

TSC Squad Structure and Criteria

Introduction

The TSC Club Structure was introduced in January 2011, the number of TSC swimmers qualifying to compete at the British Swimming Nationals has increased significantly over this period. TSC needs to continue to support swimmers aspiring to qualify to swim at the highest level and increase the opportunities for swimmers to progress to the top squads. The coaches and committee review and adjust the framework regularly to ensure it continues to meet the club's requirements.

The structure was amended in 2015 to recognize the changes to the British Swimming Competition Calendar.

Swimmers moving squad need to demonstrate they can maintain the training guidelines defined for the target squad. Competition requirements will be reviewed by the coaches taking into consideration current age and swimming age.

The coaches and committee have reviewed the effect of the changes introduced in 2015, the impact of the Competition Calendar changes, swimmers attendance and commitment patterns and participation in internal competitions.

A few adjustments are being introduced for the start of 2016 to ensure the framework continues to fulfill the objectives of the club:

- **Academy** - the expectation that swimmers will compete has been emphasized & time criteria reviewed
- **Dev Academy** - addition of entry time criteria & requirements to retain place in squad added
- **Club Squad - morning sessions** - Club 1 & 2 swimmers can request the option to attend Tuesday or Tuesday/Wednesday & Friday mornings alongside Club 1 & 2 - the Head Coach in consultation with the squad coach will invite you to the appropriate sessions
- **NEW - Club M+** - a mornings only group has been added
- **Club A** - formerly Aquatixs, entry criteria has been added

Changes to the Squad Structure are aligned to the annual squad fee review where appropriate.

What is expected of a Performance Squad swimmer?

Performance Squad

Performance squad is divided into **Junior**(13 -14 years) and **Senior**(15+years) Some Senior Performance swimmers attend Hanworth on a Thursday while swimmers new to the group train at Teddington. The following guidelines will be applied to swimmers selected for the Performance squad;

Movement up to Performance is based on age & achievement of the criteria below or at the discretion of the Head Coach in exceptional circumstances.

Age: British Age Group Categories 13 & above

Aim: Competitive/ Physical Development

- **Training Guidelines:**

- **Junior Performance 13 - 14 years**

- **Swim:**

- 20 x 100 FR (1.30)(1.40) maintaining good technique

- 8 x 200 IM (3.15) (3.30) maintaining good technique on all four strokes

- **Kick:**

- 10 x 50 No1 (65) maintaining pace under 60 seconds

- **Senior Performance 15 & over**

- **Swim:**

- 30 x 100 FR (1.20) maintaining good technique

- 8 x 200 IM (3.00) maintaining good technique on all four strokes

- **Kick:**

- 16 x 50 No1 (60) maintaining pace under 50 seconds

Squad members **MUST** be committed and willing to train at Performance level, Senior Performance 15+ must attend at least 6 to 8 sessions a week, including 3 morning sessions, Junior Performance 13 - 14 years must attend at least 5 to 7 sessions a week, including a minimum of 3 morning sessions, (Aldershot can count as one of the morning sessions)

Must be self motivated to achieve the goals set by the squad coach.

The coach will set progression goals that require commitment in attendance and participation for younger swimmers.

- **Competition**

Swimmers should be training to achieve a time on one or more 100m or over event (so excluding 50m events and 100IM) that Qualifies for the London Region Championship for their age at the next competition.

Must be prepared to represent the club at key competitions

- **Review**

A place in Performance Squad is based on continuing to achieving the squad criteria or at the discretion of the Head Coach. The Head Coach may recommend that swimmers not attending competitions and/or not achieving the criteria move to County or Club Squad.

What is expected of a Potential /County Squad Swimmer?

County Squad / Potential

The following guidelines will be applied to swimmers selected for the County squad;

Age: 11 years and over for girls and boys

Aim: Competitive/ Physical Development

- **Training Guidelines:**

11 - 14 yrs

Swim:

16 x 100 FR (1.45) (1.50) maintaining good technique

5 x 200 IM (3.30) (3.45) maintaining good technique on all four strokes

Kick:

10 x 50 No1 (75) maintaining pace under 65 seconds

15+

Swim:

20 x 100 FR (1.30)(1.40) maintaining good technique

8 x 200 IM (3.15) maintaining good technique on all four strokes

Kick:

10 x 50 No1 (65) maintaining pace under 55 seconds

Must be committed and willing to train at County level (ideally a minimum of 4 session a week)

- **Competition**

Must be attending competitions and training to qualify for the Middlesex County Championships.

Swimmers will usually have achieved times faster than those shown below.

