

STAINES SWIMMING CLUB - PROGRAM CRITERIA 2019

PATHWAY	STAINES ACADEMY	COMPETITIVE	PERFORMANCE
ADSP STAGE	LEARN TO TRAIN		
SQUADS	JUNIOR ACADEMY	COUNTY DEVELOPMENT	JUNIOR PERFORMANCE
CHRONOLOGICAL DEVELOPMENT AGE	10 - 12 years	8 - 12 years	9 - 12 years
ENTRY CRITERIA	<ul style="list-style-type: none"> *Ability to swim 25m to ASA standard on all four strokes *Ability to perform basic FC and BK tumble turns with streamline push off *Ability to perform basic touch turns with streamline push off *Be on time for the start of sessions *Follow swimmer code of conduct *Bring required training equipment to all sessions *Positive traing attitude 	<ul style="list-style-type: none"> *Ability to swim 100m on BK, BRST, FC and 50m on BF proficiently with good propulsive kick *Ability to perform proficient tumble and touch turns with transistions *Be on time for the start of sessions *Maintian minimum attendance levels as specified and follow training program *Follow the squad competition program attending target meets *Follow the pre and post pool warm up and cool down routines *Follow swimmer code of conduct *Bring required training equipment to all sessions *Proficient poolside race dive and backstoke start *Be available to represent the club in league galas and County relays when selected *Positive traing attitude 	<ul style="list-style-type: none"> *Ability to swim 12 X 50m FC swim and rest on 55 seconds *Ability to kick 10 X 50m FC swim and rest on 70 seconds *Ability to swim 50m on all four strokes with good tecnical efficiency and propulsive kick *Ability to swim 200m IM and FS competitively *Ability to perform proficient tumble and touch turns with transitions (3 fly kicks) *Maintian minimum attendance levels as specified and follow training program *Follow the squad competition program attending target meets *Follow the pre and post pool warm up and cool down routines *Follow swimmer code of conduct *Bring required training equipment to all sessions *Proficient race dive and backstroke start from blocks *Be available to represent the club in league galas and County relays when selected *Ability to use the pace clock unaided *Positive traing attitude

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<p align="center">TEST SETS <i>Pool</i></p>	<p>1 - 25m FC DPS (efficiency test) 2 - 25m BK DPS (efficiency test) 3 - 25m BRST Glide (efficiency test) 4 - 25m BF Glide (efficiency test)</p>	<p>1 - 6 minute FC Kick Test X 2 2 - 12 X 50m FC holding swim and rest times 3 - 50m FC DPS (efficiency test) 4 - 50m BK DPS (efficiency test) 5 - 50m BRST Glide (efficiency test) 6 - 50m BF Glide (efficiency test) 7 - 4 X 100m IM with proficient turns 8 - T-10</p>	<p>1 - 6 minutes FC Kick Test X 2 2 - 18 X 50m FC swim and rest (55s or under) 3 - 8 X 100m IM swim and rest 2.30 or under 4 - 100m FC DPS (efficiency test) 5 - 100m BK DPS (efficiency test) 6 - 100m BRST Glide (efficiency test) 7 - 100m BF Glide (efficiency test) 8 - T-15</p>
<p align="center">TRAINING EQUIPMENT</p>	<p>*Training fins (kiefer style soft silicone) *Mesh Kit bag *Training goggles + spare *Training hat + spare *1 litre water bottle (per hour)</p>	<p><u>POOL</u> *Training Fins (kiefer style soft silicone) *Mesh Kit Bag *Kick board *Arena Elite Finger Paddles *Training goggles + spare *Training hat + spare *1 litre water bottle (per hour)</p> <p><u>LAND</u> Skipping rope (pre-pool) Yoga mat - land training</p>	<p><u>POOL</u> *Training Fins (kiefer style soft silicone) *Mesh Kit Bag *Kick board *Arena Elite Finger Paddles *Training goggles + spare *Training hat + spare *1 litre water bottle (per hour) *Speedo tech paddles</p> <p><u>LAND</u> Skipping rope (pre-pool) Yoga mat - land training</p>
<p align="center">COMPETITION EQUIPMENT</p>	<p>*Staines Swimming Club Hat + spare *Staines Swimming Club top *Racing goggles</p>	<p>*Staines Swimming Club Hat + spare *Staines Swimming Club Kit various *Race goggles + spare *Race costume (entry level TYR) *Skipping rope</p> <p>*Optional - Foam roller, trigger massgae ball</p>	<p>*Staines Swimming Club Hat + spare *Staines Swimming Club Kit various *Race goggles + spare *Race costume (entry level TYR) *Skipping rope</p> <p>*Optional - Foam roller, trigger massgae ball</p>

