



# SQUAD STRUCTURE & CRITERIA

## 2019



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ADASC has 8 squads. The details of which are included outlined within this document. Squads have been structured with the principles of Long Term Athlete Development in mind.

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## SQUADS

### ENTRY ACADEMY + ACADEMY

'Entry Academy' and 'Academy' squads are the club's entry squads. These squads are aligned to stage 1 (FUNdamental) of the British Swimming's Long Term Athletic Development (LTAD) guidelines where emphasis is placed on developing basic movement literacy and fundamental movement skills.

#### Squad Aims:

- Begin to learn competitive skills such as starts, turns and finishes
- Learn underwater skills
- Able to confidently swim all 4 strokes
- Start using basic drill movements on all 4 strokes
- Understand lane disciplines
- Maximise 1<sup>st</sup> Speed window as identified in LTAD programme

#### Swimmer's profile / criteria:

- ✓ 6 years or over
- ✓ Have achieved Level 7
- ✓ To abide by the swimmers code of conduct at all times
- ✓ Satisfy the following baseline:
  - competency in 3 strokes.

### DEVELOPMENT ACADEMY

Swimmers progress from the Academy to the Development Academy. Focus will be in line with the 2<sup>nd</sup> LTAD stage 'SwimSkills' thus will be skills based. The fundamental aim of the squad will be on building on and adding to the skills gained in the Academy squad.

#### Squad Aims:

- Refine competitive skills such as starts, turns and finishes
- Learn underwater skills
- Develop legal skill movements on all 4 strokes
- Develop basic drill movements on all 4 strokes
- Improve leg action on all 4 strokes
- Understand lane disciplines
- Maximise 1<sup>st</sup> Speed window as identified in LTAD programme

#### Swimmer's profile / criteria:

- ✓ Approx. 8 years or over
- ✓ Compete at ADASC Champs and Ceredigion Champs.
- ✓ Aim to attend training sessions at least twice a week.
- ✓ To abide by the swimmers code of conduct at all times
- ✓ Satisfy the following baseline:

- competency in 4 strokes.
- basic understanding of legal requirements

## DEVELOPMENT

The focus of the Development Squad will be to refine the skills and technique gained in the Academy and Development Academy. The focus will therefore continue on skill acquisition and technique refinement rather than competition to ensure that squad members will have the technique and skills base that will be used by them on their journey in competitive swimming. In line with the principles set out in the 2<sup>nd</sup> LTAD stage 'SwimSkills' there will be a competition ratio of 75% to 25%.

### Squad Aims:

- Have four legally recognised strokes.
- Be able to perform legal turns.
- Understanding timed sets and rest intervals.
- Pace-clock proficiency
- Establish middle distance endurance (100 IM and 200m races)

### Swimmer's profile / criteria:

- ✓ Approximate age 8 years to 11 years
- ✓ Compete at ADASC Champs, Ceredigion Champs and relevant targeted events. ADASC is a competitive club.
- ✓ Must attend training sessions twice a week..
- ✓ To abide by the swimmers code of conduct at all times
- ✓ Excellent lane discipline
- ✓ Satisfy the Development Squad Skills List

*They may be exceptional circumstances when a swimmer may be moved to a group without achieving all parts of the criteria and this will be at the coach's discretion.*

## COMPETITION ACADEMY

The focus of the Competition Academy is to refine technique and begin to apply the skills and technique developed in the foundation squads in competition. The squad programme will prepare swimmers from moving from the 'SwimSkills' LTAD stage to the 'Training to Train' stage. There will be therefore be a gradual increase in training volume and intensity.

### Squad Aims:

- Maximising race technique (starts and turns, push off, strokes' technique);
- Introduction to additional key concepts associated with swimming training (Nutrition and hydration strategies for recovery, and goal setting in particular).
- Focus on Aerobic Development

- Developing good DPS
- Introduction of body weight exercises and development of suppleness
- Establish good 200IM

#### **Swimmer's profile / criteria:**

- ✓ Approximate age 11+
- ✓ Compete at ADASC Champs, Ceredigion Champs, Team competitions and relevant targeted events. ADASC is a competitive club.
- ✓ Must attend swim sessions on average 4 times a week and 1 land training session. If a swimmer regularly fails to attend the required minimum amount (without authorisation) their status may be affected and qualification for moving squads may be jeopardised.
- ✓ Represent ADASC at various Level 3 meets;
- ✓ Aiming for Regional times
- ✓ To abide by the swimmers code of conduct at all times
- ✓ Excellent lane etiquette
- ✓ Good Pace-clock proficiency
- ✓ Complete almost all training sets, finish all practices
- ✓ Satisfy most of the Competition Academy squad skills list
- ✓ Satisfy the current test set

