



# Poole Swimming Club

Preparing Swimmers. Creating Winners

## Competitive Skills Academy

### Purpose:

To attain qualifying and compete at the Dorset ASA County Championships, in a range of events. Swimmers will develop all strokes and turns and become proficient in 200IM. Athletes and coaches will target the Dorset ASA County Championships and Development Meet.

### Entrance Criteria:

#### Typical Age

- Squad 1: 24 positions are available in for athletes typically aged 11 and above (age as of the end of year, in which the season culminates).
- Squad 2: 24 positions are available in for athletes typically aged 9 and above (age as of the end of year, in which the season culminates).

#### Performance Level:

- To have achieved 4 Poole Swimming Club Pace Achievement Standard B times in Olympic events including 200m Free and 200m IM (see page 30)
- If positions are not filled by the above criteria, further positions will be offered for athletes who have earned 4 Poole Swimming Club Pace Achievement Standard B times (see page 30) in Olympic events including 200m Free and 200m IM.

### The Person, Athlete and Performer Profile:

- Meet the coach's assessment of Future Performance Potential based on guidance from the British Swimming Optimal Athlete Development Framework, notably around attitude and commitment.
- If further academy positions are available for athletes not meeting the Performance Level entrance criteria, athletes will be chosen on the coach's assessment of Future Performance Potential.

### Equipment Required:

- Water Bottles x 2 filled prior to session
- Kickboard, Pull Buoy
- Small Hand Paddles
- Short Fins
- Snorkel



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## Academy Personnel

County Squad 1 Coach: Chris Neilson  
 County Squad 2 Coach: Meghan Corby/ Emma Richards/ Barry Alldrick  
 Strength and Conditioning Coach: Colette Batten  
 Academy Parent Liaison: TBC  
 Support Coaches: Marie Escott  
 Emma Waller

## Available Training Timetable:

Sunday AM	Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM	Saturday AM
						Talbot Heath  Pre-Pool: 07:45-08:00  Pool: 08.00-09.30  Post Pool 09.30-09.40
Sunday PM	Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM	Saturday PM
Talbot Heath  Pre-Pool: 18:15-18:30  Pool: 18:30-20:00  Post Pool 20:00-20:10		Talbot Heath  Strength & Conditioning 18.20-18.50 Gymnasium  Pool: 19:00-20:15		Talbot Heath  Strength & Conditioning 18.20-18.50 Gymnasium  Pool: 19:00-20:15		

- Pre-Pool is time where the athlete can physically prepare for the session ahead through mobility and activation exercises.
- Post Pool is time where the athlete can regenerate and begin the recovery process through eating, drinking and stretching,



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## Exit Criteria and Pathway

- Outgrowing the programme and fellow athletes, progression into the Poole Swimming Club County Academy.
- Unable to attain the performance level & profile, training or competitive commitment of the squad for whatever reason. In this instance places will be offered in alternative academies.

## A Typical Season's Competition and Camp Expectations

Month	Meet
September	Southern Junior League
October	Open Meet- Short Course
November	Open Meet- Short Course
December	Open Meet – Short Course
January	County Champs
February	County Champs
March	Open Meet- Short Course
April	Open Meet – Long Course
May	Open Meet – Long Course
June	Club Championships + + Southern Junior League
July	End of Season Meet – Long Course + Southern Junior League