

A full-page background image showing an underwater view of a swimming pool. The perspective is looking down the length of the pool, with lane lines visible on the bottom and ceiling. The water is a deep blue, and the lighting creates a sense of depth and perspective.

WATER TIME POLICY

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

2024



Overview

Skipton Swimming Club is aligned to support swimmers who have progressed through the Swim England Learn to Swim stages 1 to 7.

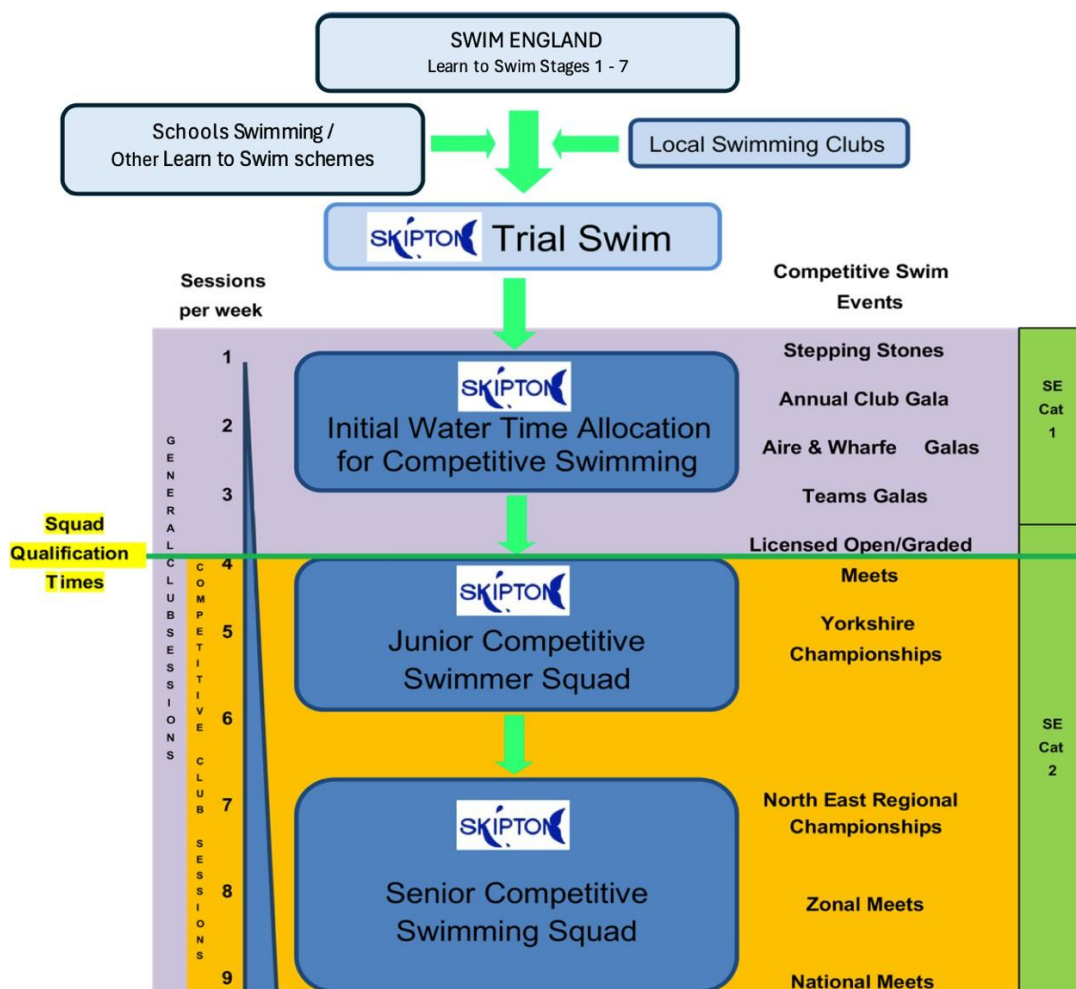
Swimmers are eligible for a trial with Skipton Swimming Club from attaining Stage 7 and are 8 years of age and over. The trial is based on successful completion of the Stage 7 entry assessment.

