

# Dagenham Swimming Club

## Our Club's Competitive Pathway



Updated July 2009



# Our Competitive Pathway

This document gives some background on what is required at the various levels when swimmers progress above NPTS Level 12.

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# Our Competitive Pathway

## 1. What is expected of an 'Intermediate'

Once a swimmer has graduated from our Swim School he/she will be on the pathway to a more competitive swimming training plan. The amount of training time will inevitably be increased.

The intermediate level includes the following work and expectations:

- Stroke technique on all four competitive strokes, using coach-controlled sets and single-lap work.
- Stroke drill progressions for all four competitive strokes, initially using fins to perform coach-controlled sets and single-lap work taught.
- Endurance and speed training to prepare swimmers for the next level.
- To improve Individual Medley (IM) swimming.
- Turns for all four competitive strokes and IM.
- Starts on all four competitive strokes.
- Relay takeovers.
- Correct finishes on all four strokes.
- Introduction to using pace clock and able to go off on set times.
- Good lane discipline (correct intervals between swimmers, clockwise and anti-clockwise)
- Have basic knowledge of rules of the sport.
- Introduction to low - level competition.
- Punctual start times to all sessions.
- Introduction to basic stretching exercises.
- Have the correct training equipment that swimmers need for this squad. This will include; a kickboard, a drink bottle, and fins.

The swimmer can expect the volume of training to be between 1500m and 2000m in each training session. This will consist of warm up, main set and warm down. The work covered will give the swimmer a solid foundation to move into next level.



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## 2. Criteria for progression from Intermediates to Rookies.

- 200m Front crawl with tumble turns and bilateral breathing.
- 200m Backstroke with tumble turns and a bent arm pulling action.
- 200m Breaststroke with correct turn and underwater pullouts.
- 100m Butterfly with fins 50m butterfly without fins with correct turns
- A competition racing start.
- Correct finishes on the four competitive strokes.

Swimmers must be able to meet this criteria during a regular training session and be able to adapt to distances from 50m to 100m showing a good level of skill whilst swimming at speed.

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# Our Competitive Pathway

## 3. What is expected of a 'Rookie'.

Once the swimmer has completed all the expectations and criteria of Intermediate level he/she will then progress into Rookie level.

At this level the numbers of training sessions increase, so also will the training be more intense and more challenging. This is necessary to prepare the swimmer for the next level.

### Expectations.

- Develop and improve stroke techniques on all four competitive strokes
- Develop drill progressions for all four competitive strokes.
- Introduce more complex drill progressions on all four competitive strokes.
- Monitor training using times set by the coach and the use of pace clock.
- Practice IM swimming sets
- Perfect starts, turns and finishes on all four competitive strokes and IM turns.
- Learn and perfect relay takeovers.
- Independently monitor training by using the pace clock.
- Complete a well-balanced training program that includes a varied programme ( basic speed training ,pacing, over distance, stamina).
- Gain further knowledge of the rules of the sport.
- Increase the distance covered in training sessions to improve endurance.
- Participate in club championships at different distances.
- Participate in open galas, team galas at the relevant level.
- Set goals and keep a logbook.
- Learn and practice basic stretching techniques.
- Attend all sessions available, and on time.
- Learn about basic nutrition
- Take responsibility for training equipment required at each session which includes pull buoy, kickboard, fins, drinks bottle.

He/she should be able to cover between 2500m and 3000m during their one-and-a-half hour training sessions



# Our Competitive Pathway

## 2. Criteria for progression from Rookies to Squads.

- 10 x 100m front-crawl on 2:20/2:30 with correct turns
- 10 x 100m IM on 2:45/2:50 with correct turns.
- Swim 200m/400m confidently on front-crawl showing a good standard technique with the correct turns
- Butterfly to a good standard and able to maintain stroke through a 100m swim.
- Good standard of breaststroke without screw kick, be able to maintain stroke over a distance of 200m
- use correct turns and finishes.

**Swimmers must be able to complete the criteria on a regular basis to confidently progress to the next level.**

