

Squad Outline

This squad is the fourth stage of the South Aberdeenshire coaching programme and the second stage of the 'Advanced Training Programme'. This level should be seen as the stepping stone in the development of swimmers to compete with distinction at senior level. Swimmers are expected to compete in all strokes, distances and individual medley events. Additionally, all swimmers within the Platinum level will be eligible for consideration to the SAS Transitional Squad. The work undertaken will consolidate all previously learned skills, with new training aims to include work at and above the anaerobic threshold level and the development of the anaerobic system. Other previously learned skills such as mental preparation for training and competition are enhanced.

Admission Procedure to Platinum

Admission to this squad follows successful completion of the Gold Training programme or the capable demonstration of the skills identified within the "Indicators for Progression to Platinum". Swimmers at this stage of the progressive pathway are expected to be training between 10 and 14 hours per week as directed by their coach.

Swimmers wishing to transfer from another route may request a trial, these can be arranged by contacting the Head Coach at the SAS office on 01224 742 623.

Objectives of Transitional Squad

1. To further develop stroke technique and refine competitive skills.
2. To increase the volume of swimming endurance including work at and above anaerobic threshold level whilst maintaining quality stroke mechanics.
3. Introduction to concepts of anaerobic training.
4. To further develop the 'hard work' ethic of training.
5. To produce swimmers who can compete with distinction at District and National Events.
6. To ensure swimmers have an experience of a wider range of competitive swimming events.

Swimming Curriculum

- Continued consolidation of technique on all four competitive strokes and the previous swimming curriculum.
- Further develop individual medley swimming and the associated competitive techniques
- Continued emphasis on competitive techniques with the improvement of reaction time and movement time.
- The application of interval training on all four strokes.

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- The development of pace judgement through overdistance work, negative split and even paced practice.
- The development of basic swimming speed upto distances of 15m.
- The introduction and early development of anaerobic swimming capacity.
- An introduction to the principles of training including the concept of an annual plan of training and competition.
- Knowledge and understanding of principles of flexibility and associated stretching practices.
- Improvement of general cardiovascular fitness through running and team games.
- Development of general strength through body weight exercises and the use of relevant equipment.
- Introduction to the SAS 'Post swim' cool down.
- Continued development of utilising the log book towards short term goals setting.
- Introduction too and use of video analysis for training and competitive performances.
- Advanced mental skills programme: self awareness; goal setting; self talk; relaxation; mental imagery and attention control.
- Preparation to compete at Scottish National and British National age group level. 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.

Indicators for progression to Top Squad

Promotion to Top Squad will be based upon an athletes potential to compete with distinction at National and International level. This individual will typically be focussed on the achievement of high performance results.

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.

Training Competencies

- Continued consolidation of technique on all four competitive strokes and an ability to complete interval based training on each.
- Further refinement of individual medley swimming and the associated competitive techniques.
- Further development of all competitive techniques.
- Continued execution and comprehensive use of all training equipment.
- Continued development of interval type training and variations including accurate use of the pace clock.
- Continued development of the SAS 'Pre-pool' mobility routine.

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- Development of land based exercise including resistance work.
- Continued practice of sculling to refine 'feel' and encourage correct movement patterns.
- Further development and improvement of basic speed swimming upto 15m.
- Continuation of monitored test sets.
- Optimise nutritional awareness for training and competition.
- Refine the use of the Log Book for short to medium term Goal setting.
- An awareness of lifestyle management with a self-sufficient approach.

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.

X-Factor.