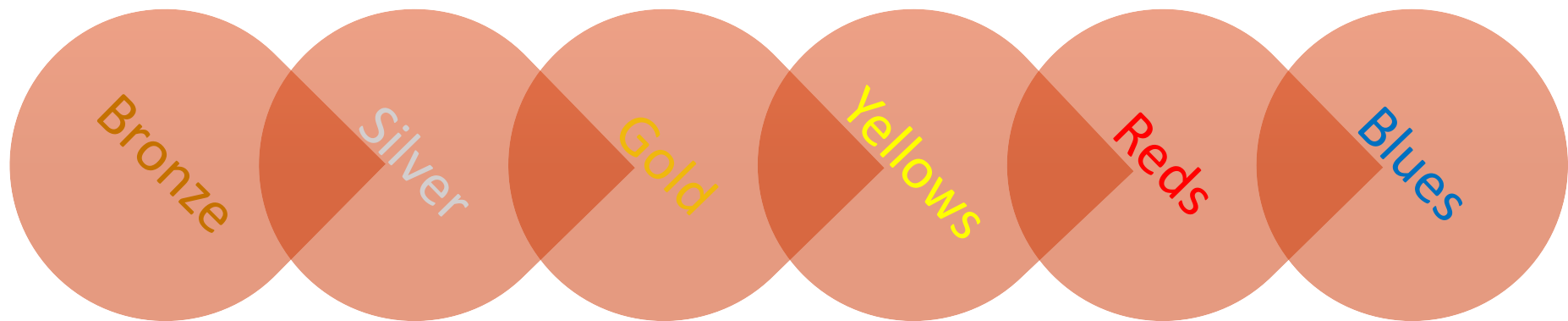


HASC TRAINING STRUCTURE

The squad training structure within Hoylake has run with a linear progression for a number of years. To help bring clarity to how swimmers move from group to group, the committee asked the HASC coaches to investigate a proposed move to a squad based structure

In the conversations between the coaches it was clear that this question presented an opportunity to enhance the whole flow of swimmers between all squads. This document is therefore aimed at relaunching each of the groups, with the ambition of having a joined up, easy to navigate structure that meets the needs of our swimmers at each stage of their swimming journey, from joining the club all the way to reaching County and Regional standards.



HASC TRAINING STRUCTURE

The club runs external trials once a term, which usually attract 10-15 swimmers, with roughly 50% gaining entry into the club. Most new entrants will join Bronze, but depending on presenting ability it is possible to directly enter Silvers or Golds.

Content of each of the sessions is managed within the groups in various ways, including printed session plans, suggested sets and agreed set days for speed/technique sessions.

Progression between groups is usually based on training ability and progress within each squad. Usually the strongest swimmers will be selected to move up squads based on their ability to maintain the training repeat times. Towards the lower end of the club swimmers can be kept in existing squads until technical elements (such as stroke technique) have been successfully managed.

The coaching team have been through a process asking what the strengths and weaknesses of the current system are compared with the proposed new structure. Following this discussion, agreement has been reached to create an elite group at the head of the club focused on providing the best possible pathway to achieve county times within the parameters of the club's ethos.

This consultation process has allowed the coaching team to reconsider how each of the groups function and how to best define the criteria for membership of them. The aim is to make transition between the groups more transparent for swimmers and parents whilst coaches can focus primarily on coaching.

