



Modernian Swimming Club Structure

Club Vision

The Aim of Modernian swimming club is to identify and develop the best athletes in the country, providing them with the Platform they need to compete at Regional, National and International Level. Our main Aim is to create an environment that is both safe and challenging whilst allowing every athlete to reach their full potential. Our Programme Is Coach Driven, Athlete Focused and Supported by our dedicated Committee members and Parents.

We offer a skill focused, High intensity training programme that enables athletes to be successful across the full Olympic programme from 50m through to 1500m. Modernian is currently the leading performance swimming programme in Bedfordshire. Our Target for the future is to consolidate our position as the top club in the county and become one the best clubs in the country. Our core value is teamwork; each individual has a responsibility to their teammates and should support and encourage others. Our Decisions as a club are based on the best interests of the team first and foremost.

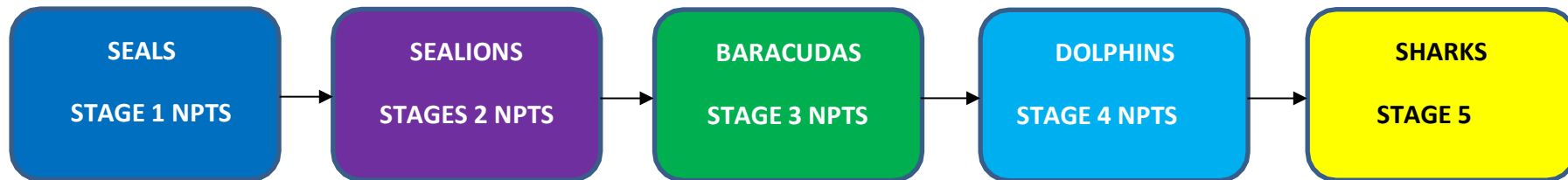
Modernian Swimming Club – “A Team above all but above all a team”

MODERNIAN CORE VALUES

Support every member of your team
Display a great work ethic and Positive Attitude
Show Respect for fellow swimmers, coaching staff, committee members and parents
Constantly challenge yourself to achieve your full potential.

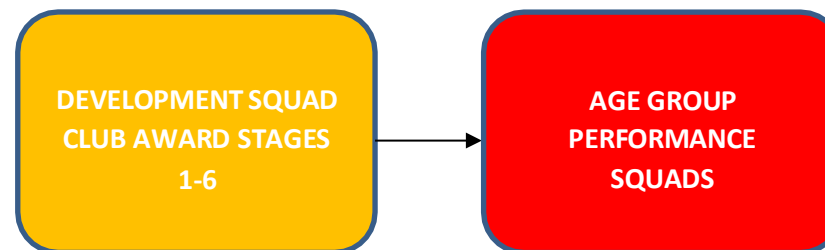
Modernian Swimming Lessons

The National Plan for Teaching Swimming (NPTS) is an 'all-inclusive programme which takes the non-swimmer from his or her first splash to developing confidence and competence in the water. The national governing body for swimming, the Amateur Swimming Association (ASA), has produced a national syllabus for Aquatics, in order to equip learn to swim providers with the training and tools to deliver a multi aquatic, multi skill programme. The Swimmer's 'journey through aquatics' following the National Plan for Teaching Swimming will result in the development of a wide range of skills. These skills, if you like, are a jigsaw of pieces, and when put together result in a competent, confident and safe Swimmer who has the skill base for then developing technique in a wide range of water based sports.



Development Squad (ASA Club award)

The Top Tier of the Modernian Swimming lessons is the Development squad. This Squad will follow the newly introduced ASA Club Awards, These have been designed for delivery within club programmes, by completing these 6 awards, swimmers would demonstrate their ability to be able to perform all of the fundamental strokes and skills required for their engagement in competitive swimming.





