

NEW BOLDMERE SQUAD STRUCTURE & CRITERIA

Principles Behind the Change

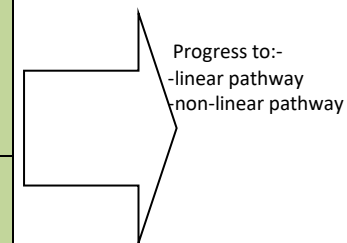
- To implement a different club structure
- To provide a structure that will allow everyone to achieve their potential and one that is embedded in our core TeamBoldmere values of enjoyment, development and inclusivity
- To 'awaken the sleeping giant'
- To create a cultural change based around the Optimal Athlete Development Framework (OADF) developed by Swim England
- To put a programme in place which works to bring the club's different disciplines closer together
- To create a Programme in which
 - all swimmers develop the skills and characteristics to enjoy our sport and to achieve their goals whatever level they are at
 - a higher proportion of swimmers moves through the club's pathways and achieve their goals in all aquatic disciplines
 - squads are based on ability not age
 - the principles of the OADF are embedded in the programme.

Squad Movement

- Squad movement will be flexible and fluid. Swimmers may not follow a linear path through the squads.
- Swimmers may move through the squads at any point within the age boundaries, provided they meet the progression criteria
- There will be 3 possible movement points (and swimmers will be reviewed in the months leading into these time periods): -
 - Christmas for a January start
 - Before Easter for a post Easter start
 - End of season in July for start of season in September
- Ideally, we want swimmers to stay in one squad for at least one season to ensure consistency of coaching. Only swimmers who are advancing at a speed beyond the normal rate will move at other times
- If swimmers reach the top age of a linear pathway squad but have not achieved the required progression criteria they will be invited to join a non-linear pathway squad in order to focus on developing the skill areas they need to move back into the linear programme.

BOLDMERE SQUAD STRUCTURE & CRITERIA - Foundation PATHWAY
(Learn to Swim and Boldmere Academy)

<u>Key Criteria</u>		<u>Learn to Swim Minnows Stage 1-4</u>	<u>Learn to Swim Snappers Stage 5-7</u>	<u>Learn to Swim Sharks Stage 8-9</u>	<u>Boldmere Academy</u>
Description		-Stage 1 of Foundation Pathway -Aim is to enjoy swimming and teach fundamentals of all 4 strokes plus basic starts and turns	-Stage 2 of Foundation Pathway -Aim is to enjoy swimming and teach fundamentals of all 4 strokes plus basic starts and turns	-Stage 3 of Foundation Pathway -Aim is to enjoy swimming and teach fundamentals of all 4 strokes plus basic starts and turns	-Entry level to Boldmere’s pathway programmes -Aim is to enjoy swimming and to prepare swimmers for entry to pathway programmes by developing key skills of all 4 strokes
Squad Criteria	Age	4 - 7	6-8	7-11	7 - 10
	Entry Criteria	-Positive attitude and desire to learn to swim	-Positive attitude and desire to improve as a swimmer	-Positive attitude and desire to learn to swim -Can swim 25 metres on all 4 strokes with good technique	-Swim 50 metres on all 4 strokes with good technique and are stage 7 or above -Demonstrate all 4 turns to an adequate standard
	Sessions	N/A	N/A	1 or 2 per week	-Minimum of 2 out of 3 available
	Competitions	N/A	Club time trials, mini meets, Club Champs	Club time trials, mini meets, Club Champs	Swimmers will compete in:- -Club Internal time trials, mini meets and Junior leagues at 25m – 100m events
Skills and Characteristics Developed Swimmers will focus on.....		-learning the basic fundamentals of swimming (using BLABT framework) including streamline push and glides	-continuing to learn develop and refine the basic fundamentals of swimming -learning to scull and hold water	-continuing to learn develop and refine the basic fundamentals of swimming -learning to swim all 4 strokes and how to perform all 4 turns	-developing skills on all 4 strokes -developing starts and turns -learning lane etiquette and how to use a pace clock -learning basic land movements
Progression Criteria		To progress swimmers will need to be able to meet the desired requirements of the Swim England Learn to Swim Stages 1-4	To progress swimmers will need to be able to meet the desired requirements of the Swim England Learn to Swim Stages 5-7 As well as -swim 25 metres on all 4 strokes with good technique	To progress swimmers will need to be able to meet the desired requirements of the Swim England Learn to Swim Stages 8-9 As well as -swim 50 metres on all 4 strokes with good technique -demonstrate all 4 turns to an adequate standard	To progress to linear and non-linear pathways swimmers will need to be able to:- -swim and race a minimum of 100metres freestyle backstroke and breaststroke and 50metres butterfly -swim freestyle with head still, high elbow recovery, finger first entry no splash and a strong leg kick, breathing to the side keeping the head in the neutral position -swim backstroke with a horizontal body position, chin high, strong leg kick from hips and glutes. Thumb exit, straight elbow recovery, little finger entry and head still -swim breaststroke with a horizontal body position, a simultaneous leg kick foot turned out, be able to kick snap glide. Be able to perform an out sweep in sweep and pull under their chin and in front of their face -swim butterfly with a horizontal body position, simultaneous straight arm recovery around the side regular rhythmic strong body, kick -be able to swim a set of 25s and 50s using the pace clock to set themselves off on time and to leave 5 seconds apart, but also working towards holding the above techniques -understand and use lane etiquette -understand and perform the basics of competition starts and turns, where they do not use their arms to turn with and understand how to perform a breast and fly turn using the bow and arrow technique. -carry out basic land movements – holding a correct plank position, press ups, squats and jumps as well as develop basic athleticism.



