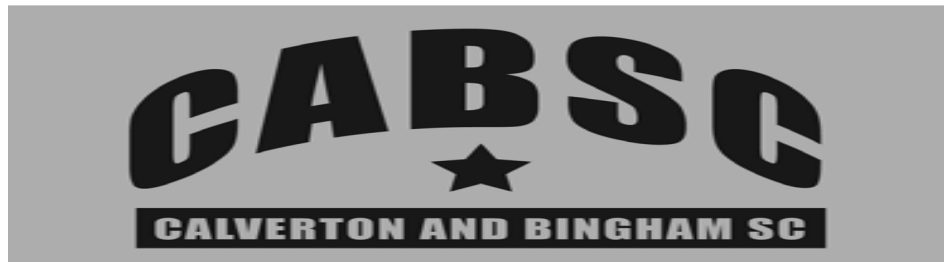
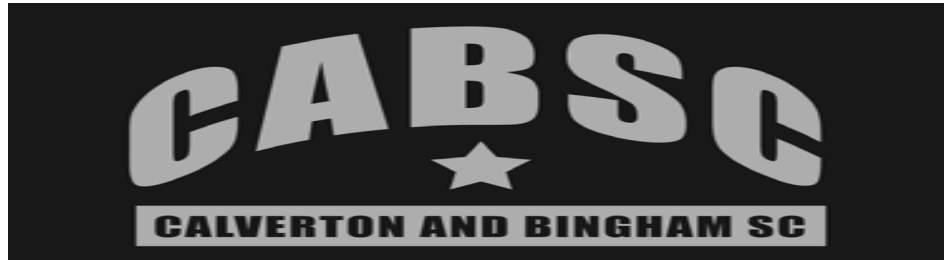
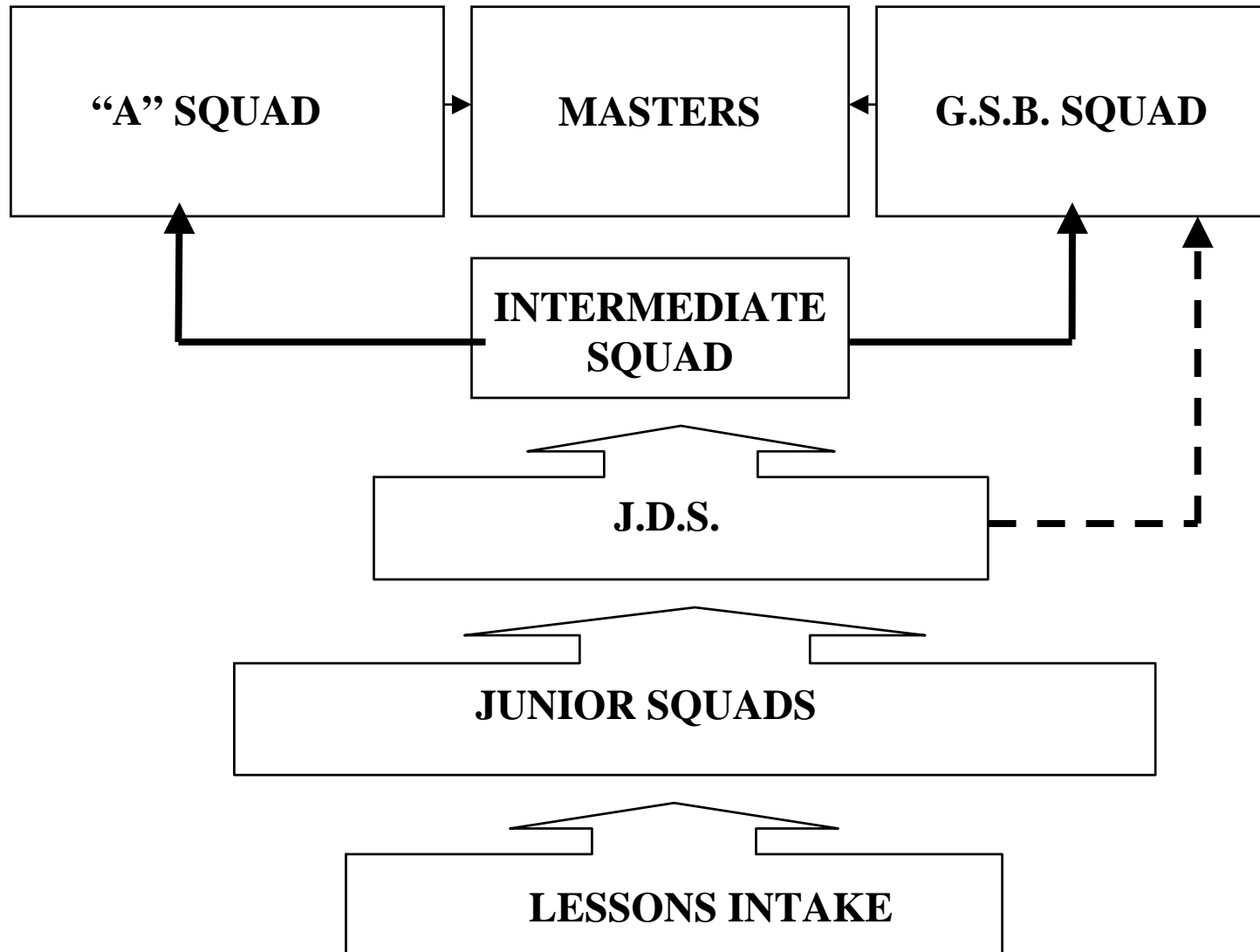


