



West Suffolk Swimming Club

BRIDGING PROCESS BETWEEN SQUADS EXPLAINED:

Bridging between squads is where, following a period of assessment, a swimmer is invited to train with the next group in the club squad structure to determine whether they are ready for a permanent move. The assessment is based on a 'squad criteria' which can be found on the club notice boards and on the club website: www.westsuffolkswimming.co.uk

The squad criteria is based solely on technique and skills and is **not** based in any way on competition performances or rankings. As swimmers progress through the squads, the focus on technique and skills (starts, turns, underwater kicking etc) intensifies along with the swimmers' ability to make turn around times for certain sets over certain distances, whilst still maintaining the high level of technical efficiency. Technique is the foundation of swimming and if this is compromised or neglected early on, then the swimmers will suffer in the long term.

There are 3 bridging periods each swimming season (September to August). These are:

- **December** (with an assessment period throughout November)
- **April** (with an assessment period throughout March)
- **July** (with an assessment period throughout June)

Swimmers are assessed on various occasions in the month leading up to the bridging period. The training standard of those selected is then monitored within the new group for a period of 2 to 3 weeks. During the bridging period, swimmers are permitted to mix and match sessions with their current squad & the next squad up.

Following the bridging period, swimmers will be notified by email whether they have been successful in their bridging, with parents asked to change the standing order to increase the fees to those of the new relevant squad. Full squad moves are then made from the 1st of **September, January** and **May**.

Those swimmers that don't make the bridging period or the full squad move are not to view this as a failure in anyway. As coaches, we need to make sure that the swimmers are in the best possible position to further their swimming, looking at each swimmer as an individual – which is what they are – and not to be compared to other swimmers.

All squad training is geared towards the top swimmer within the group and so no children will be 'held back' or left behind in anyway and it is for them to demonstrate to the coaches on a consistent basis, that they are ready and able to make the squad move.

WSSC Coaching Team

