



## FUNDamentals Section (Development Squads/ Groups)

The FUNDamentals Section is Coached by the Assistant Coaches Sian Moore, Arwen Hughes and Head Coach Paul Williams. There are three specific levels called Juniors, Development and Advanced Development.

Criteria for all three are designed to fit the FUNDamentals strategy of the **Long Term Athlete Development (LTAD) guidelines**.

## PBP Juniors

### Age range

6 - 9 for boys and girls

### Squad criteria

The criteria for Juniors are swimmers must:

- Be able to swim 25m front crawl with breathing to the side regularly and without struggle
- Be able to swim 25m on back crawl with straight-arm recovery and strong leg kick
- Be able to swim 25m breaststroke with a legal leg kick and an idea of the timing

Entry will be from the Gwynedd Leisure Centre Learn to Swim Programme, or the Leisure Centre Swimming Clubs.

### Training times

<b>Saturday</b>	9:30am – 10:30am at Glaslyn Leisure Centre	1 hour
<b>Weekly</b>	Attend at least one Leisure Centre Club Session	1 hour sessions



# **PBP Development and Advanced Development**

## **Age range**

7 - 13 for boys and girls

## **Squad criteria**

The criteria for Development and Advanced Development are swimmers must:

- Be building on and improving skills gained in Juniors and Leisure Centre Clubs.
- Be able to swim longer distances in training.
- Show improvement on all four strokes with drills based on the Swim Wales Drill Progression Framework.
- Show further development of starts and turns.
- Be able to attempt IM training and swim an IM race legally.

## **Equipment**

Swimmers joining these Squads will need their own equipment. It is usually possible to borrow items for the first couple of weeks.

**All equipment & water bottles should be marked with the swimmers name**

- Water bottle
- Training Fins (these have a short blade, which help to build muscle by adding resistance to your kick, they increase the surface area of the foot, providing added propulsion and increased speed while swimming)
- Kick Board
- Pull Buoy
- Equipment Bag

## **Competition**

Members of these Squads should attend competitions to test and refine their skills. Competition may be Club Championships, Open meets & Regional Competitions. They will primarily be level 3 or 4 meets.

Movement from Development to Advanced Development will be made by the Head Coach, usually termly. Movement from one lane to the next within Development will be on stroke technique, skill criteria and speed at the discretion of the Coaches.



## Training times

<b>Saturday</b>		
Advanced Development	8:00am – 9:30am at Glaslyn Leisure Centre	1.5 hours
Development	9:30am – 10:30am at Glaslyn Leisure Centre	1 hour
<b>Weekly</b>	Attend at least one Leisure Centre Club Session, preferably two for Advanced Development	1 hour sessions



## Bronze

Members of this Squad have moved into the Learning to Train phase of LTAD.

See **Long Term Athlete Development (LTAD) guidelines**.

### Age range

10+

### Squad criteria

#### Aim

This Squad is primarily for Squad progression.

The Squad has 2 morning sessions in addition to 1 evening session.

#### Equipment

Swimmers joining the Bronze Squad will need their own equipment. Not all items are needed immediately.

**All equipment & water bottles should be marked with the swimmer's name**

- Water bottle
- Training Fins (these have a short blade, which help to build muscle by adding resistance to your kick, they increase the surface area of the foot, providing added propulsion and increased speed while swimming)
- Kick Board
- Pull Buoy
- Hand Paddles (as advised by coach)
- Snorkel (as advised by coach)
- Equipment Bag

**Swimmers entering the Squad will usually have 100M Freestyle and 200IM times faster than the times below:**

	100 Free	200 IM
Boys and Girls	1:40	3:50

Swimmers must demonstrate a commitment to progress, by **attending a minimum of 3 session a week & focusing during training**. Realistically swimmers will need to be attending 4 sessions to make the transition to Silver Squad.



## Competition

Members of Bronze Squad should attend competitions to test and refine their skills. Competition may be Club Championships, Open meets & Regional Competitions. They will primarily be level 2 or 3 meets.

## Review & Progression

A move to Silver Squad is based on achieving the Squad criteria for that Squad. Attendance and progress will be reviewed by the Head Coach each term, **swimmers not training or competing regularly could be asked to move to Advanced Development.**

## Training times

<b>Saturday</b>	8:00am to 9:30am at Glaslyn Leisure Centre	1.5 hours
<b>Monday</b>	6:00am to 7:30am at Glaslyn Leisure Centre	1.5 hours
<b>Friday</b>	5:00pm to 6:30pm at Bro Ffestiniog Swimming Pool	1.5 hours
<b>Weekly</b>	Attend at least one Leisure Centre Club Session, preferably two	1 hour sessions



## Silver

Members of this squad have moved into the Learning to Train phase of LTAD.

See **Long Term Athlete Development (LTAD) guidelines**.

### Age range

11+

### Squad criteria

#### Aim

The Silver Squad is an extension of the Bronze Squad for those swimmers showing potential to move into Gold.

#### Training Guidelines

11-14 years	
Swim	
8 x 100 FR (2:30)	maintaining good technique and pace under 2:00
4 x 200 IM (5:00)	maintaining good technique on all four strokes
Kick	
8 x 75 FR (2:30)	maintaining pace under 2:00

Must be committed and willing to train at Regional Level (ideally a minimum of 5 session a week).

Must be self-motivated to achieve the goals set by the Head Coach.

