

National Squad (Scott)

- Size: 6 swimmers Max
- Focus: On the individual
- Aims: Regional medallist, NQT's, National finals.
- Centred around: County/Regional Age/Youth and British National Championships
- Age: 13 yrs Female and 14 yrs Male
- Requirements:
 - National time plus 1 seconds in an Olympic event
 - 400 FS under 4.30
- **Swimmers must have 1 of the 2 requirements to progress into this squad.**
- Expectations:
 - Sessions will depend on the individual, (For swimmers to retain their spot within the squad, these session must be meet)
 - First claim Abingdon Vale Swim Club
 - Attend all target meets
 - Inform the coach of upcoming school exams/trips away.
 - Bring kickboard, pullbouy, band, fins, paddles, **drink bottle and spare goggles/caps.**

Summary

This squad caters for those athletes who in conjunction with the Head Coach, believe that they are potential National Swimmers in an Olympic event. Developing National Swimmers doesn't just happen by chance – particular attention must be paid to the skill development and long term development of the athlete.

The key focus areas of focus:

- Strong aerobic base
- Skill development
- Speed development
- Incorporate a variety of training sets:
 - Aerobic
 - Anaerobic Threshold
 - High Performance Endurance (HR)
 - Quality Sprint Set (Race Specific)
 - Stoke rate, stroke count
 - Develop racing strategies

Distance covered per session is not critical. It is the quality of the session that is most important. However, the overall distance will be between 5km-6km per session.

Swimmers will be invited into the National squad by the Head Coach, assuming there is space within the squad.

Gold Squad (Roger/Scott)

- Size: 16 Swimmers Max
- Focus: All strokes and distances
- Aim: On developing Regional Age/Youth swimmers
- Centred around: County/Regional Age/Youth Championships
- Age: 12 years old age (Male/Female)
- Minimum requirements:
 - Regional time in a Olympic event plus 3 seconds
 - 400 Free under 5.05
 - 200IM under 2.48

Swimmers must have 2 of the 3 requirements to progress into this squad.

- Expectations:
 - Minimum of 6 sessions per week. (For swimmers to retain their spot within the squad, these session must be meet)
 - Inform the coach of upcoming school exams/trips away.
 - First claim Abingdon Vale Swim Club
 - Attend all target meets
 - Bring kickboard, pullbouy, band, fins, paddles, **drink bottle and spare goggles/caps.**

Summery

The Gold squad is for swimmers who have made a commitment to pursue swimming as their chosen sport and have reached a high level of achievement in Age Regional's.

It is important that swimmer continue to develop their aerobic base (by targeting the 400m + Freestyle as well as their other strokes (by targeting the 200IM). This is the squad where swimmers will start to specialise in the favoured event, as guided by the Squad and Head coach.

The key focus areas of focus:

- Strong aerobic base
- Skill development
- Speed development
- Incorporate a variety of training sets:
 - Aerobic
 - Anaerobic Threshold
 - Quality Sprint Set (Race Specific)
 - Stoke rate, stroke count
 - Descending sets
 - Develop racing strategies

Swimmers will be invited into the Gold Squad by the Head Coach, assuming there is space within the squad.

Senior Squad (Rob/Jackie/Amanda)

- Size: 12 Swimmers Max
- Focus: All Stroke, and distances
- Aim: County Swims, Improving fitness, Swimmers aiming for Triathlons
- Centred around: Counties, Arena League, Club meets
- Age: 14 years old age (Male/Female)
- Minimum requirements:
 - 400 Free under 6.30
 - County time plus 3 sec, in any event
 - Willingness to work
- Expectations:
 - Train 3 - 5 sessions per week
 - Inform the coach of upcoming school exams/trips away.
 - First claim Abingdon Vale Swim Club
 - Bring kickboard, pullbouy, band, fins, paddles, **drink bottle and spare goggles/caps.**

Summery

The Senior Squad offers training for swimmers who still wish to compete and have the criteria for Gold or Silver but cannot make the time commitment and/or for swimmers who can make the time commitment but do not have the criteria for gold or Silver.

The key focus areas of focus:

- Strong aerobic base
- Skill development
- Speed development
- Incorporate a variety of training sets:
 - Aerobic
 - Anaerobic Threshold
 - Quality Sprint Set (Race Specific)
 - Develop racing strategies

Swimmers will be invited into the Senior Squad by the Head Coach, assuming there is space within the squad.

Silver Squad (Dave)

- Size: 20 Swimmers Max

- Focus: All strokes and distances
- Aim: On developing County/Regional Age swimmers
- Centred around: County/Regional Age Championships
- Age: 10 years old age (Male/Female)
- Minimum requirements:
 - 3 or more County Accepted time
 - 400 Free under 6.10
 - 200IM under 3.20

Swimmers must have 2 of the 3 requirements to progress into this squad.

- Expectations:
 - Train 5 sessions per week (For swimmers to retain their spot within the squad, these session must be meet)
 - Inform the coach of upcoming school exams/trips away.
 - First claim Abingdon Vale Swim Club
 - Attend all target meets
 - Bring kickboard, pullbouy, band, fins, paddles, **drink bottle and spare goggles/caps.**

Summary:

The Silver Squad is for young swimmers who have made a commitment to pursue swimming as one of their chosen sports and have reached a moderate level at County level.

