**ABILITY GROUP SCHEME OF WORK & EXPECTATIONS**

**Background**.

Following the excellent progress WLCT swim squad has made over the previous 2 years and in light of the major changes that ASA/British Swimming intends implement, it has become necessary for WLCT Swim Squad to reassess all our ability groups, to ensure that our swimmers are able to continue to compete at the highest level.

It is important that WLCT Swim Squad provides swimmers with the necessary skills to be able to succeed within the tough environment of competitive swimming. These skills are not only technical with regards to stroke development and efficiency; it also includes starts, turns, pacing, race tactics etc.

Besides the general skills it is also important that the swimmer develops a mental toughness, which will help them to deal with inevitable disappointments and successes along the way.

Within any sport the goal posts are always changing as the sport progresses and swimmers need to be able to accept and learn to deal with this without it having an effect on performance and WLCT aims to ensure that these skills are taught within its programme.

It is clear that most skills are learnt, in the early stages of development and as the swimmer develops through the ability groups they refine and perfect the skills to aim and achieve the perfect race.

**Ability Group Assessment**

* All group movements will be dependent on the availability of space within the next ability group, to ensure a safe and workable environment and to ensure that the WLCT Swim Squad is able to achieve its elite aims.
* All schemes of work for each ability group will be closely monitored to ensure the correct level of work is being delivered to each swimmer. Coaches will at all times ensure the aims of the group are achievable.
* As the group develops the scheme of work which will include intensity and volume will be increased to maintain the development of the swimmers and this could mean a readjustment of the overall aims of the groups.
* The aim of each group is to mirror the sports “LTAD” (Long Term Athlete Development) This process is aimed at keeping swimmers in the sport long term and ensure that the swimmers acquire the necessary skills to ensure that every swimmer within the programme achieves the highest level that their talents will allow.
* To achieve this it is important that swimmers understand that the aim is not to attempt to go through the process as quickly as possible but to maximise the learning process and ensure that the correct skills are acquired within each of the ability groups, while at the same time working to achieve the competitive aims of the ability group.
* Each ability group has an ultimate goal for the swimmers to strive for. To achieve this goal successfully it is important that the swimmer utilises his/her time with the ability group and work hard to achieve all the set training process and targets within the assigned group, all of which have been designed to be progressive to give the swimmers the skills to achieve National and International success.

**AIMS OF EACH ABILITY GROUP**

**Junior Development. (Target age range 8 years to 11 years)**

* + Link group from Community Swimming Clubs to WLCT Swim Squad.
  + Swimmers to develop the necessary competitive swim skills.
  + Swimmers to link Community Swimming Club training and squad sessions. With both Community Swim Club and WLCT Swim Squad sessions complementing one another.
  + Commence with squad on 1 session per week with 3 club sessions.
  + Developing with squad to 2 sessions per week and 3 club sessions.
  + To compete at a suitable level licence meets following the Squads, and their local Community Swim Clubs annual competitive programme.
  + To develop the appropriate competitive skills as laid out below.
  + To develop and achieve the ability groups target times.
* **County –(Age Group Development) (Target age range 9 years to 11 year)**
  + To compete at a2 suitable level licence meets following the Squads and Community Swim Clubs competitive programme.
  + Aim to achieve Level 3 and County qualifying times and success.
  + Working to achieve Regional qualifying times.
  + Building weekly sessions with squad to 4/5 session per week.
  + To develop the appropriate competitive skills as indicated out below.
  + Swimmers should be competing in a verity of events and strokes.
* **Regional – (Age Group Performance) (Target age range 11 – 14 years)**
  + To compete at suitable level licence meets following the Squads and Community Swim Clubs competitive programme.
  + To achieve County and Regional qualifying times, and success.
  + To progress on the ASA rankings.
  + Build weekly training sessions to 6/7 sessions per week.
  + To develop the appropriate competitive skills as laid out below
* **National – (Target age range 13 years + )**
  + Regional success.
  + To achieve English / British National recognition.
  + To develop the appropriate competitive skills.
  + To liaise at all times with the Head Coach.
  + Develop weekly training sessions to 7 + sessions per week.

**Minimum Age for Each Ability Group**

* Age as 31st December In-line with current ASA/British Swimming policy.

