

Cumbernauld Swimming Club

Squad Structure 2018

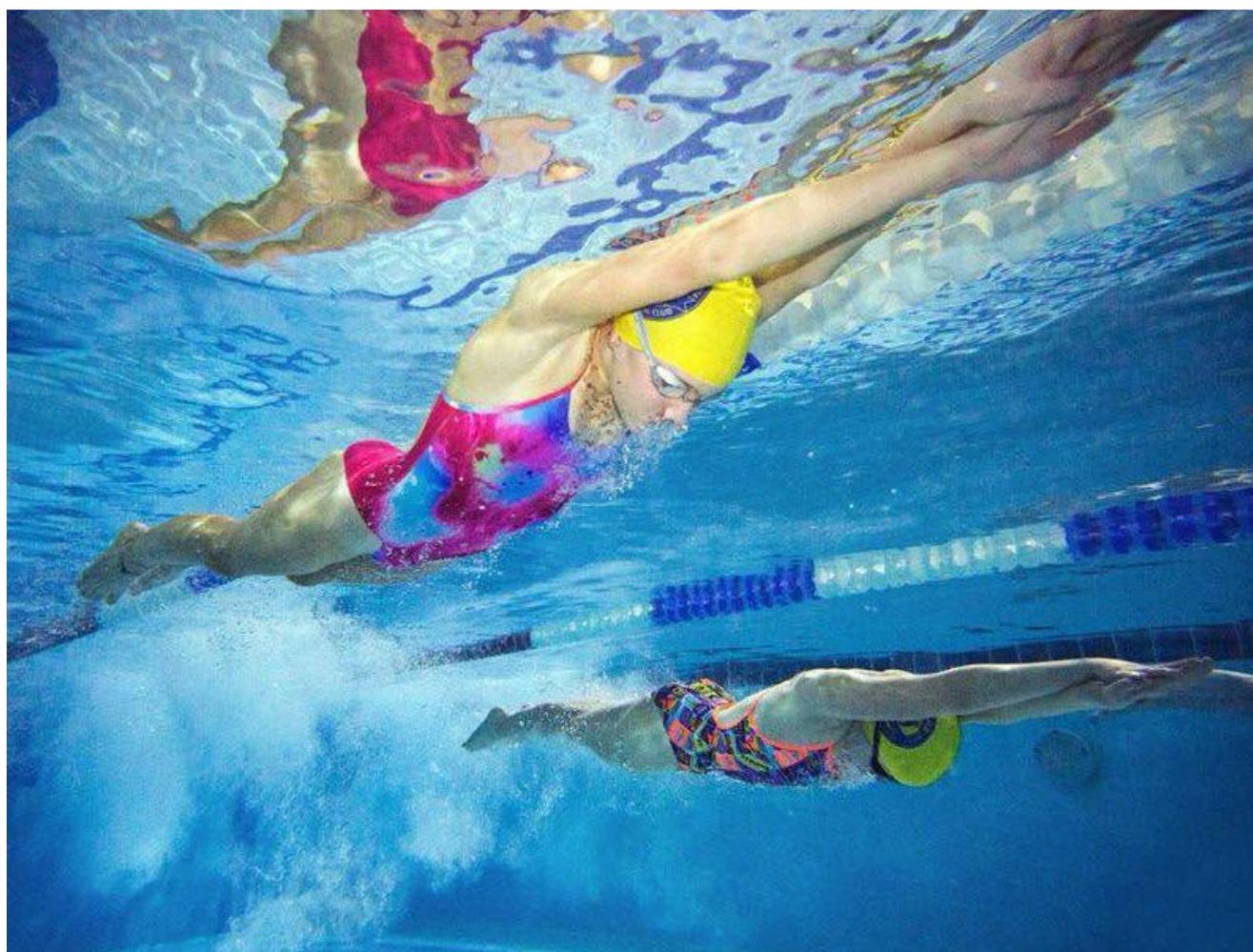


Table of Contents

Squad Overview	3
Improvers Programme	
Improvers 1	6
Improvers 2	8
Competitive Development Programme	
Stroke Development	10
Age Group Graded	12
Junior District	14
Age Group Performance Programme	
Criteria	16
District	17
National	18

Squad Overview

THE STRUCTURE

Cumbernauld Swimming Club structure has been devised to allow every swimmer in the club the opportunity to develop the skill set required to become a champion swimmer, and to ensure that at each level of development the young swimmers are exposed to an appropriate level of training, in line with British and Scottish Swimming's long term athlete development guidelines.

