Group 1
Building Fundamentals

Group 1 - Entry Requirements

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

- Typical age range for this group is 8 – 12 years old
- Successfully completed the Nippers Group, and achieved the minimum meet attendance requirement at Nippers level
- New swimmers who come from the higher level of swimming lessons program may join this group - assessment by a designated Club Coach is required
- Be able to perform technical starts, as dives on Free, Breast or Fly Stroke and Back Stroke starts
- Be able to perform 50m kick on the four strokes
- Be able to swim 100m Free
- Be able to swim 50m Back and Breaststroke
- Be able to swim 25m on Butterfly
- 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.

Group 1 - Squad Aims

- Attend 2 sessions per week
- Should cover between 1.5/2.0 km per session
- 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 and a pair of swimming fins.

Progression to Group 2

Group 2 - Entry Criteria

Progression from Group 1 to Group 2 will only be possible if there is sufficient space in Group 2.

Swimmers will be invited to move to Group 2 at the designated Club Coach's discretion, when sufficient progress towards meeting the Group 2 entry criteria is met:

- Perform competitive starts on the four strokes
- Higher competence in the four strokes and turns
- Swim 400m Freestyle with bilateral breathing and correct tumble turns
- Swim 200m Backstroke & Breaststroke legally
- Swim 200m Freestyle & Backstroke kick
- Swim 100m Breaststroke & Butterfly kick
- Swim 50m Fly legally.

Group 1 - Minimum Meet (Competitions) Attendance

Please review the Season Competition Plan to determine availability for meet attendance.

- 2 x Clubs Competitions
- 4 x Regional Development Meet
- SWML (if selected for the Team)
- Invitational Meets – Optional
- "Non-Club events" – Optional.

Swimmers who do not attend the minimum competition requirements, may not be guaranteed a position in their current group for the next season. This falls under the discretion of the Head Coach.

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

Swim Ireland – Long Term Athlete Development (LTAD) Swim Ireland Aquatic Pathway

Fundamentals - Male (6-9 years) Female (5-8 years)

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