

SQUAD OBJECTIVES

Swimmers are required at all times to comply with the Club's Training & Gala Discipline and Code of Conduct. Violation of these codes may result in sanctions being made, one of which may be squad reassignment.

SENIOR MIDLANDS

TO TRAIN FOR 8 – 10 HOURS MINIMUM A WEEK
WORK ON A CYCLIC TRAINING PROGRAMME
TO TRAIN AT THE REQUIRED LEVEL AT ALL SESSIONS
ATTEND "A" & "B" GRADED MEETS AS DIRECTED BY THE HEAD COACH
TO MEDAL AT COUNTY CHAMPIONSHIPS.
GAIN QUALIFYING TIMES FOR DISTRICT CHAMPIONSHIPS
GAIN NATIONAL YOUTH & AGE GROUP QUALIFYING TIMES
COUNTY SELECTION
RANK TOP 20 AT DISTRICT LEVEL YEAR 1;
TOP 16 YEAR 2; TOP 10 YEAR 3; FINAL BY YEAR 4
RANK TOP 50 NATIONALLY #1 STROKE / DISTANCE
COMPETE AT NATIONAL & LINCS. LEAGUES & CLUB CHAMPS.

SENIOR COUNTY

ATTEND 3 TRAINING SESSIONS PER WEEK
FURTHER DEVELOP ALL ENERGY SYSTEMS AND SKILLS
WORK ON A CYCLIC TRAINING PROGRAMME
TRAIN AT THE REQUIRED LEVEL AT ALL SESSIONS
STRIVE TO GAIN ENTRY TO MIDLANDS SQUAD
COMPETE AT OPEN MEETS SUPPORTED BY THE CLUB
GAIN COUNTY QUALIFYING TIMES
COMPETE AT NATIONAL, LINCS LEAGUES & CLUB CHAMPS

CLUB DEVELOPMENT

Swimmers who do not meet the above standards & who are unable to attend the required sessions set by the Head Coach.

Masters may attend this session.

Swimmers who are recovering from any injury or illness should attend on their return to swimming.

Senior County attendance can be obtained when your circumstances have changed.

Compete for the club when chosen.

SQUAD OBJECTIVES

JUNIOR COUNTY JMP

TO TRAIN FOR 5.5 HOURS MINIMUM A WEEK
WORK ON A CYCLIC TRAINING PROGRAMME
TRAIN TO THE REQUIRED LEVEL AT ALL SESSIONS
STRIVE TO BE PROMOTED TO SENIOR COUNTY
ATTEND "A" & "B" OPEN MEETS SUPPORTED BY THE CLUB
FINAL AT COUNTY CHAMPS LOOKING TO MEDAL
COUNTY SELECTION
GAIN DISTRICT QUALIFYING TIMES
RANK NUMEROUS STROKES TOP 16 IN COUNTY
TOP 30 DISTRICT
COMPETE AT NATIONAL, JUNIOR LINC & LINCS. LEAGUES.
COMPETE AT CLUB CHAMPS

JUNIOR COUNTY

ATTEND 4.5 HOURS AS A MINIMUM
FURTHER DEVELOP AEROBIC SYSTEM BY INCREASING DISTANCE SWUM
DEDICATION TO IMPROVE ON ALL ASPECTS OF THE SPORT
STRIVE TO BE PROMOTED TO THE JUNIOR 1A SQUAD
GAIN COUNTY QUALIFYING TIMES
ENTER "A" "B" & "C" GRADED MEETS SUPPORTED BY THE CLUB
TEAM SELECTION FOR SPEEDO & LINCS JUNIOR & LINCS LEAGUES
COMPETE AT CLUB CHAMPS.

JUNIOR COACHING

ATTEND 3 SESSIONS A WEEK
IMPROVE UPON SKILL DEVELOPMENT
INCREASE DISTANCE IN TRAINING SESSIONS
DEVELOP ENDURANCE & TECHNIQUE
FOLLOW THE JUNIOR TRAINING PLAN
ENTER "B" & "C" GRADED OPEN MEETS SUPPORTED BY THE CLUB
GAIN COUNTY QUALIFYING TIMES
A & B TEAM SELECTION
COMPETE AT CLUB CHAMPS.

SQUAD OBJECTIVES

IMPROVERS 5

ATTEND A MINIMUM OF 2 SESSIONS A WEEK
DEVELOP INDIVIDUAL MEDLEY
USE OF THE PACE CLOCK
KNOWLEDGE OF THE LAWS OF THE SPORT
DEVELOPMENT OF BUTTERFLY
INCREASE DISTANCE SWUM IN A SESSION.
ACQUIRE THE COMPETITIVE START AWARD
COMPETE AT "B" & "C" GRADED MEETS
AIM FOR TEAM SELECTION
COMPETE AT CLUB CHAMPIONSHIPS SWIMMING 50M + EVENTS.

IMPROVERS 4

ATTEND 1 SESSION A WEEK
DEVELOPMENT OF STROKE DRILLS
IMPROVE KICKING ON ALL FOUR STROKES
DEVELOP BUTTERFLY TECHNIQUE
ACQUIRE BASIC DIVING SKILLS
LEARN BASIC TURNS
PASS LEVEL OF THE NPTS
COMPETE AT THE ANNUAL CLUB CHAMPIONSHIPS

BEGINNERS TO IMPROVERS 3

FOLLOW THE NATIONAL TEACHING PLAN FOR SWIMMING.
ACQUIRE VARIOUS AQUATIC SKILLS.
ENJOY THE SPORT OF SWIMMING.
CONTINUE TO IMPROVE UPON ALL ASPECTS OF SWIMMING.