

Squad Outline

This group is the third stage of the South Aberdeenshire coaching programme and the first step on the 'Advanced Training Programme'. The work undertaken consolidates all previously learned skills, continuing the development of technique and swimming skills to a high level. All swimmers within the Gold level will be eligible for consideration to the SAS Junior Squad. This Squad is designed to further supplement training and bring together swimmers from each of the different locations.

Within this level there will be an increased amount of swimming endurance work, including swims at maximum speed, this is designed to enable each swimmer the opportunity to gain experience of a wide range of swimming events. There will also be an increased expectation on the Competitive Programme.

Admission Procedure to Gold

Admission to this squad follows successful completion of the Silver Training programme or the capable demonstration of the skills identified within the "Indicators for Progression to Gold". Swimmers at this stage of the progressive pathway are expected to be training between 6 and 10 hours per week as directed by their coach.

Objectives of Gold

1. To further develop stroke technique and competitive swimming skills.
2. To increase the amount of swimming endurance work undertaken whilst maintaining great stroke mechanics.
3. To develop the swimmers for competing in a wider range of competitive swimming events.
4. To prepare the swimmer towards achieving success at North District Competitions.

Swimming Curriculum for Gold

- Continued consolidation of technique on all four competitive strokes.
- Further develop individual medley swimming and the associated turning techniques.
- Further development of competitive techniques.
- Further development of even paced and introduction to negative split swimming.
- Further development on using equipment to include the band.
- Continued development of interval type training and variations including accurate use of the pace clock to include timing and measuring heart rate.
- Continued development and understanding of the SAS 'Pre-pool' mobility routine.
- Introduction to land based training and an introduction to resistance work.
- Continued practice of sculling and floatation to refine 'feel' and develop correct movement patterns whilst maintaining body awareness.

SAS

GOLD

- Further development and improvement of basic speed swimming upto 12.5m.
- Further education on the importance of fluids.
- Develop nutritional awareness for training and competition.
- Introduction to monitored test sets.
- Introduction to the use of the Log Book for short term Goal setting.
- An introduction to simple lifestyle management.
- Exposure to meets requiring overnight stays will be an important aspect of the swimmers development, as well as a full commitment to the competition programme.
- Preparation to compete at Scottish National and British Age group level.

Guidelines for progression to Platinum

The following is intended to be indicative of the generic competencies that an athlete will display in order to be considered for a progressive move. This is not exhaustive and some additional criteria will be applied. All squad moves will take place at the discretion of the Head Coach.

Technique and Skills

- Four competitive strokes
- Knowledge and comprehensive execution of all competitive skills.

Kicking Practices:

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| Breaststroke | - 12 x 50m Alternate Prone & Supine with perfect technique. |
| Frontcrawl | - 8 x 100m kicking Prone/ LHS/ RHS all without a board. |
| Backstroke | - 1 x 400m Ability to achieve full rotation with arm Extension |
| Butterfly | - Prone with hands at side and correct head position. |

Sculling & Flotation:

- Knowledge and excellent demonstration of at least six different sculling actions
- Capability to maintain body position in a static float whilst achieving rotation to both sides without the use of any flotation aid.

Training Competencies

- Further consolidation of all previous competencies.
- Further development of all competitive techniques.
- Further refinement of individual medley swimming and the associated competitive techniques.
- Continued consolidation of technique on all four competitive strokes and an ability to complete interval based training on each.
- Continued execution and comprehensive use of all training equipment.
- Complete and correct utilisation of the pace clock.

SAS

GOLD

- Development of land based exercise and an introduction to resistance work.
- Capable of demonstrating excellent technique in both sculling and flotation exercises.
- Further development and improvement of basic speed swimming upto 15m.
- Successful attainment of relevant results within monitored training tests.
- Continued development of the SAS 'Pre-pool' mobility routine.
- Regular completion & submission of the Log Book.
- Completion of short term goal setting with coach.
- Completion & coaches' submission of testing results.
- Competing in a wider range of swimming events as agreed in advance with your coach.
- The further development of basic swimming endurance over increasing distances with intensity swims at anaerobic threshold, whilst maintaining relevant distance per stroke and stroke rate.

Additional:

Attendance

Training hours

Attendance at relevant competitions as agreed with your coach.

Competitive events: 800 or 1500/ 400IM/ 4x200 each stroke

Test Set Results: Successful results to be within the individuals target range.