

Tadcaster York Sport Swim Squad – Development Pathway



Introduction

Tadcaster York Sport Swim Squad (TYSS) aims to provide suitable training opportunities and coaching for all abilities (subject to the minimum entry requirements), giving high priority to swimmer development and competition.

Entry to Swim Squad

Entry into Swim Squad is through a trial with the Head Coach to assess whether a swimmer is ready. Swimmers will be allocated a place in the training group and sessions that best suit their ability, subject to the admission criteria and coaches' discretion, providing there is space. Swimmers may come through the Tadcaster Swimming Pool or York Sport Development squads, Stingrays or external enquiries managed by the Membership Secretary.

The selection criteria will be based on a swimmer's technique, attitude, and ability to swim at a competent standard with the potential to become an efficient and effective swimmer. Please see the Joining Tadcaster York Sport Swim Squad document and grouping descriptions below for specific criteria.

Swimmers, who have registered times on the Swim England database may be invited to a trial during a training session and may be offered a place at the coaches' discretion, subject to the availability of a space, in accordance with the TYSS Membership Policy.

Groupings

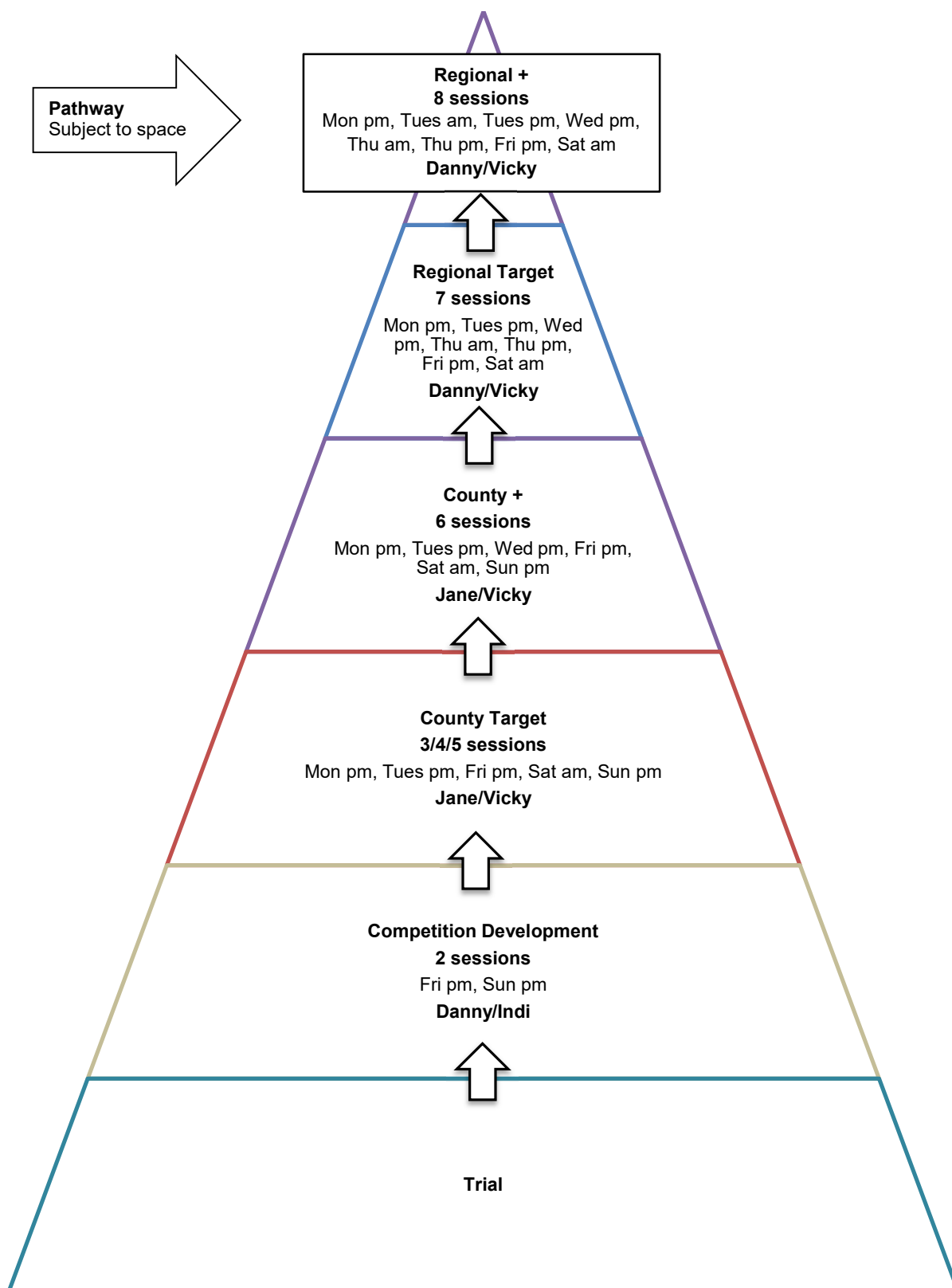
Tadcaster York Sport Swim Squad is split into groups to allow progression, high quality coaching and bespoke training of swimmers with similar training ability and age ranges, providing a development pathway through squad for swimmers to maximise their potential.