*There may be exceptional circumstances when a swimmer may be moved to a group without achieving all parts of the criteria and this will be at the coach's discretion. The published test sets may change in line with changes in group/squad performance.*

## **COMPETITION**

The focus of this squad is to continue to refine skills and technique. The squad programme will correspond with the LTAD stage 'Training to Train'. Consequently there will be a marked increase in training volume and intensity as well as preliminary strength development.

#### **Squad Aims:**

- Maximise aerobic conditioning and 2nd Speed window and 1<sup>st</sup> strength window.
- Maximising race technique (starts and turns, push off, strokes' technique);
- Development of race tactics (pacing strategies)
- Learning additional key concepts associated with swimming training (Nutrition and hydration strategies for recovery, and goal setting in particular).
- Developing awareness of training energy zones
- Maintenance and consolidation of skill, speed, and flexibility;
- Strength development;
- Developing good DPS
- Introduction of body weight exercises and development of suppleness

#### **Swimmer's profile / criteria:**

- ✓ Approximate age 12

- ✓ Compete at ADASC Champs, Ceredigion Champs, Team competitions and relevant targeted events. ADASC is a competitive club.
- ✓ Must attend swim sessions on average 5 times a week and 1 land training session. If a swimmer regularly fails to attend the required minimum amount (without authorisation) their status may be affected and qualification for moving squads may be jeopardised.
- ✓ Represent ADASC at Regionals and various other Level 2 and 3 meets;
- ✓ Achieved Regional times and aiming for National times.
- ✓ Setting targets for each competition (goal setting) with a view to learning basic tactics and mental preparation
- ✓ To abide by the swimmers code of conduct at all times
- ✓ Excellent lane etiquette
- ✓ Excellent Pace-clock proficiency
- ✓ Complete almost all training sets, finish all practices
- ✓ Satisfy most of the Competition squad skills list
- ✓ Satisfy the current test set

Stopping or sitting out sets or parts of sets will not be accepted. If persistent it will be considered an absence. This group is a competitive group.

*There may be exceptional circumstances when a swimmer may be moved to a group without achieving all parts of the criteria and this will be at the coach's discretion. The published test sets may change in line with change in group/squad performance*

## PERFORMANCE ACADEMY

Programme focus based on the principles of the LTAD stage 'Training to Compete'. Training will be high volume and intensity with an increased emphasis on sport specific strength development.

### **Squad Aims:**

- Maximise race technique and tactics
- Achievement of physical, technical and tactical skills
- Understanding of training zones
- Maintenance of flexibility, strength and conditioning
- Learning additional key concepts associated with swimming training (Nutrition and hydration strategies for recovery, and goal setting in particular).
- Ability to compete at high levels
- Development of individual responsibility

### **Swimmer's profile / criteria:**

- ✓ Approximate age 13+
- ✓ Compete at ADASC Champs, Ceredigion Champs, Team competitions and relevant targeted L1 and L2 meets.. ADASC is a competitive club.
- ✓ Must attend training on average 5 swimming sessions per week and 1 land training session. If swimmers miss or do not seek authorisation from their coach for their non-attendance their squad status may be affected. Leaving early without good reason will be considered an

absence. A swimmer who has other commitments one week must make up for it in following weeks.

- ✓ National qualification time in an event
- ✓ Undertaking targets for each competition (goal setting) with a view to learning basic tactics and mental preparation
- ✓ To abide by the swimmers code of conduct at all times
- ✓ Highly motivated and very rarely failing to complete training sets
- ✓ Satisfy the majority of the Performance Academy and Performance Skills list
- ✓ Satisfy the current Performance Academy squad test set.

*There may be exceptional circumstances when a swimmer may be moved to a squad without achieving all parts of the criteria and this will be at the coach's discretion.*

## PERFORMANCE

Programme focus based on the principles of the LTAD stage 'Training to Compete' and depending on age of members 'Training to Win' Training will be high in volume and intensity with an increased emphasis on sport specific strength development. Approximately 8 swimmers will be selected for this squad.

