

Club Structure and



www.warleywasps.net

Squad Criteria 2011/12

Club Structure and Criteria for all groups and squads

Senior Development Programme	Senior (White Sharks)	Criteria For Entry	<ul style="list-style-type: none"> • Stages completed should be 1-10. • To be willing to swim in the leagues we are affiliated to if selected. • To represent the club at County/Regional and National Championships if Qualifying Times are achieved. • Must have achieved at least one County Qualifying Time. <p>Attendance: Three sessions per week (on a regular basis) are required for entry into the Seniors, with a view to 4-5 sessions as the swimmer matures.</p>
	Senior Transition (Blue Dolphins)		<ul style="list-style-type: none"> • Stages completed should be 1-8. • Stage 9 and 10 are to be completed during these sessions. • To be willing to swim in the leagues we are affiliated to if selected. • To represent the club at County/Regional and National Championships if Qualifying Times are achieved. <p>Attendance: Three sessions per week (on a regular basis) are required for entry into the Senior Transition.</p>
Junior Development Programme	Junior (Grey Seals)		<ul style="list-style-type: none"> • Stages completed should be 1-6. • Stages 7 and 8 are to be started and completed during these sessions. • Start Award Level 2 also to be gained. • All strokes to be efficient. • Basic turns known. • To be willing to swim in the leagues/competitions we are affiliated to if selected. <p>Attendance: Two sessions per week (on a regular basis) is required for entry into the Juniors.</p>
	Junior Transition		<ul style="list-style-type: none"> • Stages completed should be 1-5/6. • Stage 5/6 is to be started and completed during these sessions. • Level 1 Start Award to be completed. • F/C & Backstroke to be efficient. • Basic Breaststroke and Butterfly required. <p>Attendance: Once per week (on a regular basis) is considered to be acceptable, but ideally two sessions per week.</p>
Learn To Swim Programme (National Teaching Plan)	Learner Lengths		Stage 4/5 is required for entry into Learner Lengths.
	Learner widths		Stages 1-3/4 are required for entry into these classes.
	Beginners		

Movement between Learner Lengths, and Transition may be required depending on needs of the Junior Team.

Reasons for Criteria

There are many aspects of training covered each week, these aspects are changed from week to week, cycle to cycle i.e. EN1 (aerobic) sessions will not always be held on Fridays and sprints will not always be done on Mondays etc... For every session *not* attended swimmers will be missing valuable time spent on starts, turns and stroke development as well as general conditioning work. It is therefore very important that as the club develops and becomes more competitive, the sessions and the expectations of the sessions and swimmers must change, this is called 'progression'.

As a competitive swimming club, we must always be looking to 'progress', and reach the potentials which other clubs have reached and higher. By creating a 'Criteria' of development, progression will be made and the required standards will be reached and maintained. Without this in place the club will be aim/goalless, will not progress in the correct direction and the full potential of swimmers will never be extracted or fulfilled.

Our challenge is to 'Provide excellence at all levels of teaching and coaching and provide the required levels of competition'.

As the swimmer matures and grows, demands on the body can be increased and needs to be increased. As swimmers move through the age-groups, entry times to competitions decrease, age-group swimming distance increase i.e. league distances increase from 50m to 100m (a 100% increase), open meet competition distances also increase to 50, 100, 200, 400, 800 and 1500m, the only way to achieve these times and be able to swim the additional distances, is to train.

Because the training cycles at Warley WASPS are designed to progress swimmers, those who do not attend regular sessions will struggle with times and distances set and will start to fall behind in their lane.

To train less than the recommended number of sessions, as before mentioned, swimmers will never achieve their full potential, and will never reach the upper levels of quality swimming i.e. County, Regional, National & International standards.

If we consider the percentages of the different forms of training throughout the cycle, we end up with the approximate breakdown:

Week	% Aerobic (EN1/2/3)	% Sprint (SP1/2)	% Maximal (SP3)
1 - Preparation	85	5	10
6 - Conditioning	80	10	10
10 - Competition	70	20	10
13 - Rest & Recovery	90	5	5

As can be seen from the above table missed sessions means that swimmers may only be swimming 10% of EN1/2/3, including all stroke development work, 1% of Sprint (SP1/2) and 2% of Maximal (SP3), which includes all starts and turns. A swimmer will not be able to cover all the necessary requirements in one session per week. Swimming an average of 1800 yards per week barely provides enough quality technique and stroke development a swimmer needs, hence the importance of *regular* training within the boundaries of a set *criteria*.

Coaches keep an extensive register system, which gives each swimmer an attendance total and an attendance percentage set to the clubs 'Criteria'. If a session is missed, feel free to pick up another session later in the week, don't miss out completely.

The clubs planning is also available on the poolside for all to see. It shows which week of the cycle we are on and also the weekly breakdown of training.

Please download a copy of 'An Insight into Competitive Swimming' from www.warleywasps.net.
The booklet goes into more detail about training and the requirements of a competitive swimmer.

The New Squad Setups in line with Criteria

Lane 5	Deep End	Junior Development 3	Shallow End
Lane 4		Junior Development 2	
Lane 3		Junior Development 1	
Lane 2		Junior Transition 2	
Lane 1		Junior Transition 1	

Junior Development Squad Setup

As can be seen above, the Junior Development Group of the club has little change to its setup, other than the 'Transition' being named 'Junior Transition 1 and 2'. Entries between these squads/lanes are all outlined in the 'Club Structure & Criteria' table.

Lane 5	Deep End	Senior Development 1 (Dolphin)	Shallow End
Lane 4		Senior Development 2 (Dolphin/Shark)	
Lane 3		Senior Development 3 (Shark)	
Lane 2		Masters	
Lane 1		Club Lane - once per week or less	

Senior Development Squad Setup

At present the Senior Development Group will be working to the above 'Setup'. This is subject to change as the club develops.

Continued missed training, resulting in a loss of fitness and thus a regression of training/competition performance, may result in a swimmers demotion to a lower lane or squad.

'Compete' Comes from Latin **'Competere'**, - **"Come together"**. To strive against another or others to attain a goal, such as an advantage or a victory.