

Asgard Squad Progressions

To progress to the next swimming squad, you typically need a combination of achieving specific time standards in competition in the more senior squads, demonstrating strong technique and fitness, maintaining excellent attendance and gala participation, showing a good work ethic, attitude, maturity and potentially passing a coach-led assessment or trial, all while ensuring space is available in the next group. Progression is not just about times, coaches look at the whole swimmer to see if they are ready for increased training demands, commitment and the right mental attributes to be successful in the next squad.

Progressing within a squad (moving up a lane) is again a combination of everything mentioned in the squad progressions along with being able to lead a lane properly, (using the pace clock for start and rest intervals etc..) and learning how to pace correctly.

Key Criteria for Progression:

- 1. Time standards:** Meeting target times in races, often requiring entry into competitive galas.
- 2. Technical skill:** Demonstrating solid fundamental skills (Streamlining, Diving and Turns), strong body position, and consistent stroke execution.
- 3. Fitness and Stamina:** Showing the endurance to handle more challenging sets and longer training sessions.
- 4. Attendance:** Consistent attendance at all scheduled training sessions.
- 5. Gala Participation:** Regularly entering and competing in relevant galas.
- 6. Attitude and Maturity:** Exhibiting a positive work ethic, focus, coach ability and good behaviour.
- 7. Coach Assessment:** The head coach's recommendation, often after a trial period or specific test.

How to Show You're Ready:

- **Train Consistently:** Show up to every session ready to work hard.
- **Focus on Technique:** Ask your coach for feedback on your strokes, turns and dives.
- **Race Strategically:** Enter competitions to chase those required time standards.
- **Build Endurance:** Don't go out too fast, learn to pace yourself and develop different "gears".
- **Ask Questions:** Talk to your coach about what skills you need to work on for the next squad.

Important Considerations:

•**Squad Availability:** Even if you meet all criteria, promotion depends on space in the next group.

•**Individual Basis:** Progression is assessed individually, with coaches looking at the whole picture, not just times.

Turtles to Otters

1. Good swimming fundamentals (ability to do all the strokes, perform turns and dives)
2. Show good fitness and stamina during a session.
3. Good behaviour and attitude.
4. Being able to be coached and take instructions.
5. Good work ethic in training.
6. Ability to read the pace clock (this is your friend!)
7. Very good attendance

8. Saturday Series Galas along with other Level 1 Galas throughout the swimming season.

Otters to Beavers

1. Good swimming fundamentals (ability to do all the strokes, perform turns and dives)
2. Show good fitness and stamina during a session.
3. Good behaviour and attitude.
4. Being able to be coached and take instructions.
5. Good work ethic in training.
6. Ability to read the pace clock (this is your friend!)
7. Very good attendance
8. Saturday Series Galas along with other Level 1 Galas throughout the swimming season.

9. Coach Assessment (all of the above including achieving 1:50 in 100 Freestyle in the Asgard time trials.

10. Availability in the next squad along with commitment to all the training sessions.

Beavers to Dolphins

1. Good swimming fundamentals (Starts, turns, streamlining, stroke mechanics on each stroke with the ability to show good rhythm and timing).
2. Show good fitness and stamina during a session.
3. Good behaviour and attitude.
4. Being able to be coached and take instructions.
5. Good work ethic in training.
6. Ability to read the pace clock (this is your friend!)

7. Being on time for training and getting in on time.
8. Doing pre pool land warm up.
9. Very good attendance (attending the two beaver sessions weekly along with the Saturday morning beaver transition training session)
10. Regularly attending Galas like the Asgard Saturday Series and Level 1 and Level 2 Galas including the Swim Ireland Leinster Future Challengers.
11. **Coach Assessment (all of the above including achieving 1:20-1:25 in 100 Freestyle and 1:35-1:40 in 100 Individual Medley in the Asgard time trials. 10*100s Freestyle comfortably on 2 minutes leading the lane.**
- 12. Availability in the next squad along with commitment to all the training sessions.**

Dolphins to Seniors

1. Very Good swimming fundamentals (Starts, turns, streamlining, good stroke mechanics on each stroke with the ability to show good rhythm and timing.
2. Show good fitness and stamina during a session.
3. Good behaviour and attitude.
4. Being able to be coached and take instructions.
5. Good work ethic in training
6. Positive and supportive team member in training and at competitions.
7. Ability to read the pace clock (this is your friend!)
8. Being on time for training and getting in on time.
9. Doing pre pool land warm up.
10. Very good attendance, (attending the three squad sessions and the Monday morning transition session).
11. Regularly attending Galas like the Level 2 and Level 3 Galas like the Swim Ireland Leinster Future Challengers and Leinster Aspiring Gala.
12. **Coach Assessment all of the above including achieving times below 15*100s Freestyle on 1:40 comfortably leading the lane and achieving the times below.**

Event	Short Course	Long Course
100 Free	1:10	1:12
200 Free	2:35	2:38
100 Individual Medley	1:25	NA
200 Individual Medley	3:00	3:03

Availability in the next squad along with a commitment to a minimum of four training sessions.