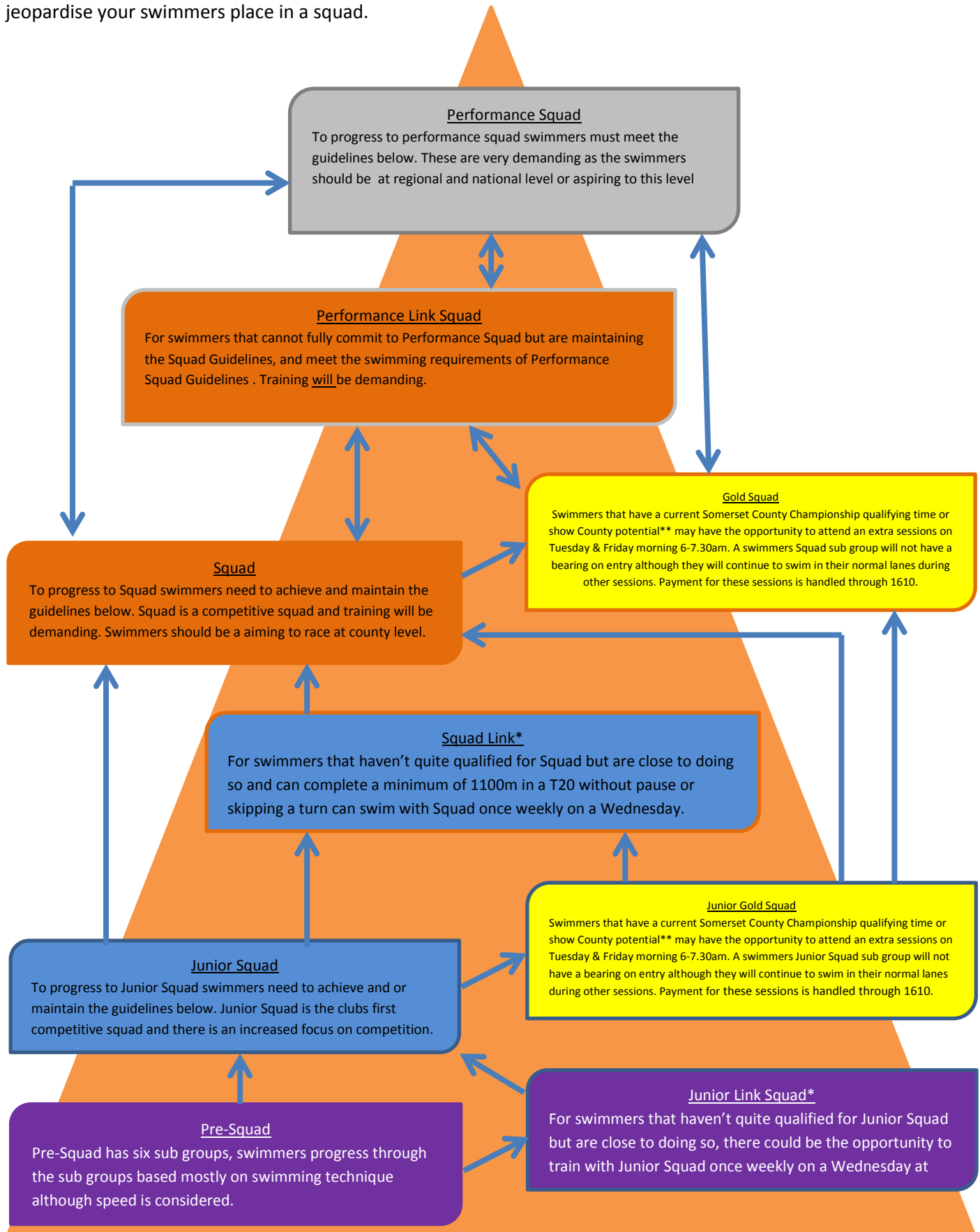


Bridgwater Swimming Club Swimmer Journey & Squad Guidelines



Below outlines the groups known as squads that we have in the club and what is expected from the swimmers in order to move through the club and retain their spot in the club. Failure to follow the guidelines may prevent your child reaching their full potential, slow their progression through the swimmer journey and could jeopardise your swimmers place in a squad.



