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| **Squad** | **Hours** | **Age**  | **Sessions per week** | **LTAD** | **Aims of squad** | **Performance to join squad** | **Target meets** |
| **Academy** | **0.5 - 1hrs** | **6 – 10yrs** |  |  |  |  |  |
| Academy 1 | 30 mins | 6 – 9yrs | 1 | Fundamental | Develop all 4 strokes and water skillsClub award – Some criteria from 1  | Informal in training sessions | Home events |
| Academy 2 | 30 mins | 6 – 9yrs | 1 | Fundamental | Develop all 4 strokes and water skillsClub award – Remaining criteria of 1 | Informal in training sessionsClub award passed – Some criteria from 1 | Home events |
| Academy 3 | 1 hour  | 7 – 10yrs | 1 | Swim skills | To become legal on all 4 strokes and compete in home/local eventsClub award - 2 | Home events Club award passed - 1 | Development meets and home events |
| Academy 4 | 2 hours | 7 – 10yrs | 2 | Swim skills | To become legal on all 4 strokes and compete in home/local events. Aiming into D1 squad.Club award - 3 | Home events Club award passed - 2 | Development meets and home events |
| Academy Plus | 1 hour | 10-11yrs | 1 | Swim skills | To become legal on all 4 strokes and compete in home/local events. Club award - 2 | Home events Club award passed - 1 | Development meets and home events |
| **Development** | **3 to 6hrs** | **8 – 12yrs** |  |  |  |  |  |
| D1 | 3 hours | 8 – 12yrs | 3 | Swim skills | To become legal on all 4 strokes and compete in home/local eventsClub award - 3 | Home events Club award passed - 2 | Development meets/galas, and home events |
| D2 | 4 hours | 8 – 12yrs | 3 | Swim skills / Train to train | To increase physical training and further develop technical skillsClub award – 4  | Home and local development eventsClub award passed – 3 | Various development meets to local L3 meets.  |
| D3 | 5 hours | 9 – 12yrs | 4 | Swim skills / Train to train | To increase physical training and further develop technical skillsDevelop competition skills/knowledgeClub award – 5 | Home and local events.Ability to achieve ONB county qualifying timesClub award passed – 4  | Various development meets to local L3 meets.Feb – ONB county champs |
| D4 | 6 hours | 9 – 12yrs | 4 | Swim skills / Train to train | To increase physical training and further develop technical skillsDevelop competition skills/knowledge – include long courseClub award – working towards 6 | Home and local events.Ability to achieve ONB county qualifying timesClub award passed – 5 | Local L3 meets and introduction to Level 2 and Level 3 long course meets. Feb – ONB county champs |
| **Age Group** | **6 – 8hrs** | **11 – 14yrs** |  |  |  |  |  |
| Age Group 1 | 6 hours | 11 – 14yrs | 4 | Train to train | To adapt to age group training time tableNeed to compete regular, attend regular sessions and maintain standard of trainingClub award – finish 6 | Home and local events.Ability to achieve ONB county qualifying timesClub award passed – specific award 6 elements | Various development meets to local L3 meets.Feb – ONB county champs |
| Age Group 2 | 7 hours | 12 – 14yrs | 5 | Train to train | To compete at ONB Counties.To compete SC + LC target MeetsDevelop LC competition skills/knowledge | Ability to perform at County standardCompeting in regular SC + LC target meets | Dec - target meetFeb – ONB County champsApril – target meetJuly –target meet |
| Age Group 3 | 8 hours | 12 – 14yrs | 6 | Train to compete | To compete at ONB Counties in a range of strokes/distances.To compete SC + LC target meets | Ability to perform at County standard.Competing in regular SC + LC target meets | Dec - target meetFeb – ONB County champsApril – target meetJuly –target meet |
| **Youth** | **7.5–9.5hrs** | **14yrs +** |  |  |  |  |  |
| Youth 1 | 7.5 hours | 14yrs + | 5 | Train to train | Need to compete regular, attend regular sessions and maintain standard of training | Home and local events. Ability to achieve ONB county qualifying times | Dec - target meetMarch – target meetJuly –target meet |
| Youth 2 | 8.5 hours | 14yrs + | 5 | Train to compete | To compete at ONB Counties.To compete SC + LC target meets | Ability to perform at ONB County standard.Competing in regular SC + LC target meets | Dec - target meetFeb – ONB County champsApril – target meetJuly –target meet |
| Youth 3 | 9.5 hours | 14yrs + | 5 | Train to compete | Aim for ONB County finals and SER qualifying times.To compete at Level 1 meets | Current ONB county standard.Ability to perform at Regional level Competing in regular SC + LC target meets | Dec - target meetFeb – ONB County champsMay – SE regionals or April target meetJuly –target meet |
| Youth Fitness(agreed with HC) | 5.5hours | 14yrs + | 3 – 4 | Train to compete | Need to compete regular, attend regular sessions and maintain standard of training | Home and local events. Ability to achieve ONB county qualifying times | Dec - target meetMarch – target meetJuly –target meet |
| **Club** | **3 – 4hrs** | **11 –14yrs +** |  |  |  |  |  |
| Club 1 | 3 hours | 11 – 14yrs | 3 | Swim skills / train to train | Need to compete regular, attend regular sessions and maintain standard of training | Home and local development events | Development meets and home events |
| Club 2 | 4 hours | 13yrs + | 3 | Train to train | Need to compete regular, attend regular sessions and maintain standard of training | Home and local events including level 3 meets | Various development meets to local L3 meets. |
| **Performance** | **11.5 hrs** | **12yrs +** |  |  |  |  |  |
| Age P | 11.5 hours | 12 – 14yrs | 7 | Train to Train | Aiming for regional qualification and finals, plus National ranking/qualifications | Current regional standard and competing at regular SC + LC target meetsAbility to compete at National standard | Dec - target meetFeb – ONB County champsMay – SE regionalsJuly – Nationals/target meet |
| Youth P | 11.5 hours | 14yrs + | 6 | Train to compete | Aiming for regional qualification and finals, plus National ranking | Aiming/ability to regional standard and competing at regular SC + LC target meets | Dec - target meetFeb – ONB County champsMay – SE regionalsJuly –target meet |
| Elite P | 11.5 hours | 15yrs + | 6 | Train to compete + train to win | Aiming for regional qualification and finals, plus National ranking/qualifications | Current regional standard and competing at regular SC + LC target meetsAbility to compete at National standard | Dec – SC nationals / target meetFeb – ONB County champsMay – SE regionalsJuly – Nationals/target meet |