



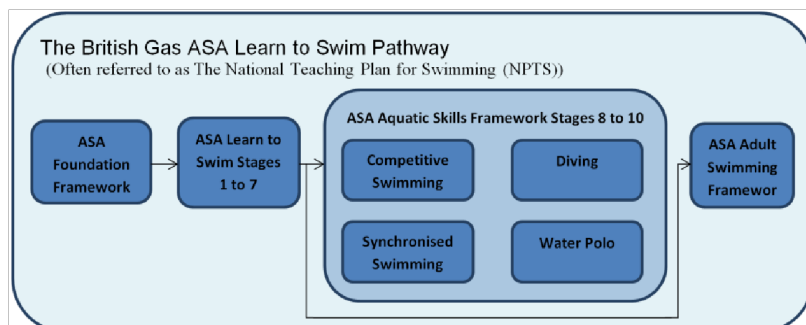
**Skipton Swimming Club Water Time allocation and Swimmer Development Policy**





Skipton Swimming Club is aligned to support swimmers who have progressed through the Swim England [ASA Learn to Swim stages 1 to 7](#) and would like to follow the Competitive Swimming Pathway of the Swim England / [ASA Aquatic Skills Framework - stages 8-10](#).

Competitive Swimming is a highly disciplined sport and progression through this Pathway can be hugely rewarding and confidence building.



## **Club Ethos**

We recognise that our club is a Grass-roots swimming club; a swimming club formed for the skills development and practice of swimming, aimed at participation of sport for health, social development and enjoyment. However, due to our location, the cost and time required in linking with other larger clubs who run competitive training schemes can be a huge strain on family life. Therefore, the club is structured and committed to supporting a competitive development pathway locally, so that swimmers from around the Craven area have the opportunity to achieve a high standard in swimming without the extensive travelling required to the larger clubs within a 40-mile radius of Skipton. Club members can maintain this pathway up to the natural transition a swimmer would normally make when leaving school, or to a point at which their ability necessitates a move to a larger club. The club also recognises that as swimmers progress along this pathway the resources required to support swimmers grows in parallel to the achievements made by these athletes. Providing this support is costly and takes up a sizeable proportion of the clubs available resources. It is unrealistic to expect that all swimmers will achieve the higher levels of competitive swimming and the club structure must ensure that its grassroots level of participation, training for health, social development and enjoyment is at the forefront of the swimmers development in general club sessions. The Club also maintains links to other aquatic disciplines and groups such as Triathlon and Modern Pentathlon, acting as a centre of excellence for swimming and talent development. This strategy not only supports the best utilisation of available swim time, it also helps to maintain the clubs financial stability. Therefore, if at any time, the swimmer wishes to change their commitment to swimming, they are welcome to remain within the club structure and participate in the sport of swimming for health, social development and enjoyment, re-aligning their water time to suit their needs.

## **Initial Water Time Allocation**

Swimmers are eligible for a club trial from attaining Stage 5 within their National Plan for Teaching Swimming (NPTS) lessons and are 8 years of age and over. The clubs trial is based on successful completion of the Stage 7 entry assessment. Subject to any waiting list restrictions, successful swimmers are offered a place in club at the most appropriate session available. The general club sessions are run at the following times:-

- Mondays 7.30pm to 9.00 pm
- Wednesdays 7.00pm to 8.00 pm or 8.00pm to 9.00 pm
- Thursdays 7.00pm to 8.30 pm
- Sundays 3.00pm to 4.00 pm and 4.00 pm to 5.00 pm

Swimmers will be allocated space and placed in an appropriate lane based on their ability. As the swimmers improve further, and should they wish to increase their water time to pursue a competitive pathway, they will be expected to compete in the clubs Stepping Stones galas, Annual Club Gala and the local Airedale & Wharfedale or similar galas. As the swimmer builds confidence and feels they are ready to increase their commitment to the club, they may request up to a maximum of 3 club sessions within the above listed sessions. Formal





requests for additional time must be lodged by completing the Water Time Alteration Request Form. The form will then be reviewed via a structured process so that consideration of the swimmers performance, ongoing athlete potential, attendance record and gala attendance are taken into account. Offers of additional time will be made where the coaching team agrees that the additional time is appropriate and a suitable session is available. It should be noted that space is limited; requests can only be granted if space is available. An increase towards 3 sessions may require a swimmer to adjust more than one session so that they begin to transition towards the appropriate competitive development structure identified later in this policy. A start date for any additional sessions will be confirmed once any offer has been accepted and the swimmers parent/guardian has confirmed that any change to fees have been made to the next payment.