### **Squad Aims:**

- Maximise race technique and tactics
- Achievement of advanced physical, technical and tactical skills
- Thorough understanding and appreciation of training zones
- Maintenance of flexibility, strength and conditioning
- Thorough understanding and appreciation of key concepts associated with swimming training (Nutrition and hydration strategies for recovery, and goal setting in particular).
- Ability to compete at high levels
- Development of individual responsibility

### **Swimmer's profile / criteria:**

- ✓ Approximate age 14+
- ✓ Compete at ADASC Champs, Ceredigion Champs, Team competitions and relevant targeted L1 and L2 meets. ADASC is a competitive club.
- ✓ Must attend training on average 6 swimming sessions per week and ALL land training sessions If swimmers miss or do not seek authorisation from their coach for their non-attendance their squad status may be affected. Leaving early without good reason will be considered an absence. A swimmer who has other commitments one week must make up for it in following weeks.
- ✓ National qualification times in multiple events.
- ✓ Undertaking targets for each competition (goal setting) with a view to learning basic tactics and mental preparation
- ✓ To abide by the swimmers code of conduct at all times
- ✓ Highly motivated and always completing training sets
- ✓ Satisfy the majority of the Performance Skills list
- ✓ Satisfy the current Performance test set.

*There may be exceptional circumstances when a swimmer may be moved to a squad without achieving all parts of the criteria and this will be at the coach's discretion.*

## SQUAD SKILLS

### DEVELOPMENT ACADEMY AND DEVELOPMENT

#### Freestyle

- 3-4 kicks off every wall
- Breathe every 3 strokes
- efficient flip turn

#### Backstroke

- Breakout past the flags off on competitive push offs
- Able to perform Legal Competitive backstroke turn with use of Legal underwater phase
- Finish on back (count strokes every time)

#### Breaststroke

- Legal turn and finish with 2 hands

#### Butterfly

- 3 or more kicks off every wall
- Turn and finish with 2 hands

**Swimmers must ensure they are in a STREAMLINE POSITION every wall**

**All strokes and majority of turns and starts performed at FINA rule standard**

### COMPETITION ACADEMY & COMPETITION

#### Freestyle

- No breathing on breakout
- No breathing last 5m
- 4-5 fly kicks or every wall
- breathe every 3 or 5 strokes

#### Backstroke

- 5-6 fly kicks or more off every wall (breakout past the flags)
- Consistently Perform a Legal Competitive Turn at race pace
- Finish on back (count strokes every time)

#### Breaststroke

- Hold each underwater phase for 3 1 thousand of start 2 1 thousand off turns
- Use dolphin kick within the underwater phase every time
- Count strokes every length
- Turn and finish with 2 hands

#### Butterfly

- Breathing every other stroke 50/100, 2 breaths 1 no breath 200s
- 4-5 fly kicks or more off every wall



- No breathing last 5m
- No breathing on break out
- Turn and finish with 2 hands

**Perform a Legal Competitive Start at race pace on all 4 strokes with Competitive Legal Underwater phase**

**Swimmers must ensure they are in a STREAMLINE POSITION every wall (no excuses)**

**All strokes, turns and starts must be performed at FINA rule standard**

## PERFORMANCE ACADEMY AND PERFORMANCE

### Freestyle

- No breathing on breakout (3 strokes on start / 1 stroke on turn)
- No breathing last 10m
- 5-6 fly kicks off every wall
- Breathe 3 or 5 strokes in training
- Maintain good DPS

### Backstroke

- 6-8 fly Kicks or more off every wall (breakout minimum 10m)
- Finish on back (count strokes every time)
- Maintain good DPS

### Breaststroke

- Hold each underwater phase for 3 1 thousand of start 2 1 thousand off turns
- Use dolphin kick within the underwater phase every time
- Count strokes every length

### Butterfly

- Breathing every 2 down 1 up for 50/100s,
- 6-8 fly kicks or more off every wall
- No breathing last 10m
- No breathing on break out (3 strokes on start / 1 stroke on turn)
- Maintain legal butterfly throughout training

**Perform a Legal Competitive Start at race pace on all 4 strokes with Competitive Legal Underwater phase**

**Swimmers must ensure they are in a STREAMLINE POSITION every wall.**

**All strokes, turns and starts must be performed at FINA rule standard**