*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.



All of the below guidelines are operated at the coaching team's discretion and are subject to change.

Pre Squad Guidelines

To be considered for pre-squad, swimmers must demonstrate the standard for all of the categories, the last item that will be considered is swimming ability.

Practice & Training: Once weekly for 30 minutes minimum.

The coaching team advises that swimmers swim at least twice weekly this could be a session with 1610 or SASP.

Swimming Ability: To enter Pre-Squad swimmers must be able to swim 25m in two recognisable strokes (although three strokes are preferred).

Sub-Squads:

| P1 | P2 | P3 | P4 | P5 | P6 |
|---------|---------|---------|---------|---------|----------|
| Stage 5 | Stage 6 | Stage 7 | Stage 8 | Stage 9 | Stage 10 |

To progress through the Pre-squad swimmers must pass the relevant Swim England award e.g. children in P1 will be moved up to P2 when they pass stage 5 of the learn to swim (LTS) stage.

LTS Stages 5-7 are the final stages of Aquatic Learning.

LTS Stages 8-10 are competitive learning stages.

Competition: There is **NO** requirement for swimmers in Pre-Squad to compete but we may encourage swimmers to do so and do like to see them compete in the clubs annual championships and summer time trial event.

Junior Squad Guidelines

The training in this group will be progressively harder and some sessions are demanding to help swimmers to progress but will be in line with the swimmers ability. To be considered for junior squad, swimmers must demonstrate the standard for all of the categories, swimming speed will be the final item to be considered once the others have been achieved.

Swimmer Qualities:

- Demonstrate a good and positive attitude to training
- Demonstrate good and positive application to training

Swimming & Skills Technique: Must be able to swim a minimum of 50m front crawl, back stroke, and breaststroke and 25m butterfly proficiently. Must be able to perform turns for the four main strokes and have understanding of streamlining and underwater transitions.

Practice & Training: Swimmers are expected to swim a minimum of 2 sessions a week one of which must include a Friday, although the coaching team advises that all sessions are attended (Monday, Wednesday, & Friday). Thursday night is open to swimmers by invitation only and should be used in addition to the afore mentioned sessions not as a replacement.



Competition: Swimmers are expected to:

- Compete at the clubs annual club championships
- Compete at SASA County Championships for any events they qualify for
- Attend all target meets as outlined on the club competition calendar
- Complete warm ups for all sessions at meets
- Regularly available for selection to gala's and team relay events.

Swimming Speed & Sub-Squads:

Swimmers need to achieve at least one of the times below or to be able to complete the following test set to demonstrate that they have the swimming speed required to join junior squad.

| JUNIOR SQUAD | | | | | |
|------------------------|-------------------|------|------|---------|--------|
| DISTANCE | Junior Link Squad | J1 | J2 | J3 | J4 |
| Front Crawl | | | | | |
| 50m | 0.50 | 0.47 | 0.42 | 40 | 0.38 |
| 100m | - | - | 1.32 | 1.25 | 1.20 |
| 200m | 4.00 | 3.40 | 3.30 | 3.20 | 3.10 |
| 400m | | 7.40 | 7.20 | 7.00 | 6.40 |
| Back Crawl | | | | | |
| 50m | 0.55 | 0.52 | 0.46 | 0.44.4 | 0.42 |
| 100m | - | - | 1.42 | 1.35 | 1.30 |
| 200m | 4.30 | 4.00 | 3.45 | 3.35 | 3.25 |
| Breaststroke | | | | | |
| 50m | 0.59 | 0.55 | 0.52 | 0.50 | 0.47 |
| 100m | - | - | 1.52 | 1.45 | 1.40 |
| 200m | 5.00 | 4.15 | 4.05 | 3.55 | 3.45 |
| Butterfly | | | | | |
| 50m | 0.57 | 0.53 | 0.50 | 0.46.70 | 0.43.4 |
| 100m | - | - | 1.42 | 1.35 | 1.30 |
| 200m | 5.00 | 4.40 | 4.30 | 4.20 | 4.10 |
| Individual Medley (IM) | | | | | |
| 100m | - | 2.10 | 1.50 | 1.33 | 1.28 |

Test Set

6 x 100 Front Crawl on 2.30 (swim and rest time).

