

### Competition 1

Attend a minimum of 3 Club sessions a week including land training when organised.

Hold a going rate of 1min 50sec for 8x100 Frontcrawl

Achieve a minimum of base consideration County Qualifying Times/automatic qualifying times.

Desire to achieve Regional Qualifying times.

Can Work out heart rate and have an understanding of training zones (aerobic/anaerobic) which will be coach led.

Selected for Team Galas & attending Open Meets throughout the season

### Competition 2

Attend a minimum of 3 Club sessions a week.

Selected for Team Galas and attend Open Meets throughout the season.

Have a desire to achieve County Qualifying times/achieving county qualifying times.

Efficient in all four strokes.

Achieve PB's at licensed meet for 200m, 100m, 50m Front Crawl, 200m 100m and 50m Backstroke, 50m and 100m Breaststroke, 50m and 100m Butterfly and 200m IM.

Hold a going rate of 2min for 8x100 Frontcrawl

Have an understanding of how to measure heart rate.

Skills required to move to C1: Coach recommendation, regular attendance at training, hold a going rate of 1min 50sec for 8x100 Frontcrawl, achieve a minimum of base consideration County Qualifying Times.

### Competition 3

Attend a minimum of 2 Club sessions a week.

Comfortable on all 4 strokes.

Competent and able to execute legal starts and turns.

Can comfortably swim 400 Frontcrawl, 200 Backstroke and Breaststroke, 100 Butterfly and 200 IM with legal turns.

Use a pace clock and calculate times, including working off target times and going times.

Achieve PB's at licensed meet for 200m, 100m, 50m Front Crawl, 200m 100m and 50m Backstroke, 50m and 100m Breaststroke, 50m and 100m Butterfly and 200m IM.

Selected for Team Galas and attending Open Meets throughout the season

Hold a going time of 2min 10 sec for 8x100 Frontcrawl.

Skills required to move to C2: Coach recommendation, selected for Team Galas and attend Open Meets throughout the season, have a desire to achieve County Qualifying times, efficient in all 4 strokes, achieve PB's at licensed meets for 200m, 100m, 50m Front Crawl, 200m, 100m & 50m Backstroke, 50m, 100m Breaststroke, 50m, 100m Butterfly and 200m IM, hold a going rate of 2min for 8x100 Frontcrawl, have a basic understanding of how to measure heart rate.

### Development 1

Attend a minimum of 2 Club sessions a week.

Competently swim 200m Frontcrawl and Backstroke, 100m Breaststroke, 50m Butterfly, and 100m Individual Medley

Able to execute legal starts and turns.

Use a pace clock to calculate times for all swims.

Comfortably train for a 60 min session.

Selected for Team Galas, attend Open Meets and Club Championships/Time Trials throughout the season.

Skills required to move to C3: Coach recommendation, ability on all four strokes and able to execute competent and legal starts and turns, 400m Frontcrawl, 200m Backstroke and Breaststroke, 100m Butterfly and 200 Individual Medley with legal turns, able to use pace clock and take times, achieve PB's at licensed meet for 200m, 100m, 50m Front Crawl, 100m & 50m Backstroke, 50m Breaststroke, 50m Butterfly and 200m IM.

### Development 2

Attend a minimum of 2 Club sessions a week.

Correct strokes for Frontcrawl, Backstroke (100m) and Breaststroke (50m).

Basic understanding of Butterfly.

Skills required to move to D1: Coach recommendation, correct Frontcrawl, Backstroke, Breaststroke (100m) and butterfly (50m). Bi-lateral breathing on front crawl, Backstroke counting into wall, Breaststroke with whip kick and 2-handed touches at the wall, Frontcrawl and backstroke tumble turn, a basic understanding of the butterfly and breaststroke turn, understanding of the backstroke start and working towards being competent on diving from the block.

### Development 3

Aged 7-9.

Minimum Swim England Level 6.

Attend a minimum of 1 club session a week.

Correct strokes for Frontcrawl & Backstroke for 50m, and entry level Breaststroke for 25m.

Basic understanding of Butterfly.

Basic understanding of diving from the side.

Skills required to move to D2: Coach recommendation, correct Frontcrawl, Backstroke, Breaststroke and entry level Butterfly (25m), comfortable with diving from the side.

Masters 1
Aged 18+
Attend a minimum of 3 Club sessions a week.
Hold a going rate of 1min 50sec for 8x100 Frontcrawl.
Can Work out heart rate and have an understanding of training zones (aerobic/anaerobic) which will be coach led.
Selected for Team Galas & attending Open Meets throughout the season

Masters 2
Aged 18+
Attend a minimum of 2 Club sessions a week.
Basic understanding of all four strokes.
Can achieve a set of 8x100 Frontcrawl off a going time of 2min 30sec as a minimum.
Understand how to work out heart rate and have an understanding of training zones (aerobic/anaerobic) which will be coach led.
Basic understanding of legal turns within swimming.