

Introduction

The setting and introduction of any criteria for any squad in any swimming club will always have problems and cannot and indeed must not be set in stone; there has to be some flexibility for both the swimmers (parents) and the coaching staff. A major advantage of having squad criteria is that everyone is aware of what is required to move up to a higher squad or indeed to stay in a particular squad. Parents and swimmers must be fully aware of squad criteria and if unable to comply with all aspects of the criteria then please do not accept an offer to train with a higher squad until prior discussion with the Head Coach. Swimmers and parents should also read and adhere to the Clubs' Code of Conduct.

The number of sessions each squad has been allocated is what is required to be successful at swimming, with swimmers attending 100% being the ideal. The guide of 75% minimum attendance (this is equivalent to an entire week off every month) for each squad is put in place as this is the minimum required to progress well though the sport, and allows for illness and occasions when you have other commitments. All swimmers should aim to maximise their attendance at training, failure to do so will prevent swimmers from reaching their full potential, as well as not being able to cope with the training demands for the squad.

The most difficult area is typically attendance at early morning training. There may be several reasons for this; all I ask is that every swimming family does the very best to achieve all aspects of the criteria. If there is a legitimate reason as to why a swimmer cannot fully comply with the attendance criteria, please speak with your coach before accepting a move to a higher squad. A formal agreement may then be put in place with amended criteria. Online attendance registers are taken for all sessions and regularly checked.

Swimmers are continually monitored as to their overall performance and if this falls below the expectations of the coaching staff they will be moved to a squad more appropriate to their ability, commitment to the training and competitive programmes. Squad criteria is in place as a guide, movement is not guaranteed and the final decision will come down to the professional judgment of the coaching staff. The coaching staff also reserves the right to move swimmers outside of squad criteria based on their professional judgment.

Expectations of all:

In Training	At Competition	Personal Characteristics
<ul style="list-style-type: none">• Be on poolside at least 10mins before the session (to undertake dry land warm-up)• Try your best at all times• Always swim with great skill (good stroke technique, starts, turns, finishes)• Listen to the coach• Have good lane etiquette• Have all correct equipment adjusted and ready to use• Challenge yourself• Encourage and support your team mates (you are a team)• Be safe	<ul style="list-style-type: none">• Wear club kit• Attend all club team galas• Stay until the end of all team galas• Complete full warm-ups and swim-downs• Always go to your coach first after your race for feedback• Be positive• Behave appropriately• Eat appropriate food and stay hydrated• Support your team mates• Have fun and enjoy it	<ul style="list-style-type: none">• Always give your best• Enjoy yourself• Be accepting of constructive criticism and act on this• Arrive with all the correct kit ready to use• Respect team mates, coaches, officials and volunteers• Aim to achieve for yourself – not to please others• If you have any problems speak to your coach

Becoming a successful swimmer is a long-term process; there has never been a 10-year-old Olympic swimming champion. As a club and as coaches we are dedicated to long-term athlete development (LTAD), this is reflected in the swimmer pathway, squad criteria and coaching practice.