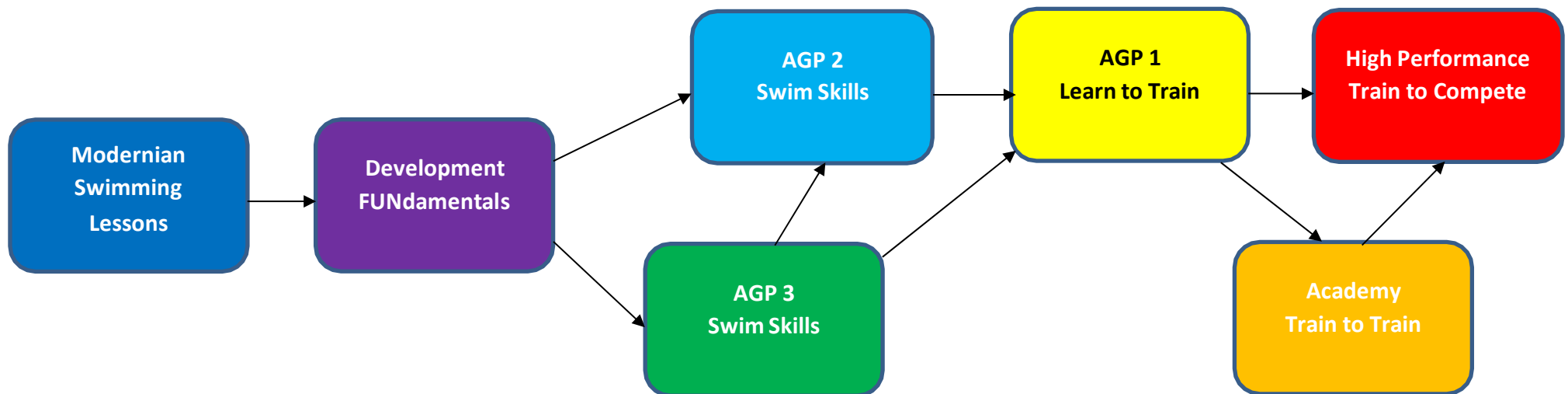
Modernian Swimming Club Squad Structure

MSC Squad Structure is built to align with the Athlete Development Support Pathway (ADSP). The below criteria for each Group is designed to promote and encourage athletes in Bedfordshire to achieve Excellence in swimming. All Move ups are at the discretion of the Head Coach and Lead Age Group Coach. The Pathway between the groups and the High focus on Skill and technique in the early years will allow swimmers to develop at a rate that sees them produce their best performances in the sport when it matters (18+)

Squad	Code	Criteria	Stage of ADSP	Hours
High Performance	HP	Attend Minimum of 6 Sessions per week, Regional Qualifier, 13 Year Old Female/ 14 Year Old Male & Older, Must mirror OADF Characteristics, Must display a high level of technical skill & self-motivation, Must compete in events directed by Head Coach,	Train to Compete	12
Academy	AC	Aspiring to achieve Regional Qualifying time, 13 years & Over, Must mirror OADF Characteristics. Must display a high level of technical skill & Self-motivation, Must actively compete in Local & county level competitions directed by Head Coach.	Train to Train	8.5
Age Group Performance 1	AGP1	County Qualifier, 11 years & Over, Must mirror OADF Characteristics, Must be actively improving Performance technical skills, this should be at the forefront of focus. Attend a minimum of 4 sessions per week. The swimmer's maturity will be considered in awarding a squad position.	Learn to Train	8
Age Group Performance 2	AGP2	First competitive squad on pathway - must show intention to compete in Local & County level competitions, Must be actively improving technical skills, this should be at the forefront of focus, Must attend minimum of 3 sessions per week, Must have achieved Criteria of ASA Club Award Must be working towards OADF Characteristics	Swim Skills	4.5
Age Group Performance 3	AGP3	Pre-Competitive - Must be able to achieve the criteria for Stage 2 of ASA Club Award Performance. Must be 11 years or younger to join this group. Must be working towards OADF Characteristics	Swim Skills	1

Modernian Swimming Club Pathway

Swimmers will be continuously assessed by the MSC coaching team as they develop, when an Athlete achieves all of the criteria for the next group they will be considered for a move up. These move ups are at the Discretion of the Head Coach and the Lead Age Group Coach. All move ups will take the OADF Performance Potential Characteristics into consideration. The Main reason for this is that an athlete can be beyond their years in terms of physical development, which may see them over achieve in their early years in the sport however if the right personality traits and Characteristics are not in place, this success will be short lived.



