



LASC Swimmer Pathway - 2023/24

At LASC our mission is to ensure that all swimmers of all capabilities have the opportunity to reach their full potential in the sport of swimming. We have put in place a carefully planned structure to accommodate the individuals needs of our young athletes whilst maximizing safeguarding protocols at all times. Our squads aim to provide the right balance of training, competition and fun for everyone. And are delivered within a highly positive and encouraging environment by our incredibly talented and committed Coaching Team.

The information contained within this LASC swimmer pathway document will serve as the minimum eligibility and retention criteria for respective squads. The coaching team and club committee reserve the right to review and change the outlined criteria as required to maximize pool time. Exceptions to the criteria will be considered on a case-by-case basis (i.e. para swimmers or other). We have also provided eligibility guidelines for our two external competition teams, Aquaprint and PTL.

Swim Academy:

This is our youngest squad within LASC. It aims to gently transition swimmers from lessons into a formal club training environment. At this early-stage teaching is more important than coaching. The children will be supported to improve technique and stamina.

Age 9 or younger (by birthdate). Be able to swim 25m Front Crawl and 25m Backstroke without stopping. Be able to demonstrate Breaststroke / Fly leg action and show understanding of stroke. Be comfortable jumping off pool side or block. Have a minimum Roe Valley Leisure Centre swim lesson Level 6 (or external RVLC equivalent).

Juniors:

Swimmers will graduate from Swim Academy into our Junior squad where teaching remains the core philosophy. Technical elements of competition swimming will be introduced such as starts and turns as well as competence development across all four strokes. Group size per age determined by our pool time capacity. As swimmers naturally progress from juniors to seniors, an annual transition is expected.

Age 9 to 12. Swimmers with a birth age of 12 will be classified as competition age 13 on Jan 1st of the year in which their 13th birthday falls. E.g. a swimmer aged 12 on their birthday of Oct 20th 2023, will be classed as competition age 13 from Jan 1st 2024 and be eligible to move into our Senior or PDS squad from that point onwards – as determined by our coaching and committee team. Swimmers who chose not to move up, can remain in their current squad until the end of the that current season (June). But if they are competition age 13 at the start of the next season they must move into Seniors or PDS. Be able to swim 50m Front Crawl,

Backstroke and Breaststroke without stopping. Attempt 25m Butterfly, scull 25m head or feet first. Be able to tread water and complete a somersault. Ideally be able to dive or show potential to learn.

JDS (Junior Development Squad): *previously known as CDS*

This group covers swimmers aged 9-12 who are interested in pursuing provincial and national qualification times for their age category. Training will be more intense than juniors with a heavy focus on building swimmer stamina and technical stroke/turn competence. We start to blend a coaching and teaching philosophy within this group, helping children understand the importance of external factors such as race prep, lifestyle choice etc. Swimmers with a birth age of 12 will be classified as competition age 13 on Jan 1st of the year in which their 13th birthday falls. E.g. a swimmer aged 12 on their birthday of Oct 20th 2023, will be classed as competition age 13 from Jan 1st 2024 and be eligible to move into our Senior or PDS squad from that point onwards – as determined by our coaching and committee team. Swimmers who chose not to move up, can remain in their current squad until the end of the that current season (June). But if they are competition age 13 at the start of the next season they must move into Seniors or PDS. Entry to this squad will be via a more rigorous formal assessment, it is the first time we introduce mandatory external gala attendance and early morning training criteria.

LASC JDS QUALIFYING TIMES						
FEMALE				MALE		
12	11	10 & under	AGE	10 & under	11	12
1:40.00	1:44.00	1:46.00	100m Front Crawl	1:47.50	1:45.50	1:41.50
1:50.00	1:55.00	2:00.00	100m IM	2:01.50	1:56.50	1:51.50

Must attend one early morning session and Saturday sessions (unless at a gala) along with other core training sessions.

Must attend 2 out of 4 future challenger galas.

Must attend 1 out of 2 LASC galas (winter/summer).

