



City of Southampton
Swimming Club
(Affiliated to the S E R A S A and H C A S A)

DEVELOPMENT SQUAD – Criteria

Coaches: David Terry, Arthur Lawlor, Chris Bell, David Whitlock

Introduction

This squad is for swimmers who:

1. Desire to continue personal development.
2. Support of parents/guardians.
3. Competent in Frontcrawl and Backstroke.
4. Can complete a 100m swim on Frontcrawl and Backstroke without stopping in accordance with ASA law.
5. Can complete 25m of Breaststroke with good understanding of the stroke laws.
6. Competent at Butterfly kick and have a good understand of full stroke.
7. Perform tumble turns and hold the ASA competitive start award Progressing to:
 - Improved efficiency in Frontcrawl, Backstroke and Breaststroke.
 - Competing 25m Butterfly to ASA law.
 - Being able to swim 2 x 100m Ind Medley with 40 secs rest to ASA law.
 - Being able to swim 200m Frontcrawl with correct start and turns without stopping.

Entry into DEVELOPMENT SQUAD is by named coaches above invitation only.

Objectives

The primary objective of this squad are:

- **To learn the skills involved in swimming by developing each of the four strokes as well as the core element of body control, feel for the water, and stable movement patterns.**

All objectives of this squad are in line with the ASA Long Term Athletic Development plan:

- **Stage 1 – FUNdamental**
 - The emphasis is on developing basic movement literacy and fundamental movement skills. The skills to be developed are the ABSs (Agility, Balance, Coordination, Speed). No periodisation will take place, but a well-structured programme with proper stroke, skill progression will be implemented.

Moving into Stage 2.

- **Stage 2 – SwimSkills: Building technique!**
- Focusing on the young swimmer - learning how to train and develop skills of the sport. Learning basic technical/tactical skills and ancillary capacities, including the following :
 1. Develop and improve Stroke technique on all four competitive strokes.
 2. Learn basic stroke drill progressions of all four competitive strokes.
 3. Practice IM swimming sets.
 4. Learn and perfect starts, turns, and finishes on all four competitive strokes and IM turns.
 5. Independently monitor training by using the pace clock.
 6. Complete a well-balanced training programme that includes varied pace swims, basic swimming speed, pacing, and overdistance swims.
 7. Starting to learn the rules of the sport.
 8. Increase the distance covered in training sessions to improve endurance.
 9. Participate in club time trials, performing a variety of strokes and distances.
 10. Participate in local fun galas, meets, at a relevant level.
 11. Learn and practice basic stretching.
 12. Take responsibility for training equipment required at each training session (see list below).
- **If insufficient time is devoted to training Stages 1 & 2 then it is highly unlikely the young swimmer will reach their full potential.**

Swimmers are expected to follow ALL aspects of the programme and to conduct themselves like an athlete in all aspects of their daily life.



DEVELOPMENT SQUAD

BASIC WEEKLY TRAINING SCHEDULE

AM	SUN	MON	TUE	WED	THU	FRI	SAT
TIME			5:30 – 7:30		5:30 – 7:30		7:00 - 9:00
VENUE			The Quays		The Quays		The Quays
LAND WORK			5:30-6:25am Land Training Programme (Studio)		5:30-6:25am Land Training Programme (Studio)		7:00-7:15am Skipping, Mobility, Flexibility (Pool side)
POOL			6:30-7:30am SWIM		6:30-7:30am SWIM		7:15-9:00am SWIM
PM.	SUN	MON	TUE	WED	THU	FRI	SAT
			6:15-8:00		5:45 - 7:00		
VENUE			Jubilee Sports*		The Quays		
LAND WORK			6:15-6:30pm Basic Skipping, Mobility, Flexibility (Pool side)		5:45-6:00pm Basic Skipping, Mobility, Flexibility (Pool side)		
POOL			6:30-8:00pm SWIM		6:00-7:00pm SWIM		

- Jubilee Sports Centre Pool – on University of Southampton campus

There will be additional sessions included where necessary.

- Please note that above is a Basic Weekly Schedule, as the programme is dynamic swimmers/parents are to check the notice board for actual weekly schedule.
- Additional sessions will be included where necessary and Land Training subject to Cycle Periodisation.

Attendance

There are five available sessions and swimmers are expected to attend a minimum of 4 sessions per week with 2 early mornings, one of which maybe Saturday morning. Swimmers

Morning Training Sessions

To enable progression competitive swimmers need to adapt to competing hard and fast during morning heats. To permit adaptation swimmers should make every effort to attend morning sessions backing the morning session up with the evening session (when finals tend to be held).

Competitions

Swimmers are to compete at competitions directed by Squad Coach/Head Coach only, Development Squad swimmers are invited and actively encouraged to compete at City of Southampton Swimming Club's club championships, which are held November/December each year.

Punctuality

Swimmers should arrive punctually for training, ready to skip, mobilize and stretch at the designated time.

Squad Fees

Fees are payable monthly by standing order.

Training Equipment:

- Swimming costume or trunks
- Towel
- Goggles (preferably 2 x Pairs)
- Swim hat (if worn)
- Pullbuoy
- Drinks bottle (700ml)
- Fins
- Skipping rope
- Stretch cords

Competition Equipment – 'Preparing for the Future':

- Racing Costume or trunks to be worn in races only
- Training Swimming costume or trunks to be worn in Warm-Up & Swim Down
- 2 x Towels
- 2 x Pairs of Goggles
- City of Southampton Swim hat (to be worn by ALL swimmers)
- White Polo Short (or City of Southampton SC White Polo Shirt – optional at this stage).
- At least 2 x Drinks bottle (700ml)