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ADSP STAGE	TRAIN TO TRAIN		
SQUADS	ACADEMY SQUAD	COUNTY SQUAD	PERFORMANCE - P2 REGIONAL
CHRONOLOGICAL DEVELOPMENT AGE	12 - 15 years	12 - 15 years	12 - 15 years
ENTRY CRITERIA	<ul style="list-style-type: none"> *Ability to swim 50m to ASA standard on all four strokes *Ability to perform basic FC and BK tumble turns with streamline push off *Ability to perform basic touch turns with streamline push off *Be on time for the start of sessions *Follow swimmer code of conduct *Bring required training equipment to all sessions *Positive traing attitude 	<ul style="list-style-type: none"> *Ability to swim 10 X 100m FC swim and rest on 1 minute 45 seconds *Ability to kick 10 X 50m FC swim and rest on 65 seconds *Ability to swim 200m on BK, BRST, FC and 100m on BF proficiently with propulsive kick *Ability to perform proficient tumble and touch turns with transistions and break outs (4-5 fly kicks) *Be on time for the start of sessions *Maintian minimum attendance levels as specified and follow training program *Follow the squad competition program attending target meets *Follow the pre and post pool warm up and cool down routines *Follow swimmer code of conduct *Bring required training equipment to all sessions *Proficient race dive and backstoke start from the diving block *Be available to represent the club in league galas and County relays when selected *Ability to perform wind up relay take over *Positive traing attitude 	<ul style="list-style-type: none"> *Ability to swim 18 X 100m FC swim and rest on 1 minute 40 seconds *Ability to kick 10 X 50m FC swim and rest on 60 seconds *Ability to swim 200m on all four strokes with good tecnical efficiency and propulsive kick *Ability to swim 400m IM and FS competitively *Ability to perform proficient tumble and touch turns with transitions and break outs (4-5 fly kicks) *Maintian minimum attendance levels as specified and follow training program *Follow the squad competition program attending target meets *Follow the pre and post pool warm up and cool down routines *Follow swimmer code of conduct *Bring required training equipment to all sessions *Proficient race dive and backstroke start from blocks *Be available to represent the club in league galas and County relays when selected *Ability to use the pace clock unaided *Ability to perform wind up relay take over *Positive traing attitude

