

Pre-Squad						JUNIOR SQUAD					SQUAD			
P1	P2	P3	P4	P5	P6	DISTANCE	Junior Link Squad	J1	J2	J3	J4	S1	S2	S3
NPTS 5-7			NPTS 8-10											
<p>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 <u>NO</u> 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>						FREESTYLE								
						50m	0.50	0.47	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	3.40	3.30	3.20	3.10	3.01.50	2.50	2.40
						400m	7.40	7.20	7.00	6.40	6.25.00	6.00	5.40	
						BACKCRAWL								
						50m	0.55	0.52	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	3.45	3.35	3.25	3.15	3.05	2.55
						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	4.15	4.05	3.55	3.45	3.35	3.25	3.15
						BUTTERFLY								
						50m	0.57	0.53	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	4.40	4.30	4.20	4.10	3.58	3.45	3.30
						INDIVIDUAL MEDLEY								
						100m	-	2.10	1.50	1.33	1.28	1.25	-	-
						200m	-	-	-	-	-	3.15	2.05	2.55
REQUIREMENTS														
	Need 1 time from above & swimmers must continue to swim with Pre-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 2 times from above one of which must be a 200 Freestyle or 200 Individual Medley	Need 2 times from above one of which must be a 200 Freestyle or 200 Individual Medley	Need 2 times from above one of which must be a 200 Freestyle or 200 Individual Medley					
TRAINING														
	As requirements and can only swim Wednesdays	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 twice weekly (Inc. Fridays)	Must swim three times weekly (Inc. Fridays)	Must swim four times weekly (Inc. Fridays)					
STROKE TECHNIQUE														
	Will still be aiming for the expected standards as set out in the NPTS	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.													

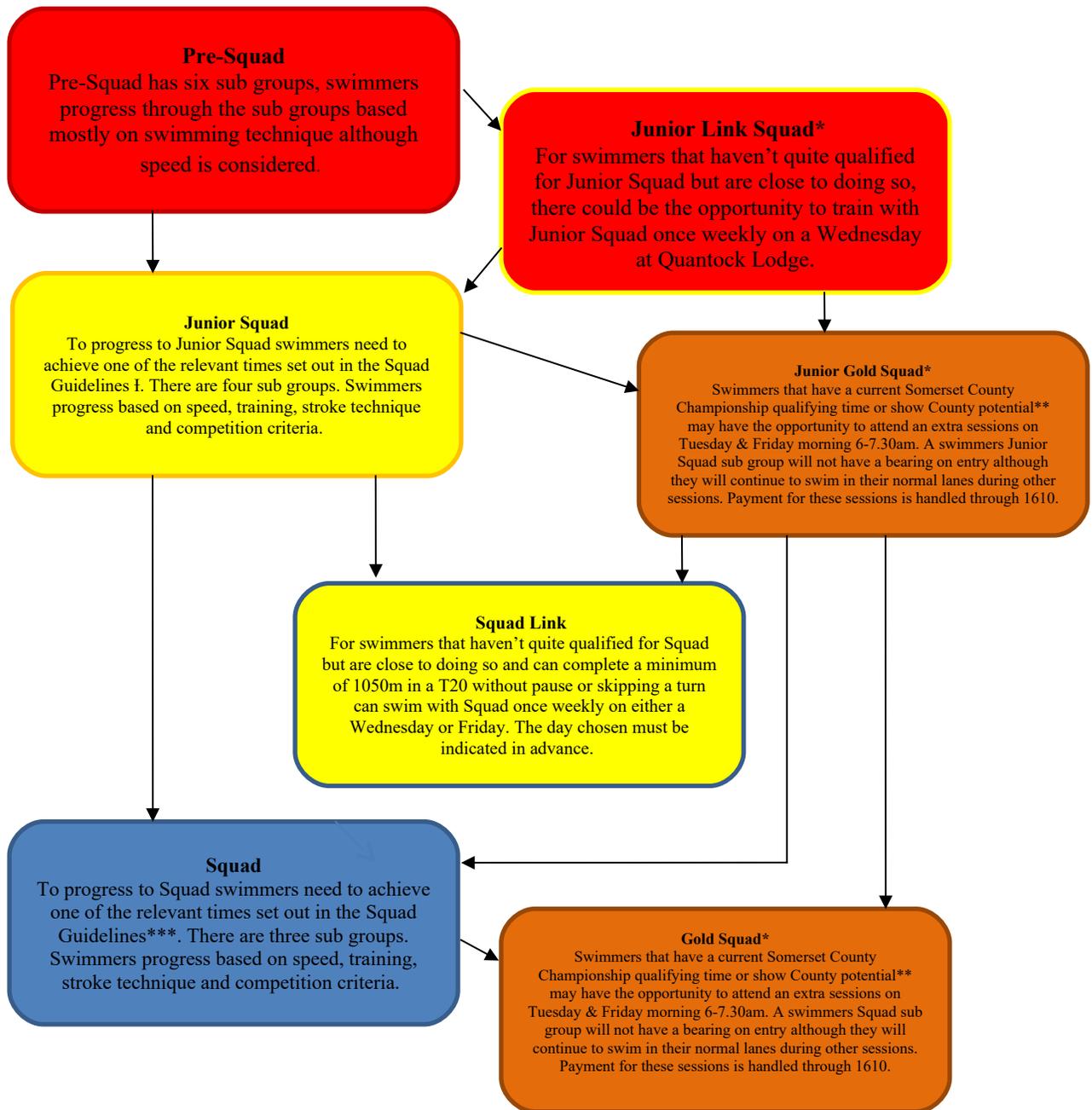
THE SWIMMER PROGRESSION AND SQUAD GUIDELINES ARE SUBJECT TO CHANGE AND ARE AT THE DISCRETION OF THE COACHING TEAM.

BRIDGWATER AMATEUR SWIMMING CLUB SQUAD GUIDELINES

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

SWIMMER PROGRESSION MODEL

This swimmer progression model should also be used in conjunction with the Squad Guidelines.



*Accessing these squads will incur an additional charge. Please talk to a club official or the head coach to find out more.

**County Potential is defined as either a swimmer that has previously qualified for the Somerset County Championships or a swimmer that attends training three times weekly regularly and competes at open meets regularly.

***Swimmers that can complete 1200m in a T20 without pause or skipping a turn may use this in the place of the Squad Guidelines times for Squad.

† Swimmers that can complete 800m in a T20 without pause or skipping a turn may use this in place of the Squad Guidelines times for Junior Squad.

The above model is a guide and operated at the discretion of the coaching team.