

County Pathway is a squad that is aimed at swimmers to introduce the aspects of age group and competitive swimming. This includes working in a train-to-train structure to work on aerobic development as well as learning / improving race skills. This squad will be mainly focused at swimmers working towards gaining qualification or consideration times at Dorset County championships.

This squad will have a maximum of 20 swimmers

Squad Entrance Criteria

- Demonstrate 200m Freestyle, 200m Backstroke, 200m Breaststroke & 100m Fly all with good technique and legal turns
- Demonstrate a basic dive.
- Demonstrate underwater push, glide and dolphin kicks on the front and back.
- Demonstrate a 200 IM with all Legal Turns
- Show development on all 4 strokes
- All 25 & 50's & 100s recorded times on all 4 strokes
- 200 Freestyle / 200 Backstroke / 200 Breaststroke recorded Times
- 100IM & 200IM recorded times

Test Set Criteria

Aerobic Capacity: 10 x 50 – 55 Fc or 8 x 100 Fc - with good technique and U/W

Kick Test: 8 x 50 Kick – 1:20

Commitment

- Attending a minimum of 3 sessions a week or sessions agreed with lead coach
- Demonstrate a good level of commitment to a year-round training programme
- Entering and competing in meets targeted by club
- Report to Coach before and After every Race
- Following seagulls 'Club Values'

Progression

- Age County if meeting squad criteria

Squad Exit Criteria

- Unable to meet level of performance required or competitive commitment to the programme – If so, alternative squad will be offered

Equipment Required

Pool Equipment	Land Training / Prep Pool Equipment
Water Bottle, Hat & goggles	Resistance Band
Kickboard, Pull buoy, Short Fins	Sports Clothing (i.e. Club Kit)
Snorkel, Paddles	Sports Trainers
Rubber bands (for ankles on pull)	Foam Rollers

Timetable

Mon AM	Tues AM	Wed AM	Thurs AM	Fri AM	Sat AM	Sun AM
		Pre Pool 5:20 – 5:30 Swim 5:30 – 6:30 Stretch 6:30-6:45		Pre Pool 5:20 – 5:30 Swim 5:30 – 6:30 Stretch 6:30-6:45	Land T 07:00-8:00	
Mon PM	Tues PM	Wed PM	Thurs PM	Fri PM	Sat PM	Sun PM
			Pre Pool 16:50-16:55 Swim 17:00-18:00	Pre Pool 15:50 –15:55 Swim 16:00-17:30		Pre Pool 17:45-17:55 Swim 18:00-19:00

Yellow = Two Rivers Meet Leisure Centre

Green = New Milton Leisure Centre

Competitions throughout the season

Cycle 1 – September – December

- Club Championships covering all events & Winter Sprints
- National Arena League – September – December (Team)
- West Hants Novice League – November (Team)
- 3 open meets

Cycle 2 – January – May

- Dorset County Championships - February
- 2 Open Meets – March / April

Cycle 3 – May – July

- Open meets to prep for final target meet – June
- Club championships - June
- Final target meet – July – Open Meet
- Junior Arena League – Rd 1- 3 May – July (Team)