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<p align="center">TEST SETS <i>Pool</i></p>	<p>1 - 6 minutes FC Kick Test X 2 2 - 18 X 50m FC swim and rest (55s or under) 3 - 8 X 100m IM swim and rest 2.30 or under 4 - 100m FC DPS (efficiency test) 5 - 100m BK DPS (efficiency test) 6 - 100m BRST Glide (efficiency test) 7 - 100m BF Glide (efficiency test)</p>	<p>1 - 9 minute FC Kick Test X 2 (AT + VO2) 2 - 18 X 100m FC swim and rest >1.40 (AT) 3 - 6 X 100m FC swim and rest >1.35(VO2) 4 - 4 X 300m FC at mean of 200m pb (VO2) 5 - T-20 (VO2) 6 - 10 X 25m FC and Form at 100m Pace (LP) 7 - 100m, 75m, 50m, 25m PB + 5 (LP) 8 - 10 X 25m FS and Form 50m Pace (SP)</p>	<p>1 - 9 minutes FC Kick Test X 2 (AT + VO2) 2 - 18 X 100m FC swim and rest >1.30 (AT) 3 - 6 X 100m FC swim and rest >1.25(VO2) 4 - 4 X 300m FC at mean of 200m pb (VO2) 5 - T-20 (VO2) 6 - 10 X 25m FC and Form at 100m Pace (LP) 7 - 100m, 75m, 50m, 25m PB + 5 (LP) 8 - 10 X 25m FS and Form 50m Pace (SP)</p>
<p align="center">TRAINING EQUIPMENT</p>	<p>*Training fins (kiefer style soft silicone) *Mesh Kit bag *Kick Board *Pull Buoy *Training goggles + spare *Training hat + spare *1 litre water bottle (per hour)</p>	<p><u>POOL</u> *Training Fins (kiefer style soft silicone) *Mesh Kit Bag *Kick board *Arena Elite Finger Paddles *Training goggles + spare *Training hat + spare *1 litre water bottle (per hour) *Speedo tech paddles *Pull Buoy</p> <p><u>LAND</u> Skipping rope (pre-pool) Yoga mat - land training</p>	<p><u>POOL</u> *Training Fins (kiefer style soft silicone) *Mesh Kit Bag *Kick board *Arena Elite Finger Paddles *Training goggles + spare *Training hat + spare *1 litre water bottle (per hour) *Speedo tech paddles *Pull Buoy *Drag Belt</p> <p><u>LAND</u> Skipping rope (pre-pool) Yoga mat - land training</p>
<p align="center">COMPETITION EQUIPMENT</p>	<p>*Staines Swimming Club Hat + spare *Staines Swimming Club top *Racing goggles</p>	<p>*Staines Swimming Club Hat + spare *Staines Swimming Club Kit various *Race goggles + spare *Race costume (entry level TYR) *Skipping rope</p> <p>*Optional - Foam roller, trigger massgae ball</p>	<p>*Staines Swimming Club Hat + spare *Staines Swimming Club Kit various *Race goggles + spare *Race costume (entry level TYR) *Skipping rope</p> <p>*Optional - Foam roller, trigger massgae ball</p>

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ADSP STAGE	TRAIN TO COMPETE		
SQUADS		SPRINT SQUAD	PERFORMANCE - P1 NATIONAL
CHRONOLOGICAL DEVELOPMENT AGE		Girls 14 - 21 and Boys 15 - 23 years	Girls 14 - 21 and Boys 15 - 23 years
ENTRY CRITERIA		<ul style="list-style-type: none"> *Ability to swim 8 X 100m FC swim and rest on 1 minute 25 seconds *Ability to kick 8 X 50m FC swim and rest on 55 seconds *Ability to swim 100m on BK, BRST, FC and 50m on BF proficiently with propulsive kick *Ability to execute quality tumble and touch turns with transistions and break outs (6 plus fly kicks) *Be on time for the start of sessions *Maintian minimum attendance levels as specified and follow training program *Follow the squad competition program attending target meets *Follow the pre and post pool warm up and cool down routines *Follow swimmer code of conduct *Bring required training equipment to all sessions *Execute quality race dive and backstroke start from blocks *Be available to represent the club in league galas when selected *Ability to perform wind up relay take over *Positive traing attitude 	<ul style="list-style-type: none"> *Ability to swim 18 X 100m FC swim and rest on 1 minute 30 seconds *Ability to kick 10 X 50m FC swim and rest on 55 seconds *Ability to swim 200m on all four strokes with excellent tecnical efficiency *Ability to swim 400m IM and FS competitively *Ability to execute quality tumble and touch turns with transitions and break outs (6 plus fly kicks) *Maintian minimum attendance levels as specified and follow training program *Follow the squad competition program attending target meets *Follow the pre and post pool warm up and cool down routines *Follow swimmer code of conduct *Bring required training equipment to all sessions *Execute quality race dive and backstroke start from blocks *Be available to represent the club in league galas when selected *Ability to use the pace clock unaided *Ability to perform wind up relay take over *Positive traing attitude

