MAXWELL SWIM CLUB

	Academy							Age Group								Youth Performance	Non-Competitive			
	Bronze (Aylesbury)	**Silver** (Aylesbury)	**Silver** (Buckingham)	**Gold** (Aylesbury)	**Gold** (Buckingham)	**Platinum** *(Aylesbury)*	**Platinum** *(Buck)*	**JD** *(Aylesbury)*	**JD** *(Buckingham)*	**County B** *(Aylesbury)*	**County B** *(Buck)*	**County A** *(Aylesbury)*	**County A** *(Buck)*	**Regional** *(Aylesbury)*	**Regional** *(Buck)*	**Performance**	**Age Dev.** *(Aylesvury)*	**Youth Dev** *(Aylesbury)*	**Youth Dev** *(Bucks)*	**Masters** *(Aylesbury)*
	Fundamentals *Basic Movement*	Fundamentals *Basic Movement*	Fundamentals *Basic Movement*	Fundamentals *Basic Movement*	Fundamentals *Basic Movement*	Swim Skills *Building Technique*	Swim Skills *Building Technique*	Swim Skills *Building Technique*	Swim Skills *Building Technique*	Training to Train *Building the Engine*	Training to Train *Building the Engine*	Training to Train *Building the Engine*	Training to Train *Building the Engine*	Training to Compete *Optimising the Engine*	Training to Compete *Optimising the Engine*	Training to Win *Maximising the Engine*	Swim Skills *Building Technique*	Training to Train *Building the Engine*	Training to Train *Building the Engine*	Training to Train *Building the Engine*
Sessions per Week	1	2	2	3	3	4	4	5	5	6	6	7	7	8	8	10	3	2 or 4	2 or 5	4
Hours per Week	1 hour	2 hours	2 hours	3 hours	3 hours	5 hours	5 hours	7 hours	7 hours	10 hours	10 hours	12 hours	12 hours	14 hours	14 hours	17.5 hours	3 hours	4 or 8 hours	4 or 8 hours	4 hours
Goals/Aims	Splash Gala	Splash Gala	Splash Gala	Splash Gala	Splash Gala	Splash Gala/MKLJ	Splash Gala/MKLJ	Open meets/MKLJ/ONB	Open meets/MKLJ/ONB	ONB considered	ONB considered	ONB accepted	ONB accepted	ONB Final/SER	ONB Final/SER	SER/Home Nat/British	Optional	Optional	Optional	Optional
Criteria for Squad Movement	Continuous kick for 25m w/small board Understand Streamline Knowledge of butterfly kicking Understanding of Breast and Fly Correct Free and Back for 15m	Underwater head to flags Back/Free Body Position Kick for 25m Understand Rotational Strokes Tumble (rotation in middle of pool) 50m free kick for 50m Knowledge of fly kick Understand Breast Be able to perform sitting dive Back stroke count from flags to wall	Underwater head to flags Back/Free Body Position Kick for 25m Understand Rotational Strokes Tumble (rotation in middle of pool) 50m free kick for 50m Knowledge of fly kick Understand Breast Be able to perform sitting dive Back stroke count from flags to wall	25m body position kick on all four strokes 25m free with all correct skills 25m breast with pull out 100m continuous kick Understand IM turns Racing start from the side 10m to 5m free tumble turns Back to Breast touch turns	25m body position kick on all four strokes 25m free with all correct skills 25m breast with pull out 100m continuous kick Understand IM turns Racing start from the side 10m to 5m free tumble turns Back to Breast touch turns	Understanding the white board Basic understanding of the clock 50m freestyle under competion ruling 50m backstroke under competition ruling 50m breast under competition ruling 25m fly (underwater past flags) 100 IM under competition ruling Race start from blocks	Understanding the white board Basic understanding of the clock 50m freestyle under competion ruling 50m backstroke under competition ruling 50m breast under competition ruling 25m fly (underwater past flags) 100 IM under competition ruling Race start from blocks	Minimum 4 sessions 100 IM under comp rules Attend regular open meets, MKLJ & Splash Galas 200m kick under 6:00 Maintain 3 kicks off wall, not breathing 1st stroke Skills must be show at Splash Gala Must attend 4 sessions inclusive of Sat AM	Minimum 4 sessions 100 IM under comp rules Attend regular open meets, MKLJ & Splash Galas 200m kick under 6:00 Maintain 3 kicks off wall, not breathing 1st stroke Skills must be show at Splash Gala Must attend 4 sessions inclusive of Sat AM	Minimum 5 sessions Mand. Sess: Mon PM, Wed PM, Sat AM, Sun PM (then Mon AM or Fri AM as additional) Compete 200 IM 200m kick under 4.30 400m kick under 9.00 Maintain 6 kicks off wall, not breathing 1st stroke Within 5% of ONB Considered Time	Minimum 5 sessions Mand. Sess: