

# **SQUAD PROGRESSION JUNIOR COUNTY TO SENIOR COUNTY**

**MINIMUM AGE 11 YEARS**

**COMPLETE NATIONAL PLAN STAGE 10**

**1500M CONTINUOUSLY IN ONE STROKE UNDER 25 MINUTES**

**COMPLETE THE FOLLOWING SETS WITHOUT MISSING INTERVALS:**

**4 X 400 @ 7**

**8 X 200 @ 3.30**

**16 X 100 @ 1.45**

**COMBINED 200 FC + 200 IM TIME UNDER 6.00**

**COMBINED BAGCAT SCORE OF OVER 1100 POINTS**

**KICK TIME UNDER 4.20 FOR 200M FRONT CRAWL**

**ABLE TO SWIM 200M IN 3 STROKES SHOWING EFFICIENT  
TECHNIQUE THROUGHOUT WITH ASA LAWS ENFORCED  
100M IN THE OTHER STROKE NOT USED.**

**If criteria not met by 14 years swimmers to move to Development Club Squad**

## **EQUIPMENT REQUIREMENT**

**KICK BOARD**

**PULL BOUY**

**SHORT TRAINING FINS**

**HAND PADDLES**

**DRINKS BOTTLES**

**MESH KIT BAG**

# **SQUAD PROGRESSION JUNIOR COACHING TO JUNIOR COUNTY**

**MINIMUM AGE 9 YEARS**

**COMPLETE THIS AS STAGE 9A**

1200M SWIM TIME SUB 24 MINUTES  
COMPLETE THE FOLLOWING SETS

3 X 400 FREE @ 8  
6 X 200 FREE @ 4  
12 X 100 FREE @ 2

COMBINED TIME OF 100 FC AND 100 IM OF 3.20

KICK UNDER 5.00 MINS FOR 200 FRONT CRAWL

BAGCAT POINTS TOTAL OF OVER 550

ABLE TO SWIM 150M IN 3 STROKES SHOWING  
EFFECTIVE STROKE TECHNIQUE THROUGHOUT  
WITH ASA LAWS ENFORCED  
50M EFFECTIVE BUTTERFLY.

BE CAPABLE OF FOLLOWING A SCHEDULE

## **EQUIPMENT REQUIRED FOR NEXT SQUAD**

KICK BOARD  
PULL BOUY  
SHORT TRAINING FINS  
DRINKS BOTTLE  
MESH KIT BAG

## **RULES OF PROGRESSION**

SWIMS THAT HAVE BEEN ACHIEVED AT COMPETITIONS WHICH COME UNDER ASA LAWS AND ARE OF THE RELEVANT DISTANCE TO PASS THE STROKE ELEMENT OF EFFECTIVE STROKE TECHNIQUE WILL BE USED.

TIMES MAY BE GAINED FROM;  
ORGANISED CLUB TIME TRIALS  
OPEN MEETS  
CLUB CHAMPIONSHIPS  
COUNTY CHAMPS.  
DISTANCE SWIMS FROM TESTING.

TIME TRIALS WILL TAKE PLACE AT REGULAR INTERVALS THROUGHOUT THE YEAR

IF A SWIMMER DOES NOT REACH THE REQUIRED LEVEL TO MOVE UP THROUGH THE SQUADS BY THE MAXIMUM AGE IN EACH SQUAD THEY MUST JOIN SENIOR 3.

THE HEAD COACHES DECISION IS FINAL.

**SQUAD PROGRESSION FROM IMPROVERS 5  
TO JUNIOR COACHING**

**MINIMUM AGE 8 YEARS**

**COMPLETE NATIONAL PLAN STAGE 9**

**COMPLETE 800 FRONT CRAWL CONTINUOUSLY**

**COMPLETE THE FOLLOWING SETS WITHOUT MISSING TIMES**

**4 X 200 @ 5.00**

**6 X 100 @ 2.20**

**8 X 50 @ 1.10**

**COMBINED TIME OF 3.45 OF 100M FR + 100 IM**

**200 KICK TIME UNDER 5.40**

**ABLE TO SWIM 100M IN 2 STROKES SHOWING EFFICIENT  
TECHNIQUE THROUGHOUT WITH CORRECT TURNS.**

**50M EFFICIENT STROKE TECHNIQUE IN THE OTHER 2 STROKES NOT  
USED IN THE 100'S**

**ACHIEVED THE COMPETITIVE START AWARD**

**EQUIPMENT REQUIRED FOR NEXT SQUAD**

**KICK BOARD**

**PULL BOUY**

**SHORT TRAINING FINS**

**DRINKS BOTTLE**

**MESH KIT BAG**

# **SQUAD PROGRESSION FROM IMPROVERS 4 TO IMPROVERS 5**

**MINIMUM AGE 8 YEARS**

**COMPLETE THE NATIONAL PLAN STAGE 8**

ABLE TO SWIM 400M FRONT CRAWL CONTINUOUSLY

DO A SET OF 8 X 50M OFF 1.30

50M BACK & 50M BREAST.  
TO BE DONE IN EFFICIENT TECHNIQUE. WITH LEGAL TURNS.  
AND 25M BASIC FLY

KICK 25M OF EACH STROKE

ABLE TO COMPLETE A 100 INDIVIDUAL MEDLEY

ABLE TO DO BASIC TURNS ON ALL FOUR STROKES

ABLE TO CONFIDENTLY DIVE

## **EQUIPMENT REQUIRED FOR NEXT SQUAD**

KICK BOARD  
PULL BOUY  
SHORT TRAINING FINS  
MESH KIT BAG.  
DRINKS BOTTLE

## **BEGINNERS & IMPROVERS 1-4 SQUAD PROGRESSION.**

THE CLUB HAS ADOPTED THE NATIONAL TEACHING PLAN FOR SWIMMING AND THIS WILL BE THE SET CRITERIA USED FOR THESE SQUADS FOR PROGRESSION.

THE PLAN WILL HELP DEVELOP THE SWIMMER TO ACQUIRE VARIOUS AQUATIC SKILLS TO BE ABLE TO PERFORM CONFIDENTLY IN THE WATER.

ASSESSMENTS WILL TAKE PLACE AT REGULAR INTERVALS.

THE NATIONAL PLAN FOR TEACHING SWIMMING WILL BE USED AS A CONSTANT TRAINING AID FOR THE REST OF THE SWIMMERS DEVELOPING STAGES OF SWIMMING THROUGH TO COMPETITIVE SWIMMING..