	200FR				200IM			
	12 & under	13	14	15+	12 &under	13	14	15+
Boys	2:47	2:37	2:26	2:24	3:12	2:58	2:49	2:44
Girls	2:45	2:39	2:38	2:37	3:03	3:02	2:57	2:56

Must be prepared to represent the club at some competitions

- **Progression**

A move to Performance Squad is based on achieving the squad criteria for that squad or at the discretion of the Squad Coaching Team. ***To facilitate the transition swimmers, may initially be invited to additional session to train with Performance Squad.*** A charge will apply for being invited to these additional sessions. The Head Coach may recommend that swimmers not attending competitions and hence not achieving the above times move to Club Squad.

What do I need to do to enter Academy?

Academy

AIM: Members of this squad have moved into the Training To Train phase of LTAD. This squad is primarily for squad progression

<http://www.swimming.org/go/library/document/long-term-athlete-development>

Age: 11 & over for girls and boys

Swimmers entering the squad will usually have 200M Freestyle and 100IM times faster than the times below

	200FR	100IM
Boys	3:09	1:40
Girls	3:05	1:40

Competition : Members of Junior Squad should be available to represent TSC, if selected. **Swimmers should attend competitions to test and refine their skills.** Competition may be Club based or Open meets, County & Regional Competitions. They will primarily be level 3 or 4 meets

Review & Progression: A move County Squad based on achieving the squad criteria for the target squad or at the discretion of the Head Coach. Attendance and progress will be reviewed by the Squad Coach & Head Coach each term, swimmers not training or competing regularly could be asked to move to Club squad

Club Squad

The session allocation for Club squad swimmers is determined by commitment and swimming development

Club 1, 2 & 3 plus Mornings

AIM: To provide competitive swimming training structure for those **13+** who

- cannot commit to the focused intensity of County & Performance squad
- wish to train and compete in club, county development and open meets
- are seeking to progress to competitive swimming at a high level
- swimming may complement training for other sports
- wish to maintain a high fitness level, but may not wish to compete

Age: primarily 13 to 18 year girls and boys. Occasionally younger swimmers who have trained to a higher level will join the squad because they cannot commit to County/Performance Squad. Older swimmers who are studying for A levels or equivalent may continue in the squad.

The squad train at a number of pools, some sessions are alongside other squads, hence pool space varies from session to session.

The number of sessions offered to new members will be determined by session capacity and swimming development.

Typically swimmers moving from Academy or Performance will be offered Club3. Swimmers progressing from Advanced Development+ would be offered Club 2+ initially.

Club 1 Saturday session ONLY,

CLUB 2 Saturday & Sunday sessions

Club 3 Saturday, Sunday and **mid week evening** sessions and 3 morning session - all swimmers allocated a mid week evening session WILL BE DEFINED as CLUB 3

Club Mornings At the discretion of the Head Coach in consultation with the Club Squad Coach Club Squad swimmers may be invited to attend Tuesday morning training sessions (Club x+), when a coach is available for less experienced swimmers or Tuesday, Wednesday & Friday mornings(Club xM+).

Club M+ is 3 mornings ONLY and is aimed at committed athletes, wishing to follow a structured swim training programme

Progression to another squad is based on achieving the squad criteria for the target squad or at the discretion of the Head Coach.

Competition : Members of Club Squad should be available to represent TSC, if selected. Swimmers can enter internal Club competitions. They can also choose to enter Open meets, County & Regional Competitions.

		Sat pm	Sat pm	Sun pm	Wed pm	Tue AM	Wed am	Fri am	
Club A	1	1							
Club 1	1.5		1.5						
Club 1+	2.5		1.5			1			
Club 2	2.5		1.5	1					
Club M+	3					1	1	1	Invitation
Club 2+	3.5		1.5	1		1			
Club 1M+	4.5		1.5	1			1	1	Invitation
Club 2M+	5.5		1.5	1		1	1	1	Invitation
Club 3	6.5		1.5	1	1	1	1	1	Invitation

Club A

This groups bridges Development & Club squad. Those joining may come from TSC Development Squad or from outside the club

AIM: To provide competitive swimming training structure for those 13+ who

- wish to train and compete in club galas
- are seeking to develop as competitive swimmers
- swimming may complement training for other sports
- wish to build a higher level of fitness

Age: primarily 13 and over for girls and boys, occasionally younger swimmers who have a sibling in the squad will be allowed to join provided the swimmer can train at the pace required

The criteria for Club-A are, swimmers must;

- Be able to swim 1 lengths front crawl with breathing to the side regularly and without struggle
- Be able to swim 1 length on back crawl with straight-arm recovery and strong leg kick
- Be able to swim 1 length breaststroke with legal arms and leg kick and an idea of the timing

- Ideally swimmers should be able to swim 100m maintaining correct strokes (they can alternate strokes over the distance)

Competition : Swimmers can enter competitions e.g. Novice Gala & Club Championship within the club plus Borough, County Development Competitions and local Open meets to develop to refine their skills. Swimmer, who have shown a desire to compete by entering competitions may be selected to represent TSC, this will normal be in local interclub gala.

