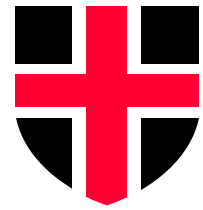




Durham City

AMATEUR SWIMMING AND WATER POLO CLUB



Training & Promotion Criteria for Squads

Introduction

This document is designed to detail the criteria for the various squads in an open and transparent manner and to ensure members of the Club are fully aware of the squad progressions. It is also designed to adhere to the principles of Long Term Athlete Development (LTAD) with a natural progression in the number, length and intensity of sessions, continuous stroke and athletic development and consideration of the needs of the individual.

It is important to note that the coaches do not simply consider the speed of a particular swimmer when finalising promotions between squads. A global approach is adopted and considerations include the individual's maturation, training attendance, competition attendance, commitment, water skills and technique. Therefore this document is to be used as a guide and it is the Head Coach, in consultation with the squad coaches, who will make final decisions on which swimmers are offered promotion after consideration of all relevant information.

The Club, as with the majority of swimming clubs, is limited by its available resources. We aspire to provide the best possible quality of training at all times, and this necessarily involves the limiting of numbers in each squad to ensure regular feedback by coaches to all swimmers and to avoid overcrowding in the lanes. Due to the ever increasing demand for places within the Club, swimmers are required to commit to the minimum attendance within the relevant squad and should discuss the situation with the squad coach should this prove likely to be a problem. Swimmers should **not** accept any promotion if they are not able to commit to the minimum attendance in that squad.

Bronze (1&2) Squad (NPTS Stage 8)

LTAD - SwimSkills

1. Complete a set lasting 400m (e.g. 16 x 25m) on a specific turnaround time set by the coach (e.g. 1min for each 25m)
2. Swim 400m continuously using one stroke
3. Kick 25m backstroke with/without using a board
4. Kick 25m breaststroke with/without using a board
5. Kick 25m butterfly without using a board
6. Kick 25m front crawl with/without using a board
7. Perform a backstroke start then butterfly kick in a streamlined position underwater until 10m from the start point (wall), transfer into stroke and complete the remainder of the 25m



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8. Perform a front crawl start, underwater kick in a streamlined position until a minimum of 10m from the start point (wall) is completed, transfer into stroke and complete the remainder of the 25m
9. Perform a butterfly start, kick in a streamlined position until a minimum of 10m from the start point (wall) is completed, transfer into stroke and complete the remainder of the 25m
10. Perform a breaststroke start, perform a 1½ pull under water, transfer into stroke and complete the remainder of the 25m
11. Perform a basic standing dive from the side of the pool
12. Attend sessions punctually and with water bottles and spare goggles
13. Attend at least 2 pool sessions/week
14. Compete in Club Galas and other external galas if selected (including Junior League)

Average Time in Squad: 6-12 months

Age: Variable

Silver Squad (NPTS Stage 9)

LTAD - SwimSkills

1. Complete a set lasting 800m (either 16 x 50m; 8 x 100m; 4 x 200m) on a specific turnaround time set by the coach e.g. 1.30min for 50m; 2.45min for 100m; 6.00min for 200m
2. Swim 800m continuously using one stroke
3. Swim a continuous 100m Individual Medley using legal turns
4. Perform a 15m underwater kick on front in a streamlined position
5. Perform a backstroke turn from 10m in to 15m out
6. Perform a breaststroke turn from 10m in to 15m out
7. Perform a butterfly turn from 10m in to 15m out
8. Perform a front crawl turn from 10m in to 15m out
9. Perform a racing start for all four strokes
10. Attend sessions punctually and with water bottles, spare goggles and fins
11. Attend at least 2 pool sessions/week increasing to 3 pool sessions/week before promotion to Gold Squad
12. Compete in Club Galas and other external galas if selected (including Junior League)

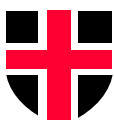
Average Time in Squad: 12 months

Age: Variable

Gold Squad (NPTS Stage 10)

LTAD - SwimSkills

1. Complete a set lasting 1600m (either 16 x 100m; 8 x 200m; 4 x 400m) on a specific timed turnaround set by the coach (e.g. 2.30min for 100m; 5.30min for 200m; 12min for 400m)
2. Swim 1500m continuously using one stroke
3. Perform a continuous 100m Individual Medley kick without using a kick board
4. Swim a continuous 200m Individual Medley using legal turns
5. Perform a 15m under water butterfly kick on back or front in a streamlined position
6. Perform a front crawl relay take over: - as an incoming swimmer
7. Perform a front crawl relay take over: - as an outgoing swimmer
8. Attend sessions punctually and with water bottles, spare goggles and fins
9. Attend at least 3 pool sessions/week