- Must get at least 10 seconds rest for every 100m
- Must not skip a turn
- Must be making an effort to streamline and kick off the walls

Squad Guidelines

Training in this squad will be demanding. To be considered for squad, swimmers must demonstrate the standard for all of the categories, swimming speed will be the final item to be considered once the others have been achieved.

Swimmer Qualities:

- Demonstrate a good and positive attitude to training
- Demonstrate good and positive application to training

Swimming & Skills Technique:

Must be able to swim 1500m front crawl, 400m back stroke and breaststroke, 250m butterfly, and 200 IM proficiently. Must be able to perform all turns and demonstrate streamlining and underwater transitions.



Practice & Training: Swimmers are expected to swim a minimum of 2 sessions a week one of which must be a Friday, although the coaching team advises that all sessions are attended (Wednesday, Thursday & Friday). Monday night is open to swimmers by invitation only and should be used in addition to the aforementioned sessions not as a replacement.

Competition: Swimmers are expected to:

- Compete at the clubs annual club championships
- Compete at SASA County Championships for any events they qualify for
- Attend all target meets as outlined on the club competition calendar
- Complete warm ups for all sessions at meets
- Regularly available for selection to gala's and team relay events.

Swimming Speed:

Swimmers will need to be able to complete one of the following test sets:

Test Set 1

10 x 100 Front Crawl on 2mins (swim and rest time).

- Must get at least 10 seconds rest for every 100m
- Must not skip a turn
- Must be making an effort to streamline and kick off the walls

Test Set 2

T20 – timed 20minute swim.

- Must get at least 1200m
- Must not skip a turn
- Must be making an effort to streamline and kick off the walls

Performance Squad Guidelines

It's important that swimmers in this group understand that the training sessions for this group will be demanding.

To be considered for the group, swimmers must be able to demonstrate and maintain all the following guidelines as set out below. These are set out in priority order from top to bottom.

Swimmers Qualities:

- Demonstrate a good and positive attitude to training
- Demonstrate good and positive application to training
- Demonstrate dedication to swimming
- Be a minimum of 12 years of age

Commitment

Swimming should be the swimmers highest priority outside of education, and swimmers are expected to attend 100% of training*

*It is permitted for this to drop to 75% during main exam periods.

Swimming Speed



Swimmers must as minimum be at regional level or be showing regional potential and also be able to complete the following test set.

Regional potential will be determined at the discretion of the coaching team.

| Test Set |
|--|
| 10 x 100 Front Crawl on 1.40 (swim and rest time). <ul style="list-style-type: none">• Must get at least 10 seconds rest for every 100m• Must not skip a turn• Must be making an effort to streamline and kick off the walls |

Competition: Swimmers are expected to:

- compete fully at SASA County Championships (all events qualified for)
- attend all target meets for Performance Squad
- complete full warm ups for all sessions at meets as directed by the attending coach
- complete swim downs as directed by the attending coach
- attend end of season meet / English Summer Meet
- Regularly available for selection to gala's and team relay events.

Additional Notes:

- Deciding to join performance squad must be led by the swimmer as it is the swimmer that will need to show and be committed to all the above guidelines, therefore regardless of ability Swimmers will not be made to join Performance Squad.
- In order to demonstrate commitment swimmers and or parents will need to express an interest in being promoted to Performance Squad.
- Where possible swimmers will need to demonstrate the above guidelines for a sustained period before being promoted to this group.
- Swimmers that do not maintain the guidelines will be moved back to Squad.
- Swimmers that wish to continue to swim and race but feel their commitment levels have changed can opt to be moved back to Squad.