

Hillingdon Swimming Club

Affiliated to M.C.A.S.A. & L.R.A.S.A.



TRAINING SCHEME - ELITE DEVELOPMENT SQUAD SQUAD NUMBER: 6-12

Consideration Criteria

- Ability to perform all four strokes
- Ability to show consistency in training sessions of at least 60 minutes duration
- The squad will mostly incorporate swimmers from the age of 8-10 years, however, there is no age limit for entry to this squad
- Technical quality
- Attitude
- Ability to cope psychologically and physically with the extra training demands imposed by the EDS training programme
- Attendance, effort and commitment to the Elite Development Squad training programme
- Long term potential
- Parental commitment

The aim of the Elite Development Squad is to develop the technique and endurance capabilities of each swimmer ready for the greater challenges that lie ahead in the Elite Junior Performance Squad. The philosophy of the squad is primarily skill development and aerobic development, the goal being to prepare swimmers for entry into the Elite Junior Performance Squad.

The training year will include competitions, however, training will run on a flat programme all year round.

Technical, endurance and competitive improvement will require a high level of commitment in training from swimmers in the Elite Development Squad programme. Evidence of improvement in all the aforementioned areas will be considered by the Head and Squad Coach prior to promoting a swimmer to the Elite Junior Performance Squad.

There are 5 swimming sessions available to swimmers during the training week. For maximum improvement swimmers should endeavour to complete all 5 sessions. The minimum requirement is 4 sessions per week. In the event of a swimmer not being able to complete the required number of sessions, a valid reason must be communicated to the squad coach. Repeated low attendance will result in a warning; and if there is no improvement in this area, then the swimmer will move to a squad suitable for their level of commitment until they are ready to meet the EDS squad criteria. Return into the EDS programme will need consultation with the Head Coach first.

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Swimmers will have 'most important' test training set times recorded by the coach and must maintain a record of 'best ever' competition times.

Swimmers on the Elite Development Squad should aim to and display the effort needed to improve annually. If this ethic is compromised by the athlete then they may have to relinquish their place on the Squad after consultation with the Head and Squad Coach.

The Elite Development Squad will cater for swimmers working in the SwimSkills to Training to Train stages on the ASA's Long-Term Athlete Development Plan.

Swimmers must have met the ASA Competitive Start Standard prior to entry to this squad.

EQUIPMENT REQUIRED FOR TRAINING:

Fins

Kick board

Pull buoy

Drinks bottle

2 pairs of goggles

2 swimming hats

2 costumes