10. Compete in Club Galas and take advantage of other external galas opportunities (including Junior League if selected)

Average Time in Squad: 12 months

Age: Variable

Potential Squad

LTAD – Training to Train

1. Develop stroke technique on all 4 strokes
2. Understand and select drills on all 4 strokes
3. Develop racing skills
4. Training on 200m+ kick sets
5. Test Sets: 12x100m FC on 2.15 holding TT
8x100m IM on 2.50 holding TT
400m FC Kick
800m/1500m FC
6. Demonstrate commitment to the Club through positive attitude and engagement with additional offers, e.g. long course training, away meets etc
7. Complete and maintain a log book to be handed to the coach when requested
8. Attend sessions punctually and with water bottles, spare goggles, fins and pull buoy
9. Attend at least 3 pool sessions/week increasing to 4 pool sessions/week before promotion to Intermediate Squad – swimmer should attend the early morning session and land training session
10. Compete in Club Galas and take advantage of other external galas opportunities (including Junior League if selected) – swimmers who qualify for County, Regional and National Championships are expected to enter all events as selected by the coach
11. Ensure strong communication with squad coach on all aspects of swimming and coaching

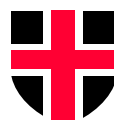
Average Time in Squad: 12-18 months

Age: Usually 10-14yrs

Intermediate Squad

LTAD – Training to Train

1. Develop stroke technique on all 4 strokes
2. Understand and select drills on all 4 strokes
3. Develop racing skills
4. Training on 400m+ kick sets
5. Test Sets: 16x100m FC on 2.00 holding TT
10x100m IM on 2.30 holding TT
400m FC Kick
800m/1500m FC
6. Demonstrate commitment to the Club through positive attitude and engagement with additional offers, e.g. long course training, away meets etc
7. Complete and maintain a log book to be handed to the coach when requested
8. Attend sessions punctually and with water bottles, spare goggles, fins and pull buoy
9. Attend at least 4 pool sessions/week increasing to 5 pool sessions/week before promotion to Performance Squad – swimmers should attend the early morning session and land training session



10. Compete in Club Galas and take advantage of other external galas opportunities (including Junior League if selected) – swimmers who qualify for County, Regional and National Championships are expected to enter all events as selected by the coach
11. Ensure strong communication with squad coach on all aspects of swimming and coaching

Average Time in Squad: 12-24 months

Age: Usually 10-14yrs

Performance Squad

LTAD – Training to Compete

1. Develop stroke technique on all 4 strokes
2. Understand and select complex drills on all 4 strokes
3. Develop racing skills
4. Training on 400m+ kick sets
5. Test Sets: 20x100m FC on 1.45 holding TT
 12x100m IM on 2.00 holding TT
 600m FC Kick
 800m/1500m FC
 Race Skills – starts, turns, finishes
6. Demonstrate commitment to the Club through positive attitude and engagement with additional offers, e.g. long course training, away meets etc
7. Complete and maintain a log book to be handed to the coach when requested
8. Attend sessions punctually and with water bottles, spare goggles, fins, pull buoy, speed kickboard and finger paddles
9. Attend at least 5 pool sessions/week increasing to 6 pool sessions/week – all swimmers should attend at least one early morning session and land training session
10. Compete in Club Galas and take advantage of other external galas opportunities – swimmers who qualify for County, Regional and National Championships are expected to enter all events as selected by the coach
11. Swimmers offered additional land training work are expected to engage with such programmes giving 100% commitment
12. Ensure strong communication with squad coach on all aspects of swimming and coaching

Time in Squad: Unlimited

Age: Usually 12yrs +

Club Squad

1. Swimmers are usually expected to have completed Stage 10 of NPTS
2. Swimmers are encouraged to compete in appropriate events, including Club Galas
3. Whilst there is no minimum attendance requirement, swimmers are encouraged to attend at least 2 sessions each week to maintain fitness and water skills
4. Demonstrate commitment to the Club by supporting Club events and swimmers are actively encouraged to volunteer within the Club either as an official or as a poolside volunteer
5. Attend sessions punctually and with water bottles and spare goggles

Time in Squad: Unlimited

Age: Usually 12yrs +

