

Rationale and Philosophy –

The Leeds City Council Swim Training Scheme along side the City of Leeds SC exists to promote a pathway for performance swimming within Leeds and the surrounding area. The aim of the programme is to develop swimmers to reach their absolute potential from Age Group – Youth – Senior level through a focus on long term development.

Assessing long term performance potential is more than just tracking PBs and club records. It involves tracking and developing our members as PEOPLE – ATHLETES – PERFORMERS.

PEOPLE – Character and behaviour development

ATHLETES – Training capability and technical skills

PERFORMERS – Racing performances over time

The criteria set out below will take into consideration these 3 key pillars of athlete development in a holistic fashion in line with Optimal Athlete Development Framework set out by Aquatics GB.

Promotions Policy

1. To be promoted swimmers **must** be showing high levels of progress within the development checklist related to their current squad.
2. To be promoted swimmers **should** have an attendance of 85% or higher
3. To be promoted swimmers **should** be competing at the suggested levels below. *(NB – Long course competition level)*
 - a. Entry into Age Group Development 1 –
 - i. at least 2 YQT in 2 strokes (swimmers aged 10/11)
 - ii. On track to achieve the above (swimmers aged 8/9)
 - b. Entry into Age Group Development 2 – On track or currently competing at Regionals
 - c. Entry into Age Group Development 3 – Making finals at Yorkshire **and/or** Regional Qualifier
 - d. Entry into Junior Development – at least 1 YQT
 - e. Entry into Youth Development – at least 2 YQT in 2 strokes
 - f. Entry into Performance Development – on track or currently competing at National Level (Age 13 under – English, Age 14 over – British)
4. Promotions can only be offered within capacity limits, and the Coaching Team reserve the right to prioritise swimmers based on their long-term performance potential.

General Conditions

A1 – The Coaching Team will have complete discretion over all offers of promotion and retention.

A2 – Any swimmers offered a promotion and declining their offer may have their place within the Leeds City Council Swim Training Scheme withdrawn. As their place in their current squad may have already been offered to another swimmer.

A3 – Any matter not covered by the above may be considered at the discretion of the Senior Age Group Coach in conjunction with the Head Coach/Training Scheme Manager.

Development Checklists – (NB – The Olympic Way is a resource for coaches to use)

ACADEMY	TECHNICAL			BRONZE BEHAVIOURAL		TRAINING	
	Push off 3 dolphin kicks	Freestyle - head still, hip rotation, breathing every 3.	Fly- symmetrical arms and legs using dolphin kicks	Love and Enthusiasm for the Sport	Race regularly	Basic understanding of clock	land training item TBC
	☐	☐	☐	☐	☐	☐	☐
	Demonstrate streamline position underwater	Backstroke- head still, body rotation, entry and exit points	Legal turns (touch turn bk-brst)	Can concentrate on technical processes	Builds positive relationships with peers/ coaches	Kick reps off 1:30 base per 50	Complete test set
	☐	☐	☐	☐	☐	☐	☐
	Familiar with key drills in Olympic Way	Breaststroke- layout position, not pulling past hips, no screw kick	Competent off the block	Kind and courteous manner	Can take on board feedback	Good listening skills	Have racing experience
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AGD 1 / JDEV	TECHNICAL			BRONZE BEHAVIOURAL		TRAINING	
	Push off 4 dolphin kicks	Freestyle - long range at front of stroke	Finish with purpose (head down, full stroke)	Love and Enthusiasm for the Sport	Race regularly	Good use of clock	land training item TBC
	☐	☐	☐	☐	☐	☐	☐
	Familiar with key drills in Olympic Way	Backstroke- bent elbow pull	Legal turns when swimming fast	Can concentrate on technical processes	Builds positive relationships with peers/ coaches	Can use stroke counts	Attend morning session
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	Fly - 2 kicks per cycle	Breaststroke- expose shin through kick recovery, patient	Streamline entry from start	Kind and courteous manner	Can take on board feedback	Kick reps off 1:20 base per 50	Complete test set
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AGD 2 / JDEV	TECHNICAL			BRONZE BEHAVIOURAL		SILVER BEHAVIOURAL	TRAINING	
	Push off 5 dolphin kicks	Freestyle - Connection of hips and hands, early vertical forearm	Fly- wrists over the water	Love and Enthusiasm for the Sport	Race regularly	Sets appropriate goals	Consistent use of clock	land training item TBC
	☐	☐	☐	☐	☐	☐	☐	☐
	Demonstrate streamline position underwater when kicking fast	Backstroke- connection of hips and hands	Consistent turning skills 5 in 10 out	Can concentrate on technical processes	Builds positive relationships with peers/ coaches	Sticks to race day timeline pre and post race	Introduction to pre pool when supervised	Kick reps off 1:10 base per 50
	☐	☐	☐	☐	☐	☐	☐	☐
	Familiar with key drills in Olympic Way	Breaststroke- snapping feet at end of kick, fast recovery of hands	Purposful dolphin kicking from starts and turns	Kind and courteous manner	Can take on board feedback	Seeks feedback	Complete Test set	Consistent use of stroke counts
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AGD 3 / YDEV	TECHNICAL			BRONZE BEHAVIOURAL		SILVER BEHAVIOURAL	GOLD BEHAVIOURAL	TRAINING	
	Push off 6 dolphin kicks	Freestyle - box timing	Fly- chin surfing breathing, relaxed recovery	Love and Enthusiasm for the Sport	Race regularly	Sets appropriate goals	Makes positive choices	Independent pre pool	land training item TBC
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	Consistent streamline position underwater when kicking fast	Backstroke- fast initiation of pull from surface	Clean breakouts (no breathing and good angle)	Can concentrate on technical processes	Builds positive relationships with peers/ coaches	Sticks to race day timeline pre and post race	Can execute physically demanding sets with high level of process	Reliable use of clock and self set offs	Kick reps off 1:00 base per 50
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	Familiar with key drills in Olympic Way	Breaststroke- Understand event specific timing and hold stroke counts	Crossover turns into pull out	Kind and courteous manner	Can take on board feedback	Seeks feedback	Can view set backs as learning opportunities	Link stroke counts to racing	Complete Test set
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