

# Group 2

## Swim Skills – Building Swimmers

### Group 2 - Entry Requirements

In order to join or progress to Group 2, swimmers are required to meet the following criteria which will be assessed by designated Club Coach:

- Typical age range for this group is 8 – 12 years old
- Successfully completed Group 1, and achieved the minimum meet attendance requirement at Group 1 level
- Perform competitive starts on the four strokes
- Higher competence in the 4 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 legality
- Swimmer will affiliate to Swim Ireland.

### Group 2 - Squad Aims

- Attend 3 sessions per week
- Should cover between 2.0/2.5 km per session
- Develop and improve technique on the 4 strokes
- Develop skills for competitive starts and turns
- Increase levels of endurance and speed
- Increase Knowledge of rules of the sport
- Accurate use of pace clock
- Learn basic stretching and flexibility work
- Responsibility for training equipment
- Acquire a mesh bag, a pair of swimming fins, and a pull buoy.

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

### Progression to Group 3

#### Group 3 - Entry Criteria

Progression from Group 2 to Group 3 will only be possible if there is sufficient space in Group 3. Swimmers will be invited to move to Group 3 at the designated Club Coach's discretion, when sufficient progress towards meeting the Group 3 entry criteria is met:

- Swim 8 x 100m Freestyle on 2m 30s with bilateral breathing and correct turns
- Swim 5 x 100m I.M. on 2m 45s with correct turns
- Swim 500m Freestyle with bilateral breathing and correct tumble turns
- Swim 400m Backstroke legally with correct turns
- Swim 200m Breaststroke legally
- Swim 300m kick on 4 strokes
- Swim 100m Butterfly legally
- Achieve 2 "B" times in a graded gala in two different events: One in "alternate stroke" = Free or Back, and Other on "simultaneous stroke" = Breast or Fly.

#### Group 2 - Minimum Meet (Competitions) Attendance

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

- 2 x Clubs Competitions
- 5 x Regional Development Meet
- 3 x Regional Qualifying Meet (if qualified to attend)
- 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.

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

#### Fundamentals - Male (9-12 years) Female (8-11 years)

- Development Phases: Skills Development
- Session Numbers: Sport specific training 4-6 per week plus participation in other sports
- Session Length: 60 - 90 minutes
- Training Hours: 4 - 7 hours in water; 1-2 hours land work per week
- Training Volume: 8.00m – 16.00m per week.