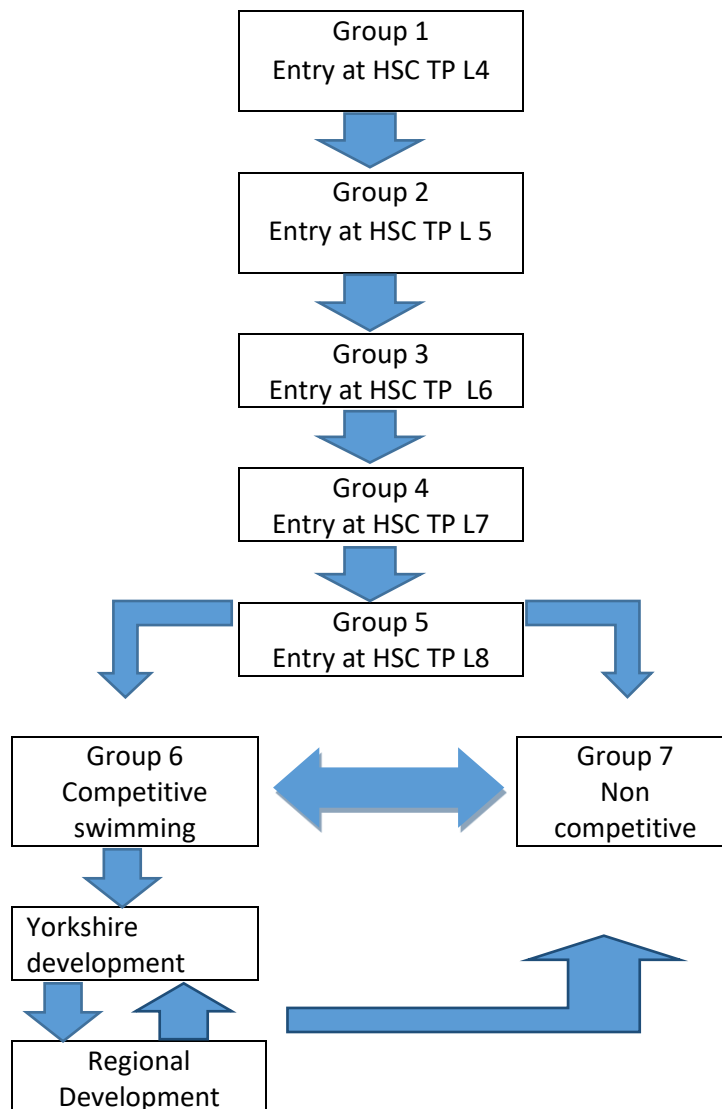


GROUP PATHWAY

Internal assessments will be made every three months to identify children ready for the next step. Assessments for potential new to the club swimmers will be made in the following week and entry will be dependent upon ability and available space.



Groups 1 – 4 Teaching expectations are fully detailed in the appendix.

Group 5

Swimmers in this group progress further with their swimming skills, additional skills are designed to increase both stamina and speed. The emphasis on training gradually moves away from teaching to coaching with further fine tuning of all 4 stroke techniques, racing starts and dives. These swimmers will work from a cyclic training plan. This group will also begin to follow Swim England plan for long-term athlete development plan with a planned agenda of competition throughout the year.

Children are encouraged to begin to enter local district galas but entry must be approved by the coach. It is at this stage we can identify those swimmers who are ready for more intensive training for competitive swimming. Upon fulfilling the objectives for group 5 (body position, stroke technique, competitive start award, attendance, attitude, aspirations) the Head Coach, with coaches from groups 5 and 6, will decide who those swimmers are and after discussions with swimmers and parents will offer a place in group 6. Children who do not wish to follow a competitive pathway will be offered a place in group 7.

Group 6

GROUP PATHWAY

Swimmers in this group progress further with their swimming skills, additional skills are designed to increase both stamina and speed. The emphasis on training moves to coaching with further fine tuning of all 4 stroke techniques, racing starts and dives. These swimmers will work from a cyclic training plan. This group will also follow Swim England plan for long-term athlete development plan with a planned agenda of competition the Yorkshire Development group

Group 7

This is the group for people who prefer to keep fit through swimming for one session per week and for those who need to maintain a swim session to be able to enjoy Water Polo. They follow a programme parallel to Yorkshire development but appropriate to their own standard.

