

BRIDGWATER AMATUER SWIMMING CLUB SWIMMER PROGRESSION AND SQUAD GUIDELINES.

Pre-Squad						JUNIOR SQUAD					SQUAD				
P1	P2	P3	P4	P5	P6	DISTANCE	J1B	J1A	J2	J3	J4	S1	S2	S3	
NPTS 5-7			NPTS 8-10												
<p align="center">NOTES</p> <p>To enter Pre-Squad swimmers must be able to swim 25m in two recognisable strokes (although three strokes are preferred).</p> <p>To progress through the Pre-squad swimmers must pass the relevant ASA award e.g. children in P1 will be moved up to P2 when they pass stage 5 of NPTS (National Plan for the Teaching of Swimming).</p> <p>NPTS Stages 5-7 are the final stages of Aquatic Learning. NPTS Stages 8-10 are competitive learning stages.</p> <p>There is NO requirement for swimmers in Pre-Squad to compete but we may encourage swimmers to do so.</p> <p>To progress up to a competitive squad, swimmers must pass P3 or higher (NPTS 7+) and have at least one time from the right to train with either Junior Squad or Squad.</p> <p>THE SWIMMER PROGRESSION AND SQUAD GUIDELINES ARE SUBJECT TO CHANGE AND ARE AT THE DISCRETION OF THE COACHING TEAM.</p>						FREESTYLE									
						50m	0.50	0.44	0.42	40	0.38	0.35	0.31.5	0.29	
						100m	-	-	1.32	1.25	1.20	1.15	1.10	1.05	
						200m	4.00	3.30	3.15	3.00	2.50	2.40	2.30	2.20	
						BACKCRAWL									
						50m	0.55	0.51	0.46	0.44.4	0.42	0.40	0.37.5	0.35	
						100m	-	-	1.42	1.35	1.30	1.25	1.20	1.15	
						200m	4.30	4.00	3.20	3.13	3.06	3.00	2.47	2.35	
						BREASTSTROKE									
						50m	0.59	0.55	0.52	0.50	0.47	0.45.5	0.42.5	0.40	
						100m	-	-	1.52	1.45	1.40	1.35	1.30	1.25	
						200m	5.00	4.30	3.50	3.40	3.30	3.20	3.10	3.00	
						BUTTERFLY									
						50m	0.57	0.52	0.50	0.46.70	0.43.4	0.40	0.38.5	0.35	
						100m	-	-	1.42	1.35	1.30	1.25	1.20	1.13	
						200m	5.00	4.30	3.40	3.38.4	3.36.8	3.35	3.15	2.45	
						INDIVIDUAL MEDLEY									
						100m	-	-	1.50	1.33	1.25	-	-	-	
						200m	-	-	-	-	-	3.00	2.50	2.41	
						REQUIREMENTS									
							Must have passed Pre-Squad 3 and have one time from above.	Need 1 time from above and spent time with the previous sub squad.	Need 1 time from above and spent time with the previous sub squad.	Need 1 time from above and spent time with the previous sub squad.	Need 1 time from above and spent time with the previous sub squad.	Need 1 time from above and spent time with the previous sub squad.	Need 1 time from above and spent time with the previous sub squad.	Need 1 time from above and spent time with the previous sub squad.	
						TRAINING									
							Must Swim Fridays	Must swim twice weekly (Inc. Fridays)	Must swim twice weekly (Inc. Fridays)	Must swim twice weekly (Inc. Fridays)	Must swim twice weekly (Inc. Fridays)	Must swim twice weekly (Inc. Fridays)	Must swim three times weekly (Inc. Fridays)	Must swim four times weekly (Inc. Fridays)	
						STROKE TECHNIQUE									
							Must be to the standard as set out in the NPTS Stage 7.	Must be able swim 50 Fc, Bk, Brs & 25 Fly in good technique.	Must be able swim 100m Fc, Bk, Brs & 75 Fly in good technique.	Must be able swim 200m Fc, 150 Bk & Brs, & 100 Fly in good technique.	Must be able swim 400m Fc, 200m Bk, Brs & Fly in good technique.	Must be able to swim 1500m Fc, 400m Bk & Brs, and 250m Fly in good technique. Swimmers should also be able to maintain stroke technique through training sets.			
						COMPETITION									
							Must compete in club championships, and Cotswold league if selected, Somerset County Championships if they have set a QT, and the major open meet set by the coaches in the club competition calendar. Please note it is the responsibility of the swimmers to ensure they enter championships and open meets although there will be guidance if required.								

16+ and Masters Swimmers will be placed in a group as decided by the coach and or coaching team inline with their ability.