### **Continued development on the Competitive Swimming Pathway**

The most important components required to support your development along this pathway are appropriate training and water time, which increases progressively to meet the requirements of the Long Term Athlete Development (LTAD)\* as supported by British Swimming. However, the hours available to Skipton SC cannot support this requirement at 100%. The Club has a range of water sessions available between 1 and 2 hours. A study of LTAD has shown that an increased number of sessions are more beneficial to the skills development aspect of the younger swimmer, rather than fewer longer sessions, as the longer sessions are only more beneficial when the swimmer becomes more highly skilled. The club has therefore employed a pragmatic approach to session allocations that considers increasing the number of sessions periodically, aligning the increases to the swimmers age at 31<sup>st</sup> December, in line with the British Swimming Competition Structure. Your progression should be along the following outline: -

- Talent identification\* - This is carried out by the coaching staff and is based on attainment or achievement of predetermined criteria\* or within a small percentage of this criteria. The potential of an athlete\* may also be considered by the coaching staff and this will be based on age\*, ability\* and commitment\*.
- Junior Development Squad – When a swimmer gains a Winter Yorkshire Qualifying Time or is within 5% of the Yorkshire Long Course Championship Qualifying Times they will be offered a place within our Junior Development Sessions. These are 3 targeted sessions across the week replacing the previous allocated club sessions.
- Junior Competitive Swimming Squad – If/When you have been recognised as gifted and talented the club offers the opportunity to increase training to start at 4/5 sessions per week via access to the squad training sessions. Below the age of 14, this will be with the Junior Competitive Squad allocations. Since the focus of the LTAD throughout this stage is 'Training to Train', attendance at training for your allocated sessions is expected at or above 80%\*. Completion of a written goals sheet is required to coincide with regular reviews and assessment of your progress. Competing at regular scheduled local and open competitions is expected to assist with the assessment of your development. It should be noted that regular attendance at scheduled training sessions is a primary consideration for young competitive swimmers and whilst competition is an essential component of development, early competition should always remain secondary to training. From the transition of school year 7 and above, the progressive increase within the squad structure should be an additional weekly session per year (1 or 2 early morning sessions per week are compulsory in this progression)

Continued

- Senior Competitive Swimming Squad – At the age of 14, the swimmer enters the Youth and Senior competition structure. The continued progression requires the swimmer to pick up annual additional sessions up to the club's maximum provision of 9 sessions per week. Access to this level from the club structure is open at all times, dependant on meeting the selection criteria. In this case, your session's allocation may be progressively increased over an agreed period. Continued attainment of criteria is expected along with attendance requirements,



competition requirements at the appropriate level\* and completion of written goals as above. It is also recommended that a swimmer completes a training diary\* or logbook\* at this stage.

- Swimmers who have not maintained the qualification criteria through the previous swimming season may be omitted from the full squad allocation, and offered the Youth and Senior Reduced Programme should they wish to commit to competitive swimming. In addition, swimmers who show a continued commitment to competitive swimming at Licenced Gala Meets outside the squad qualification criteria may also be offered sessions to aid their progression. \* See attached notes on Page 7 to explain these definitions.

The available water time that club has provisioned with Craven Pool in Skipton and West Craven Pool in Barnoldswick in addition to the standard club sessions is as follows: - \* When AM mid week sessions an alternative session will be offered where possible.

- Tuesday #6.30pm – 8.30pm (1 /1.50 hour pool & 45 minutes Land Training provision)
- Wednesday 5.45am to 7.15 am
- Friday 5.45am to 7.15 am
- Friday #6.30pm to 8.30 pm
- Saturday #7.00am to 10.00 am (Max 2 hour pool & 45 minutes Land Training provision)

Note: sessions marked # are held at West Craven Pool, Barnoldswick and part allocations are made dependant on the age of the swimmer.

Planned allocation of swimmer places at these sessions will be determined by the Head Coach and his teaching staff, dependent upon the “Competitive Water Time Session” availability and the swimmers continued development and commitment. The session allocation has been determined against a need to balance the club level commitments and provision appropriate squad swimmer rest days.

Hence the session placing has been structured to enable age group swimmers to swim in set sessions. Any specific requests for flexibility may cause disruption to the sessions plans. Specific requests may be considered on a case by case basis, but it must be recognised that the structure has been put in place to enable the training plans to be tailored to the group needs.

Swimmers may submit formal requests for alteration to their allocation using the Water Time Allocation Form, but their reasons must fall in line with actual achievements to the criteria set out in this policy. If a swimmer does not wish to take up all sessions offered, this may be granted as long as their inclusion in the Competitive Development Structure does not prevent other swimmers taking up a full allocation. However, as set out previously, it will not be possible to simply drop the morning sessions and taking the evening sessions. These are compulsory from reaching high school age.

Further to this, a specific allocation for Youth and Senior Reduced training has been included in the updated plan for those swimmers 14 and above who wish to continue with focussed competition but no longer wish to take the full training allocation. The allocation targets specified sessions within the water time available so that training plans are tailored to the group needs. A 5<sup>th</sup> session will be available on request subject to a Water Time Request and consideration at the monthly Water Time Meetings.

