



Squad Progression and Criteria 2018-2019



Potential Squad

Lead Coach: Ben Card

Assistant: Eve Southcombe (Thurs pm)

Hours per week: 8 and half hours pool time and 2 hours land training

Minimum 4 swim sessions + 1-strength and conditioning per week

Focus

Potential swimmers are pursuing swimming seriously with the aim to make county and regional swim meets (or strong commitment to swim fitness).

Swimmers are perfecting techniques and skills in order to work on longer distance swims such as 200s (with consistent technique). The emphasis being on the technical, tactical and psychological elements of swimming.

Criteria

- Swimmers can execute a racing dive from a block and turns according to FINA rules and regulations.
- Swimmers should have sound skills in Butterfly, Backstroke, Breaststroke and Freestyle and be able to complete sets of multiple 100s and 200s.
- Swimmers can complete 10 x 100 @ 2:10
- Swimmers must be able to use the clock independently and change pace according to the set.
- Swimmers are competing at Level 2 & 3 meets.

Commitment

- Targeting qualifying times to be able to compete at County level and be pushing to target Regional qualifying times.
- Swimmers are expected to attend as many available pool sessions and land training as they can. (inc at least one land training sessions a week)
- To begin using a training diary to record all forms of physical activity and sport inc swimming