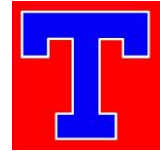




Tiverton Swimming Club

Squad Movement



Following the Swim England Athlete Development Support Pathway (ADSP)

The ADSP is a guideline from Swim England regarding athlete development based on physical literacy and skill development. All children develop at different speeds but the ADSP gives a good base guide to stages of development.

The TSC guide to the ADSP :-

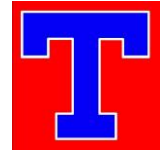
1. [Active Start](#)
0-6yrs
Unstructured / Fun / Play
2. [FUNdamentals](#)
Females 6-8 yrs, Males 6-9 yrs
Structured deliberate practice / Play / FUN
3. [Learning to train](#)
Females 8-11 yrs, Males 9-12 yrs
Development & Skills / Technique practice
4. [Training to train](#)
Females 11-15 yrs, Males 12-16 yrs
Skills & techniques/ Fitness development
5. [Training to compete](#)
Females 15-18 yrs, Males 16-19 yrs
Preparing for high performance programmes
6. [Training to win](#)
Females 18 yrs+, Males 19 yrs+
High performance through training & competitions

The model is a framework for the development of children's physical literacy (fundamental movement skills and sport specific skills) and aims to encourage lifelong participation in sport and physical activity (in this case aquatics).



Tiverton Swimming Club

Squad Movement



Squad Progression:

To move to CSA2 (ADSP - 2 & 3)

- Continuous assessment by lane coach in conjunction with lead junior coach
- Increased technical skill
- Gaining flash awards - Not a requirement used as a guide to coaches
- Ability to swim strokes to ASA standard

To move to Skill Development Squad (ADSP - 3 & 4)

- Continuous assessment by lead junior coach and Head Coach
- Increased technical quality for 50m for all 4 strokes, 100m for FC, Bk & Br
- Coaches will look at the ability to swim 4 x 100 Fc / Bk @ 2.30, 8 x 50 Fc / Bk @ 1.15, 6 x 50 Kick (all strokes) @ 1.30, 2 x 200 Fc @ 4.30, 400 Fc @ 8.00 - This is a guide for coaches to evaluate technique.
- Gaining silver Flash awards - not a requirement but is a guide to coaches
- Competing isn't a requirement at this stage but this is the competitive swimming route and swimmers should want to compete as confidence grows and is an expectation in this squad.
- Should be taking part in race-night and / or L4 meets.

To move to Competitive Development Squad (ADSP - 4)

- Continuous assessment by lead junior coach and Head Coach
- Must be taking part in L4 & L3 competitions
- A gradual increase in hours from SD by invitation from head coach to ensure training demands can be met

To move to Competitive Squad (ADSP - 4)

- Assessment by Head Coach
- Competitive squad, regular competing is a must at L3/2
- 3500 - 5000m in a session

To move to Performance Squad (ADSP - 4/5)

- Assessment by Head Coach
- Performance squads, competing at level L3/2/1
- 4000 - 7000m in a session

All new swimmers will be assessed by the Head coach or lead junior coach by attendance at a training session based on the initial information supplied by parents. A second assessment session may be required to ensure correct squad allocation.

All squad movement is based primarily on continuous assessment by lead coaches and review of the ADSP for each individual swimmer. Ages on the ADSP are a guide to physical literacy and skill development.

All squad allocation and movement is at the discretion of Head Coach and lead junior coach after careful evaluation of the swimmers stage of swimming development.