TEACHING AND COACHING PROGRAMME



Group/Squad Entry Requirements
Group/Squad Goals and Attainments
Commitment required

C.A.B.S.C. STRUCTURE



INTRODUCTION

This booklet outlines how the competitive teaching and coaching programme works at CABSC

It gives a guide to parents and swimmers as to how the progression from 'squad to squad' works and it sets out for each squad:

- Entry requirements (what we are looking for you to achieve in order to get into that squad)
- Attainment (what we will help you work towards whilst you are in that squad)
- Commitment (what we expect from you as a condition of staying in that squad)

Demand for places in these Squads exceeds the space we have and it is therefore vital that swimmers meet the commitment levels required to retain their place – that way we are fair to existing members of the squad and also those who at the moment do not have a place (and are waiting for a space).

NB – The Club offers swimming lessons for very junior children - Depending on ability and commitment of these children they may be offered a place within the competitive squads of the Club but this is subject to individual assessment by the Junior Squad Coach.

PROGRESSION

SWIMMER PROGRESSION (How swimmers move through the Squads)

Swimmer progression is a combination of 'continual assessment' and 'periodic review'.

Every three months Official Time Trials are held which give the coaching staff a chance to observe the progress made by individual swimmers in addition to what we see on a 'week to week' basis.

Squad movements are determined by the Squad Coach and the Club Coach and each swimmer is reviewed individually. Wherever possible we try and move swimmers into new squads based on their age as this way friendship groups are often best preserved.

Each swimmer is notified in writing of their next Squad move and the Squad coach is available to discuss your child's progress at any time (but please make an appointment).

Squad moves are undertaken annually as a minimum and if pool space permits on a more frequent basis.

PROGRESSION(COND'T)

When considering Squad 'promotions' the following factors are looked at:

- Technical ability and level of endurance (stamina)
- Whether current Squad 'attainment' levels have been met
- The swimmers 'Goals'
- Performance at Time Trial and Annual Club Gala
- Commitment to training (how many times attended and how much perceived effort is seen)
- Commitment to Gala availability (whether a swimmer has been available for Galas when selected)

All swimmers are also expected to adhere to the CABSC "Code of Conduct" .

SQUAD TRAINING TIMES

Squad training times are advised in writing at the time of any 'promotion' letter as these do change from time to time.

JUNIOR SQUAD

ENTRY REQUIREMENTS

Target age group 7
Swim min 18 meters of good front crawl and backstroke (Group 1 and Calverton)
Complete a 400m continuous swim using a combination of FC/BK/BR (Group 2)
Have an understanding of a dive entry
Be proficient at sculling and mushroom/star floating
Open eyes underwater
Have an understanding of Breaststroke

ATTAINMENT

Be able to swim all 4 competitive strokes in accordance with ASA laws (some leeway given on Br and Fly)
Be able to perform competitive start and turns for all 4 strokes
Hold an official 400FC time
Have an understanding of relay takeovers and use of BK turn flags
Be working towards the ASA Competitive Start Award
Demonstrate good lane discipline

COMMITMENT REQUIRED FROM YOU

Attend a minimum of 2 sessions a week
Take part in the Club Time Trials and the Club Annual Gala
Attend Junior Development Courses/Clinics whenever possible
Be available for Gala selection at week-ends as required

JUNIOR DEVELOPMENT SQUAD

ENTRY REQUIREMENTS

Target age groups 8/9s

Able to swim all 4 competitive strokes in accordance with ASA rules

Have an understanding of all starts and turns for all 4 competitive strokes

Holds an official 400m FC time

The achievement of target performance times in all 4 strokes as determined by the Club Coach in accordance with the JDS Coach

