

Hillingdon Swimming Club

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



TRAINING SCHEME - ELITE TRANSITION SQUAD

SQUAD NUMBERS: 15-20

Consideration Criteria

- London Region Qualifying Times / National Age Group qualifying times
- Promotion from the age of 11 is acceptable if the above time standards are achievable within the swimming season
- Age minimum for Elite Transition Squad set at Boys & Girls 10 years
- Technical ability
- Attitude
- Psychological maturity & ability to make changes
- Attendance, effort and commitment
- Long term potential
- Parental commitment
- Be able to cope physically, mentally, emotionally and socially with both the Head / Squad Coach and existing swimmers of the Elite Transition Squad

The aim of the Elite Transition Squad is to produce swimmers able to demonstrate the skill level required to compete at National and International level. Physiologically, the squad aims to develop swimmers aerobic endurance to a level where they are ready to progress to a programme that regularly works at 40-50km per week in the Training to Compete stage of the LTAD.

The training year will be based around specific targeted competitions aiming to swim best times around March, May and August, however, periodised tapers will not be as prolific for these meets as elder swimmers.

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

Attendance will be set on an individual basis and will consider age, sex, maturity and event specialisation. Any swimmer on the Elite Transition Squad will be expected to complete between 6-9 training sessions in one week.

Swimmers will log training performance times, competition best times, video technique clips and other relevant performance information on a USB stick provided by the club for a minimal fee.

www.hillingdonsc.co.uk



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Swimmers on the Elite Transition Squad should aim 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 Coach.

The Elite Transition Squad will cater for swimmers training to make the transition between the Training to Train to the Training to Compete stages of the LTAD.

EQUIPMENT REQUIRED:

Hand Paddles

Fins

Finger Paddles as desired but not essential

Heart Rate Monitor (optional)

Kick board

Pull buoy

Drinks bottle

2 pairs of goggles

2 swimming hats

2 costumes