There will be a committee led periodic overview of swim time allocation to verify general compliance in line with this policy. Any discussions with the coaching staff or club officials should be conducted appropriately, in line with the clubs code of conduct for Swimmers, Parents, Coaches and Officials or Volunteers of the club.

Attendance will be recorded on a monthly basis. Whilst it is recognised that swimmers may have the occasional clash of priorities, these are usually few and far between and the competitive swimmer will put swimming ahead of all other clashes if they wish to maximise their potential. If a swimmer fails to maintain the minimum 80%





attendance for 3 successive months, the water time committee will make contact with the parents, to understand any issues and where possible help identify any solutions that may facilitate an improvement to the attendance requirement. If attendance fails to improve, the club reserves the right to review the swimmers squad status and water time allocation, if that allocation may be better used by another swimmer.

### **Summary of Points**

- Swimmers will be allocated lane appropriate water time in general training sessions on joining the club.
- Swimmers may request additional water time up to 3 sessions ahead of Talent Identification, however...
- ... participation in Stepping Stones, the annual Club Gala and local Inter Club Gala's is essential and is key to aiding Talent Identification.
- Requests for additional water time must be lodged by completing the Water Allocation Request Form.
- Attainment of a County Long Course Qualification time will be used to benchmark Talent Identification.
- Age, attendance, ability and commitment in training will be considered by the coaching and teaching staff in addition to qualification times.
- The coaching staff, led by the Head Coach, will determine and propose, to the swimmer/parent, the appropriate water time allocation and development.
- Any discussions with the coaching staff or club officials should be conducted appropriately, preferably at pre-arranged meetings.
- On committing to the Competitive Swimming Squads, swim time will be re-arranged to suit the "Competitive Water Time Session" in line with the planned year group structure.
- Attendance must be maintained at 80% or above on a monthly basis.
- Written goal sheets must be agreed between the Head Coach and the swimmer/parent.
- Competition in regular scheduled local and open competitions is expected after Talent Identification.
- Progression to the Senior Competitive Swimming Squad will increase swim sessions yearly in line with the "Competitive Water Time Session" availability and planned year group structure.
- A Training Diary or Logbook will help the swimmer take ownership of their training; understand the training schedule and progression of training for performance swimming. It will also act as an invaluable reference of training times, type of training completed, distances covered and times and how you and your body has reacted to the training.
- Continued achievement of County Qualification Times will be required to support the clubs commitment to allocation of its resources.
- Allocation may be increased if the swimmer attains North East Region qualification times. The increased allocation may move the swimmer into a higher age group session set.
- Swimmers reducing their sessions within the competitive swimming squad structure may be asked to further reduce their sessions / change lane if they may be better utilised by another swimmer wishing to join the structure.





**The Skipton Swimming Club Competitive Development Pathway**

SWIM ENGLAND Learn to Swim Stages 1 to 7 Craven D.C. or similar.