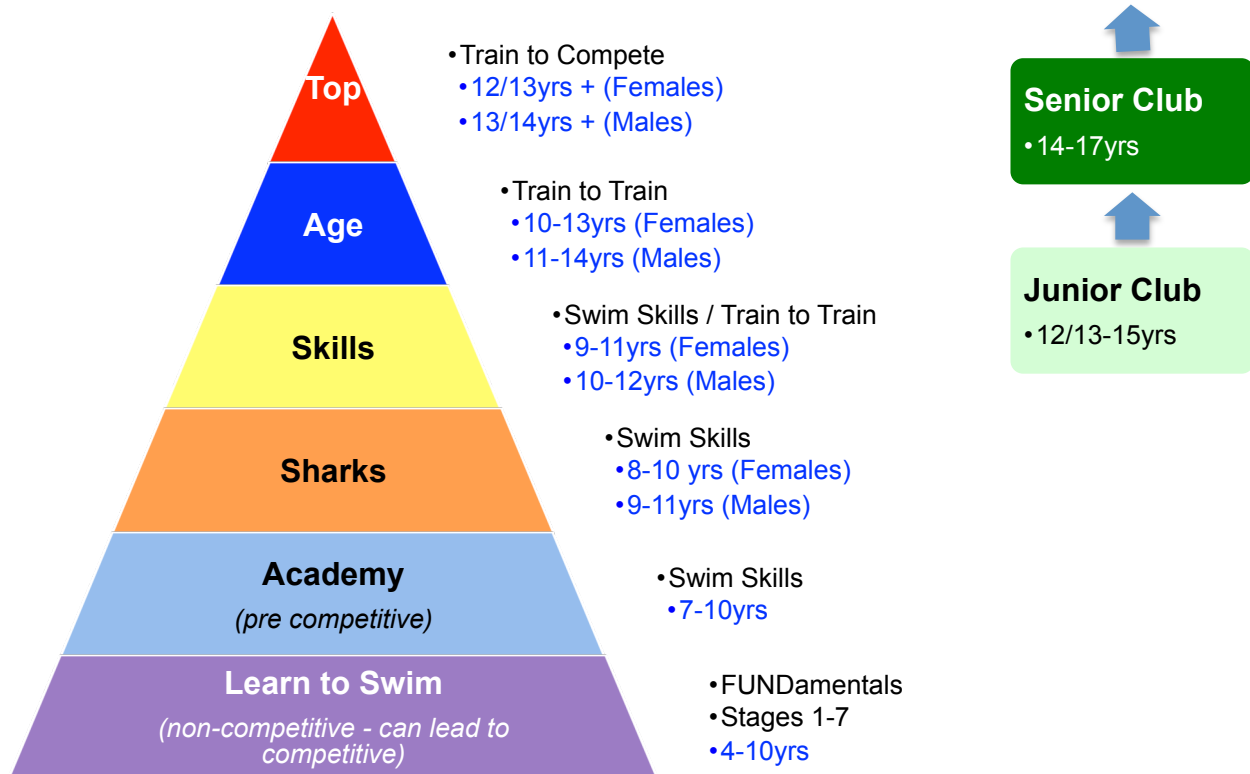
All age group swimmers (14 & Under) will train to develop all 4 strokes and kick ability, as these are the cornerstones to long-term athlete development and successful swimming. Event and stroke specialisation takes place in the Top Squad during the transition through youth level swimming (14-16yrs) and in to senior level swimming (16yrs+). Swimmers will always show preference towards certain strokes and distances but this is just a preference and is highly susceptible to change in line with technical development and physical maturation.

Fareham Nomads Swimmer Pathway

Competitive

Non-Competitive

Masters & Senior Age
• 18yrs+



*Ages are as a guide, biological age (physiological, psychological and emotional maturation) used over chronological age within the competitive squads (Sharks Squad through to Top Squad). Learn to Swim, Academy, Junior Club, Senior Club, and Masters & Senior Age using chronological age.

Academy (pre-competitive squad)		
Coach/es		
Target Age	<i>Approximately 7-11yrs</i>	Chronological/Biological age (as a guide)
LTAD	Fundamentals – Structured and Fun. Basic movement literacy and fundamental movement skills Swim Skills – Building Technique	+ Skill/ Technique Development + Movement Literacy
Sessions	1.3 hours 2 Sessions	Aim to maximise attendance at all sessions

Equipment		
Drinks Bottles (1x500ml+)		

<p>Entry Criteria:</p> <ul style="list-style-type: none"> Completed Stage 7 of Learn to Swim (or equivalent) to high a standard Consistently hold a minimum of 2 fly kicks off every wall Interest and ability to progress in to competitive swimming
<p>Ongoing Criteria:</p> <ul style="list-style-type: none"> Technical development on all 4 strokes Be coachable – positive attitude; strong work ethic; open to constructive critic; desire to continually improve Introduction to racing starts / turns / finishes Introduction to good lane discipline and lane etiquette Introduction to use of the pace clock Introduction to the basic rules of swimming Introduction to low level competition including club competitions as well as local/league galas Development of underwater skills (streamlining and underwater fly kick, breaststroke underwater phase) Keep a record of any personal best times
<p>Objectives/Targets:</p> <ul style="list-style-type: none"> High quality technique on all 4 strokes Consistently and competently perform a shallow racing dive from the starting blocks at the deep end Consistently and competently perform a Butterfly, Backstroke, Breaststroke and Front Crawl Turn from 10m in to the wall and 15m out Consistently hold minimum of 2 fly kicks off every wall (ideally +1 stroke before breathing) From a push start fly kick 15m underwater in a streamlined position on front Kick 25m Butterfly, Backstroke, Breaststroke and Front Crawl without a kick board Swim a continuous 100m Individual Medley using legal turns Swim 400m continuous using 1 stroke Complete a set lasting 600m (either 12x50s; 6x100s; 3x200s) on an off time set by the coach Ability and desire to enter competitive swimming Understanding of what is required to be a successful competitive swimmer

