**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 breast  50m good technique on fly  Must achieve 100m (1.50.5) and 200m (4.03.07) IM time set out for bronze group.  Competitive start Award  Entry into competitions set out by head coach  Good attitude  Attend 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 | Monday  Tuesday  Wednesday  Thursday  Friday landtraining  Friday  Satrurday | 4.30 – 5.30p.m.  8.00 – 9.30p.m.  7.00 – 8.00p.m.  8.00 – 9.30p.m  7.15 – 7.45p.m.  8.00 - 9.15p.m.  7.30 -8.30 a.m | 200m good technique on free, back and breast  100m good technique on fly  Must achieve 200m IM time set out for Silver group (3.29.7)  Entry into competitions set out by head coach  Good attitude assessed monthly  Attend 15 min Dry Land training before each training session. |