Swimmers will undergo an initial intake assessment for CDS where the following will be measured:

All 4 strokes will be timed over 50m, the number of strokes taken will be counted and start, turn and finish capability will be considered. A fast time and low stroke count is what we are aiming for. Swimmers will then be assessed repeatedly across the season to gauge progress and development.

Seniors:

Competition age 13+. This squad makes up our older swimmers who regularly compete in the club PTL team, internal club and external galas. At this stage our goal is to fine tune technique and further develop swimmer stamina. A stronger focus is placed on coaching, and pushing swimmers to reach their full potential. Must have strong technique in Front Crawl, Backstroke, Breaststroke and attempted Fly. Be able to swim 100m Front Crawl, Backstroke and Breaststroke continually. Confident and competent in diving off blocks and turns.

PDS (Performance Development Squad):

This is our most intensive training squad. Swimmers in this group are focused on competing regularly at regional and national level competitions. Technique is further developed across all 5 disciplines, in both short course (25m) and long course (50m) pools. As with CDS, swimmers will be required to attain and maintain specific qualification standards as outlined below. The minimum competition age for PDS is set at 12, this is younger than the senior entrance criteria. It is designed to provide a fast-track pathway for exceptionally talented younger swimmers identified in Junior or CDS squads. Safeguarding requirements will be fulfilled through tailored training plans appropriate to a swimmers age, capability and monitored carefully through lane management. In addition to the criteria below, swimmers must:

Attend 80% of all PDS training sessions (training at external sessions such as Magherafelt will qualify for PDS).

Must attend at least one morning session.

Must attend Aspiring Champions short course and long course competitions.

Compete at a minimum of 3 long course galas.

LASC PDS QUALIFYING TIMES														
FEMALE							MALE							
17+	16	15	14	13	12	11	AGE	11	12	13	14	15	16	17+
0:37	0:39	0:41	0:43	0:45	0:45	0:45	50 BACKSTROKE	0:43	0:43	0:43	0:42	0:40	0:38	0:36
0:40	0:43	0:46	0:48	0:50	0:50	0:50	50 BREASTROKE	0:46	0:46	0:46	0:43	0:42	0:41	0:39
0:35	0:38	0:40	0:41	0:42	0:42	0:42	50 BUTTERFLY	0:40	0:40	0:40	0:39	0:38	0:37	0:34
1:20	1:23	1:26	1:28	1:30	1:30	1:30	100 IND MEDLEY	1:27	1:27	1:27	1:24	1:22	1:20	1:17
0:31	0:33	0:35	0:36	0:38	0:38	0:38	*50* FREESTYLE	0:35	0:35	0:35	0:32	0:31	0:30	0:29
1:12	1:15	1:18	1:20	1:22	1:22	1:22	*100* FREESTYLE	1:20	1:20	1:20	1:16	1:13	1:10	1:08

IMPORTANT NOTE:

- The *50m and *100m freestyle MUST BE A PASS
- Only ONE QT from events 50m fly, 50m back, 50m breast and 100m IM can be missed

Para Development Group:

LASC aims to support all swimmers of all capabilities. The age for our Para development squad is yet to be determined, it is contingent upon individual swimmer needs/disabilities and the number of swimmers we can accommodate. The above factors heavily influence how we deploy lane management, and eligibility/retention criteria will be considered on a case-by-case basis.

Competition Teams:

Aquasprint – our junior team competes in an Ulster league against 4 other teams, the league comprises 5 divisions with 5 teams in each. Swimmers aged 9 and under up to the competition of age of 12 are eligible, selection is based on internal club time trial times or external gala times where applicable. Coaches will aim to include as many swimmers as possible. For example, if a swimmer holds club records in 4 events, we may limit the number of events they can enter to ensure as many other children as possible have the opportunity to compete. Competition runs from Jan to Jun.

PTL – our senior team also competes in an Ulster league against 4 other teams, the league also comprises of multiple divisions. Swimmers aged 10 and under up to 15 and over are eligible, selection is based on internal club time trial times or external gala times where applicable. Coaches will aim to include as many swimmers as possible. For example, if a swimmer holds club records in 4 events, we may limit the number of events they can enter to ensure as many other children as possible have the opportunity to compete. Competition runs from Sep to Dec.