Athlete Development Support Pathway

ADSP is a framework for the development of children's physical literacy (fundamental movement skills and sport specific skills) and aims to encourage lifelong participation in sport and physical activity.

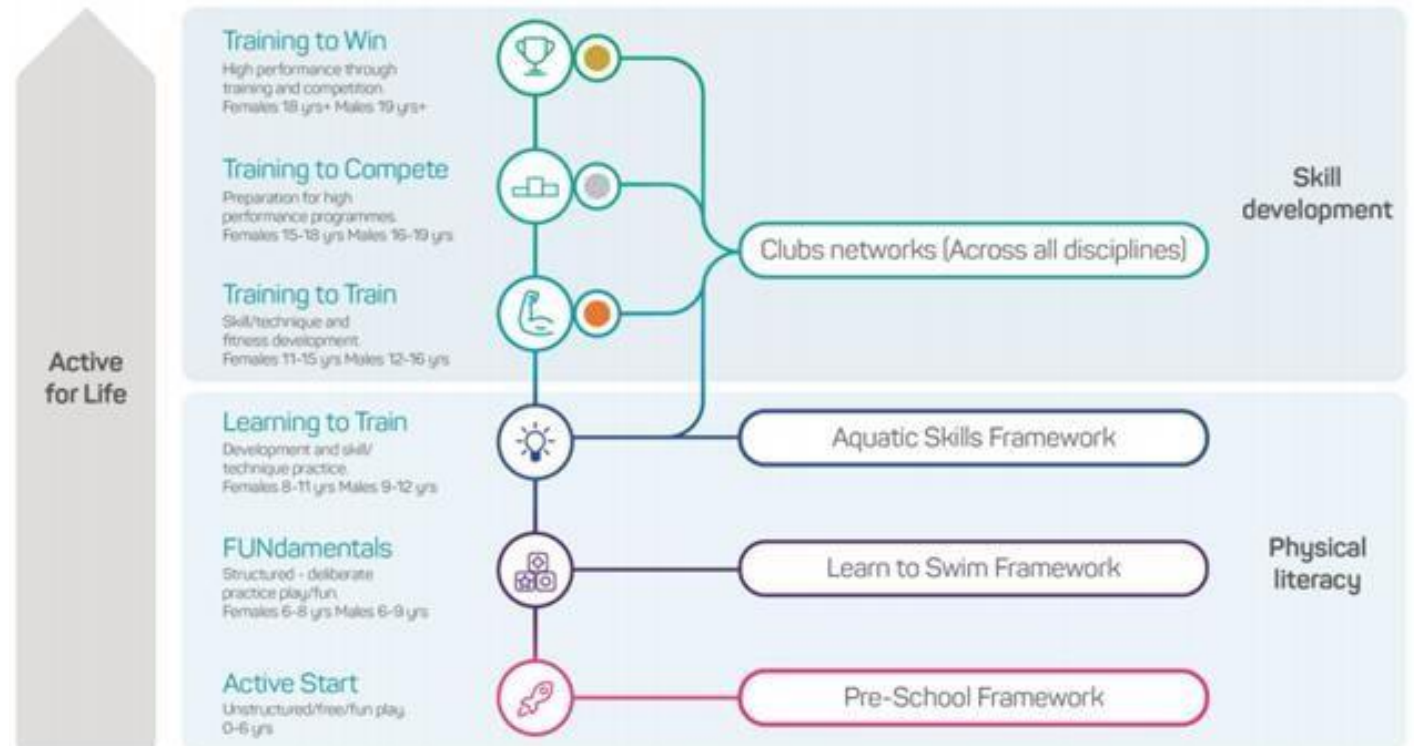
The Pathway Includes seven key stages, with clear progression routes from learn to swim through to High Performance. The Modernian Swimming club pathway has 5 main squads that align with the ADSP with a view to promote long term athlete development.

