

Squads

Under the direction of Head Coach, Mark Turner, and coaches Vicki McCarthy, Vicky Lead, Angelo Tsiakouris and Mark Lawrence and poolside helpers Peter Blane and Brian McCarthy, swimmers in our coaching section will be organised into squads using the following criteria:

PRIMARY

Normally swimmers are promoted from Group 4 Teaching or may be newcomers to the club from other sources.

Squad Criteria

Capable of performing 50m Freestyle, 50m Backstroke and Breaststroke leg kick action.

Capable of performing a forwards somersault in water.

Capable of performing a standing dive into deep water.

Squad Profile

The first coaching group members are encouraged to swim twice a week.

Stroke techniques, skills, turns and starts are learnt with the emphasis on technique and stamina.

Swimmers are encouraged to enter Club Championships and termly time trials and attend 2 sessions per week.

PRIMARY DEVELOPMENT

Normally swimmers are promoted from the Primary squad or may be newcomers to the club from other sources who are able to demonstrate sufficient skills.

Squad Criteria

Capable of performing 200m Freestyle, 200m Backstroke, 200 Breaststroke and at least 25m Butterfly under ASA laws.

Capable of performing a competitive start under ASA laws

Capable of performing a basic turns on all strokes under ASA laws.

Squad Profile

Members are encouraged to swim at least twice times a week out of the fours sessions available.

This is the stage where emphasis is build around the technique, skills, stamina, turns and starts learnt in a competitive environment and towards of competing in galas. Attendance of 3 sessions per week is required.

Swimmers are encouraged to enter Club Championships, Club Galas, Development Meets and termly time trials.

INTERMEDIATE

Normally swimmers are promoted from the Development squad or from other sources and are able to demonstrate sufficient skills.

Squad Criteria

Capable of performing 200m Freestyle, 200m Backstroke, 200 Breaststroke, 100m Butterfly and 100m Individual Medley.

Capable of performing legal competitive starts under ASA laws.

Capable of performing competitive turns on all strokes, including Medley under ASA laws.

Squad Profile

The third coaching group again focuses on the techniques learnt, but with more of complex training methods, including anaerobic sets and increased work volumes. Training is of a more serious nature where swimmers are expected to swim three times a week.

Swimmers will work on co-ordination of all four strokes with emphasis on streamlining and technique. All competitive turns, starts and finishes are learnt with the emphasis on technique towards competing at a higher standard of gala.

Swimmers are encouraged to enter Club Championships, Club Galas, Development Meets, Open Meets, County Meets and termly time trials.

Squads *continued*

INTERMEDIATE DEVELOPMENT

Criteria as for Intermediate but swimmers are expected to train 4 + sessions per week.

SENIORS

Normally swimmers are promoted from the Intermediate squad or from other sources and are able to demonstrate sufficient skills.

Squad Criteria

Capable of performing a 400 Individual Medley.

Capable of performing legal competitive starts under ASA laws.

Capable of performing competitive turns on all strokes, including Medley under ASA laws.

Squad Profile

The fourth and final coaching group again focuses on higher standard of complex stroke techniques. I but with more of complex training methods, including anaerobic sets and increased work volumes. Swimmers are expected to swim at least three times a week out of the six sessions available.

Swimmers will work on co-ordination of all four strokes with emphasis on streamlining and technique. All competitive turns, starts and finishes are learnt with the emphasis on technique towards competing at a higher standard of gala.

Swimmers are encouraged to enter Club Championships, Club Galas, Development Meets, Open Meets, County Meets and termly time trials.

MASTERS

Adults who are capable of swimming 20 lengths front crawl continuously in a lane situation.

Please contact us for further details with regards to our masters squad if you are interested in joining.