



## TSC Squad Structure and Criteria

### Introduction

The TSC Squad Structure & Criteria is reviewed regularly by the coaches & committee, to reflect changes in facilities and coaching expectations.

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.

A few adjustments are being introduced for the start of 2017 to ensure the framework continues to fulfill the objectives of the club:

- **Competition** -TSC is a competitive swimming club to progress to & retain a place in Development Academy, Academy & County Squads swimmers will need to attend Competitions recommended by the club. Initially swimmers can focus on local events TSC Club Championship, TSC “Development” Championship, TSC Novice Open Meet, Richmond Borough Championship. As swimmers progress they will need to attend Middlesex Competitions and local Open meets.
- **Academy** – time criteria for entry & requirements to retain a of place have been reviewed. An attendance requirement has been added.
- **Dev Academy** - entry time criteria & requirements to retain place in squad have been reviewed. An attendance requirement has been added.
- **Club Squad** – categories have been simplified - *morning sessions* – Club 1 & 2 swimmers can request the option to attend Tuesday morning in addition to weekend sessions – a coach is available Tuesday morning for Ad Dev, Club 1 / 2 & Dev Academy swimmers. **CLUB 3** – LEH pool will close from mid February *to August*, Club 3 swimmers will be invited to attend Thursday mornings during this period & are being offered a session at Pools on the Park. **CLUB A** – the age criteria has been amended to reflect swimmers joining when they move to secondary school
- **Equipment** to avoid confusion information has been added to the squads where swimmers are expected to have their own “kit”.

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 of Swimming 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 of Swimming. The Head of Swimming 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 of Swimming 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. The Squad has 3 morning sessions in addition to 3 evening sessions

### **Equipment**

Swimmers joining the Academy will need their own equipment. Spare equipment is not usually available at the pools used by the squad. Not all items are needed immediately.

**All equipment & water bottles should be marked with the swimmer's name**

- Water bottle
- Training Fins (these have a short blade, which help to build muscle by adding resistance to your kick, they increase the surface area of the foot, providing added propulsion and increased speed while swimming)
- Kick Board
- Pull Buoy
- Hand Paddles (as advised by coach)
- Snorkel (as advised by coach)
- Equipment Bag

<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	1:34
Girls	3:05	1:34

Swimmers must demonstrate a committed to progress, by attend a minimum of 3 session a week & focussing during training. Realistically swimmers will need to be attending 4 sessions to make the transition to County Squad.

**Competition :** Members of Academy Squad should be available to represent TSC, if selected. **Swimmers should attend a minimum of one completion per term 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 of Swimming. Attendance and progress will be reviewed by the Squad Coach & Head of Swimming 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

### **Equipment**

Swimmers joining the Club 1 and above will need their own equipment. Spare equipment is not available at some pools used by the squad. Not all items are needed immediately.

**All equipment & water bottles should be marked with the swimmer's name**

- Water bottle
- Training Fins (these have a short blade, which help to build muscle by adding resistance to your kick, they increase the surface area of the foot, providing added propulsion and increased speed while swimming)
- Kick Board
- Pull Buoy
- Hand Paddles (as advised by coach)
- Equipment Bag

**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.

Swimmers are invited to 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 of Swimming 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 of Swimming.

**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						Invitation
Club 1+	2.5		1.5			1			Invitation
Club 2	2.5		1.5	1					Invitation
Club M+	3					1	1	1	Invitation
Club 2+	3.5		1.5	1		1			Invitation
Club 3	6.5		1.5	1	1	1	1	1	Invitation

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

## **Club A**

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

**AIM:** To provide competitive swimming training structure for those 12+ 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 built a higher level of fitness

**Age:** primarily 12 and over for girls and boys, occasionally younger swimmers who are at secondary school may 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 (stocks can alternate 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 completions may be selected to represent TSC, this will normally be a local interclub gala.

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



## **FUNDamentals Section ( Development Squads/ Groups)**

The FUNdamentals Section is managed by the Development Coach, Jan Shepherd, reporting to the Head of Swimming, 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>

**Attendance :** Development swimmers are expected to attend regularly to retain a place in the squad, if swimmers do not attend the Development Coach may suggest a move to a different group or the TSC Teaching Scheme

### **Equipment**

Swimmers joining the Advanced Development & Development Academy will need their own equipment. It is usually possible to borrow items for the first couple of weeks. Some second-hand items are available.

**All equipment & water bottles should be marked with the swimmer's name**

- Water bottle
- Training Fins (these have a short blade, which help to build muscle by adding resistance to your kick, they increase the surface area of the foot, providing added propulsion and increased speed while swimming)
- Kick Board
- Pull Buoy
- Equipment Bag

**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 small pool if the swimmer reaches the above criteria, or directly from an assessment.

**Progression** 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 Development Coach, Jan Shepherd. Some groups may be skipped based on age and stroke technique. Swimmers are regularly reviewed and progress when spaces are available and stroke technique is ready for the next stage. Dev 4:00 Shallow/middle will be invited to move to Dev 4:00 Deep (first Sunday lengths group) when they can maintain correct stroke technique in lengths swimming. Progression to Dev+ will be based on the Development Coaches assessment of the swimmer's stroke technique and skill criteria.

## **Development+ - Lengths Saturday / Lengths Sunday**

**Age:** 7 – 12 for boys and girls

Development + swim for 30 minutes Saturday focusing on stroke technique and an hour Sunday when a swim set is completed and starts and turns are practised.

**Progression** swimmers move from this squad group to either Advanced Development or Development Academy, will be based on age, the Development Coaches assessment of the swimmer's stroke technique and skill criteria and whether they can achieve the gate times to join Development Academy

## **Swimmers joining this group are required to bring a water bottle, no glass, no clear plastic lids, to their Sunday session**

### **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 Development Coach, 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 Development Coach.

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

**Progression** Movement from this squad, will usually be to Academy, Club Squad or Development Academy, as recommended by the Development Coach. Reviews are ongoing, age, commitment to training, ability to achieve training criteria for the target squad, achievement in competitions will all play a part in determining what the Development Coach recommend. Space in the target squad will impact when the move takes place.





## 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 of Swimming, the Development Coach may invited them to attend weekday morning training sessions and/or Monday 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 of Swimming after discussion with the Development Coach. Assessment will be 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 of Swimming 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