

Competitive Development Squad

AM Training

	8.00-8.30	8.30-9.00	9.00-9.30	9.30-10.00	10.00-10.30
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday		Head Coaches Invite ONLY			

PM Training

	6.30-7.00	7.00-7.30	7.30-8.00	8.00-8.30	8.30-9.00
Monday					
Tuesday					
Wednesday		Land Training TBC			
Thursday					
Friday					
Saturday					
Sunday					

Coach: Assistant Head Coach -

The competitive development squad will attain the Swim England Competitive Swimming Performance Awards and Swim England Speed Awards, whilst further developing their stroke technique. These swimmers will be expected to train a minimum of 2 sessions per week and attend at least 4 Level 3/4 meets per year. This is an essential part of the assessment of swimmers at this level.

Competitive Swimming Performance Awards

Competitive Swimming Performance Awards have been developed in conjunction with the British Swimming Coaches and Teachers Association, and will be achieved in competition or organised time trials held at the club.

Swimmers attempting these awards must have achieved the standards of the Competitive Start Award first.

Competitive Swimming Performance Awards can be secured in Breaststroke, Butterfly, Front Crawl, Backstroke, and Individual Medley for Sprint, Middle Distance, or Distance. Bronze, Silver, Gold and Platinum Awards are available depending on times taken to complete the relevant distances.

Competitive Swimming Performance Awards and consistency

Swimmers will need good skills in starts, strokes, turns and finishes of the relevant stroke before they are asked to swim quickly. Coaches or teachers will not rush into giving these awards simply because a swimmer completes the times. Instead the focus is on holding consistency with technique.

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If a coach is not happy with a swimmer's technique then they will encourage the swimmer to try for relevant Competitive Swimming Performance Awards again in a few weeks' time.

Times are consistent with the Swim England Graded swimming times. Gold awards approximate to average county age group qualifying times for 12 year old boys. When this level is reached, there is a good chance that these swimmers would qualify at county level.

Land Training

Wednesday evening workout session: 7pm-8pm - TBC.

- Team Work.
- Stamina.
- Circuit for strength & conditioning workout.
- Exercises to improve stroke.

The fees for these sessions are not included in monthly training fees.

NB: Movement between squads will be made by the Head Coach.