**Training times and criteria for progression**

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|  |  |  | Criteria for progression |
| Group 1 | Thursday | 7.05 - 7.35p.m |  Starting point NTP 4 Can try club galas but ask teacher first |
| Group 2 | Thursday | 7.35 - 8.05p.m. | NTP level 5 Can enter club galas but ask teacher first |
| Group 3 | Thursday | 8.05 - 8.35p.m | NTP level 6 Should begin to enter club galas |
| Group 4 | Thursday | 8.00 - 8.45p.m | NTP level 7 Should enter club galas |
| Group 5 | Thursday | 7.00 – 8.00p.m. | Good Stroke technique. Move from teaching to coaching |
| Group 6 for swimmers who show potential for competitive swimming | Thursday | 7.00 – 8.00p.m. | Good stroke technique. Some stamina |
| Friday | 5.00 - 6.00p.m |
| Group 7 | Tuesday | 8.00 – 9.30p.m. | Once a week swimmers who do just want to keep fit |
| Yorkshire Development Minimum 75% attendance per month | Monday | 5.30 – 6.30p.m | 100m good technique on free, back and breast50m good technique on flyMust achieve 100m (1.50.5) and 200m (4.03.07) IM time set out for bronze group.Competitive start AwardEntry into competitions set out by head coachGood attitudeAttend 15 min Dry Land training before each training session |
| Tuesday | 4.55 - 6.55p.m. |
| Thursday | 8.00 – 9.30p.m. |
| Friday landtraining | 7.15 – 7.45p.m. |
| Friday | 8.00 – 9.15p.m. |
| Regional Development Minimum 75% attendance per month  | MondayTuesdayWednesdayThursdayFriday landtrainingFridaySatrurday | 4.30 – 5.30p.m.8.00 – 9.30p.m.7.00 – 8.00p.m.8.00 – 9.30p.m7.15 – 7.45p.m.8.00 - 9.15p.m.7.30 -8.30 a.m | 200m good technique on free, back and breast100m good technique on flyMust achieve 200m IM time set out for Silver group (3.29.7)Entry into competitions set out by head coachGood attitude assessed monthlyAttend 15 min Dry Land training before each training session. |