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

Club Ethos

Due to our rural location the club caters for grass roots, fitness and competitive swimmers up to and including Yorkshires, Regional and National levels. The club also maintains links with Triathlon and Modern Pentathlon clubs'

Competitive Swimming Pathway



Water time Allocation

Standard allocation of water time hours within Skipton Swimming Club are listed below, the average hours per week increasing as the swimmer progresses through the pathway:

Club (1-3 sessions per week)
Development (3+ sessions per week)
Junior competitive squad (4-5 sessions per week)
Senior competitive squad (up to 10 sessions per week)

Club Sessions

Initial Water Time Allocation

Subject to any waiting list restrictions, successful swimmers are initially offered 1 session in the club at the most appropriate session available. The general club sessions are run at the following times:

Craven Leisure Centre, Skipton	Monday	7.15 pm – 8.45 pm
Craven Leisure Centre, Skipton	Wednesday	7.00 pm to 8.00 pm or 8.00 pm to 9.00 pm
Craven Leisure Centre, Skipton	Thursday	7.15 pm – 8.15 pm or 7.15 pm – 8.45 pm
Craven Leisure Centre, Skipton	Sunday	3.00 pm to 4.00 pm and 4.00 pm to 5.00 pm

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 listed sessions.

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. See the club website for our Gala Progression information.

Formal requests for additional time must be lodged by completing the [Water Time Request](#) form

The form will then be reviewed via a structured process so that consideration of the swimmer's performance, ongoing athlete potential, attendance record and gala attendance are taken into account. Offers of additional water time will be made where the coaching team agrees that the additional time is appropriate, and a suitable session is available.

Please note 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 swimmer's parent/guardian has confirmed that any adjustment to fees have been made to the next payment.

DEVELOPMENT SESSIONS

- *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 2 Winter Yorkshire Qualifying Time in different strokes/IM or is within 5% of 2 Yorkshire Long Course Championship Qualifying Times, in different strokes/IM, 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.

The offer will be based on the availability / suitability of lane space in 3 of the sessions noted below as directed by the coaching team. The coaching team will select appropriate development galas for swimmers to compete at, the results of which will guide the coaching team about the appropriateness of adding a 4th session.

Pool	Day	Start time	Session Length
Craven Skipton	Monday Pool	7.30 pm	1.5 hours
West Craven Barnoldswick	Tuesday Land	6.30 pm	1 hour
West Craven Barnoldswick	Tuesday Pool	7.30 pm	1 hour
West Craven Barnoldswick	Friday Pool	6.30 pm	1.5/2 hours
West Craven Barnoldswick	Saturday Pool	6.55 am	2 hours
West Craven Barnoldswick	Saturday Land	8.55 am	1 hour

JUNIOR COMPETITIVE SQUAD

- 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*.*

Transition from Development Sessions to Junior Competitive Swimming Squad takes place when 2 Yorkshire Long Course Championship Qualifying Times, in different strokes/IM are achieved.

If/when a swimmer progresses in line with the Talent Identification criteria, the club offers the opportunity to increase training, starting at increasing sessions to 4/5 per week via access to the squad training sessions.

Move to Squad Junior Competitive Squad from Development Squad

At the coaching team's discretion and subject to suitability of space available, swimmers will increase their sessions to 4/5 per week by adding one/more of the sessions below:

Saturday AM session
Additional mid-week session
AM session if applicable
Remaining mid-week session

						Junior Competitive Squad			Senior Competitive Squad			
x		Start time	Club Sessions	Y&S reduced	Development	AGE 9 to 11	AGE 11 - 12	AGE 13	AGE 14	AGE 15 & over	AGE 15 & over	
Monday PM	Craven	7.15pm	1.5	2	1.5	1.5	1.5	2	2	2	2	2
Tuesday LAND	West Craven	6.30pm			1	1	1	1	1	1	1	1
Tuesday	West Craven	7.30pm		Optional	1	1	1	1	1	1	1	1.5
Wed AM	Craven	5.45am					1.5		1.5	1.5	1.5	1.5
Wed PM	Craven	7.00pm	1									
Wed PM	Craven	8.00pm	1	1		1		1	1	1	1	1
Thursday	Craven	7.15pm	1 / 1.5				1.5		1.5	1.5	1.5	1.5
Fri AM	Craven	5.45am		1.5				1.5		1.5	1.5	1.5
Fri PM	West Craven	6.30pm			1.5	1.5	1.5	2	2	2	2	2
Saturday AM	West Craven	7.00am		2	2	1	2	2	2	2	2	2
Saturday AM LAND	West Craven	9.00am		1	1	1	1	1	1	1	1	1
Sunday	Craven	3.00pm	1									
Sunday	Craven	4.00pm	1									
Total		including LAND		7.5	8	8	11	11.5	13	14.5	15	

Below 14 years = Junior Competitive Squad

14+ years = Senior Competitive Squad

As a member of a competitive squad every swimmer will be required to:

- have an attendance rate of at least 80% attendance at their allocated sessions
- complete a written goals sheet to coincide with regular reviews and assessment of progress.
- compete regularly at local and open meets[▲] to assist with assessment of development

[▲]These competition meets should be discussed with the coaches prior to booking so that guidance and advice can be given to help the swimmer progress.