**Minimum Age**

**Junior Development** 8 years

**County (Age Group Development)** 9 (County age min 11yr)

**Regional (Age Group Performance)** 11 (Regional min 12yrs)

**National** 13 (English Nationals 13 years –

British 14 years)

***Swimmers of a younger age may be fast tracked on the decision of the Head coach following the recommendations from the Assistant Head Coach and the Ability Group Lead Coach. The swimmer should have acquired the relevant skills of their present group, and meet the minimum requirement of the next.***

**ENTRY CRITERIA FOR ABILTIY GROUP**

**JUNIOR DEVLOPMENT 1 & 2.**

* Minimum age 8, **AGE AS 31ST DECEMBER**.
* Competent on all four strokes.
* Swimmers should be able to achieve a minimum of 2 of the consideration times below.
* The times are based upon 2012 male County QT for the indicated age group and are approximately 12% slower than the QT, in some cases this has been rounded up.

|  |  |  |  |
| --- | --- | --- | --- |
| **Junior Development Entry Times – Age As Of 31st December** | | | |
| **Event** | **9/U yr** | **10yr** | **11yr** |
| **50m Freestyle** | **46.0** | **43.0** | **41.0** |
| **50m Breaststroke** | **1:02.0** | **57.0** | **52.0** |
| **50m Butterfly** | **53.0** | **47.0** | **44.0** |
| **50m Backstroke** | **54.0** | **49.0** | **49.0** |
| **100m Individual Medley** | **2:04.0** | **1:59.0** | **1:53.0** |
| **200m Individual Medley** | **4:15.0** | **4:05.0** | **3:55.0** |

* To progress within Junior Development swimmers are expected to:-
  + To Attend:-
    - Junior Development 1
      * 1 session per week at WLCT Swim Squad + sessions at their respective community swim club.
    - Junior Development 2
      * 2 session per week at WLCT Swim Squad + sessions at their respective community swim club.
  + Junior development swimmers are expected to compete in an appropriate number of licenced swim meets in line with the sports recommendations not exceeding 12 events each season, and achieve a minimum of 4 events registered on the ASA Rankings data base
  + To attend any test sets arranged for the group.
  + Develop to the minimum entry skills for County Development (Age Group Development) Ability group

**COUNTY DEVELOPMENT - (Age Group Development)**

**Minimum Age**

* + 10 years age as 31st December.

**Target Entry Level**

* + Attendance 2 sessions per week at Junior Development
  + Kick 2 \* 100 any stroke hold under 2:30secs turning round on 2:40
  + Pace 10 \* 50 Freestyle TR on 1:10 (holding even pace under 1min)
  + Kick 7m under water from start / turn over:-
    - 1 \* 50m Fly on 1:30
    - 2 \* 50m Back on 1:20
    - 2 \* 50m Free on 1:10
  + Swim 4 \* 50m Breaststroke turn round 1:30 with
    - Correct turns
    - Underwater pull / kick to a minimum distance of 5m to breakout

*Please note all times are only a guide and may be altered without prior notification.*

**Attendance**

* Commence 3 sessions per week.
* Developing under lead coach guidance to 4/5 sessions per week.
* Introduce 1 early morning session during school holidays.
* Attend land-training sessions

**Competition**

* Keep times regularly updated on the ASA Rankings Data Base following the criteria below.
* Compete in a minimum of 4 appropriate level licenced open swim meets not exceeding maximum of 12 meets in any 1 season.
* Swimmers to have a minimum of 4 events registered on the ASA database. To do this the swimmer will be required to have competed in licenced swim meets. Please speak to your Lead Coach for further advice.
* Compete at County Championships, ideally under the banner of the Communities umbrella Club Wigan BEST.

**General**

* Attend sessions and test sets as arranged by the lead coach.

**REGIONAL DEVELOPMENT**

**Minimum Age**

* + 11 years of age as 31st December.

**Competition Requirement**

* + Acquire 2 \* 100m time - 2 \* 200m time from table below. Times must be registered on the ASA Rankings table. For this the times need to be achieved at an appropriate ASA licensed swim meet.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **10/11 years** | | **12 years** | | **13 years above** | |
| **Boys** | **Girls** | **Boys** | **Girls** | **Boys** | **Girls** |
| 100 Free | 1:12.00 | 1:13.00 | 1:09.50 | 1:10.00 | 1:05.00 | 1:07.50 |
| 200 Free | 2:39.00 | 2:40.00 | 2:30.00 | 2:30.00 | 2:21.00 | 2:24.00 |
| 400 Free | 5:36.00 | 5:38.00 | 5:17.00 | 5:20.00 | 4:58.00 | 5:00.00 |
| 100 Breast | 1:33.00 | 1:35.00 | 1:30.00 | 1:30.00 | 1:23.00 | 1:24.00 |
| 200 Breast | 3:30.00 | 3:34.00 | 3:15.00 | 3:17.00 | 3:00.00 | 3:05.00 |
| 100 Back | 1:22.00 | 1:23.00 | 1:19.00 | 1:20.00 | 1:14.00 | 1:16.00 |
| 200 Back | 3:00.00 | 3:00.00 | 2:49.00 | 2:49.00 | 2:35.00 | 1:39.00 |
| 100 Fly | 1:23.00 | 1:24.00 | 1:19.00 | 1:21.00 | 1:14.00 | 1:16.00 |
| 200 Fly | 3:07.00 | 3:11.00 | 2:57.00 | 3:01.00 | 2:43.00 | 2:50.00 |
| 200 IM | 3:03.00 | 3:03.00 | 2:54.00 | 2:54.00 | 2:44.00 | 2:46.00 |
| 400 IM | 6:12.00 | 6:12.00 | 6:10.00 | 6:10.00 | 6:00.00 | 6:00.00 |