Yorkshire Development Group

To be eligible to be considered for entry into Yorkshire group the swimmer should demonstrate the following. However, entry will always be at the discretion of the head coach.

- 100m of good technique on back – breast – freestyle
- 50m of good technique on fly
- Must achieve 100m IM time of 1.50.5 which is time for entry to the silver group (point score)
- must have achieved competitive start award
- entry into competitions set out in the competition calendar by the Head Coach. Entries into competitions not identified by the Head Coach are not recommended as they could compromise the long-term training plan.

To maintain a place in Yorkshire group

- 75% attendance which will be assessed every month
- Must achieve & maintain the time for 100/200 IM time (1.38.1/3.29.7) appropriate for entry into gold group and be making sufficient progress to meet the short course time for the Winter Yorkshire competition for their age group.
- To attend 15min dry land warm up before each session
- entry into competitions set out in the competition calendar by the Head Coach. Entries into competitions not identified by the Head Coach are not recommended as they could compromise the long-term training plan.

Should a swimmer not be able to maintain the requirements for Yorkshire group the club reserves the right to review the swimmer's group status and water time allocation, if that allocation may be better used by another swimmer. Following discussion with parents and swimmer, a place will be offered in either group 6 or group 7.

Regional Development Group

To be eligible to be considered for entry into Regional the swimmer should demonstrate the following. However, entry will always be at the discretion of the head coach.

- 200m of good technique on back-breast-freestyle
- 100m of good technique on fly
- Must achieve 100m and 200 I.M times (1.38.1/3.29.7) for entry into the gold group
- Entry into competitions set out by head coach. Entries into competitions not identified by the Head Coach are not recommended as they could compromise the long term training plan.
- Attitude towards training assessed by the coach each month
- 75% attendance which will be assessed every month
- To attend 15min dry land warm up before each session

To maintain a place in the Regional Development Group

GROUP PATHWAY

- Must be working towards and maintain times as set for the 200m IM in Gold Group (3.01.4) (within the first 12 months) Thereafter should aim and maintain on an annual basis for the 200m IM time for entry to platinum group (2.44.20) group and working towards Long course in the February Yorkshire competition.
- attitude towards training assessed by coach each month
- entry into competitions set out by head coach
- must have a 75% attendance which will be assessed every month
- To attend 15min dry land warm up before each session

Attendance will be recorded on a monthly basis. Whilst it is recognised that swimmers may have the occasional clash of priorities, these are usually few and far between and the competitive swimmer will put swimming ahead of all other clashes if they wish to maximise their potential. If a swimmer fails to maintain the minimum 75% attendance for 3 successive months, the coach will request a meeting with the swimmer, parents and an officer of the club, to understand any issues and where possible help identify any solutions that may facilitate an improvement to the attendance requirement. If attendance fails to improve, the club reserves the right to review the swimmers group status and water time allocation, if that allocation may be better used by another swimmer. If the swimmer trains regularly with another club please inform the Head Coach.

Injuries

If a swimmer has sustained an injury which prevents them from completing a training session, it is better to rest until they are fit to return to training. Attendance while injured does have an adverse effect on the swimmer; successful training is highly dependent on the coordinated function of many muscle groups. The coaches will need to speak with parents about this matter.

Absence through injury will be taken into account when the head coach assesses attendance.

A return to training following injury may need to be gradual process, needing further discussion with the Head Coach.