The club structure comprises three main programmes – The Improvers Programme, the Competitive Programme and the Age-Group Performance Programme

The Improvers Programme

This is the entry and foundation level of the club. This is the most important programme as it is where vital development skills, technique and character building are taught for swimmers to use throughout the swimming pathway.

The Improvers programme focuses on skills, skills and more skills! A fast swimmer with poor technique and skills will only go so far. A swimmer with great skill and technique can go on to achieve great things.

The Improvers Programme is built up of two levels, each building on the skills of the previous one. They are as follows:

Improvers 1 – The entry level to the Cumbernauld swimming Club. Swimmers will have achieved as a minimum pre-Club Squad Level (Within NL Leisure Learn to Swim Framework) or equivalent. Swimmers should have a basic understanding of all four competitive strokes. Ideally swimmers in this group will start at minimum age 7/8 years old.

Improvers 2 – This is the second level of the programme. Swimmers should have a basic understanding of all four competitive strokes and begin to practice legal turns and starting skills consistently. The main focus will continue to be to develop great skills, technique and body position.

Swimmers in the Improvers Programme will in general be between 7 and 10 years of age to fit with the long term athlete development guidelines. Progression both within and from the Improvers Programme will be based on skill set, technique, enthusiasm, behaviour and attendance.

The Competitive Development Programme

The second tier of the club's squads, is where the young swimmers learn to develop the training habits required to succeed as a competitive swimmer. Emphasis is primarily placed on stroke technique, while new training aims are introduced and previously learned skills enhanced.

Swimmers will have a good understanding of all of the four competitive strokes, this emphasis on all 4 strokes continues as swimmers physically and mentally develop. The focus on "best stroke" is fluid throughout this maturation period. Swimmers should be consistently performing legal competitive skills, starts and turns. Swimmers in this level will also have a good understanding of the importance of dolphin kick linked to great underwater skills. While the emphasis of this squad will remain on skill development, this programme will further continue the development of basic swimming endurance, through the introduction of longer distance training.

Swimmers should be qualifying for, and competing in, level 2/3 swim meets. Speed development will also be introduced in relation to competitive swimming distances.

Additionally swimmers will learn about sportsmanship and behaviour as a team member.

There are three levels in this section:

Stroke Development – Having completed the Improvers programme, there is an emphasis on maintaining high skill levels whilst putting the swimming skills under increasing pressure through covering longer distances at steady speeds to develop an endurance base. This is an important component of the long term training process. The focus of this squad is on training and more external competition, swimmers in this level will be expected to follow the competition programme to ensure they gain the most from the skills they have learnt.

Age Group Graded – The second stage in this programme, the swimmers will consolidate the skills and training habits established in the previous squad, and will now be introduced to the wider aspects of swimming training such as basic nutrition, goal setting, training effort levels and team work. Swimmers will begin to take responsibility for knowing their own PB's, District entry standards for competitions and District Regional Programme criteria.

Junior District – This group is the third and final stage of the Competitive Development Programme. The work undertaken consolidates the previously learned skills, continuing the development of technique and swimming skills to a high level. There is an increased amount of swimming endurance work, including swims at a higher intensity. This is designed to enable each swimmer to gain experience of a wide range of swimming events in all 4 strokes and increasing distances. Swimmers in this stage should be gaining entry into District level and possibly National Age Group competitions.