Review & Progression: Swimmers wanting to progress to the Development or Club Squad will need to demonstrate commitment via attendance and participation and via attendance at internal galas and fulfil the target squad entry requirements.

FUNDamentals Section (Development Squads/ Groups)

The FUNdamentals Section is managed by the Head Coach, Development, Jan Shepherd, reporting to the Head Coach, Ed Sinclair.

There are three specific levels called Development & Development +, Advanced Development and Development Academy.

Criteria for all three are designed to fit the FUNdamentals strategy of the Long Term Athlete Development (LTAD) guidelines

<http://www.swimming.org/go/library/document/long-term-athlete-development>

Competition : Development swimmers are encourage to enter competitions within the club e.g. Novice Gala. Advanced Development & Development Academy swimmers should enter the Novice Gala, Club Championship, Borough, County Development Competitions and local Open meets to develop to refine their skills. FUNdamentals Section members should be available to represent TSC, if selected, this will primarily be the MK&D Junior League in June/July/September & County Relays between January & March.

Development - Widths Saturday/Lengths Sunday or midweek stroke session

Age: 6 - 11 for boys and girls

The criteria for Development are, swimmers must;

- Be able to swim 25m front crawl with breathing to the side regularly and without struggle
- Be able to swim 25m on back crawl with straight-arm recovery and strong leg kick
- Be able to swim 25m breaststroke with a legal leg kick and an idea of the timing

Entry will be from TSC Teaching Scheme, if the swimmer reaches the above criteria, or directly from an assessment.

Movement through the six Development sub-groups (4:00 shallow, middle & deep, 4:30 shallow, middle & deep) will be on stroke technique and skill criteria at the discretion of the Head Coach, Development, Jan Shepherd.

Development+ - Lengths Saturday / Lengths Sunday

Age: 7 - 12 for boys and girls



DREAM BELIEVE ACHIEVE

Development + swim for 30 minutes Saturday and an hour Sunday. Progression to the group will be based on stroke technique and skill criteria at the discretion of the Head Coach, Development, Jan Shepherd.

Advanced Development - Lengths

Age: 7 - 13 for boys and girls

The criteria for Advanced Development are, swimmers must;

- Be building on and improving skills gained in Development.
- Be able to swim longer distances in training.
- Show improvement on all four strokes with drills based on the LTAD model.
- Show further development of turns and starts
- Be able to attempt IM training and swim an IM race legally

Movement from Development to Advanced Development will be made by the Head Coach, Development, usually termly.

Movement from one lane to the next within Advanced Development will be on stroke technique, skill criteria and speed at the discretion of the Head Coach, Development.

Ad Dev + At the discretion of the Head Coach in consultation with the Head Coach, Development swimmers may be invited to attend Tuesday morning training sessions when a coach is available for less experienced swimmers.

Development Academy & Development Academy+ - Sets based on lengths

Age: 8 - 13 for boys and girls

Swimmers moving into Development Academy must be:

- Working towards 200m swims with legal strokes, starts and turns.
- Aerobic development

Swimmers entering the squad will usually have 200M Freestyle and 100IM times faster than the times below

	200FR	100IM
9 & under	3:50	1:52:00
10 & above	3:29	1:45:00

Aim: Competitive/ Physical Development

Swimmers are expected to attend regularly, take part in competitions and demonstrate progression through improved swim times to retain a place in the squad.

Development Academy + as swimmers progress in consultation with the Head Coach, the Development Coach may invite them to attend weekday morning training sessions and/or Sunday evening at Pools on the Park with County Squad.

Progression Movement from this squad will usually be either to Academy or Performance/County will be at the discretion of the Head coach after discussion with the Head Coach, Development. Assessment will usually be termly. Commitment to training, ability to achieve training criteria for the target squad, achievement in competitions will all play a part in determining what the Head Coach offers a swimmer.

TSC Teaching Scheme - Learn to Swim

Swimmers not able to achieve the entry criteria to join the club's competitive programme above may join the Learn to swim programme which now extends to Yr 7 & 8 pupils