Sharks Squad		
Coach/es		
Target Age	Males 9-11yrs Females 8-10yrs	Biological age (as a guide)
LTAD	Swim Skills – Building Technique	+ 100-200m Medley based training + 5 Stroke Skill Development (Fly, Back, Breast, Free and Kick)
Sessions	3.75 hours 3 Sessions	Minimum target of 75%

Equipment		
Kick Board	Pull Buoy	Fins
Skipping Rope	Drinks Bottle/s (1x500ml ideally 750ml)	Spare Hat/Goggles

<p>Entry Criteria:</p> <ul style="list-style-type: none"> • High quality technique on all 4 strokes • Consistently and competently perform a shallow racing dive from the starting blocks at the deep end • Consistently and competently perform a Butterfly, Backstroke, Breaststroke and Front Crawl Turn from 10m in to the wall and 15m out • Consistently hold minimum of 2 fly kicks off every wall (ideally +1 stroke before breathing) • From a push start fly kick 15m underwater in a streamlined position on front • Kick 25m Butterfly, Backstroke, Breaststroke and Front Crawl without a kick board • Swim a continuous 100m Individual Medley using legal turns • Swim 400m continuous using 1 stroke • Complete a set lasting 600m (either 12x50s; 6x100s; 3x200s) on an off time set by the coach • Ability and desire to enter competitive swimming • Understanding of what is required to be a successful competitive swimmer • Consistent/regular attendance
<p>Ongoing Criteria:</p> <ul style="list-style-type: none"> • Aspire for technical excellence (all 4 strokes; kick; starts, turns, finishes and relay takeovers) • Be coachable – positive attitude; strong work ethic; open to feedback; desire to continually improve • Introduction to basic drill progressions • Introduction to basic mobility, stretching and dry land exercises • Introduction to low level external competitions (Level 3 & 4 open meets) • Developing relay takeover technique • Develop confidence using the pace clock (leaving set gaps between swimmers and taking times) • Good lane discipline and lane etiquette • Understand the basic rules of competitive swimming • Arrive at training a minimum of 10 minutes prior to the start of the session and complete a dry land warm up • Fully support the training programme by maintaining attendance above the minimum of 75% • Fully support the competition programme including being available for selection for local/league galas • Keep records of personal best times (ideally know them or have a copy of them with you)
<p>Objectives/Targets:</p> <ul style="list-style-type: none"> • High quality technique on all 4 strokes as well as starts, turns and finishes • Good standard of relay takeovers • Competition race starts (completed ASA Preliminary Competitive Start Award) • Consistently hold minimum of 2-3 Fly kicks off every wall (+1 stroke before breathing on Free and Fly) • Able to complete 200 Back, Breast, Free & IM; 100 Fly with fins • Confident understanding of the basic rules of competitive swimming • Kick 200m FC in under 5:00 • PBs for 50 Fly, Back, Breast, Free; 100m Back, Breast, Free; 100m IM; 200m Free (+ ideally 400m Free)

Skills Squad		
Coach/es		
Target Age	Males 10-12yrs Females 9-11yrs	Biological age (as a guide)
LTAD	Swim Skills – Building Technique	+ 200m-400m Medley based training + 5 Stroke Skill Development (Fly, Back, Breast, Free & Kick)
Sessions	7.50 hours 5 Sessions	Minimum target of 75%

Equipment		
Kick Board	Pull Buoy	Snorkel
Fins	Drinks Bottle/s (2x500ml ideally 2x750ml+)	Spare Hat/Goggles
Skipping Rope		

Entry Criteria:

- High Quality Technique on all 4 strokes as well starts, turns, finishes
- Good standard of Relay takeovers
- Competition race starts (completed ASA Preliminary Competitive Start Award)
- Consistently hold minimum of 2-3 Fly kicks off every wall (+1 stroke before breathing on Free and Fly)
- Able to complete 200 Back, Breast, Free and IM; 100 Fly with Fins
- Confident understand the basic rules of competitive swimming
- Kick 200m FC in under 5:00
- PBs for 50 Fly, Back, Breast, Free; 100m Back, Breast, Free; 100m IM; 200m Free (+ ideally 400m Free)
- Attendance consistently at or above 75%

Ongoing Criteria:

- Aspire for technical excellence (all 4 strokes; kick; starts, turns, finishes & relay takeovers)
- Aspire to perfect starts, turns, finishes and relay takeovers
- Be coachable – positive attitude; strong work ethic; open to feedback; desire to continually improve
- Arrive at training a minimum of 10 minutes prior to the start of the session and complete a dry land warm up
- Introduction to more complex drill progressions
- Introduction to stroke counts (ideally know your best stroke counts on all 4 strokes)
- Introduction on how to take your heart rate
- Introduction to understanding of swimming at different intensities and pacing (easy, moderate, fast)
- Confidently use the pace clock (leaving prescribed gaps between swimmers and taking times)
- Fully support the training programme by maintaining attendance above the minimum of 75%
- Fully support the competition programme including being available for selection for local/league galas.
- Keep records of personal best times (ideally know them or have a copy of them with you)
- Maintain training Log Book (desirable)