Swimmers in the Competitive Development Programme will in general be between 10 and 12/13years of age to fit with the long term athlete development guidelines. However, age will not be a major factor in progression from this programme. Progression both within and from the Competitive programme will be based on skill set, technique, enthusiasm, behaviour and attendance.

All squad promotions will be at the discretion of the Head Coach.

The Age Group Performance Programme

This is the advanced training programme, which is seen as the final stepping stone in the development of swimmers to compete with distinction at a senior level. Swimmers within this programme are expected to show the highest level of commitment, with swimming being their primary activity and focus outside of education. There are two levels in the performance programme:

District Squad – This first level of the Performance programme prepares young swimmers who display the ability and attributes to be successful at a national level from an early age. Swimmers in this squad should have made the decision that swimming will be their main competitive focus. Swimmers within this squad will be fully committed to the whole training programme. The training programme will begin to identify strengths in particular stroke/events. The programme will increase own stroke training and introduce anaerobic development in line with programme progression.

National Squad – This offers the swimmers a structured training programme to allow them to reach their full potential in the sport. Swimmers in this squad will be focussed on their sport, and be making a commitment to the full training and competition programme. Swimmers are expected to compete in all strokes, distances and Individual Medley events. New training aims include work at and above threshold and the development of anaerobic capacity. Stroke count and rate will be introduced. Other previously learned skills such as mental preparation for training and competition are enhanced. Swimmers in the performance programme will be competing with distinction at Scottish national level, and be working towards British national level. The process of mental preparation for training and competition is expanded to develop the ability to control stress and concentration skills. Exposure to meets requiring overnight stays will be an important aspect of the swimmers development, as well as a full commitment to the competition programme.

The two different groups within the Age Group Performance squads reflect the development stage of the swimmers, and the expectations and standards of each group reflect these differences. There will be differentiation based on stage of development (physical maturity), sex (as females mature earlier than males and can be exposed to higher training levels earlier), and also on previous training background and ability.

Swimmers at this level should display the necessary drive, enthusiasm, behaviour and commitment to be accepted into this programme targeted at producing excellence. Progression within and between the squads will be determined by the above factors along with competition performance.

The Squads

Improvers 1

The Improvers 1 squad is the entry level for the Improvers Programme. Swimmers will have achieved as a minimum of entry to Pre-Club (NL Leisure Learn to Swim Framework) standard or equivalent as an entry requirement to the squad. Swimmers should have a basic understanding of all four strokes. The main focus of the squad is on skill development, technique and body position

Swimmers in Improvers 1 will:

- Learn competitive skills such as starts, turns and finishes
- Learn underwater skills
- Develop legal movements on all four strokes
- Develop basic drill movements on all four strokes
- Understand lane discipline
- Be introduced to dive starts.
- Demonstrate streamline positions off all walls
- Swimmers should attend regularly

Improvers 1 Skill List

Freestyle

- Attempt no breathing on breakout
- Attempt no breathing last 5m
- 2-3 or more kicks off every wall
- Breathe every 3 strokes
- Practice tumble turns

Backstroke

- Attempt breakout at the flags on competitive push offs
- Finish on back (count strokes from flags every time)
- Practice tumble turns

Breaststroke

- Hold each underwater phase for 2 seconds
- Turn and finish with 2 hands simultaneously

Butterfly

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

Other Key Skills

- Perform a legal competitive start with the correct use of the appropriate underwater phase
- Be in a streamlined position off every wall

Criteria to move to Improvers 2:

- Swimmers must be able to consistently perform legal skill movements on all four strokes
- Display a basic understanding of the skills expected for Improvers 2
- Show an understanding of basic drill movements on all four strokes
- Be able to kick 50m with correct legal technique on all four strokes at a basic level
- Show progression on competitive starts, turns and finishes
- Understand and commit to increased attendance.



Improvers 2

Improvers 2 is the second level in Cumbernauld Swimming Club's Improvers Programme. To be considered for entry to Improvers 2 Swimmers need to have progressed from either Improvers 1 or from another club programme.