**Target Entry Level**

* + Pace 10 \* 100 under 1:30 turn round 1:45
  + Kick 3 \* 200 any stroke under 4:15
  + In the following sets fly Kick min 10m under water from start, and 7m from the turn
    - 4 \* 50 butterfly turn round 1:30
    - 8 \* 50 backstroke turn round 1:15
    - 8 \* 50 freestyle turn round 1:05
  + Swim 4\* 100 breaststroke on 2:30
    - Correct starts / first 100 (dive)
    - Correct turns
    - Underwater pull / kick to min of 7m distance to breakout.

Achieve under 3:07 at 4 consecutive 200m IM to be held every 2 months.

*All times are a guide and may be altered without prior notification*

**Attendance**

* Minimum from County Level 4 sessions per week.
* Work towards building to 5 sessions per week.
* Final phase working on 6 to 7 sessions per week attending regular 1 to 2 mid-week morning sessions per week.
* Attend land-training sessions

**Competition**

* Keep times regularly updated on the ASA Rankings Data Base following the criteria below.
* A minimum of 6 appropriate for the swimmers ability licenced swim meets not exceeding maximum of 12 meets in any 1 season. These meets may be Level 3 or 2 dependent on swimmers ability.
* Have 6 events registered on the ASA Database, and times to be no more than 8 month old.

**Regional Development Continued.**

* Compete at County Championships, be members of the Communities Umbrella Club Wigan BEST.

**General**

* Attend sessions and test sets as arranged by the lead coach.

**NATIONAL DEVELOPMENT**

**Minimum Age**

* + 13 years of age as 31st December.

**Minimum Competition Entry Level**

* + Places will be offered based on the swimmer first and foremost having achieved the minimum training sets set out below.
  + The swimmers ASA Rankings will be looked at and their highest ranked places will be considered.
  + 12 year-olds may be fast-tracked.
  + All ages as of 31st December.

**Minimum Training Entry Level**

* + Kick 3 \* 200 on 1st choice stroke under 3:45 turn round 4min
  + Pace 20 \* 100 turn round 1:30 hold under 1:20
  + Kick min 10m underwater start / 7m from the turn with no breath on breakout stroke
    - 10 \* 50 butterfly. Turn around 1min
    - 20 \* 50 backstroke. Turn around 1min
    - 30 \* 50 freestyle. Turn around 50sec
  + Swim 5 \* 200 IM holding 10m break out from start, 7m from turn on fly back free and 7m breaststroke breakout. Turn around 3:30.
  + Achieve under 2:46 at a minimum of 8 consecutive 200 medley held at regular intervals.
  + Have a sound understanding of pace swimming.
    - In a training session be able to swim 200m of 1st choice to +20 seconds from pb pace and hold the 2nd 100m within:-
    - + 2 seconds back and free
    - + 3 second breaststroke and fly

**Attendance**

* Minimum of 6 sessions per week
* Progression by liaising with the head coach.
* Attend land-training sessions.

**Competition**

* + 2015 there will be a British Swimming Championships held at the end of July. This event will include individual ages as follows 14yrs – 15yrs – 16yrs and 17yrs and above.
  + To compete in this event the top 24 British swimmers using the British Swimming database will be invited by British Swimming.
  + Along side this event will be an English Nationals which will be individual ages as follows 13yrs – 14yrs – 15yrs 16yrs and 17yrs and above.
  + To compete in this event swimmers will again be invited by the English ASA and the invite will be dependent on the swimmers rankings in the ASA rankings list, this will be based on the swimmers English rankings.
  + 2014/15 qualifying period will be 13th March 2015 to the 31st ay 2015, the period will be extended to take in the Regional Championships.
  + To bring the squad inline with this policy to be considered for inclusion to the National Group swimmers individual events on the ASA rankings will be considered.
  + Swimmers who are 12 by the 31st December and are ranked in the top 50 swimmers in the 12 years age group, and subject to places being available will be considered for fast track to the group on the proviso they have acquired the necessary training skills.
* Swimmers within the squad must at all times keep their times regularly updated on the ASA Rankings Data Base following the criteria below.
* A minimum of 6 appropriate level licenced swim meets not exceeding maximum of 12 meets in any 1 season.
* Compete at County Championships, and above.
* Be members of Wigan BEST.

**General**

* Attend sessions and test sets as arranged.

**IMPORTANT INFORMATION**

At all times the Head Coach reserves the right to move swimmers within the squad, this will mean swimmers may be asked to transfer ability groups or informed that their needs would be better suited at community club level if it is felt that the swimmer is no longer meeting the requirement of their respective ability group.

**Head Coach**