HASC TRAINING STRUCTURE

	Bronze	Silver	Gold	Yellows	Reds	Blues
Expected Age Range (Age At End Of Year)	6-10	8-11	9-13	10-14	11-18 : Masters	12-18 : Competitive Masters
Stage Of Athlete Development Programme (See Appendix 1 for explanation)	Active Start, Fundamentals, Learning To Train	Active Start, Fundamentals, Learning To Train	Learning To Train, Training To Train	Training To Train	Training To Train, Training To Compete	Training To Train, Training To Compete, Training To Win
Expected Ability Of Swimmer Upon Entry To Squad	Ability to swim at least 25m of FC, BKS and BS with correct or easily correctable technique. Ability to swim 100m at pace	Ability to swim correct or nearly correct and legal technique for all 4 strokes. Ability to swim a 300m warm up. Has knowledge of and can usually perform legal starts, turns and transitions for all strokes. Can dive. Appreciation of lane discipline.	Minimum competency in 3 competitive strokes. Competent turns, transitions and finishes. Can dive to a good standard. Begin to build a portfolio of PB times across events. Understanding of lane discipline.	Competent technique in all 4 strokes, turning correctly and consistently. Able to streamline from wall consistently. Competitive dive. Correct use of time clock. Consistent use of lane discipline.	Competent in ability to perform variety of technique drills. Able to repeat 10 x 100m FC on 1m55s. 50's on 55s. 100IM on 2m15s.	Qualifying county times plus a % in at least 2 events. 60% attendance over a 3 month period.
Focus Of Training	Technique for all strokes and IM events – kick, drills, pull, full stroke, starts, turns, transitions, streamlining, diving. Some stamina and sprint work	Technique for all strokes and IM events – kick, drills, pull, full stroke, starts, turns, transitions, streamlining, diving. Some stamina and sprint work	12wk cycle, all 4 strokes with focus on competitive events so swimmers gain more confidence for external galas (50m,100m moving to 200m & 400m). Technique, sprints, endurance, turns and finishes. Major focus on streamlining. Time set for dive practice with blocks.	Fine tuning of technique: starts, turns and other swim skills to maximise efficiency and be race-ready. Common errors observed and corrected...Take ownership of training	Build on yellows introduction to Aerobic and Anaerobic sets. More emphasis on stamina and speed. Regularly competing at targeted meets.	Mesocycle geared on 3x16week cycles with targeted meets. Aim from cycle to get all swimmers to achieve county times through stamina, speed, race pace, lactate sets etc. Ability and progress is based on attendance and attitude, if you attend you will improve.

HASC TRAINING STRUCTURE

Threshold Of Swimmers To Be Promoted	Correct technique & be able to usually perform correct starts, turns & transitions for all strokes. Ability to swim 100m IM correctly. Ability to swim at speed for 100m without losing technique on fc,bk,bs. Able to dive.	Ability to comfortably swim a 400m warm up. Correct technique & all starts, turns, transitions for all 4 strokes. Ability to swim 100m & 200m IM. Ability to repeat 6x50m fc on 1m15s. Have recorded swim times for 50m on all 3 strokes (25m fly)	Competency on all 4 stroke, starts, turns & finishes. Ability to achieve set repeat times f/c 100m on 2m15s; 100m IM 2m30s (whilst maintaining 20 secs recovery)	Competent race technique in all 4 strokes, turns & starts. Repeat sets.	To achieve County times or within the agreed % on at least 2 events.	To enter the group: County standard guaranteed meeting age criteria. Within a % of these times as agreed. Maturation of the younger swimmers to cope with the session lengths. Coaches discretion to move swimmers who show ability & potential.
Hours Of Training Per Week	2hrs	3hrs	3hrs 15mins	4hrs 15mins	5hrs	6hrs 45mins
Length of Sessions	2x1hr	3x1hr	2x1hr + 1x1hr.15mins	3x1hr + 1x1hr.15mins	2x1hr + 1x1hr.15mins + 1x1hr.45mins	2x1hr + 1x1hr.15mins + 1x1hr.30mins + 1x2hr
Split Of Sessions (Speed / Stamina / Technique)	15% ; 10% ; 75%	15% ; 10% ; 75%	25% ; 25% ; 50%	33% ; 33% ; 33%	30% ; 40% 30%	40% : 40% ; 20%
Minimum Distance Per Week (Metres)	1000	1000	4000	6000	8000	9000
Maximum Distance Per Week (Metres)	3000	3000	7000	10,000	15,000	17,000
Split Of Training To Competitions (1 being more training – 5 being more competition)	1	1	2	2	2	3

HASC TRAINING STRUCTURE

Targeted Swim Meets	Development Group Gala; Club Comps; Peninsula Age Groups (PAG's)	Development Group Gala; Club Comps; Peninsula Age Groups (PAG's)	Club Comps; Peninsula Age Groups (PAG's)	Club Comps; Peninsula Age Groups (PAG's) x2; Metro meets x2; A/B team galas	Club Comps; Peninsula Age Groups (PAG's) x2; Metro meets x2; A/B team galas	Club Comps; Peninsula Age Groups (PAG's) x2; Metro meets x2; A/B team galas; Open meets ; County Champs;
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HASC TRAINING STRUCTURE

Appendix 1

Athlete Development Support Pathway