BOLDMERE SQUAD STRUCTURE & CRITERIA – Linear PATHWAY

Key Criteria		Junior Development 1	Junior Development 2	Junior Development 3	National Age Group	National Youth
Description		-Stage 1 of Linear Pathway -Aim is to enjoy swimming plus further develop technique and improve stroke efficiency in all 4 strokes -Greater focus on race skills	-Stage 2 of Linear Pathway -Aim is the same as Junior Development 1 with an even greater focus on racing and holding stroke skills whilst racing	-Stage 3 of Linear Pathway -Aim is to enjoy swimming plus further refine stroke technique with an increased focus on aerobic work and the introduction of new training zones	-Stage 4 of Linear Pathway and aimed at those who have prioritised swimming as one of their sports -Aim is to enjoy swimming plus further refine skills and techniques in a training environment that works to achieve qualification and results at National Level	-Stage 5 of Linear Pathway -The aim is to build on the National Age Group squad -All swimmers in the squad must act as role models for the Club and lead by example in training and at all meets
Squad Criteria	Age	8-11	Boys 8-12; Girls 8-11/12	Boys 9-12/13; Girls 9-12/13	Boys 11-14; Girls 11-14	Boys 14 -18; Girls 13/14 - 18
	Entry Criteria	-Swim and race 100m freestyle, backstroke and breaststroke and 50m butterfly with good technique	-Progression criteria from JD1, performed and demonstrated consistently in training	-Progression criteria from JD2, performed and demonstrated consistently in training	-Progression criteria from JD 3, performed and demonstrated consistently in training	-Progression criteria from National Age Group, performed and demonstrated consistently in training
	Sessions	-Minimum of 3 out of 4 available	-Minimum of 3 out of 4 available	-Minimum of 4 out of 6 available plus 1 land training and pre-pool work	-Minimum of 5 out of 7 available plus 1 land training and pre-pool work	-Minimum of 6 out of 8 available plus 2 land training and pre-pool work
	Competitions Swimmers will...	-compete in Club Championships, Club time trials and mini meets -be expected to represent the Club in League competitions -attend targeted open meets -qualify and race in County Championships in 50m, 100m and 200m events from age 10	-compete in Club Championships, Club time trials and mini meets -be expected to represent the Club in League competitions -attend a range of L3 & 4 open meets -qualify and race in County Championships (and potentially Regional Championships) in 50m to 400m events	-be expected to represent the Club in League competitions -compete in all targeted meets, Club Championships, County Championships (and potentially Regional Championships) at 50m to 400m events -be encouraged to compete in multiple events as directed by Coach	-be expected to represent the Club in League competitions -compete in all targeted meets plus qualify and race in County and Regional Championships (and potentially National Championships) -be encouraged to compete in multiple events across all 4 strokes as directed by Coach	-be expected to represent the Club in League competitions -compete in all targeted meets plus qualify and race in County and Regional Championships (and potentially National Championships) -compete in multiple events across all 4 strokes/distances early in season with stroke specificity later in season
Skills and Characteristics Developed Swimmers will focus on.....		-continuing to develop stroke technique and swimming efficiency across all 4 strokes -racing and holding key stroke skills while racing -aerobic training with distances and repeats -basics of land training and pre-pool exercises -introduction to goal setting and core OADF principles and behaviours	-continuing to develop stroke technique and swimming efficiency across all 4 strokes -racing and holding key stroke skills while racing -aerobic training with distances and repeats -key movements and body weight exercises in land training, working hard and seeing its value in improving performance -developing more OADF principles and behaviours with regular OADF and performance reviews	-skill and technique refinements whilst maintaining the key principles of all 4 strokes learned in previous squads -increased amounts of aerobic work and the introduction of new training zones -continuing to develop land training, including in the dedicated session -developing a wider range of OADF principles and behaviours, continuing to undertake regular OADF reviews and showing continued progress in these assessments	-skill and technique refinements whilst maintaining the key principles of all 4 strokes learned in previous squads -higher volumes of aerobic work and learning new training zones -land training that will complement swimming training and aid individual development -complete regular OADF assessments in which they play an increasingly active role and demonstrate progression or maintenance of high scores in all areas of OADF framework	-skill and technique refinements whilst maintaining the key principles of all 4 strokes learned in previous squads -higher volumes of aerobic work -learning more about anaerobic training zones -land training that will complement swimming training and aid individual development -complete regular OADF assessments in which they play an increasingly active role and demonstrate progression or maintenance of high scores in all areas of OADF framework
Progression Criteria To progress swimmers will need to be able to.....		To progress to Junior Development 2 -swim 100m IM with technically efficient legal strokes and legal competition turns and swim 200m freestyle in 4 minutes -freestyle kick 100m in 2min 45secs.	To progress to Junior Development 3 -swim 200m freestyle in under 3min 30 secs, 200m IM in under 4 minutes and kick 100m in 2min 30secs. -demonstrate improvement and development in all 4 strokes -demonstrate key OADF behaviours such as hard work, self-reliance and positivity towards training	To progress to National Age Group -hold a set of 200m freestyle at 3mins 20 secs, a set of 200m IM at 3mins 45 secs and kick 200m in under 4mins 15secs. -demonstrate further development in all 4 strokes -demonstrate a wider range of key OADF behaviours	To progress to National Youth -swim a set of 16 100m freestyles at 1min 30 secs and 12 x100 IM on 1min 45 secs -demonstrate a wider range of key OADF behaviours at a very high level	In order to remain in National Youth -swimmers must improve, or at least maintain, the performance levels and swimmer OADF behaviours required for entry to the squad