Other aquatic disciplines

If you feel that you want to continue swimming but experience new challenges here are a few things you might like to try

Synchronised Swimming. These sessions are accessed through Calderdale Leisure Services but the competitive athletes are members of our club. For more information contact Calderdale Leisure Services or go to www.halifaxsynchro.co.uk

Diving Contact Calderdale Leisure Services about diving lessons

Open Water There are several sources of information about this discipline. See the Calderdale tri club website below. Also www.openwaterswim.co.uk and www.bldsa.org.uk

Triathlon and Modern Pentathlon Calderdale Tri club provides a platform for everyone interested in Triathlon and Other Multi sport Events regardless of ability, within Calderdale and the surrounding area. For more details see their website www.Calderdaletriclub.co.uk

Group Training Times & Location

Group 1	Thursday	n/a
Group 2	Thursday	n/a

GROUP PATHWAY

Group 3	Thursday	6.30 – 7.00p.m
Group 4	Thursday	7.00 – 7.45p.m
Group 5	Thursday	7.00 – 8.00p.m.
Group 6 for swimmers who show potential for competitive swimming	Thursday	8.00 – 9.30p.m.
Group 6+	Thursday	8.00 – 9.30p.m + One other training session with YD
Group 7	Thursday	8.00 – 9.30p.m.
Yorkshire Development Minimum 75% attendance per month	Monday	7.00 – 8.00p.m
	Tuesday	5.30 - 6.30p.m.
	Wednesday	7.00 – 8.00p.m
	Friday	7.00 – 8.00p.m.
	Sunday	10.00am – 12.00p.m. Joint session with RD
Regional Development Minimum 75% attendance per month	Monday	8.00 – 9.30p.m.
	Tuesday	6.30 – 7.30p.m.
	Wednesday	8.00 – 9.30p.m.
	Friday	8.00 – 9.30p.m
	Sunday	10.00am – 12.00p.m. Joint session with YD

Glossary of Terms

Ability - In terms of swimming, a coach can assess this by considering performance results from events in all strokes and in training. The coach may also introduce test sets at regular intervals within the training programme, these may be aerobic training tests, speed tests, skill tests, or efficiency tests and the results of these can be used for assessment.

GROUP PATHWAY

Age - When assessing age the coach should consider chronological age, biological age (physiological development) and cognitive development (mental and psychological development)

Athlete Potential following definitions and how a coach should interpret these are listed below.

Commitment - Attendance at training, attendance at race events, effort in training, training discipline, goal setting, listening, attitude towards programme and coaches can all be used to measure a swimmers commitment to achieve.

Competitive Swimming Talent Identification. – In terms of swimming talent identification within the club, this is currently based on the attainment of NER qualifying times, or within a small percentage of these times. Attainment of these qualifying times should be within the applicable qualifying time period to allow an athlete to compete at these events. Swimmers within a small percentage of these NER times should have an action plan agreed with the head coach to move them up to this standard within a set time period to maintain their place.

Competitive Swimming at the appropriate Level. – Club swimmers are expected to compete in the gala competitions set out for you by the head coach for your standard.

HSC TP Halifax Swimming club teaching plan which can be found on the club website www.halifaxswimmingclub.co.uk

Long Term Athlete Development (LTAD) - The swimmer development pathway on which swimming programmes should be based from the fundamentals of swimming through Fundamentals, swim skills, Training to train, training to compete, to training to win. The approach is about encouraging swimmers to reach their full potential whatever their motivation to ensure that their full potential is met. As a club we sit at the Swim Skills and early stages of Training to Train level.

Appendix

Teaching Groups Outcomes

Group 1

Level 4

Thursday 7.05 – 7.35p.m.

GROUP PATHWAY

1. Perform a head first horizontal kicking action whilst rolling to breathe without losing a horizontal body position
2. Perform a feet first sculling action for 5 metres whilst horizontal on the back
3. Perform a head first sculling action for 5metres whilst horizontal on the back
4. Tread water for 30 seconds
5. Perform three different shaped jumps into deep water
6. Swim 10 metres backstroke (refer to swim england expected stroke standards sheet)
7. Swim 10 metres front crawl face in the water (refer to swim england expected stroke standards sheet)
8. Swim 10 metres breaststroke (refer to swim england expected stroke standards sheet)
9. Swim 10 metres butterfly (refer to swim england expected stroke standards sheet)
10. Perform a handstand and hold for a minimum of three seconds
11. Perform a forward somersault, tucked, in the water