Swimmers should already have a basic understanding of all 4 strokes and be able to practice competitive turns consistently. The main focus of this squad is the continued development of great skills, technique and body position.

Swimmers in Improvers 2 will further develop the following:

- Competitive skills such as starts, turns and finishes
- Understand and demonstrate basic underwater skills
- Develop legal skill movements on all 4 strokes
- Develop basic drill movements on all 4 strokes
- Understand lane discipline
- Use the pace clock during basic sets
- Swimmers attendance should increase

Improvers 2 Skill List

Freestyle

- No breathing on breakout
- No breathing last 5m of the race
- 3-4 dolphin kicks off every underwater turn
- Breathe every 3 strokes
- Practice competitive turns

Backstroke

- Breakout at the flags on competitive push offs
- Perform legal competitive turn
- Finish on back (count strokes from flags every time)

Breaststroke

- Hold each underwater phase for 2 seconds
- Count strokes every length
- Turn and finish with 2 hands (simultaneously)

Butterfly

- Breathe every 2 strokes
- 3-4 kicks or more off every wall
- No breathing last 5m of the race
- Turn and finish with 2 hands (simultaneously)

Other Key Skills

- Perform a legal competitive start with the correct use of the appropriate underwater phase
- Be in a streamlined position off every wall

Criteria to move into Competitive Development Programme

- Display the skills expected for Improvers 2 (see skills list)
- Show continued improvement on all 4 strokes to a progressive level
- Be able to show a legal competitive start on all 4 strokes with correct use of the underwater phase
- Be able to perform legal competitive turns consistently
- Understand lane discipline and use of the pace clock
- Perform fast, competitive kick on various strokes over set distances
- Display a commitment to attendance at all sessions
- Swimmers must participate in Club Championships



Stroke Development

Stroke Development is the first level of the Cumbernauld Swimming Club's Competitive Development Programme. Swimmers should already have a developing understanding of all 4 strokes and be able to practice competitive turns consistently.

The main focus of this squad is the continued development of great skills, technique and body position while introducing the swimmers to the basic concept of more challenging training.

Swimmers in Stroke Development will:

- Continue to develop competitive skills such as starts, turns and finishes
- Continue to develop underwater skills, particularly the development of an effective dolphin kick
- Continue to develop legal skill movements on all four strokes
- Continue to develop basic drill movements on all four strokes
- Begin to learn competitive relay takeovers
- Improve leg action on all four strokes to a progressive standard
- Be able to use the pace clock during basic sets
- Begin basic aerobic development whilst holding good skills as directed by the coach
- Enter all Club Championship events
- Enter external competitions as recommended by squad coach

Stroke Development Skill List

Freestyle

- No breathing on the breakout stroke
- No breathing in the last 5m of a race
- 4-5 dolphin kicks off every wall before swimming
- Breathe every 3 strokes, or as directed by the coaching team

Backstroke

- 4-5 dolphin kicks off every wall, breaking out at the flags
- Consistently perform a legal, competitive turn with a good underwater phase as described above
- Be confident in turning and finishing, using stroke count from the flags effectively

Breaststroke

- Hold each underwater phase for 2 seconds
- Use dolphin kick in the underwater phase, as per FINA laws
- Develop length of stroke
- Turn and finish with two hands on the wall (simultaneously)

Butterfly

- Breathe every 2 strokes to maintain a good body position
- 4-5 dolphin kicks off every wall
- No breathing in the last 5m of a race
- Turn and finish with two hands (simultaneously)

Other key skills

- Perform a legal competitive start with the correct use of the appropriate underwater phase
- Be in a streamlined position off every turn
- Understand and demonstrate a basic sculling action on their back and their front