School Swimming / Other Local NTPS

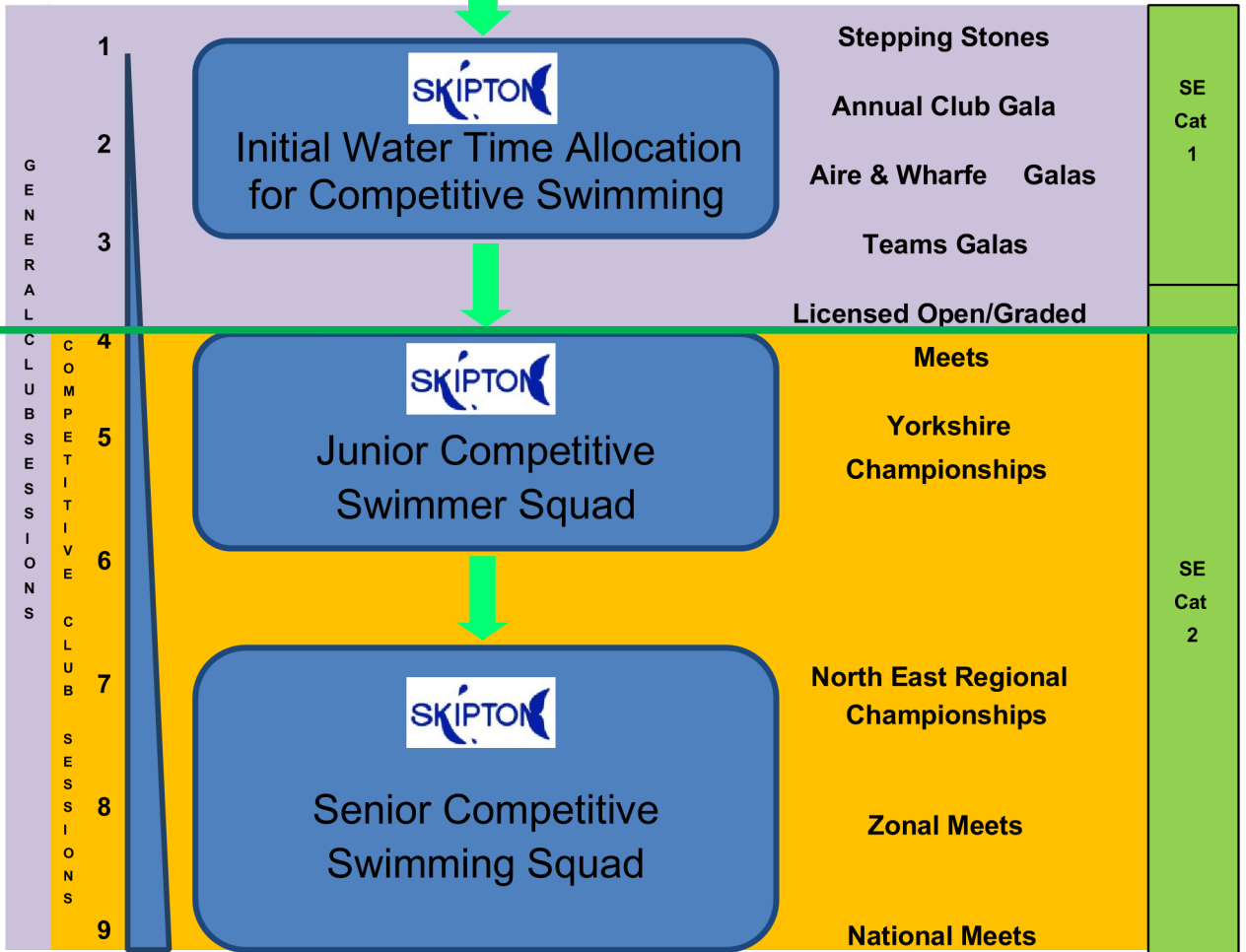
Local Swimming Clubs

SKIPTON Trial Swim

Sessions per week

Competitive Swim Events

Squad Qualification Times





## NOTES

**Long Term Athlete Development (LTAD)** - The swimmer development pathway on which swimming programs should be based from the fundamentals of swimming through swim skills, learning to train, training to compete, to training to win. The approach is about encouraging swimmers to reach their full potential whatever their motivation to ensure that their full potential is met.

**Competitive Swimming Talent Identification.** – In terms of swimming talent identification within the club, this is currently based on the attainment of county qualifying times, or within a small percentage of these times. Attainment of these qualifying times should be within the applicable qualifying time period to allow an athlete to compete at these events. Swimmers within a small percentage of these county times should have an action plan agreed with the head coach to move them up to this standard within a set time period to maintain their place.

**Competitive Swimming at the appropriate Level.** – Club/Junior swimmers are expected to compete in the Stepping Stones series and Club gala. As the swimmer builds confidence in these early stages, they should look to enter the Local Aire & Wharfe (A&W). To progress to County Qualification, the swimmer must attain Electronic Accredited times. These are only attained at Level 1 Meets such as Harrogate / City of Bradford. The Stepping Stones results indicate proximity to Yorkshire County Qualification times, and your coach will encourage you to enter these Level 1 meets when the time is right. On achieving a County Qualification time and being identified under Talent ID, your focus of competition must shift to the Level 1 meets as a primary, with training taking priority over the local galas and Stepping Stones series.

**Triathlon Talent Identification** – Talented triathletes would be considered to be those already selected on the Yorkshire & Humberside regional academy at Bronze/Silver/Gold/Gold+ level.

As agreed with the academy, athletes at Bronze standard should have an action plan to move them up to a silver standard within a set time period to maintain their place.

**Modern Pentathlon Talent Identification** – This level would be set and agreed by committee when necessary.

**Athlete Potential** following definitions and how a coach should interpret these are listed below.

**Age** - When assessing age the coach should consider chronological age, biological age (physiological development) and cognitive development (mental and psychological development).

**Ability** - In terms of swimming, a coach can assess this by considering performance results from events in all strokes and in training. The coach may also introduce test sets at regular intervals within the training programme, these may be aerobic training tests, speed tests, skill tests, or efficiency tests and the results of these can be used for assessment.

**Commitment** - Attendance at training, attendance at race events, effort in training, training discipline, goal setting, listening, attitude towards programme and coaches can all be used to measure a swimmer's commitment to achieve.

**Training Diary or Logbook** – A swimmer's diary of information which includes when you swim (time and duration), distance covered, type of training, details of any tests carried out including times, distances tests, heart rates, stroke counts, perceived effort, muscle soreness, fatigue, details of any injury etc.