Understand the use of Backstroke flags for turns and finishes

ATTAINMENT

Understand more complex swimming drills

Hold an official 400m FC and 200IM time

Hold the ASA Competitive Start Award

Race simulation/speed work

High Technical proficiency on all strokes and turns

An understanding of mental skills, basic physiology, race preparation and nutrition

Continuous endurance training to encompass all previous syllabus

COMMITMENT REQUIRED FROM YOU

Attend 3 of the designated sessions each week

Attend 1 available land training/lecture session a week

Be available to represent the Club at Galas when selected

Enter the Nottinghamshire County Championships

Those swimmers reaching relevant standard will attend trial for Nova Centurion (County) Squad

Attend JDS Swim Clinics whenever possible

INTERMEDIATE SQUAD

ENTRY REQUIREMENTS

Target Age Group 9/10

Hold a 200IM Time and a 400FC time

Hold the ASA Competitive Start Award

Be able to work off the 'pace clock'

Demonstrate good lane discipline

Achieve the target performance times as determined by the Club Coach in conjunction with the IS Coach

ATTAINMENT

A high level of competency in all starts , turns and finishes

Appreciate race tactics and pacing

Understand the concept of Stroke Rate and D.P.S.

Understand the concept of Heart Rate Training and able to take HR

High technical proficiency in all 4 strokes

Achievement of 2 County Qualifying Times (50m+)

Meet the commitment Goals shown below

COMMITMENT REQUIRED FROM YOU

Attend a minimum of 3 sessions a week plus Land Training

Be available to represent the Club at Galas when selected

Enter 'target' Open Meets and enter the County Championships

Maintain a record of all PBs/Times and a Training Log Book

Those swimmers reaching relevant standard will attend trial for Nova Centurion (County) Squad

** Allowance will be made for those swimmers who are part of the Nova Centurion Development Squad*

GOLD/SILVER/BRONZE SQUAD

ENTRY REQUIREMENTS

Target Age Group 11+

Hold the ASA Competitive Start Award

Demonstrate good lane discipline

Be able to work off the 'pace clock'

Preferably achieve not less than 4 ASA Gold/Silver/Bronze times

ATTAINMENT

An improved level of competency in all starts , turns and finishes

Understand the concept of Stroke Rate and D.P.S.

Understand the concept of Heart Rate Training and able to take HR

Improved technical proficiency in all 4 strokes

Improved endurance and stamina

Competing in League Galas and aiming for County Qualifying Times

COMMITMENT REQUIRED FROM YOU

Attend a minimum of 1 session a week-however to progress 3 is required and this is what we would look for.

Demonstrate availability for all Galas as selected

“A” SQUAD

ENTRY REQUIREMENTS

Target Age Group 11+

High technical proficiency in all strokes and turns

The achievement of target performance criteria as determined by the Club Coach – this is currently 2 Nottinghamshire County qualifying times at 200m+

The demonstration of a HIGH level of commitment both to the attendance of training sessions and Gala availability

ATTAINMENT

Swimming to excellence with progression through League Galas to County, Midland District and National Levels

COMMITMENT REQUIRED FROM YOU

Attend 4 training sessions a week* and 1 land training session a week

Demonstrate commitment to availability for Club Galas, Target Open Meets, County Championships, District and National Events.

** Allowance will be made for those swimmers who are part of the Nova Centurion Squad*

MASTERS SQUAD

ENTRY REQUIREMENTS

18+, although squad swimmers who are 17 years old and no longer wish to train at that level, will be able to join Masters. This allows these swimmers to remain in the sport, and bridges the gap before Masters.

All new swimmers will be asked to attend a trial, to determine training ability, and joining will then be subject to lane availability.

ATTAINMENT

To improve fitness and technique with possible progression from keep-fit to competitive events, as desired.

COMMITMENT REQUIRED FROM YOU

2 Options available:

- Access to all “Masters” sessions (4/ week at present), or
- A single, specified session each week.

We welcome swimmers that want to keep fit through to those that wish to compete at Open Meets, District and National Masters events. In addition we support the swimming training of triathletes.

We embrace the Masters philosophy of “better health, better fitness and friendship between swimmers”.

NOTES

- All published entry levels are the minimum levels expected. Preference will always be given to swimmers with a proven ability to train at the required level, together with a high record of availability for Galas and commitment.
- The Club Coach will have the final say in any promotion, demotion or dispute that may arise.
- Swimmers should always achieve the required level of attainment before promotion
- All levels of attainment are only a guide to the syllabus taught in each group. In most groups a whole range of skills/water based activities are enjoyed including ASA awards, Time Trials, Club Galas, Stroke Clinics, Swimmer education lectures and all relevant aquatic skills

Mike Adams

Club Coach