

Development Academy 4

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 Coach - Gabby

Development Academy 4 swimmers will be following the Swim England Pre-Competition Development 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 3 Level 3/4 meets per year. This is an essential part of the assessment of swimmers at this level. The Pre-Competition Development Awards help to develop the skills and confidence needed for those who want to enter swimming competitions.

Two awards focus on revising and consolidating the efficient performance of the four competitive strokes and the racing skills needed. Working towards the Pre-Competition Development Awards will help your child with stroke development, kicking, turns and using a pace clock, followed by the more demanding aspects of training development. All aspects of both skill development and stroke development must be completed and all swimmers must have reached the standard of the Swim England Competitive Start Award before attempting the starts section of these awards.

The two different sections of the Pre-Competition Development Awards may be completed on two separate occasions.

Section 1 – Swim England Swimming Stroke Awards

The Swim England Swimming Stroke Awards are great for children keen to show their skills in individual strokes.

Covering backstroke, breaststroke, butterfly, freestyle and individual medley, these five badge and certificate supported awards encourage swimmers to learn the correct skills in strokes, turns and finishes before learning to swim faster.

Before working towards the colour-coded Swimming Stroke Awards, Swim England recommends your child first secures the Competitive Start Award.

Section 2 – Swim England Competitive Start Awards

The Swim England Competitive Start Awards continue the Swim England's emphasis on learner safety with the Preliminary Competitive Start Award and the Competitive Start Award.

Shallow diving can cause serious injuries if not done properly and by securing these awards your children will show they have the competence to dive in water 0.9-1.3m deep. This is a standard demanded for competitions under Swim England law.

Updated 01.12.2017

Teaching for the Preliminary Competitive Start Award starts in deep water before moving to the side of the pool and shallower water.

Once this award has been secured learners work towards the Competitive Start Award to learn safe race dives from a starter block.

(More information regarding these awards can be obtained from the club)

Land Training

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

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

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

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