

SAS

SILVER

Squad Outline

This group is the second stage of the South Aberdeenshire coaching programme and the final stage of the 'Junior Development 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 Silver level will be eligible for consideration to the SAS Development Squad. This Squad is designed to further supplement training and bring together swimmers from each of the different locations.

Within this level there should be an increased amount of swimming endurance work, this is designed to enable each swimmer the opportunity to gain experience of a wide range of swimming events.

Admission Procedure to Silver

Admission to this squad follows successful completion of the Bronze Training programme or the capable demonstration of the skills identified within the "Indicators for Progression to Silver". Swimmers at this stage of the progressive pathway are expected to be training between 4 and 6 hours per week as directed by their coach.

Objectives of Silver

1. To further develop stroke technique and competitive swimming skills.
2. To increase the amount of swimming endurance work undertaken whilst maintaining good stroke mechanics.
3. To introduce swimmers to a wider range of competitive swimming events.

Swimming Curriculum for Silver

- Continued consolidation of technique on all four competitive strokes.
- Further develop individual medley swimming.
- Develop the Use of pace clock for starting, resting and timing single swims.
- Development of competitive techniques, specifically the racing start to include relay takeovers.
- Early development of even paced steady swimming.
- Introduction to using Heart Rate to measure training.
- Further development on using equipment to include the swimmers snorkel.
- Continued development of kicking; in particular development of side kicking on the long axis to include rotation.
- Continued development of interval type training and variations including the use of the pace clock.
- Continued development of the SAS 'Pre-pool' mobility routine.

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- Introduction to land based exercises
- Continued practice of sculling and floatation to develop 'feel' and encourage correct movement patterns.
- Further development and improvement of basic speed swimming upto 10m.
- Develop education on the importance of fluids.
- Introduce basic Nutritional awareness.

Indicators for progression to Gold

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 competitive skills

Continuous Swimming: Holding stroke pattern with even pace and relevant skill.

600m Frontcrawl with a bilateral breathing pattern.

300m Backstroke with good timing and breathing

300m Breaststroke with simultaneous whip action kick and the relevant arm action.

300m Individual Medley

5 x 50m Butterfly with 20seconds rest and simultaneous arm recovery over the water.

Kicking Practices:

Breaststroke - 12 x 50m Alternate Prone & Supine with perfect technique.

Frontcrawl - 8 x 75m kicking Prone/ LHS/ RHS all without a board.

Backstroke - 8 x 50m Ability to achieve full rotation with arm Extension

Butterfly - Prone with hands at side and correct head position.

Sculling:

- Knowledge and demonstration, with good technique, of at least six different sculling actions.

Training Competencies

- Further consolidation of all previous competencies.
- Knowledge and comprehensive execution of competitive skills including relay takeovers.
- Increased distances of Individual Medley swimming.
- Improved use of the pace clock to include maintenance of rest over multiple swims.
- Ability to accurately utilise the pace clock for timing and measuring Heart Rate.

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- Further utilisation of equipment to include the swimmers snorkel.
- Regular Completion & Submission of the Log Sheet.
- Completion of short term goal setting with coach.
- Ability to complete basic swimming speed for distances of upto 10m
- The further development of basic swimming endurance over increasing distances with intensity swims at anaerobic threshold, whilst maintaining relevant skills.
- Comprehensive understanding and use of the SAS 'Pre-pool' mobility routine.
- Knowledge of competition rules.
- Competing in a wider range of swimming events as agreed in advance with your coach.

Additional:

Attendance

Training hours

Attendance at relevant competitions as agreed with your coach

Competitive events: 200IM/400+ Fc/ 2x200 two strokes/ 2x100 two other strokes.