



Swim Skills Academy

Purpose:

The Swim Skills Academy consists of 2 progressive squads Silver and Gold to develop competitive skills, training techniques and a love for the sport.

In Silver squad athletes will aim to complete all 7 competitive turns, be able to perform a track racing start, swim all 4 strokes and complete a legal 100m IM. Swimmers will work through Swim England Competitive Skill Awards certificates 1 to 3. The minimum recommended commitment is to complete 2 training sessions per week consistently.

In Gold squad, athletes will aim to gain recorded times in club events and local meets, earning a Poole Swimming Club B Time in 200 Free and 200 IM. Swimmers will work through the Swim England Competitive Skills Awards Certificates 4 and 5. The minimum recommended commitment is 3 training sessions per week, consistently.

By achieving times in their first competitions, athletes will be able to gain Poole Swimming Club Speed Certificates (see Page 3) which will be regularly awarded. (See Page 3 for Time Standards)

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



Academy Personnel

Gold Squad Lead Coach: Maralyn Lewis
Gold Squad Co-ordinator: Michala Cailles
Silver Squad Lead Coach: Jacob Dunning
Silver Squad Co-ordinator: Position Open
Head of Junior Development: Chris Neilson
Badge Co-ordinator: Position Open

Available Training Timetable:

Silver:

Sunday PM	Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM	Saturday PM
Dolphin 16.00-17.00		Dolphin 16:30-17:30	Poole High 17:00-18.00			

Gold:

Sunday PM	Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM	Saturday PM
Dolphin 16:00-17:00		Dolphin 16:30-17:30	Poole High 18:00-19.00	Poole High 18:10-19:10		

Exit Criteria and Pathway

- Achieving the performance criteria, attendance and positive attitude will enable progression into the Poole Swimming Club Competitive Skills Academy.
- If by the upper age of typically 12, athletes are unable to attain the performance level & profile, training, or competitive commitment of the squad for whatever reason, then a position will be offered in the Junior Club squad to continue development.



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