



TSC Training Standards 1 – Based off Swim England Club Awards 1&2 Outcomes

The participants have demonstrated that they are able to:

- 1) Complete a short set (e.g. 8 x 25 metres) on a set turnaround time (e.g. every 60 seconds). You must set off at a prescribed interval (e.g. every 5 or 10 seconds).
- 2) Swim 25 metres of each stroke (15 metres butterfly) demonstrating effective breathing and timing.
- 3) Push off from the wall into a front streamlined position underwater and dolphin kick for a minimum of 5 metres.
- 4) Push off from the wall into a front streamlined position underwater and perform a breaststroke underwater pull out.
- 5) Push off from the wall into a back streamlined position underwater and dolphin kick for a minimum of 5 metres.
- 6) For each stroke, kick 25 metres in streamline or arms at side.
- 7) Perform the front crawl catch up drill for 25 metres.
- 8) Perform the backstroke single arm drill with one arm by the side for 25 metres.
- 9) Perform the butterfly drill, three scull then one swim for 25 metres.
- 10) Perform the breaststroke drill, one pull then two kicks for 25 metres.
- 11) Perform an effective approach, rotation and touch for front crawl and backstroke turns and an effective approach, touch, rotation and touch for butterfly and breaststroke turns.
- 12) Swim 100 meters continuous front crawl with constant kick and holding stroke count.



TSC Training Standards 2 – Based off Swim England Club Awards 3 Outcomes

The participants have demonstrated that they are able to:

- 1) Complete a short set (e.g. 8 x 25 metres) on a set turnaround time (e.g. every 60 seconds), using the pace clock to estimate the swim time on each repeat. Set off at a prescribed interval (e.g. every 5 or 10 seconds).
- 2) For each stroke, push off the wall into a streamlined position underwater and dolphin kick (underwater pullout for breaststroke) for a minimum of 5 metres. Transition through the surface of the water into swimming for a minimum of five strokes.
- 3) For each stroke, swim 4 x 25 metres full stroke (4 x 15 metres butterfly), counting and maintaining an even underwater kick and stroke count.
- 4) Swim 50 metres full stroke front crawl demonstrating the connectivity of rotation into limb actions, starting with the correct push off from the wall, underwater phase and transition to stroke.
- 5) Swim 50 metres full stroke backstroke demonstrating the connectivity of rotation into limb actions, starting with the correct push off from the wall, underwater phase and transition to stroke.
- 6) Swim 50 metres full stroke breaststroke demonstrating the ability to resist short axis rotation to produce symmetrical limb actions, starting with the correct push off from the wall, underwater phase and transition to stroke.
- 7) Swim 25 metres full stroke butterfly demonstrating the ability to resist short axis rotation to produce symmetrical limb actions, starting with the correct push off from the wall, underwater phase and transition to stroke.
- 8) Perform an effective push off and transition to stroke for each stroke turn.
- 9) Perform a standing dive from the poolside into a streamlined position underwater.
- 10) Perform a backstroke start from the wall, into a streamlined position underwater.
- 11) Swim 200 meters continuous front crawl attempting tumble turns with constant kick and holding stroke count.
- 12) Understand and correctly perform 1 drill for each stroke.



TSC Training Standards 3 – Based off Swim England Club Awards 4&5 Outcomes

The participants have demonstrated that they are able to:

- 1) Complete a short set (e.g. 4 x 50 metres) on a set turnaround time (e.g. 90 seconds), aiming to swim each repeat at a set pace (e.g. 60 seconds) to get consistent rest (e.g. 30 seconds). Take a kick and stroke count on each repeat. Set off at a prescribed interval (e.g. every 5 or 10 seconds).
- 2) Swim 50 metres of each stroke (25 metres butterfly) demonstrating effective breathing and timing, starting with the correct push off from the wall, underwater phase and transition to stroke.
- 3) For each stroke, swim 4 x 50 metres full stroke (4 x 25 metres butterfly), counting and maintaining an even underwater kick and stroke count.
- 4) Swim 100 metres individual medley from a track start on the starting block, incorporating legal and effective transition turns, starting with the correct push off from the wall, underwater phase and transition to stroke.
- 5) Perform a legal and efficient turn on each of the four strokes from 10 metres in to 10 metres out from the wall.
- 6) Perform a legal and effective push off from the wall and transition to stroke for each individual medley turn.
- 7) Following the starting procedure used in competitions, demonstrate the correct timing of ascent onto the starting block. Then perform a track start using a starting block demonstrating an effective set position, take off, flight, entry, underwater phase and transition to full stroke.
- 8) Following the starting procedure used in competitions, demonstrate the correct timing of entry into the water. Then perform a backstroke start using a starting block demonstrating an effective set position, take off, flight, entry, underwater phase and transition to full stroke.
- 9) Perform a legal and effective finish on each of the four strokes.
- 10) Swim 400 meters continuous front crawl with effective tumble turns, constant kick and holding stroke count.
- 11) Perform a relay takeover from the starting block or from the wall into 25 metres front crawl swim, taking over from an incoming swimmer.
- 12) Understand and correctly perform 2 drills for each stroke.



TSC Training Standards 4 – Based off Swim England Club Awards 6 Outcomes

The participants have demonstrated that they are able to:

- 1) Warm up using a minimum of four Raise, Mobilise, Activate exercises and one Prime exercise.
- 2) For each stroke, swim 8 x 50 metres full stroke (8 x 25 metres butterfly) on a short rest turnaround time (e.g. 1.15 for 50m's and 45sec for 25m's) maintaining underwater kick count, an even stroke count, performing correct push offs, turns and underwater transitions.
- 3) Swim 200 metres individual medley from a track start on the starting block incorporating legal and efficient medley transition turns at race speed.
- 4) Perform a legal and efficient turn from 10 metres in to 10 metres out at race speed for each of the individual medley transition turns.
- 5) Following the starting procedure used in competitions, perform a track start using a starting block. Demonstrate an effective set position, take off, flight, entry, underwater phase, pull out and transition to stroke into 50 metres full stroke swim (either front crawl or breaststroke) or 25 metres full stroke swim using butterfly. Perform at race speed, timed to 15 metres.
- 6) Following the starting procedure used in competitions, perform a backstroke start using a starting block. Demonstrate an effective set position, take off, flight, entry, underwater phase, pull out, transition to stroke into 50 metres full stroke backstroke at race speed, timed to 15 metres.
- 7) Perform a legal and effective finish on each of the four strokes at race speed, timed 10 to 15 metres in.
- 8) Perform a single step relay takeover from the starting block into 50 metres front crawl swim taking over from an incoming swimmer at race speed.
- 9) Swim 800 meters continuous front crawl with efficient tumble turns, constant kick and holding stroke count.
- 10) Able to demonstrate a strong level of aerobic fitness by completing a set of 100m repeats (minimum of 8) on a turnaround time of 2:15 while getting at least 15 seconds rest between each 100m repeat.
- 11) Understand and correctly perform a range of drill practices for each stroke.
- 12) Demonstrate competition competency by entering licenced open meets and holding ranked times in a variety of strokes and distances.