

North Dorset Turbos – Organisation of Training

Version 1, October 2010



Introduction

The Club holds training sessions five nights per week for lane swimming training sessions. There are graded ability sessions for swimmers. The more advanced and competitive swimmers will swim in the later squad training session. All swimmers are given the opportunity to progress through the Club to achieve their maximum potential. Those swimmers whose requirements exceed that offered by the Club assistance will be provided, by the Head Coach, to help the swimmer find a Club where higher levels of coaching and water time are available.

The Club does not teach absolute beginners to swim; candidates must have basic water skills and strokes to enter the Club. After taking part in entry assessments, a candidate is offered the opportunity to attend training sessions dependent upon their assessed ability.

Training Times

The Club training nights and times are as follows:

Day of Week	Times	Squads
Tuesday	19.00 to 20.15	A, B and C
Wednesday	18.00 to 19.00	Pre-Club and A
	19.00 to 20.00	B and C
Thursday	18.30 to 19.45	A, B and C
Friday	19.30 to 21.00	B and C
Sunday	17.15 to 18.15	Pre-Club and A
	18.15 to 19.15	B and C

Total Times

Total Training Times:

Squad	Times / hours
B and C	6
A	4.5
Pre-Club	2

Training Sessions

Criteria for Entry

The Club has adopted the general philosophy contained within the ASA swimmer development plan 'Long term athlete development' LTAD.

Each candidate must be able to swim and be at NPTS level 6. Very young swimmers begin the Sunday and/or Wednesday evening swim sessions where the swimmer numbers are smaller and more suitable for the younger child. As swimmers continue attending and

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develop, they will be invited to join sessions on 3 evenings to allow faster progress to be made.

The Club has adopted the ASA National Plan for the Teaching of Swimming (NPTS).

Pre-Club and A Squad Sessions

These sessions are used to develop the water skills and swimming strokes of the younger swimmers. There is progression through the sessions as each swimmer develops. A requirement to join the Club at this level is by Teacher / Coach Assessment of the following criteria:

- 1) Have 3 sound strokes, Backstroke, Breaststroke and Front Crawl with basic butterfly (sufficient to swim a ½-length).
- 2) Kick 100metres any stroke with good technique.
- 3) Ability to swim lengths in pool confidently.
- 4) Jump into deep water in pool with confidence.
- 5) If a child is at a more advanced stage they will progress through the lanes and will be invited to join Squad B.

B Squad

The Club takes part in a number of leagues at various levels of competition from novice league through to arena league. The identified target for those competitive swimmers is preparation for County championships held in February each year and Development Meet held in July each year.

Some swimmers new to the Club may be offered to swim in these sessions straight away as they are assessed to be at this standard, others will be promoted from the Pre-Club and A Squad sessions.

Swimmers generally start in lane 1 and progress through to either lane 4 or lane 6 depending on which pool the Club is training at. Swimmers progress through the other lanes as they develop.

The emphases of these sessions are the skills that will aid development, understanding of training and competition:

- 1) Stroke Technique.
- 2) Increase Stamina and fitness.
- 3) Introduction into lower level novice and development competitions.
- 4) Better swimmers will progress into the C Squad.

C Squad

Some swimmers new to the Club may be offered to swim in these sessions straight away as they are assessed to be at this standard. Other swimmers will be promoted from the other sessions when they are assessed as being of an acceptable standard and show the level of commitment required.

Swimmers generally start in lane 1 and progress through to lanes 4, or 6 depending on the pool, through the other lanes as they develop.

As swimmers develop and can perform all four strokes with proficiency they are able to undertake more work within a session. This will allow the high level of general water fitness and stamina required for competitive swimming.

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The emphases of these sessions are:

- 1) Swimming following a programme and understanding the instructions contained within it.
- 2) To understand the work and rest elements, within a programme
- 3) To continually improve stroke technique and training with assistance of coaching staff.
- 4) Work hard and show commitment, finding own level according to their individual talent.
- 5) Enter age group and open competition.
- 6) Represent Club in swimming leagues.

Progression through the squad lanes is primarily based on ability; swimmers at this level **MUST** have the combination of speed and stamina that enables them to achieve training swim times consistently.

The identified target for those competitive swimmers is preparation for County championships held in February each year and Development Meet held in July each year.