BOLDMERE SQUAD STRUCTURE & CRITERIA – Non-Linear PATHWAY

Key Criteria		County	Regional	Club	Masters
Description		-Stage 1 of Non-Linear Pathway and aimed at those swimmers who are not following the Linear pathway as they may be a late developer or late to the sport. This squad will give those swimmers the opportunity to continue their development with the aim of working to achieve the criteria to return of the Linear pathway. -Aim is for swimmers to enjoy swimming, develop their technical skills, qualify for County Championships and to move into Linear Pathway should they wish to do so provided they achieve the published criteria	-Stage 2 of the Non-Linear Pathway and aimed at those who enjoy the sport, training and competition but do not wish to commit to the number of sessions required in the Linear Pathway or who do not yet meet the criteria for the Linear Pathway -Aim is for swimmers to enjoy swimming, develop their technical skills, qualify for County Championships and to move into Linear Pathway should they wish to do so provided they achieve the published criteria	Aimed at those who enjoy swimming and training but without the pressure to compete. -Aim is to provide an environment in which swimmers enjoy the sport and can swim for general fitness or to help with other sports	Aimed at 16 plus swimmers with a wide range of swimming abilities from casual swimmers to those with age group world records and with a wide range of motivations for swimming.
Squad Criteria	Age	10-13	13-16	11+	16 +
	Entry Criteria	-Enjoy swimming, have a positive attitude and a desire to improve as a swimmer	-Enjoy swimming, have a positive attitude and a continued desire to improve / compete as a swimmer	-Enjoy swimming, have a positive attitude and a desire to improve as a swimmer	-Wishes to continue their enjoyment of swimming either in a social or competitive way
	Sessions	-4 sessions a week available but no minimum attendance requirement	-5 or 6 sessions a week available but no minimum attendance requirement	-4 or 5 sessions a week available but no minimum attendance requirement	-a range of sessions available but with no minimum attendance requirement
	Competitions Swimmers will	-have the opportunity to compete in time trials, Club Championships, Club League competitions, level 3 / 4 meets and County Championships under the direction of the Lead Coach	-have the opportunity to compete in time trials, Club Championships, Club League competitions, level 3 / 4 meets and County Championships as targeted by the Lead Coach	-have the opportunity to compete in time trials, Club Championships, Club League competitions and level 3 / 4 meets if they wish to	-be encouraged to attend Club meets, Club League competitions, open meets and County / Regional Championships based on their own individual aspirations and ability
Skills and Characteristics Developed Swimmers will focus on.....		-developing their skills and technique across all 4 strokes -becoming technically proficient enough to qualify for County Championships -developing the skills required to move into the Linear Pathway Junior Development squads -developing appropriate OADF principles and behaviours and completing regular OADF assessments and progress meetings	-continuing to develop and refine technical skills in an environment based on enjoyment and competition -developing the skills to move into the National Age Group and National Youth squad for those who have aspirations to do so -developing appropriate OADF principles and behaviours and completing regular OADF assessments and progress meetings	-developing their skills and technique across all 4 strokes -improving their level of general fitness	-developing skills, techniques and fitness based on own individual aspirations and ability
Progression Criteria To progress swimmers will need to be able to.....		-meet the criteria for the appropriate Junior Development squad or -at the age of 13 move to the Regional squad	-meet the criteria for the National Age Group or National Youth squad or -at the age of 16 move to the Masters squad		