

**SWADLINCOTE SC:
STRUCTURES, AIMS & OBJECTIVES
2016/2017**

Competitive Omega Squad

This squad consists of a highly motivated group of individuals with the aim of top performance at the highest swimming level. Training is demanding with the aim of preparing swimmers for County and Midland District. All swimmers should aim to gain a place on this squad.

Areas of work

- Skill acquisition and co-ordination
- Technique
- Race Environment
- Aerobic Endurance
- Anaerobic work through basic and threshold
- Lactate stimuli through production and stimuli
- Motivation
- Further education & development
- Flexibility
- Land training
- Nutrition and hydration

Aims & Objectives

Development and improvement in performance. Strong representation at all target meets through out the year, with the transition from junior level to senior level being made.

Criteria for entry into The Competitive Omega Squad

- Fully committed to training program.
- Should attend 80% of all training sessions.
- Ability to keep pace with squad.
- Continuously communicate with coaching staff to develop a core program outside club hours.
- Chief Coach recommendation

Training Times

Tuesday
Wednesday
Friday
Sunday

Total Hours: 6 hrs 30 mins

Zeta Development squad

Zeta development squad swimmers are engaged in a similar training program to that of the Development squad, but significantly at a level appropriate to developing the potential of those involved. All swimmers should aim to achieve county qualifying times with the sole interest of performing well at the County age group championships.

Areas of work

- Skill acquisition and co-ordination
- Stroke Technique
- Race Environment
- Aerobic Endurance
- Anaerobic work through basic and small amounts of threshold
- Small lactate stimuli
- Motivation
- Physical development
- Further education & development
- Flexibility
- Land training
- Enjoyment

Aims & Objectives

Development and improvement in performance pushing for a place on the Omega competitive squad, strong representation at friendly, league, county Champs.

Criteria for entry into MP3 squad

- Fully committed to training program.
- Gold 100mtr sprint/Middle Distance award in 2 strokes.
- Should attend 80% training sessions.
- Ability to keep pace with squad.
- Commitment to the team
- Lane Coach or Chief Coach Recommendation

Training Times

Wednesday

Tuesday

Friday

Sunday

Total Hours: 4 hrs 30 mins

Alpha Development squad

The Alpha Development squad is the first stage whereby swimmers from the improver sessions learn and develop skills and techniques to compete in diddy league fixtures and friendly galas as well as selected open meets for personal experience of competition. The swimmers from this squad should aim to progress into the Zeta squad.

Aims & Objectives

The main aim of the Alpha Development squad is to improve each swimmer to a good technical level in order to improve stroke technique, stroke performance, and competition times and to raise the physical standard of the young person. This is to enable the club to be well represented at diddy league galas and friendly galas.

Areas of work

- Improvement in stroke technique
- Introduction and improvement of 100 IM
- Skill acquisition and co-ordination
- Physical development(core stability & flexibility)
- Lane behavior
- Motivation
- Enjoyment

Criteria required to enter Zeta development squad from Alpha Development:

- Three lawful strokes over the distance of 50 meters + 100 IM
- ASA NTP level 8
- Bronze 50 meters sprint awards/or Bronze middle Distance award for 2 strokes
- Ability to perform drills with skill, co-ordination and adherence
- Ability to perform underwater streamline starts from the wall and side
- Lane Coach or Chief Coach recommendation

Training times

Tuesday

Wednesday

Friday

Sundays

Total Hours: 4 hrs

Junior Dolphins 'A' Squad

These are for the younger swimmers just starting out learning the skills of swimming, improving on their abilities gain new experiences within the sport. Tackling new challenges with dedication and a willingness to learn and improve so to advance into the MP1 development squad.

Aims & Objectives

Improve & develop skills to be able to reach each level of the ASA National teaching plan. Progressing into higher levels at each stage learning technique and skill development so to progress into MP1 and have the right skills available to be good sound swimmers.

Areas of work

- Stroke technique with good balance
- Skill development (streamline, sculling, orientation, rotation, jumps (side & Blocks), pace clock
- Lane behavior
- Motivation
- Enjoyment
- Introduction to turns and the competitive start award

Criteria required to enter Alpha Development squad

- Each section will have to pass their own ASA plan level (6 – 8)
- Introduction to starts and turns and the Competitive start award
- Three lawful strokes over the distance of 25 meters
- Bronze award for 25m in 2 strokes
- Ability to perform practices with skill, coordination and adherence
- Perform 25m Dolphin kick, with basic understanding of the Butterfly stroke
- Lane coach or Chief Coach recommendation

Training times

Wednesday

Friday

Sunday

Junior Dolphins B and C Group

These are for the youngest swimmers just starting out learning the skills of swimming, improving on there abilities gain new experiences within swimming. Tackling new challenges with dedication and a willingness to learn and improve so to advance into the Junior Dolphins A squad.

Aims & Objectives

Improve & develop skills to be able to reach each level of the ASA National teaching plan. Progressing into higher levels at each stage learning technique and skill development so to progress into the Junior Dolphins A squad and have the right skills available to be good sound swimmers.

Areas of work

- Skill development (streamline, sculling, Kicking, floatation, orientation and rotation)
- Behavior
- Motivation
- Enjoyment

Criteria required to enter A Group

- Each section will have to pass their own ASA national plan level (1 – 5)
- Introduction to starts and turns and the Competitive start award
- Ability to perform practices with skill, coordination, balance and adherence
- Three lawful strokes over the distance of 20 meters
- Lane coach or Chief Coach recommendation

Training times

Wednesday

Friday

Sunday

Mini Dolphins

These are for the youngest swimmers just starting out learning the skills of swimming, improving on their abilities gain new experiences within swimming. Tackling new challenges with dedication and a willingness to learn and improve so to advance into the Junior Dolphins B and C squad.

Aims & Objectives

Improve & develop skills to be able to reach each level of the ASA National teaching plan. Progressing into higher levels at each stage learning technique and skill development so to progress into the Junior Dolphins B and C squad and have the right skills available to be good sound swimmers.

Areas of work

- Skill development (streamline, sculling, Kicking, floatation, orientation and Rotation)
- Behavior
- Motivation
- Enjoyment
- To learn using fun and games as a learning tool to achieve water confidence

Criteria required to enter Junior Dolphins B and C Group

- Each section will have to pass their own ASA national plan level (1 – 3)
- Ability to perform practices with some skill, coordination, Balance and adherence
- 2 lawful strokes over the distance of 10 meters
- Lane coach or Chief Coach recommendation

Training times

Friday

Sunday