

Dear Parents, Guardians and Swimmers

Over the last 6 months the coaches have been trying to review swimmers levels within the current club structure and have concluded that it is not working for many swimmers in the club.

We have therefore adapted the structure to better suit all our swimmers and the Club's ambitions. The aim of this is to cater for all abilities within the club and to ensure that each swimmer has the opportunity to develop and reach their full potential. Additionally, the new structure follows guidelines set out by the ASA for their long-term athlete development (LTAD) programme.

Within the new structure swimmers will be placed first of all by ability. Once a swimmer is competent in all strokes the appropriate group will be determined first by age and then by speed.

The coaches have worked extremely hard over the last few months to try to ensure that each swimmer is placed into the correct group. Despite each swimmer being allocated to a group the first few months of the new term will be used to ensure that each swimmer has been placed correctly. Please bear with us during this time and we hope that everything runs smoothly.

Attached is the clubs new structure, commencing January 18<sup>th</sup> 2010, and the new timetable can be found on the club's website, [www.clissoldswimmingclub.org.uk](http://www.clissoldswimmingclub.org.uk). Please check this to find out which group swimmers are placed in.

#### **These are the new group descriptions:**

**Foundation 1:** This group aims to improve swimmers technique in both F/C and B/K. Each swimmer should be able to maintain efficient technique over 4 lengths. BR and Fly kick are introduced here and should be legal (50m) before moving to Foundation 2.

**Foundation 2:** The aim is to further improve F/C and B/K technique, maintaining this over 8 lengths. BR and Fly full stroke are developed and 50m legal BR is completed with 10m legal fly, before moving to Advanced 1. Correct touch turns are required in all strokes.

**Advanced 1:** Swimmers are introduced to the bent arm pull in B/K and improvements in both BR and Fly technique. F/C tumble turns are introduced here and 100m legal BR and 25m legal Fly achieved before progressing to Advanced 2. Target times are also introduced for 100m and 200m.

**Advanced 2:** B/K tumble turns are introduced with further improvements to the F/C tumble made. All strokes techniques are improved. Efficient F/C, B/K and BR are required over 200m and 50m legal fly before progressing to Pre-Comp. Target times are also required for 100m and 200m.

**Pre-Comp:** This group is for swimmers who can legally compete in all 4 strokes (minimum 50m fly). The aim is to introduce swimmers to competitive swimming training, they will complete sets on various times, over various distances. Improve their swimming technique, turns, starts and Individual Medley. From this group they will either join the Junior or Senior side of the club.

**Junior Competition:** This is for girls aged 8-11 and boys 9-12 who enjoy swimming and still want to swim for various reasons and who can't commit to the amount of training required for development/ county level. There is no minimum attendance requirement for this group; however swimmers will be expected to work hard when attending.

**Junior Development:** This is for girls aged 8-11 and boys 9-12 who hold development meet times and who want to swim at county level. This group requires a minimum attendance; however some exceptions will be made according to extra curricular activities and school/home locations. (Sessions to be agreed with head coach)

**Junior County:** This is for girls aged 8-11 and boys 9-12 who are within 5% of achieving or already

hold county times and who wish to go on towards swimming at both regional and national level. This group requires a minimum attendance; however some exceptions will be made according to extra curricular activities and school/home locations. (Sessions to be agreed with Head Coach)

**Senior Competition:** This is for girls aged 12+ and boys 13+ who enjoy swimming and still want to swim for various reasons and who can't commit to the amount of training required for development/county level. There is no minimum attendance requirement for this group; however swimmers will be expected to work hard when attending.

**Senior Development:** This is for girls aged 12+ and boys 13+ who hold development times and who want to swim at county level. This group requires a minimum attendance; however some exceptions will be made according to extra curricular activities, school/home locations and year at school. (Sessions to be agreed with head coach)

**Senior County:** This is for girls aged 12+ and boys 13+ who are within 5% of achieving or already hold county times and who wish to go on towards swimming at both regional and national level. This group requires a minimum attendance; however some exceptions will be made according to extra curricular activities, school/home locations and year at school. (Sessions to be agreed with head coach)

As our programme of swimming develops we hope to introduce additional sessions. Some of these will be morning sessions starting at 6.00am. Several of our swimmers have expressed a desire to take part in these and we trust that parents will give them the support they deserve in this.

Regards

Sarah Kelley

Head Coach