longer fins, especially with our younger swimmers.

Swim Equipment		
Swimmer's snorkel		A snorkel is an excellent piece of training equipment as it allows swimmers to focus on technique without worrying about their breathing. It encourages correct body alignment and a still head, snorkels are also ideal for kick sets in a streamlined position.
Nose clip (optional)		Many swimmers find they need a nose clip to use with their snorkels, especially for the younger swimmer learning to use a snorkel.
Small kickboard		Using a kickboard can increase/induce stress on the shoulders, upper and lower spine therefore it is therefore important to buy the right one. Younger swimmers should not use a large kickboard; our coaches always recommend all swimmers use small kickboards.
Alternative small kickboard		Finis have produced the Alignment Kickboard which sits just below the water surface and is said to improve streamline, body position and puts less pressure on the shoulders, upper and lower spine than a standard larger kickboard.
Hand paddles with straps		Strapped hand paddles create resistance in the water. They have holes in them which increase sensitivity and help swimmers develop a feel for the water. For youth and senior swimmers, the added resistance helps to develop strength and power. It is important to buy the right size. Under 15 years should buy small paddles only or finger paddles; remember the larger the paddle the greater the resistance and therefore impact on your shoulder (front cuff rotators).
Ankle band		An ankle band ensures proper isolation of the upper body for pull sets, ensuring greater use of upper body and core muscles are engaged to maintain correct body alignment. Remember pull sets conducted without an ankle band are 'assisted swim sets only'.

Land Equipment		
Roll / Yoga mat		Essential for Land Training, but may also be used for pre-pool work and post swim stretching. (Please note Fareham Leisure Centre studios do have yoga mats available for use.)
Speed skipping rope		Skipping can form part of your pre-pool warm up routine, costs range from as little as £5.
Resistance bands (therabands)		These may be used in land training and can be used as part of the pre-pool and post-pool routines as well as medial and remedial work.

Land Equipment

Very light dumbbells		These may be used in our land training programme. For this squad we recommend 0.5-1.0kg dumbbells.
700ml drink bottle		Essential for ALL swimmers to remain hydrated, older swimmers should consider taking two drinks bottles to training to avoid missing training sets filling bottles.

Additional equipment:

- Training:
 - Nomads red swim hat
- Competition:
 - Nomads dark blue swim hat (to be worn by all swimmers)
 - Nomads dark blue shirt

David Terry, Club Coach

ASA/UKCC L3 Senior Performance Coach

Fareham Nomads Swimming Club