



Poole Swimming Club

Preparing Swimmers. Creating Winners

Competitive Skills Academy

Purpose:

To attain qualifying times in a range of events and distances and compete at the Dorset ASA Development Meet (July) and County Championships (February). Meeting the minimum commitment of 3 training sessions per week. Swimmers will develop all strokes and turns and become proficient in 200IM which tests all strokes and all turns involved in swimming.

Athletes and coaches will target the Dorset ASA County Championships and Development Meet and regular open meets with the aim of recording an official time in every event up to 400m.

Entrance Criteria:

Typical Age

- There are 48 positions available in the squad for athletes typically aged 9 to 15 (age at end of year when the season finishes, when the season finishes in August).

Performance Level:

- To have achieved 4 x Poole Swimming Club Pace Achievement Standard B times in events including 200m Free and 100m IM.
- 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 C times including 200m Free and 100m 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
- Skipping rope + Yoga mat



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Academy Personnel

Competitive Skills Lead Coach: Chris Neilson
 Strength and Conditioning Coach: Chris Neilson
 Academy Parent Liaison: Andrew Wilson

Available Training Timetable:

Sunday AM	Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM	Saturday AM
Sunday PM	Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM	Saturday PM
Talbot Heath Pre-Pool: 16:15-16:30 Pool: 16.30-18.00 Strength & Conditioning 18.00-19.00 Sports Hall	Poole High Pre-Pool: 18.45-19.00 Pool: 19:00-20:30 Post Pool 20:30-20:40			Rossmore Group 1 18.30-19.30* Group 2 19.30-20.30* Post Pool 10 mins following session to stretch	Talbot Heath Pre Pool 18:45-19.00 Pool 19.00-20.30 Post Pool 20.30-20.40	

*Thursday Night is a 1-hour session, where the squad is split in half, coach to advise suitable session.

- 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,

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.



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A Typical Season's Competition and Camp Expectations

- Short Course means racing in a 25m sized pool.
- Long Course means racing in a 50m size pool.

Month	Meet
October	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 – Short Course + National Arena League
June	Club Championships + National Arena League
July	End of Season Meet – Long Course + National Arena League



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Qualifying Times

Dorset Qualifying Times Can be found on the Dorset ASA Website www.dorsetasa.org

Swim England South-West Qualifying Times can be found on the Swim England South Wets Website: www.swimwest.org.uk

Poole Swimming Club Speed Awards 2022

EVENT	A	B	C
50m Freestyle	00:40.08	00:44.09	00:48.50
100m Freestyle	01:25.82	01:34.40	01:43.84
200m Freestyle	03:04.69	03:23.16	03:43.47
400m Freestyle	06:24.62	07:03.08	07:45.38
50m Backstroke	00:45.40	00:49.94	00:54.93
100m Backstroke	01:40.07	01:50.07	02:01.08
200m Backstroke	03:33.32	03:54.66	04:18.12
50m Breaststroke	00:50.82	00:55.90	01:01.49
100m Breaststroke	01:54.22	02:05.65	02:18.21
200m Breaststroke	04:04.90	04:29.39	04:56.33
50m Butterfly	00:43.78	00:48.16	00:52.97
100m Butterfly	01:39.70	01:49.67	02:00.64
200m Butterfly	03:38.65	04:00.51	04:24.56
100m IM	01:39.79	01:49.77	02:00.75
200m IM	03:28.59	03:49.45	04:12.40