A swimmer progresses at the coaches' discretion using the grouping criteria. Whilst personal bests and swim speed are taken into consideration, the coaches look at the swimmer as a whole based on their age and development and the coaches' assessments of abilities, overall work ethic, attendance, attitude to training and competing, discipline and performance potential.

Swimmer progressions and groups are currently reviewed every 6 months but may be done more regularly if deemed necessary or as spaces arise.

As swimmers move through squad they may only be invited to certain sessions if they are already doing certain other sessions to enable differentiation in training. A move to a different group may also mean a change in the days of training sessions.

The pathway and group descriptions are shown overleaf.



Regional+ (8 sessions available) *Mon pm, Tues am, Tues pm(QM), Wed pm, Thurs am, Thurs pm, Fri pm, Sat am.*

Strength & Conditioning - Mon (optional)

Coach – Danny/ Vicky

The performance group at the club. Swimmers achieving Regional qualifying times and aiming for Finals, with Regional Championships, Nationals and British Championships as their seasonal target meets. Swimmers need to be committed to the sport of swimming and have excellent attendance at all sessions available to the group. Swimmers will be expected to take part in land work set by the club and partake in some of their own strength and conditioning workouts outside of the club.

Regional Target (7 sessions available) *Mon pm, Tues pm(QM), Wed pm, Thurs am, Thurs pm, Fri pm, Sat am.*

Strength & Conditioning - Mon (optional)

Coach – Danny/ Vicky

Swimmers competing at a Regional standard or high County standard, regularly challenging for a place in finals at Yorkshires and therefore likely to achieve Regional times. Swimmers will be expected to show commitment to the sport by this stage ensuring good attendance at all sessions. Swimmers will work on in depth mechanics of the strokes and individual race planning.

County+ (6 sessions available) *Mon pm, Tues pm(YS), Wed pm, Fri pm, Sat am, Sun pm.*

Strength & Conditioning - Wed (optional)

Coach – Jane/ Vicky

Swimmers achieving County qualifying times, working hard to perform well at Yorkshire championships and aiming to progress into higher groups of the squad as their skills develop.

County Target (3/4/5 sessions available) *Mon pm, Tues pm(YS), Fri pm, Sat am, Sun pm.*

Strength & Conditioning - Wed (optional)

Coach – Jane/ Vicky

Swimmers will be aiming to qualify for County championships. Swimmers will be developing the skills and practices they have learnt in the previous group to a higher level.

Competition Development (2 sessions available) *Fri pm and Sun pm*

Strength & Conditioning - Wed (optional)

Coach – Danny/ Indi

The Foundation level of the club where swimmers will learn all the fundamentals of Technique, Training and Competing. Attending at least 3 galas in a year.

Club Performance Pathway swimmers (subject to space)

Coach - Danny/ Vicky

Swimmers showing talent and commitment to the sport of swimming, typically Regional final/ National standard. Swimmers on the pathway may be dual members with another club but will be expected to represent TYSSS at regional and national level. Swimmers in this group will help bring in extra depth to the club as part of the performance pathway. Land work may also be offered. The pathway is designed to allow retention of older swimmers in line with LTAD and to provide opportunities for talented swimmers that may not have access to enough sessions elsewhere, therefore enabling them to fulfil their potential, and develop strong bonds between clubs in the area.



Swimmers aged over 18

Swimmers over the age of eighteen may remain members and train with squad after school year 13 (or equivalent if left school at aged sixteen) subject to agreement from the coaches, adherence to club policies and codes of conduct and all appropriate fees being paid. Swimmers must show a commitment to training and have a good attendance.