Criteria to move into Age Group Graded

- Swimmers must be able to maintain the skills set for Stroke Development over specific distances as directed by the coaching team (see skills list)
- Show improvement on all four strokes
- Be able to perform a competitive start, to a progressive standard with the use of a competitive underwater phase
- Be able to perform a legal backstroke start to a progressive standard with the use of a competitive underwater phase
- Be able to consistently perform legal competitive turns with the appropriate underwater skills
- Qualify for, and compete at, Level 2 and Level 3 swim meets
- Perform a series of basic dry side exercises and activities before every training session
- Perform fast, competitive kick on various strokes and distances
- Increased compliance to the programme – attendance, commitment, attitude
- Take personal responsibility to act on technical coaching advise
- Swimmers must participate in Club Championships
- Swimmers must participate in Cumbernauld Graded Meets

Age Group Graded

Age Group graded is the 2nd group within the Competitive Development Programme. The main focus of this squad is the continued development of great skills, technique and body position while introducing the swimmers to the concept of more challenging and competitive training.

Once again, the main focus is on developing these skills, along with the introduction of more demanding and progressive swimming training sets.

Swimmers in Age Group Graded will:

- Continue to develop competitive skills such as starts, turns and finishes at race pace on all four competitive strokes
- Continue to develop underwater skills, especially an effective dolphin leg kick
- Continue to develop legal skill movements on all four competitive strokes
- Be able to perform competitive relay takeovers at race pace
- Improve leg kick/power on all four strokes
- Take responsibility for their own training and compliance to set off times, rest etc.
- Build on their aerobic capacity whilst holding great skills and technique as directed by the coach
- Develop land skills required for pre training/competition warm up.

Freestyle

- No breathing on the breakout stroke
- No breathing in the last 5m of the race
- 4-5 kicks off every wall
- Breathe every 3 or 4 strokes, as directed by the coaching team
- Relaxed high elbow recovery

Backstroke

- 4-5 dolphin kicks off every wall, breaking out at the flags
- Consistently perform a legal, competitive turn with a good underwater phase as described above
- Be confident in turning and finishing, using stroke count from the flags effectively
- Straight arm recovery with fingers pointing to ceiling

Breaststroke

- Hold each underwater phase for 2 seconds
- Use dolphin kick in the underwater phase, as per FINA laws
- Turn and finish with two hands (simultaneously)

Butterfly

- Breathe every 2 strokes to maintain a good body position
- 4-5 kicks off every wall
- No breathing in the last 5m
- Turn and finish with two hands (simultaneously)

Other key skills

- Perform a legal competitive start with the correct use of the appropriate underwater phase
- Be in a streamlined position off every wall
- Understand and demonstrate a basic sculling action on their back and their front, both feet first and head first

Criteria to move into Junior District

- Increased compliance to the programme – attendance, commitment, attitude
- Swimmers should attend all available sessions
- Swimmers must be qualifying for, and competing regularly at, level 2 and 3 swim meets
- Swimmers must be able to maintain the skills set for Age Group Graded (see skills list)
- Be able to perform appropriate stroke drills efficiently for all four competitive strokes and show a continued improvement in drill understanding and performance.
- Be able to perform a competitive start, with the use of a competitive underwater phase
- Be able to perform a legal backstroke start with the emphasis on speed in the underwater phase
- Be able to consistently perform legal competitive turns with the appropriate underwater skills
- Be able to perform a relay takeover at race pace
- Be able to perform a series of pre pool exercises and activities before every training session
- Swimmers must participate in Club Championships
- Swimmers must participate in Cumbernauld Graded Meets

Junior District

Junior District is the 3rd group within the Competitive Development Programme. The main focus of this squad is the continued development of great skills, technique and body position while introducing the swimmers to the concept of more challenging and competitive training.

Once again, the main focus is on developing these skills, along with the introduction of more demanding and progressive swimming training sets.

Swimmers in Junior District will:

- Continue the development of technique and be introduced to the concept of distance per stroke
- Continue to develop competitive skills such as starts, turns and finishes at race pace on all four competitive strokes
- Continue to develop underwater skills, especially an effective dolphin leg kick
- Continue to develop legal skill movements on all four competitive strokes
- Be able to perform competitive relay takeovers at race pace
- Improve leg kick/power on all four strokes
- Take responsibility for their own training and compliance to set off times, rest etc.
- Build on their aerobic capacity whilst holding great skills and technique as directed by the coach
- Develop land skills required for pre training/competition warm up.