Mon PM, Thu PM, Sat AM, Sun PM (then Wed AM or Fri AM as additional) Compete 200 IM 200m kick under 4.30 400m kick under 9.00 Maintain 6 kicks off wall, not breathing 1st stroke Within 5% of ONB Considered Time	Minimum 6 sessions Mand. Sess: Mon PM, Wed PM, Fri AM, Sat AM, Sun PM (then either Mon AM or Fri PM as additional) Compete 400 IM Complete cross over turn 200m kick under 4.15 400m kick under 8.30 Maintain 6 kicks off wall, not breathing 1st stroke Within 5% of ONB Accepted Time	Minimum 6 sessions Mand. Sess: Mon PM, Thu PM, Sat AM, Sun PM (then either Wed AM or Fri PM as additional) Compete 400 IM Complete cross over turn 200m kick under 4.15 400m kick under 8.30 Maintain 6 kicks off wall, not breathing 1st stroke Within 5% of ONB Accepted Time	Minimum 7 sessions Mand. Sess: Mon PM, Tue PM, Wed PM, Fri AM, Sat AM, Sun PM (then either Mon AM or Fri PM as additional) Compete 400 IM Complete cross over turn 200m kick under 4.00 400m kick under 8.00 Maintain 6 kicks off wall, not breathing 1st stroke Within 3% of SER QT (inclusive of open water)	Minimum 7 sessions Mand. Sess: Mon PM, Tue PM, Thu PM, Fri AM, Sat AM, Sun PM (then either Wed AM or Fri PM as additional) Compete 400 IM Complete cross over turn 200m kick under 4.00 400m kick under 8.00 Maintain 6 kicks off wall, not breathing 1st stroke Within 3% of SER QT (inclusive of open water)	Man. Sess: Mon AM, Mon PM, Tue PM, Wed PM, Fri AM, Sat AM (then Tue AM, Thu AM/PM, Fri PM as additional) Apply required work ethic, commitment & attitude Kick 6 x 100m free off 2.00 Understand energy systems & intents Attend all squad meetings Attained SER Considered QT (inclusive of open water)	Apply required work ethic, commitment & attitude	Apply required work ethic, commitment & attitude	Apply required work ethic, commitment & attitude	Apply required work ethic, commitment & attitude
	Splash Gala	Splash Gala	Splash Gala	Splash Gala	Splash Gala	All team comps & all designated meets	All team comps & all designated meets	All team comps & all designated meets	All team comps & all designated meets	All team comps & all designated meets	All team comps & all designated meets	All team comps & all designated meets	All team comps & all designated meets	All team comps & all designated meets	All team comps & all designated meets	All team comps & all designated meets	All team comps & all home meets	All team comps & all home meets	All team comps & home meets	All team comps
Additional Training	As advised by coach	As advised by coach	As advised by coach	As advised by coach	As advised by coach	As advised by coach	As advised by coach	As advised by coach	As advised by coach	As advised by coach	As advised by coach	As advised by coach	As advised by coach	As advised by coach	As advised by coach	As advised by coach	Optional	Optional	Optional	Optional
Land Training	10 min pre-session, 10 min post-session	10 min pre-session, 10 min post-session	10 min pre-session, 10 min post-session	10 min pre-session, 10 min post-session	10 min pre-session, 10 min post-session	10 min pre-session, 10 min post-session	10 min pre-session, 10 min post-session	15 minute pre-session & 1 land based session	15 minute pre-session & 1 land based session	15 min pre-session & 3 land based sessions	15 min pre-session & 3 land based sessions	15 min pre-session & 3 land based sessions	15 min pre-session & 3 land based sessions	15 min pre-session & 4 land based sessions	15 min pre-session & 4 land based sessions	15 min pre-session & 4 land based sessions	15 min pre-session & 4 land based sessions	15 min pre-session & 1 land based sessions	15 minute pre-session & 1 land based session	15 minute pre-session
Additional Requirements	1 session a week	2 session a week	2 sessions a week	3 sessions a week	3 sessions a week	4 sessions a week	4 sessions a week	4 sessions a week	4 sessions a week	5 sessions a week	5 sessions a week	6 sessions a week	6 sessions a week	7 sessions a week	7 sessions a week	7/8 sessions a week	n/a	n/a	n/a	n/a
Competing Age Required	9 & under	10 & under	10 & under	10 & under	10 & under	11 & under	11 & under	9 - 12 years	9 - 12 years	10 - 15 years	10 - 15 years	11 - 15 years	11 - 15 years	11 - 15 years	11 - 15 years	13 - 18 years	12 + years	15 -18 years	13 - 18 years	18 + years