

Nippers – Introduction to a Competitive environment

In order to join County Sligo Swimming Club as a novice member, children are required to meet the following criteria:

8 years old minimum

Entry Requirements:

- Preferably come from the higher level of swimming lessons program.
- Be able to perform 25m kick in the four strokes
- Be able to perform technical starts, as dives on Free, Breast or Fly Stroke and also Back Stroke starts.
- Be able to swim 25m FS, BS and Breast stroke
- Have understanding of Butterfly swim and able to swim 10 meters
- Be able to perform turns in the four strokes
- Be confident in all depths of the pool
- Be mature enough to take and follow instructions
- Swimmer will affiliate to Swim Ireland
- Assessed by a designated Club Coach

Squad aims:

- Attend 1 sessions PW
- **Should cover between 800m/1.5 Km PS**
- Train in a group environment and have discipline
- Stroke progression over the 4 strokes
- Competitive turns over 4 strokes
- **Develop understanding of endurance and speed training**
- Basic rules of sport
- Use of pace clock
- Responsibility for training equipment
- Bring a bottle of water every session
- Progress towards Group 1 entry criteria
 - Attend 2 sessions PW
 - **Should cover between 1.5/2.0 Km PS**
 - Train in a group environment and have discipline
 - Stroke progression over the 4 strokes

- Competitive turns over 4 strokes
- **Develop endurance and speed training**
- Basic rules of sport
- Use of pace clock
- Responsibility for training equipment
- Acquire a mesh bag & Par of Fins (swimming fins)
- Progress towards Group 1 entry criteria

These criteria have the aim to prepare the athletes in accordance with Swim Ireland LTDA.

Long Term Athlete Development – LTAD Swim Ireland Aquatic Pathway

FUNDAMENTALS – Male (6-9years) Female (5-8years)

- Development Phases: Movement Literacy
- Session Numbers: General sport participation 5-6 PW (should include land work)
- Session Length: 35-45 minutes
- Training Hours – Seasonal
- Training Volume – Skill Acquisition