Group 2

Level 5

Thursday 7.35pm – 8.05pm

1. Demonstrate an understanding of preparation for exercise
2. Sink, push off on side from the wall, glide, kick and rotate into backstroke
3. Sink, push off on side from the wall, glide, kick and rotate into front crawl
4. Swim front crawl to include at least six rhythmical breaths (refer to swim england expected stroke standards sheet)
5. Swim breaststroke to include at least six rhythmical breaths (refer to swim england expected stroke standards sheet)
6. Swim butterfly to include at least three rhythmical breaths (refer to swim england expected stroke standards sheet)
7. Swim 25 metres, choice of stroke • is optional (refer to swim england expected stroke standards sheet)

GROUP PATHWAY

8. Perform a surface dive

9. Exit the water without using steps

10. Perform a hand first horizontal kicking action whilst rolling to breathe without losing a horizontal body position.

Group 3

Level 6
8.35pm

Thursday 8.05pm –

1. Swim 25 metres backstroke (refer to swim england expected stroke standards sheet)
2. Swim 25 metres front crawl (refer to swim england expected stroke standards sheet)
3. Swim 25 metres breaststroke (refer to swim england expected stroke standards sheet)
4. Swim 25 metres butterfly (refer to swim england expected stroke standards sheet)
5. Perform a movement sequence of 1 minute duration, the following skills:
 - Sculling: head first, feet first
 - Rotation: forward/backward somersault, log roll
 - Floating: star on the front/on the back, tuck float, create own
 - Eggbeater: moving, lifting one or both arms out of the water link skills with strokes and sculls
6. Perform a sitting dive
7. Swim 50 metres continuously using one stroke
8. Swim 100 metres, using a minimum of three different strokes
9. Tread water using eggbeater action for 30 seconds

GROUP PATHWAY

Group 4

Level 7

Thursday 8.00- 8.45 p.m.

1. Complete a set lasting 400m (e.g. 16 x 25m) on a specific turnaround time set by the coach (e.g. 1min for each 25m)
2. Swim 400m continuously using one stroke
3. Kick 25m backstroke with/without using a board
4. Kick 25m breaststroke with/without using a board
5. Kick 25m butterfly without using a board
6. Kick 25m front crawl with/without using a board
7. Perform a backstroke turn from 10m in to 15m out
8. Perform a breaststroke turn from 10m in to 15m out
9. Perform a butterfly turn from 10m in to 15m out
10. Perform a standing dive
11. Swim 50 metres continuously using 4 strokes showing length of stroke and good body position
12. Swim 100 metres, using a minimum of three different strokes showing length of stroke and good body position.

Backstroke

Body

- Back of the head in the water, and held still in a central position. Eyes looking upwards and slightly forwards (in the direction of feet).
- Body almost horizontal, stretched and streamlined on the back, with chest clear of the surface and hips slightly submerged.
- Shoulders and upper body rotating with a controlled roll of the shoulders.

Legs and Feet

- Legs move in a positive alternating leg kicking that predominantly originates from the hip with the knees slightly bent.
- Legs close to the surface, toes pointed and slightly turned inward. There should be a slight splash of the feet as they pass close to each other and the result of the feet pushing against the water.
- The kick should be continuous.
- The kick may be slow and steady, or fast and powerful, dependent on the individual's preference.

Arms and Hands

GROUP PATHWAY

- Hand is placed into the water, little finger first and palm facing outward. The entry is in line with the shoulder.
- Hand catches and as it starts its pull through the elbow bends with palm facing inwards pressing towards the body keeping the elbow higher than the hands and as the arms straightens.
- The shoulder leads the arm recovery, lifting up and round as the hand leaves the water. The elbow is kept straight as the arm lifts straight up above the shoulder to the entry point.
- A deep 'catch' as the hand enters the water and a strong bent elbow pull as the shoulders roll will result in a more powerful pull and increased distance gained per stroke.

Breathing

- Breathing regularly in relation to the effort phases of the stroke.

Timing

- The kicking and pulling must be co-ordinated and controlled whilst maintaining a steady head position throughout.
- All action must be smooth, continuous and consistent whilst a relationship of stroke length and stroke rate must be developed and vary with the requirements of the swim

Breaststroke

Body

- From a horizontal, stretched and streamlined position on the front with head inline and face in water, the head and upper body lift during the pull in order to breath and the swimmer completes into a stretched streamlined position following the kick.

