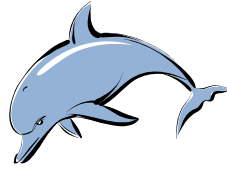




HARPENDEN SWIMMING CLUB
A.S.A. swim21 Accredited - Skill Development
Affiliated to A.S.A. East Region

Club contacts: tel: 07767 683956 / email : administrator@harpendsc.co.uk
Website : www.harpendsc.co.uk



DOLPHINS

The emphasis of this group is to build endurance and speed without a loss of technique, and to learn about pace and swimming at speed.



Affiliated Club

Dolphins are required to:

Swim 200m of each of the four strokes, using correct starts, turns and finishes.

Swim a 100m IM using the correct start, turns and finish.

Swim 8 x 50m frontcrawl on 1.15

Swim over 800m for boys and over 850m for girls in a T20.

Have achieved the full Competitive Start Award.

Be competent at using the pace clock for rest times and repeat times.

Have good lane discipline.

Have efficient strokes in line with the NPTS (National Plan for Teaching Swimming).



They are also required to have achieved:

Bronze sprint awards in all four strokes (25m/50m/100m).

Bronze sprint award for the 100m IM.

Bronze 200m frontcrawl award.

The members of this squad are working towards regular participation in open meets and league galas.

Training:

1 hour on a Sunday

1 hour on a Wednesday

1/2 hour land training and 1 hour swim on a Monday

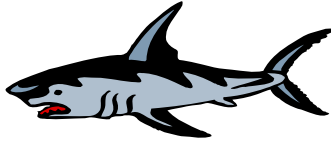
Dolphins are required to swim a minimum of 11 sessions a month. Any deviation from this to be agreed with Chief Coach.

Inclusion as a Dolphin will be at the discretion of the Chief Coach



HARPENDEN SWIMMING CLUB
A.S.A. swim21 Accredited - Skill Development
Affiliated to A.S.A. East Region

Club contacts: tel: 07767 683956 / email : administrator@harpendensc.co.uk
Website : www.harpendensc.co.uk



SHARKS

The emphasis of this group is to develop the competitive swimmer within the guidelines of the LTADP (Long Term Athlete Development Plan) at stages 2 and 3.



Affiliated Club



LOTTERY FUNDED



Sharks are required to:

Swim 200m of each of the four strokes, using correct starts, turns and finishes.

Swim a 200m IM using the correct start, turns and finish.

Swim 8 x 50m frontcrawl on 55

Swim 8 x 50m form stroke on 1m (Breaststroke 1.05)

Swim 10 x 100m frontcrawl on 2m

Swim over 1000m for boys and over 1050m for girls in a T20.

Have achieved the full Competitive Start Award.

Be competent at using the pace clock for rest times and repeat times.

Understand and use overtaking effectively.

Have efficient strokes in line with the NPTS (National Plan for Teaching Swimming).

To fill in logbooks & discuss them with coaches every month

They are also required to have achieved:

Three silver and one bronze sprint awards in the four strokes (50m/100m).

Silver sprint award for the 100m IM.

Two silver and two bronze awards at 200m in the four strokes.

Silver sprint award for the 200 IM.

Long distance silver

The members of this squad are participating in open meets and working towards county championships. They will also be participating in league galas.

Training:

1 hour on a Sunday

1 hour on a Wednesday

1/2 hour land training and 1 hour swim on a Monday

1/2 hour land training and 2 hour swim on a Friday

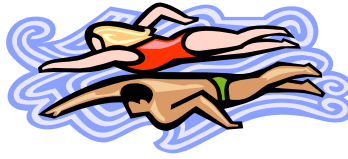
Sharks are required to swim a minimum of 14 sessions a month. Any deviation from this to be agreed with Chief Coach.

Inclusion as a Shark will be at the discretion of the Chief Coach



HARPENDEN SWIMMING CLUB
A.S.A. swim21 Accredited - Skill Development
Affiliated to A.S.A. East Region

Club contacts: tel: 07767 683956 / email : administrator@harpendensc.co.uk
Website : www.harpendensc.co.uk



SQUAD

The emphasis of this group is on the development of each individual swimmer in line with LTADP (Long Term Athlete Development Plan) at stages 3 and 4.



Affiliated Club



Squad are required to:

Swim 200m of each of the four strokes, using correct starts, turns and finishes.

Swim a 400m IM using the correct start, turns and finish.

Swim 8 x 50m free on 50

Swim 8 x 50m form stroke on 50, breaststroke on 55

Swim 16 x 100m frontcrawl on 1.40

Swim 400m frontcrawl kick on 8.00

Swim over 1200m for boys and over 1250m for girls in a T20.

Have achieved the full Competitive Start Award.

Be competent at using the pace clock for rest times and repeat times.

Understand and use overtaking effectively.

Have efficient strokes in line with the NPTS (National Plan for Teaching Swimming).

To fill in logbooks & discuss them with coaches every month

They are also required to have achieved:

Platinum sprint awards for all four strokes (50m/100m).

Gold sprint award for the 100m IM.

Three platinum and one gold award at 200m in the four strokes.

Gold sprint award for the 200m or 400m IM.

Long distance gold

The members of this squad are expected to qualify for county championships and be working towards regional and national championships, and to be participating in major leagues and high level open meets.

Squad are required to swim a minimum of 14 sessions a month. Any deviation from this to be agreed with Head Coach.

Training:

2 hours on a Sunday

2 hours on a Wednesday

1/2 hour land training and 2 hour swim on a Monday

1/2 hour land training and 2 hour swim on a Friday

Inclusion as a Squad member will be at the discretion of the Chief Coach