Objectives/Targets:

- High quality technique on all 4 strokes as well starts, turns, finishes and relay takeovers
- Consistently hold minimum of 3-4 Fly kicks off every wall (+1 strokes before breathing on Free and Fly)
- Basic understanding of swimming at different intensities (easy, moderate, fast)
- Able to take heart rate accurately and consistently
- Display the ability and desire to achieve qualification for Hampshire County Championships
- Kick 300m FC in under 6:45
- Complete a set of 16x100s alt Free/IM (2:20/2:45)
- PBs in all 50s & 100s; 100m and 200m IM (+ ideally 400m IM), 200m Back, Breast and Free; 400m Free

Age Squad		
Coach/es		
Target Age	Males 11-14yrs Females 10-13yrs	Biological age (as a guide)
LTAD	Train to Train – Building the Engine	+ 400m Medley based training + 5 Stroke Skill Development (Fly, Back, Breast, Free & Kick) + Aerobic Development
Sessions	12.25 hours 8 Sessions <i>(Primary school & 1st term Yr. 9 swimmers are only expected to attend 2 AM sessions per week)</i>	Minimum target of 75%

Equipment		
Kick Board	Pull Buoy	Band
Finger Paddles	Hand Paddles	Snorkel
Fins	Drinks Bottles (2x750ml)	Spare Hat/Goggles
Yoga Matt	Skipping Rope	Stretch Cords

<p>Entry Criteria:</p> <ul style="list-style-type: none"> • High quality technique on all 4 strokes as well starts, turns, finishes and relay takeovers • Consistently hold minimum of 3-4 Fly kicks off every wall (+1 strokes before breathing on Free and Fly) • Basic understanding of swimming at different intensities (easy, moderate, fast) • Able to take heart rate accurately and consistently • Display the ability and desire to achieve qualification for Hampshire County Championships • Kick 300m FC in under 6:45 • Complete a set of 16x100s alt Free/IM (2:20/2:45) • PBs in all 50s & 100s; 100m and 200m IM (+ ideally 400m IM), 200m Back, Breast and Free; 400m Free • Attendance consistently at or above 75%
<p>Ongoing Criteria:</p> <ul style="list-style-type: none"> • Aspire for technical excellence (all 4 strokes; kick; starts, turns, finishes and relay takeovers) • Be coachable – positive attitude; strong work ethic; open to feedback; desire to continually improve • Arrive at training a minimum of 10 minutes prior to the start of the session and complete a dry land warm up • Introduction to basic training zones and associated heart rates (aerobic/threshold/anaerobic/speed) • Develop understanding and application of race pacing and race strategies • Understand more complex drill progressions and how/why/when/where/ they are used • Know best stroke counts on all 4 strokes • Confidently and accurately take heart rate • Know Personal Best times (short course & long course) • Fully support the training programme by maintaining attendance above the minimum of 75% • Fully support the competition programme including being available for selection for league/local galas • Become a reflective swimmer including Target setting and review (desirably maintain training Log Book)
<p>Objectives/Targets:</p> <ul style="list-style-type: none"> • World class strokes, starts, turns, finishes and relay takeovers • Good tactical awareness including race pacing and race strategies • Consistently hold minimum of 4-5 Fly kicks off every wall (+1-2 strokes before breathing on free and +1 on Fly) • County qualification in multiple events • Regional and National qualification (or ability to achieve) • Able to take heart rate accurately and have a basic understanding of the various training zones • Kick 400m FC in under 8:00 • Complete a set of 12x200s Alt Free/IM (3:20/3:45) • Full set of PBs in all events (+ ideally 200 Fly, 800/1500m Free but not mandatory)

Top Squad		
Coach/es		
Target Age	Males 13/14yrs+ Females 12/13yrs+	Chronological age (as a guide)
LTAD	Train to Train – Building the Engine Train to Compete – Optimising the Engine	+ 400m Medley based training transitioning to event specialization + Competitive / Physical Development
Sessions	15.25 hours 9 Sessions	Minimum target of 75%