Key features

Active Start – This stage should be fun for children and include both unstructured and structured free play in order to develop children’s basic movement skills. The aquatics aim here is also to develop their general water confidence.

FUNDamentals – Again this stage is about fun and enjoyment, with the key focus on the development of movement skills. Play should remain a key aspect at this stage however with more focus on structured play. The aquatics aim here is the development of core aquatic skills.

Learning to Train (Swim Skills) – This stage should focus on two key areas: 1. The development of specific skills and technical elements needed within sports. 2. Individual’s physical, social and emotional development. Enjoyment should still play a key role at this stage along with participation. The aquatics aim is to develop the specific skills relevant to the aquatic pathway chosen (Competitive Swimming, Diving, Lifesaving, Para-Swimming, Synchronised Swimming, Snorkelling, Water Polo etc.) and this may take place within club environments.





Training to Train – (Building the engine)

at this stage there should be a lot of an emphasis on aerobic conditioning. We are trying to create strong aerobic foundations for the athlete to allow them to have a successful career in the sport. The focus should still be on training rather than competition, and the training should be predominantly skill focused, high volume, low intensity workloads.

Training to Compete – (optimising the engine) during the training to compete stage there should be a continued emphasis on physical conditioning, with the focus on maintaining high volume workloads but with increasing intensity. During this stage there should be an introduction of Strength & Conditioning to help the swimmer manage the increase in workload in the pool. This should be coupled with continued work on core body strength and maintaining Flexibility.

Training to Win – (Maximising the engine) this is the final stage of athletic preparation. The emphasis should be on specialisation and mastering performance. All of the athletes' physical, technical, tactical, mental, and ancillary capacities should now be fully established, with the focus shifting to the optimisation of performance



Optimum Athlete Development Framework

OADF is a framework designed to create Future Performance Potential Athletes, These athletes define the character attributes of British Swimming's next generation. They are looking to work with the club swimming fraternity to identify, and then develop a new and guaranteed supply of athletes. These athletes will be capable of being successfully transitioned over the medium to long term, to perform at the highest levels of world swimming. This Framework Highlights the Characteristics needed to succeed in the sport. As a club we use this model to decide the type of athletes we want in our squads.

Characteristics of a Performance Potential Athlete – (OADF)	
ENJOYS THE JOURNEY	THE ATHLETE is fully immersed in making the most of every aspect of being the best that they can be. They must remain enthusiastic about the sport and enjoy their Journey. They must have a supportive network that actively encourages their development regardless of Sporting Success.
DRIVEN	THE ATHLETE is determined to achieve. Has Hunger and desire and displays a strong intrinsic motivation to achieve their goals. They also display a practical sense of what they can achieve. The Athlete does not see high performance as a Sacrifice, but a conscious decision to be the best they can be.
GOOD LEARNER	THE ATHLETE is inquisitive to always find out more and become a student of their sport. They are curious about Their performance, thrives on challenge, and believes there are few limits to their abilities and talent. The Athlete is always willing to explore new ideas and ways of doing things to gain a competitive edge. They have an outstanding appetite to consistently put in an enormous amount of effort and they stay grounded and continually take on a modest view of their own self-importance.
LOVES RACE DAY	The ATHLETE thrives in the competitive environment, has the ability to always be at their best at the most important events of the season. They always focus their mind on the importance of their own individual performance and they have the ability to achieve the best result possible irrespective of the level of competition.
TECHNICALLY EXCELLENT	THE ATHLETE will Prioritise their Technical Development over everything in order to maximise their long term potential, they strive to go above and beyond to develop their technical ability. They demonstrate a high level of technical execution of all racing skills and they are viewed as a technically superior at their age and stage of development.
COACHABLE	The ATHLETE has effective communication skills to enable a positive coach/Athlete relationship. They will request, positively receive and act upon feedback.