The Coach will set progression goals that require commitment in attendance and participation for younger swimmers

#### Competition

Must be attending competitions and training to qualify for the SWN Regional Championships. Swimmers will usually have achieved times faster than the consideration qualifying times for 200 freestyle and 200 IM for the SWN Regional Championships.

#### Review

A move to Gold Squad is based on achieving the squad criteria for that squad. The Head Coach may recommend that swimmers not attending competitions and hence not achieving the above times move to Bronze or Advanced Development.



## Training times

<b>Saturday</b>	8:00am to 9:30am at Glaslyn Leisure Centre	1.5 hours
<b>Monday</b>	6:00am to 7:30am at Glaslyn Leisure Centre	1.5 hours
<b>Wednesday</b>	6:00am to 7:30am at Glaslyn Leisure Centre	1.5 hours
<b>Thursday</b>	5:00pm to 6:30pm at Bro Ffestiniog Swimming Pool	1.5 hours
<b>Friday</b>	5:00pm to 6:30pm at Bro Ffestiniog Swimming Pool	1.5 hours
<b>Weekly</b>	Attend at least one Leisure Centre Club Session, preferably two	1 hour sessions



## Gold

Members of this squad have moved into the Training to Train phase of LTAD.

See **Long Term Athlete Development (LTAD) guidelines**.

### Age range

12-14

### Squad criteria

#### Aim

Competitive/ Physical Development

#### Training Guidelines

Swim	
10 x 100 FR (2:00)	maintaining good technique and pace under 1:40
6 x 200 IM (4:30)	maintaining good technique on all four strokes
Kick	
10 x 75 FR (2:15)	maintaining pace under 1:40

Squad members **MUST** be committed and willing to train at Performance level, they must attend at least 6 sessions a week, including 3 morning sessions.

Must be self-motivated to achieve the goals set by the Head Coach.

The Coach will set progression goals that require commitment in attendance and participation for younger swimmers.

#### Competition

Must be attending competitions and training to qualify for the SWN Regional Championships. Swimmers will usually have achieved times faster than the consideration qualifying times for 200 freestyle and 200 IM for the SWN Regional Championships. Gold Squad Swimmers will aim to Qualify for SW National Championships.

#### Review

A place in Gold Squad is based on continuing to achieve the squad criteria. The Head Coach may recommend that swimmers not attending competitions and/or not achieving the criteria move to Silver or Bronze Squad.





## Training times

<b>Saturday</b>	8:00am to 9:30am at Glaslyn Leisure Centre	1.5 hours
<b>Monday</b>	6:00am to 7:30am at Glaslyn Leisure Centre	1.5 hours
<b>Tuesday</b>	5:00pm to 7:00pm at Bro Ffestiniog Swimming Pool	2 hours
<b>Wednesday</b>	6:00am to 7:30am at Glaslyn Leisure Centre	1.5 hours
<b>Thursday</b>	5:00pm to 6:30pm at Bro Ffestiniog Swimming Pool	1.5 hours
<b>Friday</b>	5:00pm to 6:30pm at Bro Ffestiniog Swimming Pool	1.5 hours
<b>Weekly</b>	Attend at least one Leisure Centre Club Session, preferably two	1 hour sessions



## Platinum

Platinum Squad is divided into Platinum (13 -14 years) and Platinum Senior (15+years). Some Platinum swimmers attend Swim Gwynedd sessions. Movement up to Platinum is based on age & achievement of the criteria below or at the discretion of the Head Coach in exceptional circumstances.

### Age range

Platinum 13 – 14

Platinum Senior 15+

### Squad criteria

#### Aim

Competitive/ Physical Development

#### Training Guidelines

Swim	
10 x 100 FR (1:45)	maintaining good technique and pace under 1:20
8 x 200 IM (4:00)	maintaining good technique on all four strokes
Kick	
10 x 75 FR (2:00)	maintaining pace under 1:20

Squad members **MUST** be committed and willing to train at Performance level, they must attend at least 7 to 8 sessions a week, including 3 morning sessions.

Must be self-motivated to achieve the goals set by the Head Coach.

The Coach will set progression goals that require commitment in attendance and participation.



## Competition

Must be attending competitions and training to qualify for the SWN Regional Championships. Swimmers will usually have achieved times faster than the qualifying times for 200 freestyle and 200 IM for the SWN Regional Championships. Platinum Squad Swimmers will aim to Qualify for SW National Championships.

## Review

A place in Platinum Squad is based on continuing to achieve the squad criteria. The Head Coach may recommend that swimmers not attending competitions and/or not achieving the criteria move to Gold or Silver Squad.

## Training times

<b>Saturday</b>	8:00am to 9:30am at Glaslyn Leisure Centre	1.5 hours
<b>Monday</b>	6:00am to 7:30am at Glaslyn Leisure Centre	1.5 hours
<b>Tuesday</b>	5:00pm to 7:00pm at Bro Ffestiniog Swimming Pool	2 hours
<b>Wednesday</b>	6:00am to 7:30am at Glaslyn Leisure Centre	1.5 hours
<b>Thursday</b>	5:00pm to 6:30pm at Bro Ffestiniog Swimming Pool	1.5 hours
<b>Friday</b>	5:00pm to 6:30pm at Bro Ffestiniog Swimming Pool	1.5 hours
<b>Weekly</b>	Attend at least one Leisure Centre Club Session, preferably two	1 hour sessions