Equipment		
Kick Board	Pull Buoy	Band
Finger Paddles	Hand Paddles	Snorkel
Fins	Drinks Bottles (2x750ml)	Spare Hat/Goggles
Yoga Matt	Skipping Rope	Stretch Cords

<p>Entry Criteria:</p> <ul style="list-style-type: none"> • World class strokes, starts, turns, finishes and relay takeovers • Good tactical awareness including race pacing and race strategies • Consistently hold minimum of 4-5 fly kicks off every wall (+1-2 strokes before breathing on free and +1 on fly) • County qualification in multiple events • Regional and National qualification (or ability to achieve) • Able to take heart rate accurately and have a basic understanding of the various training zones • Kick 400m FC in under 8:00 • Complete a set of 12x200s Alt Free/IM (3:20/3:45) • Full set of PBs in all events (ideally 200 Fly, 800/1500m Free but not mandatory) • Attendance consistently at or above 75%
<p>Ongoing Criteria:</p> <ul style="list-style-type: none"> • Aspire for technical excellence (all 4 strokes; kick; starts, turns, finishes and relay takeovers) • Be coachable – positive attitude; strong work ethic; open to feedback; desire to continually improve • Arrive at training a minimum of 10 minutes prior to the start of the session and complete a dry land warm up • Fully support the training programme by maintaining attendance above the minimum of 75% • Fully support the competition programme • Know personal best times (short course and long course) • Know best stroke counts on all 4 strokes • Introduction to ideal stroke rates and individual race plans • Be a reflective/self critical swimmer maintain a training Log Book also complete target setting and reviews
<p>Objectives/Targets:</p> <ul style="list-style-type: none"> • Transition to event / stroke specialisation (youth/senior level swimmers) • Planning for transition to Performance level swimming (senior level swimmers – post college) • Solid tactical awareness including race pacing, race strategies, ideal stroke count / rate • Consistently hold minimum of 5-6 fly kicks off every wall (+2 strokes before breathing on Free and +1 on Fly) • Accurately take heart rate and apply to the various training zones • Targeting multiple event qualification at county and regional level • National qualification (or ability to achieve)

Masters & Senior Age		
Coach/es		
Target Age	18yrs & Over	Chronological age
Sessions	Up to 5 sessions available Up to 6.5 hours available	
Equipment		
Kick Board	Pull Buoy	Fins (ideally)
Drinks Bottle	Spare Hat/Goggles	Hand Paddles (ideally)
<p>Squad Focus: Provide the opportunity for continued participation in the sport for both recreational and competitive masters & senior age swimmers.</p> <p>It is advantageous to have come from a competitive swimming background but by no means a must.</p> <p>This is a fun and friendly squad atmosphere but swimmers should be able to swim at a reasonable pace for sessions of between 2500-4500. Swimmers in this squad are also actively encouraged to participate in various Masters & Seniors age competitions.</p>		

Senior Club		
Coach/es		
Target Age	14-17yrs	Chronological age
Sessions	4 sessions available 5.25 hours available	
Equipment		
Kick Board	Pull Buoy	Fins (ideally)
Drinks Bottle	Spare Hat/Goggles	Hand Paddles (ideally)
<p>Squad Focus: Provide an opportunity for continued participation in the sport for swimmers that have worked through the squads, Academy, Sharks, and Skills but cannot meet the performance and attendance criteria for moving to Age or Top Squads.</p> <p>Or for those unable to meet the training demands of the Age or Top Squads and do not wish to pursue competitive swimming. It is anticipated that the lower age range for entry into Senior Club Squad will be 14yrs with the maximum age being 17yrs.</p> <p>It should be noted that there are limited spaces available for members to join the Senior Club squad and places will be allocated at the discretion of the Head Coach, each case will need to be considered on an individual basis.</p>		

Squad Criteria 2016/17

Junior Club		
Coach/es		
Target Age	12/13yrs-15yrs	Chronological age
Sessions	2 sessions available 2.5 hours available	
Equipment		
Kick Board	Pull Buoy	Fins (ideally)
Drinks Bottle	Spare Hat/Goggles	Hand Paddles (ideally)
Squad Focus: Provide an opportunity for continued participation in the sport for swimmers that have worked through the squads, Academy, Sharks, and Skills but cannot meet the performance and attendance criteria for moving to Age or Top Squads. Or for those unable to meet the training demands of the Age or Top Squads and do not wish to pursue competitive swimming. It is anticipated that the lower age range for entry into Junior Club Squad will be 12/13 years with the maximum age being 15yrs. It should be noted that there are limited spaces available for members to join the Junior Club Squad and places will be allocated at the discretion of the Head Coach, each case will need to be considered on an individual basis.		