It's important to develop the swimmers aerobic base (by targeting the 400 Freestyle) as well as all four competitive strokes (by targeting the 200IM).

The key focus areas of focus:

- Build a strong aerobic base
- Skill development (refine all four competitive strokes)
- Incorporate a variety of training sets:
 - Aerobic
 - Speed work
 - Stoke rate
 - Descending sets
 - Develop racing strategies

Swimmers will be invited into the Silver Squad by the Head Coach, assuming there is space within the squad.

Bronze Squad (Scott/Amanda/Jackie)

- Size: 32 Swimmers Max

- Focus: All four competitive strokes
- Aim: On developing County Swimmers
- Centred around: County Championship and Club meets
- Age: 9 years of age
- Minimum requirements:
 - 200 Free under 3.20
 - 100IM under 1.45
 - 2 or more County accepted times

Swimmers must have 2 of the 3 requirements to progress into this squad.

- Expectations:
 - Training, minimum of 4 sessions per week
 - Inform the coach of upcoming school exams/trips away.
 - First claim Abingdon Vale Swim Club
 - Attend all target meets
 - Bring kickboard, pullbouy, band, fins, paddles, **drink bottle and spare goggles/caps.**

Summary:

The Bronze Squad is for young swimmers who have displayed good understanding of all four competitive strokes.

It's important to develop a good aerobic base (by targeting the 200 Freestyle) as well as all other strokes (by targeting the 100IM).

The key areas of focus:

- Stroke Development
- Starts, Turn, Finishes
- Increase use of pace clock
- Increase distance to build stamina
- Introducing descending sets

Swimmers will be invited into the Bronze Squad by the Head Coach, assuming there is space within the squad.

Development Squad (Bruce/Beth/Rob)

- Size: 28 Swimmers Max

- Focus: All four competitive strokes
- Aim: To instil a love for competitive swimming by introducing swimmers to club competition.
- Centred around: County Championship and Club meets
- Age: 8 years old
- Minimum requirements:
 - Demonstrates good understanding of all four strokes
 - 200 FS under 3.45
 - 100 IM under 2.00

Swimmers must have 2 of the 3 requirements to progress into this squad.

- Expectations:
 - Train 3-4 sessions per week
 - Inform the coach of upcoming school exams/trips away.
 - First claim Abingdon Vale Swim Club
 - Attend all target meets
 - Bring kickboard, pullbouy, band, fins, paddles, **drink bottle and spare goggles/caps.**

Summary:

The Development squad is for young swimmers who have displayed good understanding of all four competitive strokes and have just moved up from the Academy.

The key areas of focus:

- Stroke Development
- Starts, Turn, Finishes
- Increase use of pace clock

Swimmers will be invited into the Development Squad by the Head Coach, assuming there is space within the squad.

Minis Squad (Beth/Olivia L/Amanda)

- Size: 24 Swimmers Max

- Focus: All four competitive strokes
- Aim: To instil a love for competitive swimming by introducing swimmers to club competition.
- Centred around: Club meets
- Age: 8 years old
- Minimum requirements:
 - Demonstrates good understanding in Back, Breast, Free and be able to do fly kick, with fins.
 - Able to swim 100 FS without stop.
- Expectations:
 - Train 2-3 sessions per week
 - First claim Abingdon Vale Swim Club
 - Attend all target meets
 - Bring kickboard, pullbouy, band, fins, paddles, **drink bottle and spare goggles/caps.**

Summary:

This squad is for swimmers who are just starting competitive racing. The aim is to instil a love for the sport.

The key areas of focus:

- Stroke Development
- Starts, Turn, Finishes
- Increase use of pace clock

New Timetable (September 2011)

	Minis	Development	Bronze	Silver	Gold	National	Senior
Monday am	/	/	/	/	/	/	/
Monday pm	/	7:00-8:00	6:30-7:30	7:00-8:00	6:30-8:30	6:30-8:30	7:30-8:30
Tuesday am	/	/	/	5:45-7:15	5:45-7:15	5:45-7:15	/
Tuesday pm	6:00-6:45	6:45-7:30	6:00-7:00	/	/	7:00-8:30	7:30-8:30
Wednesday am	/	/	/	/	/	/	/
Wednesday pm	7:15-8:00	6:30-7:15	/	6:30-8:30	6:30-8:30	6:30-8:30	/
Thursday am	/	/	5:45-7:15	/	5:45-7:15	5:45-7:15	5:45-7:15
Thursday pm	7:00-7:45	7:45-8:30	6:00-7:00	7:00-8:30	6:30-8:30	7:00-8:30	6:00-7:00
Friday am	/	/	/	5:30-7:00	5:30-7:00	5:30-7:00	5:30-7:00
Friday pm	/	/	6:30-7:30	7:30-8:30	7:00-8:30	/	7:00-8:30
Saturday am	/	8:00-9:00	8:00-9:00	6:30-8:00	6:30-8:00	6:30-8:00	6:30-8:00
			Abingdon school				
			Radley collage				