It will be an expectation that the junior swimmer as a matter of course will take part in 200m freestyle and a 200m IM within these meets to aid with their progression and development.

Please note: Regular attendance at scheduled training sessions is a primary consideration for young competitive swimmers and whilst competition is an essential component of development, 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)

SENIOR COMPETITIVE SQUAD

- 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*.*

At the age of 14, the swimmer enters the Youth and Senior competition structure. The continued progression requires the swimmer to increase training hours by adding 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, the swimmers session allocation may be progressively increased over an agreed period of time. Continued attainment of criteria is expected along with attendance requirements, competition requirements at the appropriate level* and completion of written goals. It is also recommended that a swimmer completes a training diary* or logbook* at this stage.

In line with the completion of written goal sheets and county and regional qualification times being released, session allocation reviews will be carried out. 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. Youth and Senior reduced program sessions are allocated at the discretion of the coaching team, subject to availability / suitability of lane space

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.

					Junior Competative Squad			Senior Competative Squad			
x		Start time	Club Sessions	Y&s reduced	Developme nt	AGE 9 to 11	AGE 11 - 12	AGE 13	AGE 14	AGE 15 & over	AGE 15 & over
Monday PM	Craven	7.15pm	1.5	2	1.5	1.5	1.5	2	2	2	2
Tuesday LAND	West Craven	6.30pm			1	1	1	1	1	1	1
Tuesday	West Craven	7.30pm		Optional	1	1	1	1	1	1	1.5
Wed AM	Craven	5.45am					1.5		1.5	1.5	1.5
Wed PM	Craven	7.00pm	1								
Wed PM	Craven	8.00pm	1	1		1		1	1	1	1
Thursday	Craven	7.15pm	1 / 1.5				1.5		1.5	1.5	1.5
Fri AM	Craven	5.45am		1.5				1.5		1.5	1.5
Fri PM	West Craven	6.30pm			1.5	1.5	1.5	2	2	2	2
Saturday AM	West Craven	7.00am		2	2	1	2	2	2	2	2
Saturday AM LAND	West Craven	9.00am		1	1	1	1	1	1	1	1
Sunday	Craven	3.00pm	1								
Sunday	Craven	4.00pm	1								
Total		including LAND		7.5	8	8	11	11.5	13	14.5	15

NOTES

1. Planned allocation of swimmer places at these sessions will be determined by the Head/Assistant Coach and the coaching team and is 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.
2. Some requests for flexibility may cause disruption to the session plans. Specific requests may be considered on a case by case basis, but it must be recognised that the structure has been devised to enable the training plans to be tailored to the group needs.
3. Swimmers may submit formal requests for alteration to their allocation using the [Water Time Request Form](#), however their reasons must fall in line with actual achievements to the criteria set out in this policy.
4. If a swimmer does not wish to take up all sessions offered, this will be considered and may be granted as long as their inclusion in the Competitive Development Structure does not prevent other swimmers taking up a full allocation. However, morning sessions are compulsory from high school age and dropping a morning session to replace with an evening session will not be possible.

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 available water time so that training plans are tailored to the group needs. A 5th session will be available on request subject to a Water Time Request and consideration at the monthly Water Time Meetings. Sessions are allocated at the discretion of the coaching team.

5. 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.
6. Attendance will be recorded at each session and reviewed on a monthly basis. Whilst it is recognised that swimmers may have the occasional clash of priorities, it is encouraged that 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 submitted by completing the [Water Time Request](#) Form
- Attainment of 2 County Long Course Qualification times in different strokes / IM 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/Assistant 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 the swimmer and their body has reacted to the training.
- Continued achievement of 2 Long Course County Qualification Times in 2 different strokes / IM will be required to support the clubs commitment to allocation of water time/sessions
- 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.

GLOSSARY

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 the coach will encourage swimmers to enter these Level 1 meets when the time is right. On achieving a County Qualification time and being identified under Talent ID, the 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 WT 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 swimmers commitment to achieve.

Training Diary or Logbook – A swimmers diary of information which includes when swimming takes place (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.