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**WEST DORSET SWIMMING CLUB**

**Criteria for progression within squads and progression onwards**

Most swimmers who join the West Dorset Swimming Club will either be by referral by the Dorchester Sports Centre from their “learn to swim” programmes or referral from other Clubs, etc. All swimmers who wish to join the Club will be invited to attend a training night and meet a Coach and other key Club Officers. All new members are required to complete the Club’s Membership form and will be subject to an induction process. The Coach will undertake an assessment of the swimmers technique and ability in order to determine what squad they should join.

The Head Coach (in consultation with the other Coaches and Teachers) will use this criteria to determine whether a swimmer should move to a new squad. The Head Coach may also take other relevant factors into account when making his decision. Swimmers will usually move squads (if they are judges as being ready) in September, January and April. However, the Head Coach can move swimmers at any time if he feels they have progressed and meet the criteria for the next squad.

The Club operates the following squads.

**Pre-Competitive Squad 1**

This is the entry squad to the Club. Swimmers will be expected to be able to swim at least 10m front crawl and back stroke and be committed to attend at least 1 session per week in order to join this squad. The next squad is Step 1. The following criteria is used when determining whether a swimmer should move to this squad.

**Pre-Competitive Squad 2**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Space in the next group** | **Stroke Development** | **Skills Development** | **Times** | **Commitment** |
| * Check for available space
* Swimmer happy with time change
 | * Confident swimming front crawl and back stroke
* Mastered the basics of either Breast stroke of Butterfly
 | * Push and glide
* Rotations
* Somersaults
* Happy with swimming underwater
 | * Times not so important. Concentrating mainly on skill development
 | * Able to swim a minimum of 2 sessions per week
 |

The next progression is to Step 2 squad. The following criteria is used when determining whether a swimmer should move to this squad.

**Pre-Competitive Squad 3**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Space in the next group** | **Stroke Development** | **Skills Development** | **Times** | **Commitment** |
| * Check for available space
* Swimmer happy with time change
 | * Able to breathe bilaterally when swimming front crawl breathing
* Understanding of shoulder role on back crawl
* Able to swim breast stroke
* Basic Butterfly
 | * Streamlining
* Able to do some fly kicking off wall
* Displays good basic technique on at least two strokes
 | * Step gala times
* Looking at being able to swim 25m
 | * Able to swim a minimum of 2 sessions per week
 |

The next progression is to the Step 3 squad. The following criteria is used when determining whether a swimmer should move to this squad.

**Development Squad**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Space in the next group** | **Stroke Development** | **Skills Development** | **Times** | **Commitment** |
| * Check for available space
* Swimmer happy with time change
 | * Confident in at least two strokes (including front crawl or back crawl).
* Achieved basic skills in other strokes
* Looking at being able to hold quality stroke over at least 25m
 | * Able to execute basic “tumble turns”
* Happy in deep water
* Safe entry into deep water
* Streamlining and fly kicking off wall
* Able to undertake basic diving
 | * Step gala times
* Qualifying or consideration times for Level 3 galas
 | * Should be looking at undertaking at least one after school session in addition to two evening sessions per week.
* Representing the Club at Gala’s (if selected).
* Able to undertake longer sessions
 |

The next progression is to the Step 4 squad. The following criteria is used when determining whether a swimmer should move to this squad.

**Advanced Development Squad**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Space in the next group** | **Stroke Development** | **Skills Development** | **Times** | **Commitment** |
| * Check for available space
* Swimmer happy with time change
 | * Confident in at least three strokes (including front crawl or back crawl).
* Achieved basic skills in fourth strokes
* Looking at being able to hold quality stroke over at least 50m
 | * Able to execute basic “tumble turns”
* Happy in deep water
* Safe entry into deep water
* Streamlining and fly kicking off wall
* Able to undertake basic diving
 | * Step gala times
* Qualifying times for Level 3 galas.
* Consideration times for County Championships
 | * Should be looking at undertaking at least one after school session in addition to two evening sessions per week.
* Representing the Club at Gala’s (if selected).
* Able to undertake longer sessions
 |

The next progression is to the A squad. The following criteria is used when determining whether a swimmer should move to this squad.

**Junior Performance Squad**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Space in the next group** | **Stroke Development** | **Skills Development** | **Times** | **Commitment** |
| * Check for available space
* Swimmer happy with time change
 | * Confident in all strokes.
* Able to undertake 100m IM
* Being able to hold quality stroke over at least 100m
* Aiming for a minimum of 4,500m per week
 | * Have basics of turns on all strokes
* Confident in deep water
* Have basics of diving on all strokes
* Streamlining and fly kicking off wall
* Able to control breathing in and out of turns
 | * Some County Championship qualifying times.
* Consideration times for Level 2 galas
 | * A minimum of three sessions per week (including land training).
* Ideally, should be swimming at least one early morning session and/or after school session in addition to above.
* Representing the Club at Gala’s (if selected).
* Able to undertake longer sessions
* Able to take on more instruction
 |

The next progression is to the Top squad. The following criteria is used when determining whether a swimmer should move to this squad.

**Senior Performance Squad**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Space in the next group** | **Stroke Development** | **Skills Development** | **Times** | **Commitment** |
| * Check for available space
* Swimmer happy with time change
 | * Confident in all strokes.
* Able to perform 200m IM
* Being able to hold quality stroke over at least 150m in all strokes (200m for front crawl)
* Aiming for a minimum of 12,000m per week
* Demonstrates stroke efficiency in most strokes
 | * Confident in undertaking all starts and turns
* Demonstrates good breathing control in and out of turns
* Streamlining and fly kicking out of all turns when training/competing
 | * County Championship qualifying times in a variety of strokes/distances.
* Qualifying times for Level 2 galas
 | * A minimum of four sessions per week (including land training).
* Ideally, should be swimming at least two early morning session and/or after school session in addition to above.
* Representing the Club at Gala’s (if selected).
* Able to undertake longer sessions
* Able to take on more instruction
 |

Progression from Top Squad will generally be by referral from the Head Coach to other Swim 21 Clubs (who are at Skill Development level or above) who are able to offer increased swim time.