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<p align="center">TEST SETS <i>Pool</i></p>		<p>1 - 6 minute FC Kick Test X 2 (AT + VO2) 2 - 4 X 100m FC Max swim and rest >1.20 (LP) 3 - 4 X 100m FORM swim and rest >1.35(LP) 4 - 4 X 300m FC at mean of 200m pb (VO2) 5 - 15m MAX FS and Form X 8 (SP) 6 - 10 X 25m FC and Form at 100m Pace (LP) 7 - 100m, 75m, 50m, 25m PB + 5 (LP) 8 - 10 X 25m FS and Form 50m Pace (SP)</p>	<p>1 - 12 minutes FC Kick Test X 2 (AT + VO2) 2 - 18 X 100m FC swim and rest >1.25 (AT) 3 - 6 X 100m FC swim and rest >1.20(VO2) 4 - 4 X 300m FC at mean of 200m pb (VO2) 5 - T-20 (VO2) 6 - 10 X 25m FC and Form at 100m Pace (LP) 7 - 100m, 75m, 50m, 25m PB + 5 (LP) 8 - 10 X 25m FS and Form 50m Pace (SP)</p>
<p align="center">TRAINING EQUIPMENT</p>		<p><u>POOL</u> *Training Fins (kiefer style soft silicone) *Mesh Kit Bag *Kick board *Arena Elite Finger Paddles *Training goggles + spare *Training hat + spare *1 litre water bottle (per hour) *Speedo tech paddles *Pull Buoy *Drag Belt *Power Paddles (under advisement from HC)</p> <p><u>LAND</u> Skipping rope (pre-pool) Yoga mat - land training</p>	<p><u>POOL</u> *Training Fins (kiefer style soft silicone) *Mesh Kit Bag *Kick board *Arena Elite Finger Paddles *Training goggles + spare *Training hat + spare *1 litre water bottle (per hour) *Speedo tech paddles *Pull Buoy *Drag Belt *Power Paddles (under advisement from HC)</p> <p><u>LAND</u> Skipping rope (pre-pool) Yoga mat - land training</p>
<p align="center">COMPETITION EQUIPMENT</p>		<p>*Staines Swimming Club Hat + spare *Staines Swimming Club Kit various *Race goggles + spare *Race costume (entry level TYR) *Skipping rope</p> <p>*Optional - Foam roller, trigger massgae ball</p>	<p>*Staines Swimming Club Hat + spare *Staines Swimming Club Kit various *Race goggles + spare *Race costume (Performance) + spare *Skipping rope</p> <p>*Optional - Foam roller, trigger massgae ball</p>

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ADSP STAGE	ACTIVE LIFESTYLE	TRAIN TO WIN	
SQUADS	MASTERS	UNIVERSITY SQUAD	ELITE MASTERS
CHRONOLOGICAL DEVELOPMENT AGE	16 years plus	18 - 22 years	Girls 18 and Boys 19 years plus
ENTRY CRITERIA	<ul style="list-style-type: none"> *Ability to swim 50m to ASA standard on three strokes *Ability to perform basic FC and BK tumble turns with streamline push off *Ability to perform basic touch turns with streamline push off *Be on time for the start of sessions *Follow swimmer code of conduct *Bring required training equipment to all sessions *Positive traing attitude 	<ul style="list-style-type: none"> *Ability to swim 18 X 100m FC swim and rest on 1 minute 30 seconds *Ability to kick 10 X 50m FC swim and rest on 55 seconds *Ability to swim 200m on all four strokes with excellent tecnical efficiency *Ability to swim 400m IM and FS competitively *Ability to execute quality tumble and touch turns with transistions and break outs (6 plus fly kicks) *Maintian minimum attendance levels as specified and follow training program *Follow the squad competition program attending target meets *Follow the pre and post pool warm up and cool down routines *Follow swimmer code of conduct *Bring required training equipment to all sessions *Execute quality race dive and backstroke start from blocks *Be available to represent the club in league galas when selected *Ability to use the pace clock unaided *Ability to perform wind up relay take over *Positive traing attitude 	<ul style="list-style-type: none"> *Ability to swim 18 X 100m FC swim and rest on 1 minute 30 seconds *Ability to kick 10 X 50m FC swim and rest on 55 seconds *Ability to swim 200m on all four strokes with excellent tecnical efficiency *Ability to swim 400m IM and FS competitively *Ability to execute quality tumble and touch turns with transitions and break outs (6 plus fly kicks) *Maintian minimum attendance levels as specified and follow training program *Follow the squad competition program attending target meets *Follow the pre and post pool warm up and cool down routines *Follow swimmer code of conduct *Bring required training equipment to all sessions *Execute quality race dive and backstroke start from blocks *Be available to represent the club in league galas when selected *Ability to use the pace clock unaided *Ability to perform wind up relay take over *Positive traing attitude

