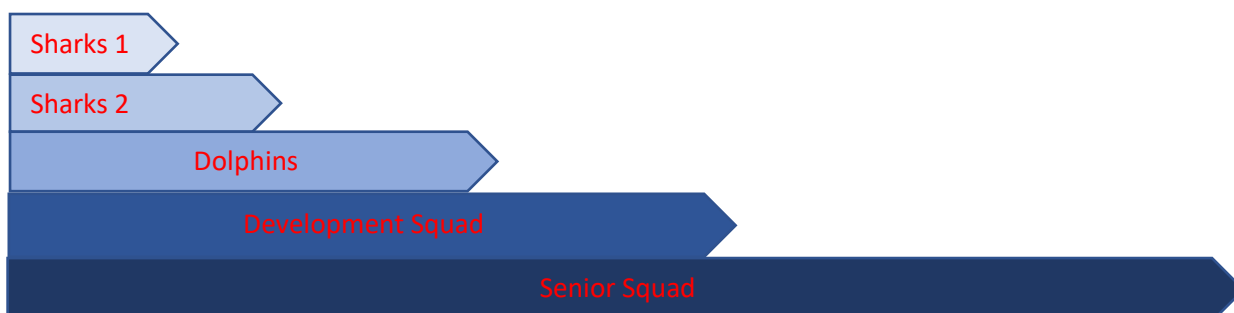


Coolmine Swimming Club – Criteria for movement between Squads

This document sets out the general criteria for consideration for movement into each group within the club. It should not be relied on as a means of measuring ability to move between squads and coaches will have a number of other aspects to consider. Movement will be at the coaches discretion. This is only a guideline, and is subject to change.



Criteria for Squad Movement:

The following are the characteristics that coaches will take into consideration when moving swimmers throughout groups:

1: Behavioral

Commitment, Attitude, Work Ethic, Maturity, Coachability, Focus.

Consider: Has the swimmer got these attribute, willingness and self-awareness to move to the next group?

2: Skills

Skill Acquisition, Aptitude, Skill Level, Ability to consistently repeat task and skills correctly.

Consider: Has the swimmer got the underlying basics and fundamentals to undertake a higher work load?

3: Statistics

Competition Level, Recent Achievements, Training rep times, Attendance criteria.

Consider: Is the swimmer at a level the next group are targeting and has already gotten everything that the can from the previous group?

Sharks Squad:

Sharks Squads are our entry level squads

Swimmers work on developing a good skill set on all 4 strokes.

Training: 3 x 45 minute Pool Sessions

Requirements:

Be able to swim 25 meters competently and repetitively on at least 2 strokes.

Be proficient in swimming without aids, Treading water, Sculling, Streamline Position

Expectations:

Weekly attendance.

Be able to take instruction from Coach.

Continuous improvement to skill set and across all strokes.

Gain Gala experience at Club Level 1 galas

Dolphins Squad:

Dolphin Squad swimmers work on the fundamentals of training, and developing a broad skill set on all strokes.

They are working towards competing at Club Galas & Regional level 3 Galas.

Training: 3 x 60 minute Pool Sessions, 1 Land Training Session

Requirements:

Be able to fulfil all of Sharks Squad expectations

Be able to comfortably complete a number of 100's Frontcrawl

Be proficient in Streamline Sculling, Pushoffs, Fly Kicks, Tumble turns & Open turns

Expectations:

Good attendance.

Continuous improvement to skill set and across all strokes.

Must compete in the minimum number of Club Galas set out in the Season Gala Calendar, and Target Regional Level 3 Galas.

Gain Gala experience, and ability to cope with nerves.

Continuous progressions in Land Training based exercises including stretching.

Land training mostly body weight exercises (Squats, Lunges, Planks, Press ups, Sit ups, Core Work) and Cardio.

Development Squad

Development Squad swimmers work on developing aerobic capacity and also train anaerobically. They are working towards competing at Regional level and Nationally at Irish Age Group Championships.

Training: 4 x 60-90 minute Pool Sessions, 1 Land Training Session & 1 Stretching Session

Requirements:

Within 5% of National Age Group Qualifying Time

Be able to fulfil all of Dolphin Squad expectations

Be able to comfortably make a set of 100's Freestyle on 2:00

Be able to comfortably swim sets of 200's Free & 100s IM consistently

Expectations:

At least 80% attendance.

Continuous improvement to skill set and across all strokes.

Maintain basic aerobic & anaerobic training throughout training blocks.

Must compete in the minimum number of Galas set out in the Season Gala Calendar for this squad.

Build up Race experience and race strategy.

Continuous progressions in Land Training based exercises including stretching.

Land training mostly body weight exercises (Squats, Lunges, Planks, Press ups, Sit ups, Core Work) and Cardio.

Senior Squad

Senior Squad is our top squad targeting Regional & National level Galas.

The main focus of this Squad is National Age Group Championships & National Youth & Senior Championships.

Swimmers work on continuing to develop aerobic & anaerobic capacities, and more Stroke specific training.

Training: 6 x 1.5 – 2 hour Pool Sessions, 1 Land Training Session & On Deck Pre-Pool Stretching

Requirements:

Within 3% of Summer Nationals Qualifying Time

Be able to fulfil all of Development Squad expectations

Be able to comfortably make a set of 100's Freestyle on 1:30 consistently

Be able to comfortably swim sets of 200's Free on 3:00 consistently

Expectations:

At least 80% attendance.

Good Sportsmanship.

Positive Attitude.

Willingness to accept feedback from coach and adapt as necessary.

Continuous improvement to skill set and across all strokes.

Maintain aerobic & anaerobic training throughout training blocks with an emphasis on pacing & execution of race skills.

Must compete in the minimum number of Galas set out in the Season Gala Calendar for this squad.

Build up Race experience and race strategies.

Continuous progressions in Land Training based exercises including stretching.

Correct execution of all Stretching, body weight exercises, resistance band & basic Gym exercises.