



# Poole Swimming Club

Preparing Swimmers. Creating Winners

## Swim Skills Academy

### Purpose:

The Swim Skills Academy consists of 3 progressive squads Bronze, Silver and Gold to develop competitive skills, training techniques and a love for the sport.

By the top of the Gold squad the athletes aims to gain recorded times in club events and local meets, earning a Poole Swimming Club B Time in 200 Free and 200 IM meeting the minimum commitment of 1 training session per week in Bronze, 2 training session per week in Silver Squad and 3 training session per week in Gold squad agreed with the Skill Academy coaches.

Swimmer will also work through the Swim England Competitive Swimming Club Awards

### Entrance Criteria:

#### Typical Age

- Gold Squad: 24 positions are available in for athletes typically aged 7 and above (age as of the culminating end of season Summer Meet).
- Silver Squad: 24 positions are available in for athletes typically aged 6 and above (age as of the culminating end of season Summer Meet).

### Performance Level:

- To have passed the Swim England National Plan for Teaching Swimming Stage 6 Award or the Entrance Criteria of being able to:
  - Swimming 50m Freestyle with rhythmical breathing every 3 arms
  - Swimming 50m Backstroke with alternate arm action
  - Swim 50m Breaststroke with an Arm Breath, Kick, Glide timing cycle
  - Swim 25m Butterfly with rhythmical breathing
  - Perform a Forward and Backwards somersault
  - Dive into Deep Water

### Equipment Required:

- A Water Bottle filled prior to session
- Kickboard, Pull Buoy
- Small Hand Paddles
- Short Fins
- Snorkel



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## Academy Personnel

Gold Squad Lead Coach: Maralyn Lewis

Silver Squad Lead Coach: Jacob Dunning

Bronze Squad Lead Coach: Katie Mills

Star Groups Co-ordinator and Parent Liaison: Emma Richards

Badge Co-ordinator: TBC

## Available Training Timetable:

### Bronze:

Sunday PM	Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM	Saturday PM
Dolphin		Dolphin				
17:30-18:30		16:30-17:30				

### Silver:

Sunday PM	Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM	Saturday PM
Dolphin		Dolphin	Poole High			
17:30-18:30		16:30-17:30	17:30-18:30			

### Gold:

Sunday PM	Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM	Saturday PM
Dolphin		Dolphin	Poole High	Poole High		
17:30-18:30		16:30-17:30	18:30-19:30	18:00-19:00		

## Exit Criteria and Pathway

- Outgrowing the programme and fellow athletes, progression into the Poole Swimming Club Competitive Skills 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.