

Tawa Swimming Club

Development Plan

Squads	Age groups	Technical objectives	Training System	Weekly Training Volume
Club Swimming	7 – 13	Technique development in all strokes towards 100m. I.M. Dives and turns	Endurance & Sprints	1 to 2 x 1 hour
Bronze Time trials / Gold Coast Meets / Development meets	8 – 12	Strokes technique Dives and turns 100 to 200m. I.M. Mid distances (200 to 400 m.)	Endurance & Sprints	2 to 4 x 1 hour
Silver Time trials / Gold Coast Meets / Development meets / Wellington Champs	11 – 14	200 I.M. and 400 Free D.P.S. increase Technique work Pace work with clock Flexibility development Coordination	Endurance & Sprints	3 to 5 x 1 hour + Dryland
Gold Designated meets / Wellington Champs / Div II	11 – 15	All distances from 50 to 1500m D.P.S. increase Technique work Pace control Flexibility development Coordination / Plyometrics	Aerobic (endurance) Anaerobic Reaction Start / Turns	4 to 7 x 1h30 to 2h00 + Dryland
Platinum Div II / NAGS / Short Course	13 – 18	D.P.S. and Speed increase Pace control Stroke Specialty orientation Fitness / Flexibility / Strength	According to season plan 2 or 3 tapering per year	7 to 9 x 1h30 to 2h00 + Dryland

Development Pathway & Squads Criteria

Why Criteria?

Criteria have been created to help the swimmers to:

- Assess their current level
- Help them to target and achieve their goals
- Show them the way to raise their swimming level by working in a homogeneous squad

In accordance with the strategic development plan of the club, the coaching team will review the criteria every year to raise the club's performance and achieve the short and long term goals.

How do criteria work?

Progression through the Development Pathway from Bronze to Platinum squad:

At the completion of the two major competition periods each year, (National Age Groups Champs and Short Course Champs), swimmers in all squads will be assessed by coaching staff to identify which squad is appropriate for the upcoming preparation cycle.

Progression through the development pathway is determined by the coaching staff's assessment of a swimmer's progress based on a combination of:

- Training commitment and attitude to training,
- Technique,
- Attendance,
- Competition results,
- Availability of a vacant position in the appropriate squad

After a move of squad takes place, a one month trial period will be in place to assess that the move is appropriate for the swimmer, with consultation some adjustment may be necessary.

Swimmers are expected to train with the squad for which they have qualified.

To achieve promotion swimmers in all squads must also be regularly attending competitions of an appropriate level throughout the year.

Should an individual not be able to meet the training or competitive requirements for the group for which they have qualified, movement to a more suitable group or a return to their previous squad may be necessary.

The Head Coach retains overall discretion and may allocate swimmers to a squad where criteria have not been met.

How many training sessions should a swimmer attend?

Each training squad will have specific attendance requirements appropriate for the objectives of that group. In order to obtain the maximum benefit from the program you will need to attend all recommended training sessions. If during some weeks this proves to be difficult, the Parents/Guardians/Carers and/or swimmer should discuss this in advance with the Squad Coach.

A positive attitude towards training is important and it begins with the determination to start on time and to obtain full value of the training time available. Swimmers are expected to remain for the duration of each session.

The performance coaching groups do have attendance requirements that must be met. Failure to do so may result in the withdrawal of a place in the Swimming Coaching Program or movement to a training group with less rigid attendance requirements.

During senior school and exams swimmers are encouraged to maintain an average of one session per day. The squad coach should be notified of examination periods in advance.

“Athlete Focused, Coach Driven, Administratively Supported”

2024 Squads Criteria

Bronze Squad

Age group: 8 to 12 years old

Objectives: Time trials / Gold Coast meets / Development meets

Competition Goal: Wellington Champs

Entry level:

1. Will usually be 12 years old or under and have shown improvement in their swimming.
2. To be able to swim 100m Individual Medley under 2 minutes with correct technique, start, turns and finish.
3. To be able to swim 200m Freestyle without stopping and with tumble turns.
4. To have the ability to listen and stay focused for the duration of a training session.
5. To have a good positive attitude.
6. To compete in a minimum of four competitions or meets per year.
7. To undertake to train a minimum of 3 training sessions per week.

Silver Squad (Regional Level)

Age group: 11 to 14 years old

Objectives: Time trials / Gold Coast meets / Development meets

Competition Goal: Wellington Champs

Entry level:

1. Attendance: - To have attended 3 training sessions per week over the last 6 months with Bronze Squad
- To attend a minimum of 4 training sessions per week
2. Have demonstrated they can take instruction and then make technique or skill changes.
3. Be committed to training and competitions.
4. Have the ability to read and to understand pace clock for lap times & intervals.
5. Be able to handle an increased workload.
6. Have a good work ethic and positive attitude.
7. To be able to swim:
 - 400 meters Freestyle under 8 minutes with correct start, tumble turns, bilateral breathing and finish
 - 200 meters Individual Medley under 3 minutes and 30 seconds with correct start, turns and finish

Gold Squad (Regional Level to Div II)

Age group: 11 to 15 years old

Objectives: Designated meets / Wellington Champs

Competitions Goal: Div II / NAGS / Short Course champs

Entry level:

1. Attendance:
 - To have attended 4 training sessions per week in average over the last 6 months with Silver Squad
 - To attend a minimum of 5 training sessions per week
2. Have demonstrated they can take instruction and then make technique or skill changes.
3. Be committed to training and competitions.
4. Have the ability to read and to understand pace clock for lap times & intervals.
5. Be able to handle an increased workload.
6. Have a good work ethic and positive attitude.
7. To be able to swim:
 - 400 meters Freestyle under 7 minutes with correct start, tumble turns, bilateral breathing and finish
 - 200 meters Individual Medley under 3 minutes with correct start, turns and finish

Platinum Squad (National Level)

Age group: 13 years old and over

Competitions Goal: Div II / NAGS / Short Course Champs

Entry level:

1. **Attendance:**
 - Have attended a minimum of 5 training sessions per week over the last 12 months
 - Attend a minimum of 6 training sessions per week
2. To have qualified to a minimum of three events at the next Div II Champs or to a minimum of one event at the next NAGS.
3. Show a desire and capacity to commit to higher training loads and train at consistently high level
4. Show very good commitment to training and competitions
5. Have good skills, technique, turns and rules knowledge
6. Show independence and responsibility for own training
7. Have the ability to handle an increased load – to step up to the next level.
8. Have a good positive attitude
9. Show effort, perseverance, guts – never giving up!!
10. **To be able to swim:**
 - Consistently holding the following sets with about 10" rest:
 - 6 x 100 Freestyle Kick on 2'00
 - 6 x 50 Butterfly Swim on 1'00
 - 6 x 100 Backstroke Swim on 1'50
 - 6 x 100 Breaststroke Swim on 2'00
 - 10 x 100 Freestyle Swim on 1'30