

Group 3

Training to Train – Building Swimmers

Group 3 - Entry Requirements

In order to join or progress to Group 3, swimmers are required to meet the following criteria which will be assessed by designated Club Coach:

- Typical age range for this group is 11 – 13 years old
- Successfully completed Group 2, and achieved the minimum meet attendance requirement at Group 2 level
- 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.
- Swimmer will affiliate to Swim Ireland.

Group 3 - Squad Aims

- Attendance at 5 sessions per week is encouraged
- One morning session is required
- Should cover between 3.0/3.5 km per session
- Master competency across the 4 strokes and starts/turns
- Train within competitive coaching framework
- Keep a log of training and competition performance
- Learn how to set goals and match expected competition performance with training performance
- Responsibility for training equipment
- Acquire a mesh bag, a pair of swimming fins, pull buoy, snorkel and hand paddle.

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

Progression to Group 4

Group 4 - Entry Criteria

Progression from Group 3 to Group 4 will only be possible if there is sufficient space in Group 4. Swimmers will be invited to move to Group 4 at the designated Club Coach's discretion, when sufficient progress towards meeting the Group 4 entry criteria is met:

- High performance group
- Swim 20 x 100m Freestyle on 1m 45s
- Swim 15 x 100m I.M. on 2m 00s with correct turns
- Swim 1500m Freestyle with bilateral breathing and correct tumble turns
- Swim T30 time trial with continuous swimming
- Swim 400m kick on 4 strokes
- Swim 200m Fly legally
- Achieve Nationals DIV 2 qualifying time in their Age Groups in 2 different strokes, one alternate and one simultaneous.

Group 3 - 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
- 4 x Regional Qualifying Meet (if qualified to attend)
- 2 x Regional Championships (if qualified to attend)
- National Events (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 (12-15 years) Female (11-14 years)

- Development Phases: Skill/Aerobic Development
- Session Numbers: Sport specific training 6-12 per week including land work
- Session Length: 2 hours
- Training Hours: 12-24 hours in water; 2-3 hours land work per week
- Training Volume: 24.000m – 32.000m per week at beginning of Train to Train, working towards breakpoint volumes 44.000m – 52.000m per week at maturation (13/14/15 years).