



Introducing the Poole Swimming Club Pathway Programme

Speed Awards



We are delighted to launch the initial phase of our new PSC Pathway Programme, which is the culmination of extensive research by our Assistant Head Coach, Jan Hutchings. Jan has worked closely with Swim England and UK Coaching to ensure our junior competitors have a programme which fully engages them in their swimming journey. The Pathway will offer a framework of targets, allowing swimmers to be involved in their own progression with clear markers along the way, providing regular opportunities to acknowledge and value swimmers' efforts and achievements.



Poole Swimming Club Speed Awards

The initial phase of the PSC Pathway programme begins with our new Speed Awards for swimmers in County Academy, Competitive Skills Academy, Gold Academy and Silver Academy.

Our Speed Award framework will offer 3 standards for swimmers to aspire to:

Standard A Standard B Standard C

Qualifying standards

EVENT	A	B	C
50m Freestyle	00:40.08	00:44.09	00:48.50
100m Freestyle	01:25.82	01:34.40	01:43.84
200m Freestyle	03:04.69	03:23.16	03:43.47
400m Freestyle	06:24.62	07:03.08	07:45.38
50m Backstroke	00:45.40	00:49.94	00:54.93
100m Backstroke	01:40.07	01:50.07	02:01.08
200m Backstroke	03:27.82	03:54.66	04:18.12
50m Breaststroke	00:50.82	00:55.90	01:01.49
100m Breaststroke	01:54.22	02:05.65	02:18.21
200m Breaststroke	04:04.90	04:29.39	04:56.33
50m Butterfly	00:43.78	00:48.16	00:52.97
100m Butterfly	01:39.70	01:49.67	02:00.64
200m Butterfly	03:38.65	04:00.51	04:24.56
100m Individual Medley	01:39.79	01:49.77	02:00.75
200m Individual Medley	03:28.59	03:49.45	04:12.40

We hope you and your swimmers will find the pathway useful and we look forward to celebrating their hard work and progress together as a club.

Good luck to all of you.

Jan Hatchings

On behalf of the Coaching team