Legs and Feet

- The kick is simultaneous. From legs extended and together, the swimmer bends the knees, drawing the heels close to the seat and still under water; knees remain stable, away from the tummy and hip width apart.
- Both feet turn outward and the 'soles' or 'instep' of the feet flatten ready to kick.
- The feet then kick backwards and slightly downwards pressing against the water until the legs are almost straight.
- On completing the kick, the toes become pointed and the soles turn towards each other.

Arms and Hands

- From a full stretched position, the hands, facing slightly outwards and down, press sideways to a point where the hands start an inward movement.
- The hands then lead the forearms in a downward and inwards circular movement, bringing the hands close together; the hands close together; the hands finish facing each other with the elbows and upper arms squeezed in towards each other.
- With no hesitation, the hands and forearms move smoothly and continuously forwards into a stretched position as started.

GROUP PATHWAY

Breathing

- Air is exhaled into the water as the swimmer lies in the streamlined and stretched position.
- From the extended position of the pull, the head and upper body lifts as soon as the hands start to pull apart from one another and press sideways.

Timing

- From fully stretched position, the arms pull, the breath is taken, the arms begin to recover, then the legs recover and kick back to full stretch position; pull, breath, kick, stretch.

Butterfly

Body

- Body position starts in a horizontal, stretched and streamlined position on the front; head in line and the face in the water.
- Head and upper body will rise and fall in relation to undulation from the kick, pull breathing pattern.

Legs and Feet

- The kick is simultaneous.
- A full action of the hips, legs and feet occur as the seat lifts and lowers; the knees bend and straighten.
- The feet and toes are pointed throughout. The kick should resemble a whip like kick.

Arms and Hands

- The hands simultaneously enter as arms approach full extension.
- Following the entry, the hands move slightly outward and down to the catch position, moving back and through towards the thighs.
- The arm recovery is a smooth, simultaneous double arm recovery over the water surface.
- Aim for the individual is to gain maximum distance per stroke effectively.

Breathing

- The mouth is lifted above the water line to the front (in some instances it may be to the side) before the hands complete their push through to the legs.
- The head returns to 'face in the water' before the end of the arm recovery.
- The expectation is that the swimmer is encouraged to breathe every alternate arm cycle (every two strokes).

Timing

- A steady constant movement with two kicks to each arm cycle; encouraging the swimmer to breathe each arm cycle (every two strokes).
- The order is kick, pull, kick, recover.

Front Crawl

Body

- Face in the water. Eyes looking downward.
- Body horizontal, stretched and streamlined on the front.
- Shoulders and upper body rotating whilst maintaining a steady and central head position except for when breathing occurs.

Legs and Feet

- Legs moving in a steady alternating leg kick that predominantly originates from the hip with knees slightly bent.
- Feet close to the surface, toes pointed. There should be a small splash of the feet as they pass close to each other as a result of the feet pushing against the water.
- The kick may be slow and steady, or fast and powerful, dependent on the individual's preference.

Arms and Hand

- Hand slides into the water, finger tips first. The entry is usually between the shoulder and head.
- The propulsive phase follows the hand entry; the hand moves slightly forward and down to catch position with the shoulder and the elbow higher than the hand position; presses against the water, then pushes backwards and outwards towards the hand exit.
- The elbow leaving the water first followed by wrist and hand initiates' recovery. The arm moves over the water but remains close to the body and head into a controlled hand entry.
- Aim for the individual is to gain maximum distance per stroke effectively.

Breathing

- Breathing is initiated with a controlled turn of the head to the side to quickly inhale air, followed by the head returning to the centre, face in the water and air exhaled.
- A regular pattern of breathing is recommended and the swimmer must be at ease in breathing to either side.

Timing

- The kicking, pulling and breathing must be co-ordinated and controlled.
- All actions must be smooth and continuous whilst a relationship of stroke length and stroke rate must be developed and vary the requirements of the swim.

Revised June 2018