

## Training times and criteria for progression 2023

			Criteria for progression
Group 2 1 L2 teacher	Thursday	6.00-6.30p.m.	Starting point NTP 4 Can try club galas but ask teacher first
Group 3 1 L2 teacher	Thursday	6.30 -7.00p.m	NTP level 5/6 Should begin to enter club galas
Group 4 1 L2 teacher	Thursday	7.00 -7.45p.m	NTP level 7 Should enter club galas
Group 5 1 L2 teacher	Thursday	7.00 – 8.00p.m	Good Stroke technique. Move from teaching to coaching
Group 6 Coach	Thursday	8.00 – 9.30p.m.	For swimmers who show potential for competitive swimming. Good stroke technique. Some stamina
Group 6+ Coach	Any YD session	Any selected YD session	An extra session to add to group 6 prior to moving to YD
Group 7 1 L2 teacher		8.00 – 9.30p.m	Once a week swimmers who do just want to keep fit
Yorkshire Development Coach	Monday	7.00 -8.00p.m	80% attendance 100m good technique on free, back and breast  50m good technique on fly  Competitive start Award  Entry into competitions set out by head coach 90%attendance at galas  Good attitude
Paid Head coach/Assistant coach	Tuesday	5.30 – 6.30p.m	
	Wednesday	7.00 -8.00p.m	
	Friday	7.00 – 8.00p.m	
	Sunday	11.00- 12.00noon	
Regional Development  Paid Head coach/Assistant coach	Monday Tuesday Wednesday Friday Sunday	8.00- 9.30p.m 6.30 -7.30p.m 8.00 – 9.30p.m. 8.00 – 9.30p.m 10.00 – 11.00a.m	80%attendance  200m good technique on free, back and breast  100m good technique on fly  Entry into competitions set selected by head coach  90% attendance at galas  Good attitude assessed monthly