

# **PROGRESSION CRITERIA FOR TIVERTON SWIMMING CLUB**

## **Squad Level 1**

(Combination of Wednesday badges, 8 – 9 Sat and 4 – 5 Sun)

Minimum attendance is 1 hour per week. Ideally 2 hours per week

### Squad Aims

1. Stroke technique on all four strokes, using coach-controlled sets and single-lap work.
2. Stroke drill progressions for all four competitive strokes, initially using fins to perform coach-controlled sets and single-lap work.
3. Endurance and speed training to prepare swimmers for the next level.
4. Introduction to IM swimming.
5. Turns for all four competitive strokes.
6. Starts on all four competitive strokes.
7. Relay takeovers.
8. Correct finishes of the four competitive strokes.
9. Sculling and games. The sculling teaches the difference between wrist-up, wrist-down, and flat-wrist sculling actions.
10. Using a pace clock.
11. Training in a group environment and lane discipline.
12. Rules of the sport.
13. Club time trials on a variety of strokes and distances every sixth week.
14. Introduction to low-level competition.
15. Punctual start times for all sessions.
16. Introduction to basic stretching exercises.
17. The training equipment that swimmers need in the squad includes a kickboard, drink bottle and fins.

### Criteria for movement from squad level 1 to squad level 2

1. 200 m FS with tumble turns and bilateral breathing.
2. 200 m BK with tumble turns and a bent arm pulling action.
3. 200 m BR with correct underwater pullouts.
4. 100 m BF with fins and correct turns.
5. 100 m IM and correct turns.
6. A competition racing start.
7. Correct finishes on the four competitive strokes.

All criteria are at the discretion of the coach

## **PROGRESSION CRITERIA FOR TIVERTON SWIMMING CLUB**

### **Squad Level 2**

6 Training sessions are available to this squad. Swimmers at this level should be able to cover between 2500 m and 4000 m during a 1 ½ hour training session.

Minimum attendance is 3 sessions per week. This should build up to 4-5 sessions per week as directed by the coach.

Squad expectations of swimmers in this squad are the following:

1. Learn basic stroke drill progressions for all four competitive strokes. The swimmer is introduced to more complex stroke drill progressions.
2. Monitor training using test swim sets.
3. Practice IM swimming sets.
4. Learn and perfect starts, turns and finishes on all four competitive strokes and turns
5. Learn and perfect relay changeovers. Develop and improve technique on all four competitive strokes
6. Independently monitor training by using the pace clock
7. Complete a well-balanced training program that includes varied pace swims (builds, negative split swims, descending sets etc.), basic swimming speed, pacing and over distance swims.
8. Learn the rules of the sport.
9. Increase the distance covered in training sessions to improve endurance.
10. Participate in club time trials, performing a variety of strokes and distances.
11. Participate in local meets at a relevant level.
12. Learn the process of goal setting and working towards objectives.
13. Learn to keep a logbook of training and competition results.
14. Learn and practice basic stretching and body-weight exercises including core strength work
15. Take responsibility for training equipment required at each training session (pull buoy, kickboard, drink bottle and fins).

Criteria for movement from squad level 2 to squad level 3

1. 10 x 100 m FS on 2:15 with correct turns.
2. 10 x 100 m IM on 2:45 with correct turns.
3. Be confident of swimming a 200 m IM in competition.
4. Attend five sessions available in squad level 2 each week.

All criteria are at the discretion of the coach

## **PROGRESSION CRITERIA FOR TIVERTON SWIMMING CLUB**

### **Squad Level 3**

6 training sessions a week are available to this squad. The sessions are swum alongside Squad Level 2 but swimmers in this squad swim in the top 2 lanes. The session plan may be adapted for Squad Level 3.

Minimum attendance is 5 sessions per week to include at least one early morning session. Ideally swimmers should attend 6 sessions.

Squad expectations are in line with Squad Level 2 with additional aims:

1. Learn basic stroke drill progressions for all four competitive strokes. The swimmer is introduced to more complex stroke drill progressions.
2. Monitor training using test swim sets. Practice IM swimming sets.
3. Learn and perfect starts, turns and finishes on all four competitive strokes and IM turns.
4. Learn and perfect relay changeovers. Develop and improve stroke technique on all four competitive strokes
5. Independently monitor training by using the pace clock.
6. Complete a well-balanced training program that includes varied pace swims (builds, negative split swims, descending sets etc.), basic swimming speed, pacing and over distance swims.
7. Learn the rules of the sport.
8. Increase the distance covered in training sessions to improve endurance.
9. Participate in club time trials, performing a variety of strokes and distances.
10. Participate in local meets at a relevant level.
11. Learn the process of goal setting and working towards objectives.
13. Learn to keep a logbook of training and competition results.
14. Learn and practice basic stretching and body-weight exercises including core strength work
15. Take responsibility for training equipment required at each training session (pull buoy, kickboard, drink bottle and fins).

All criteria are at the discretion of the coach

# **PROGRESSION CRITERIA FOR TIVERTON SWIMMING CLUB**

## **External Progression Criteria**

Tiverton Swimming Club (TSC) has close links with Taunton Deane Swimming Club (TDS).

When the Head Coach feels that a swimmer merits extra sessions with TDS, bearing in mind TDS's squad criteria, then dialogue will start between the head coaches, parents/carers and swimmer. The criteria for consideration for extra sessions are based on attendance at TSC, work ethic, training ability and performance.

Automatic Entry will be given to those who obtain:  
National Qualifying Times at 12yrs of AGE or older.  
3 x 200m regional qualifying times at 13yrs  
Regional medallist in 3 events at 12yrs

Consideration will be given to those who:  
At 13yrs of age have a regional qualifying time.  
Demonstrate good skills and training ethic.