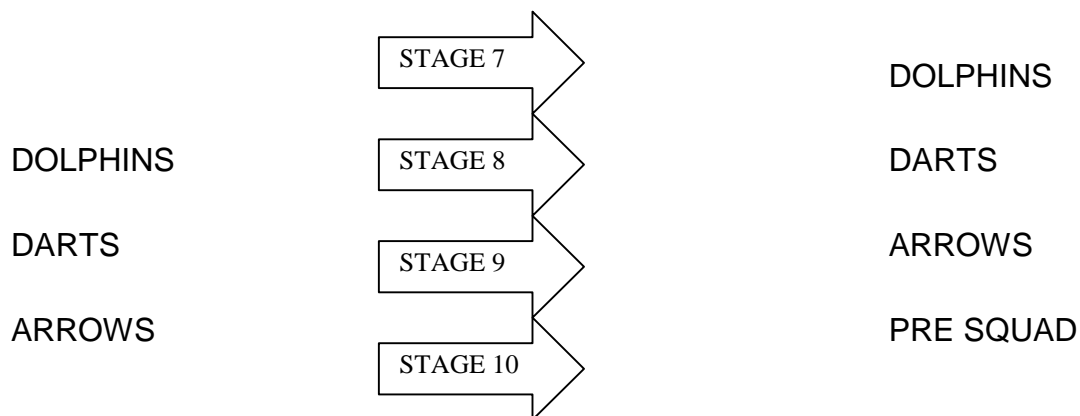


## Progression Criteria

1066 Swimmers operate within a competitive environment under the framework provided by British Swimming. This framework has been used to determine the skills required to determine the journey in competitive swimming and therefore the progression between groups. Further details of the National Plan for Teaching Swimming are available from the British Swimming Web site. In essence levels 1 – 7 are generic aquatic skills in the learn to swim context and levels are 8 -10 are specific to the area of specialism, in our case competitive swimming.



Entry to squad /seniors is determined by the times matrix below in addition to demonstration of skills acquisition from the National Plan.

For the teaching groups lessons will follow the National Plan skills format in order to lay a secure foundation for later competitive development. The teaching levels are:

Starfish – work on stage 1 and stage 2

Seahorses – Hold stage 2 and work on stage 3

Tadpoles – Hold stage 3 and work on stage 4

Minnows – Hold stage 4 and work on stage 5

Goldfish – Hold stage 5 and work on stages 6 & 7

## **STAGE 7**

1. Swim 25metres backstroke
2. Swim 25metres Front Crawl
3. Swim 25metres Breaststroke
4. Swim 25m Butterfly
5. Perform a movement sequence of 1 minute duration, in a group of 3 or more, incorporating a number of sculling associated aquatic skills
6. Perform a sitting dive
7. Swim 100metres, using a minimum of 3 different strokes
8. Tread water using egg beater for 30 seconds
9. Complete an obstacle course (min. 4 objects) with feet off the bottom throughout

## **STAGE 8**

1. Complete a set lasting 400m on a specific turn around time set by the coach
2. Swim continuously using one stroke
3. Kick 25m front crawl with/without a board
4. Kick 25m backstroke with/without a board
5. Kick 25m breaststroke with/without a board
6. Kick 25m butterfly with/without a board
7. Perform a backstroke turn from 10m into 15m out
8. Perform a breaststroke turn from 10m into 15m out
9. Perform a butterfly turn from 10m into 15m out
10. Perform a front crawl turn from 10m into 15m out

## STAGE 9

1. Complete a set lasting 800m on a specific turn around time set by the coach (e.g. 16 x 50m, 1min 30sec )
2. Swim continuously choosing one stroke
3. Swim a continuous 100m Individual Medley using legal turns
4. Perform 15m underwater kick on front in a streamlined position
5. Perform a backstroke start then butterfly kick in a streamlined position underwater until 10m from the start point (wall ) is completed, transfer into stroke and complete the remainder of the 25m
6. Perform a front crawl start, underwater kick in a streamlined position underwater until 10m from the start point (wall) is completed, transfer into stroke and complete the remainder of the 25m
7. Perform a butterfly start, kick in a streamlined position underwater until 10m from the starting point (wall) is completed, transfer into the stroke and complete the remainder of the 25m
8. Perform a breaststroke start, perform 1 ½ pull underwater, transfer into the stroke and complete the remainder of the 25m

## STAGE 10

1. Complete a set lasting 1600m (e.g. 8 x 200m) on a specific turn around time set by the coach (e.g. 5.30 mins )
2. Swim 1500m continuously choosing one stroke
3. Perform a continuous 100m Individual medley kick without using a kickboard
4. Swim 200m Individual Medley using legal turns
5. Perform a 15m underwater butterfly kick on back or front in a streamlined position
6. Perform a frontcrawl relay takeover - as an incoming swimmer (no breathing last 5m and finish with full arm stroke)
7. Perform a frontcrawl relay takeover – as an outgoing swimmer

## **PRE –SQUAD**

The entry criteria for this group, lower seniors, are based on a sound base of aquatic skills by demonstration of skills at or above level 10, stroke awards, Competitive Start Award and times.

Swimmers without level 10 will be considered for inclusion based on time criteria but will be expected to address their skill s gap.

Entry criteria:

Hold stage 10 NPTS

Hold CSA

Hold 2 stroke awards

Times : less than 1.27s 100m FC or less than 3.04s for 200m FC

Compete in all age related club championships, in 2 opens as determined by the club programme and swim for the club at inter club galas when selected.

## **SENIORS**

Times: less than 1.17s 100m FC or 2.33s for 200m FC

200m IM less than 3.04s

Compete in all age related club championships, in 2 opens as determined by the club programme.

Compete in County Championships and Regional Championships.

Swim for the club at inter club galas when selected.

Seniors are expected to show a commitment to competitive swimming and expected to train at least 3 times per week.