Freestyle

- No breathing on the breakout till after the 2nd stroke
- No breathing in the last 5m of a swim
- 4-5 underwater kicks off every wall
- Breathe every 3 or 4 strokes, as directed by the coaching team
- Develop understanding of stroke efficiency through targeting fewer strokes per length.

Backstroke

- 4-5 dolphin kicks off every wall, breaking out beyond the flags
- Consistently perform a legal, competitive turn with a good underwater phase as described above
- Be confident in turning and finishing, using stroke count from the flags effectively
- Develop understanding of stroke efficiency through targeting fewer strokes per length.

Breaststroke

- Develop effective dolphin kick in the underwater phase, as per FINA laws
- Develop understanding of stroke efficiency through targeting fewer strokes per length.
- Turn and finish with two hands (simultaneously)

Butterfly

- Breathe every 2 strokes to maintain a good body position
- 4-5 dolphin kicks underwater off every wall
- Develop understanding of stroke efficiency through targeting fewer strokes per length
- No breathing in the last 5m of a swim
- Turn and finish with two hands (simultaneously)

Other key skills

- Perform a legal competitive start with the correct use of the appropriate underwater phase
- Be in a streamlined position off every wall
- Understand and demonstrate a basic sculling action on their back and their front, both feet first and head first
- Be introduced to specific preparation for competitions e.g. race warm up and swim down



Criteria to move into the Age Group Performance Programme

- Increased compliance to the programme – attendance, commitment, attitude
- Swimmers should attend all available sessions but a minimum of 6 sessions in District Squad and a minimum of 7 sessions in National Squad is a basic requirement within this programme
- Swimmers must be qualifying for, and competing regularly at, level 2 and 3 swim meets
- Swimmers must be able to maintain the skills set for Junior District (see skills list)
- Be able to perform appropriate stroke drills efficiently for all four competitive strokes and show a continued improvement in drill understanding and performance.
- Be able to perform a competitive start, with the use of a competitive underwater phase
- Be able to perform a legal backstroke start with the emphasis on speed in the underwater phase
- Be able to consistently perform legal competitive turns with the appropriate underwater skills
- Be able to perform a relay takeover at race pace
- Be able to perform a series of pre pool exercises and activities before every training session
- Swimmers must participate in Club Championships, Open Meets, District and National Championships.

District Squad

Swimmers in District Squad will:

- Continue the development of technique on the four competitive strokes and distance per stroke (DPS)
- Use steady relaxed swims over increasing distances as technique allows, and the introduction of interval training to initiate the development of an aerobic base
- Continue the development of individual medley swimming
- Continue to work on starting technique in all four strokes with the appropriate competitive underwater phase at race pace
- Continue to develop turning and finishing techniques on all strokes
- Continue the use of sculling techniques to develop 'feel' for the water and to aid skill acquisition
- Be introduced to the concept of testing such as Turn Speed, Dive Distance, Kick Speed
- Continue to develop relay take-overs at race pace
- Continue to develop breathing techniques including bilateral breathing and breath holding on Freestyle, and the development of regular breathing patterns on Backstroke and Butterfly
- Further develop specific preparation for competitions e.g. race warm up and swim down
- Further develop their knowledge of competition rules and regulations
- Be introduced to the basic mental skills of self-awareness and goal setting
- Be introduced to basic nutrition for swimming
- Be expected to follow the planned competition programme, qualifying for and competing at District Championship level and level 2 and 3 Open Meets and looking to qualify for Scottish Swimming Squads and National Championships

District Squad training competencies:

- Show good lane swimming discipline; order; direction; overtaking
- Be able to use the pace clock for starting, resting, and timing single swims
- Show correct use of equipment such as goggles, snorkels, pull-buoys , kick boards and fins
- Maintain technique throughout a session, showing a smooth and controlled stroke
- Show an awareness of perceived effort - steady pace; acceleration; fast finish
- Be capable of 8 land exercises with own body weight, and undertaking a basic pre-pool dry land routine.