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<p align="center">TEST SETS <i>Pool</i></p>	<p>1 - T10 2 - 6 minutes Kick X 2</p>	<p>1 - 12 minutes FC Kick Test X 2 (AT + VO2) 2 - 18 X 100m FC swim and rest >1.25 (AT) 3 - 6 X 100m FC swim and rest >1.20(VO2) 4 - 4 X 300m FC at mean of 200m pb (VO2) 5 - T-20 (VO2) 6 - 10 X 25m FC and Form at 100m Pace (LP) 7 - 100m, 75m, 50m, 25m PB + 5 (LP) 8 - 10 X 25m FS and Form 50m Pace (SP)</p>	<p>1 - 12 minutes FC Kick Test X 2 (AT + VO2) 2 - 18 X 100m FC swim and rest >1.25 (AT) 3 - 6 X 100m FC swim and rest >1.20(VO2) 4 - 4 X 300m FC at mean of 200m pb (VO2) 5 - T-20 (VO2) 6 - 10 X 25m FC and Form at 100m Pace (LP) 7 - 100m, 75m, 50m, 25m PB + 5 (LP) 8 - 10 X 25m FS and Form 50m Pace (SP)</p>
<p align="center">TRAINING EQUIPMENT</p>	<p>*Training fins (kiefer style soft silicone) *Mesh Kit bag *Kick Board *Pull Buoy *Training goggles + spare *Training hat + spare *1 litre water bottle (per hour) *Hand Paddles</p>	<p><u>POOL</u> *Training Fins (kiefer style soft silicone) *Mesh Kit Bag *Kick board *Arena Elite Finger Paddles *Training goggles + spare *Training hat + spare *1 litre water bottle (per hour) *Speedo tech paddles *Pull Buoy *Drag Belt *Power Paddles (under advisement from HC)</p> <p><u>LAND</u> Skipping rope (pre-pool) Yoga mat - land training</p>	<p><u>POOL</u> *Training Fins (kiefer style soft silicone) *Mesh Kit Bag *Kick board *Arena Elite Finger Paddles *Training goggles + spare *Training hat + spare *1 litre water bottle (per hour) *Speedo tech paddles *Pull Buoy *Drag Belt *Power Paddles (under advisement from HC)</p> <p><u>LAND</u> Skipping rope (pre-pool) Yoga mat - land training</p>
<p align="center">COMPETITION EQUIPMENT</p>	<p>*Staines Swimming Club Hat + spare *Staines Swimming Club top *Racing goggles</p>	<p>*Staines Swimming Club Hat + spare *Staines Swimming Club Kit various *Race goggles + spare *Race costume (entry level TYR) *Skipping rope</p> <p>*Optional - Foam roller, trigger massgae ball</p>	<p>*Staines Swimming Club Hat + spare *Staines Swimming Club Kit various *Race goggles + spare *Race costume (Performance) + spare *Skipping rope</p> <p>*Optional - Foam roller, trigger massgae ball</p>