Promotion both within the Performance Programme as well as from the Competitive Programme will be based on a number of factors, including attendance, ability to hold skills and focus during training and competition, dedication and enthusiasm, and competition performance.

Movement will be based on an individual basis, subject to the discretion of the Head Coach

National Squad

This group is the final stage of the Performance Programme. The work undertaken consolidates the previously learned skills, continuing the development of technique and swimming skills to a high level. There is an increased amount of swimming endurance work, including swims at threshold level.

On promotion to this squad swimmers should already be displaying a high level of commitment. This programme is designed to provide a more individualised training regime tailored to swimmers' strengths both in stroke and distance.

Swimmers in National Squad will:

- Practice and consolidate technique on all strokes to provide swimmers with experience of all events
- Continue the development of aerobic capacity with more work at and above threshold
- Continue with an emphasis on starts, turning and finishing techniques and the further development of relay take-overs
- Continue the development of stroke technique and 'feel' for the water through the use of stroke drills and sculling movements
- Further develop the application of interval training on all strokes and distances
- Develop pace judgement through distance work, negative split and even paced swimming practices
- Be introduced to event specialisation: sprint, middle distance or distance, along with the development of individual strengths in terms of stroke and distance.
- Be introduced to the principles of swimming training including the concept of an annual plan of training and competition, knowledge of the different types of swimming energy systems and related practices, and preparation techniques for competition
- Understand the concept of movement time and reaction time to improve starting ability
- Have knowledge and understanding of principles of flexibility and associated stretching practices
- Develop general strength through body weight exercises
- Be educated in the importance of proper nutrition for swimming training and competition
- Be educated in the importance of fluid intake during training and competition
- Be exposed to an advanced mental skills programme: Self-awareness; goal setting; self-talk; relaxation; mental imagery; and attentional control
- Show increased mastery of the skill of dolphin kicking off walls in training and in competition
- Develop basic swimming endurance over increasing distances with intensity swims at threshold, while holding distance per stroke and stroke rate
- Further develop Individual Medley swimming and the associated turning techniques
- Show continued use of sculling to refine "feel" for the water, and encourage correct movement patterns
- Further develop the concept of testing such as Turn Speed, Dive Distance, Kick Speed
- Further develop specific preparation for competitions e.g. race warm up and swim down
- Continue work designed to develop aerobic/anaerobic capacity
- Prepare and discuss your personal targets for the season with the Head Coach
- Prepare for competition at selected Open Meets, Scottish/British National level. The aim of these competitions is to expose the swimmers to realistic challenges and enable them to improve their swimming performance.

National Squad training competencies:

- Be able to use the pace clock for starting, resting, timing single swims and timing during sets
- Show correct use of equipment such as goggles, flags, snorkels, pull-buoys , kick boards and fins etc.
- Maintain technique throughout a session, showing a smooth and controlled stroke
- Show an awareness of perceived effort - steady pace; acceleration; fast finish
- Be capable of performing land exercises with own body weight, and undertaking a basic pre-pool dry land routine.
- Use the clock fully during sets, especially for checking heart rate at end of sets
- Maintain technique during sets; stroke counting; increasing speed; consistency of repetition
- Have an increased awareness of perceived effort; steady pace; acceleration; fast finish
- Use heart rate for monitoring intensity
- Be able to perform other general strength training exercises with equipment as directed by the Head coach
- Maintain technique during sets; stroke counting; increasing speed; consistency of repetition
- Be capable of performing a range of flexibility exercises
- Develop explosive power through both land and water techniques
- All swimmers are expected to display the necessary drive, enthusiasm and commitment required to remain in membership of this Performance Group.

