

Group 4

Training to Compete

Group 4 - Entry Requirements

In order to join or progress to Group 4, swimmers are required to meet the following criteria which will be assessed by designated Club Coach:

- Typical age range for this group is 12 and over
- Successfully completed Group 3, and achieved the minimum meet attendance requirement at Group 3 level
- 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 Butterfly legally
- Achieve Nationals DIV 2 qualifying time in their Age Groups in 2 different strokes, one alternate and one simultaneous
- Swimmer will affiliate to Swim Ireland.

Group 4 - Squad Aims

- Attendance at 6 sessions per week
- Should cover between 3.5/5.0 km per session
- Achieve honours at provincial, national and International level
- Train within competitive coaching framework
- Attend available competitions
- Look for long distance swimming events
- Keep a log of training and competition performance
- Set goals to 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 Regional and National Squad

Regional and National Squad - Entry Criteria

Progression towards Regional and National squad entry criteria is based on Qualifying times:

- High performance group
- Highly competitive focus to training and performance in competition
- Swim 20 x 100m Freestyle on 1m 20s
- Swim 20 x 100m I.M. on 1m 45s with correct turns
- Swim 1,500m Freestyle with bilateral breathing and correct tumble turns
- Swim T30 time trial with continuous swimming
- Swim 200m Butterfly in competition in the current competition year
- Have swum 400m Freestyle in competition in the current competition year
- Have swum 400m I.M. in competition in the current competition year
- Achieve Connacht and National Squads qualifying time in their Age Groups in 2 different strokes.

Group 4 - Minimum Meet (Competitions) Attendance

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

- 2 x Clubs Competitions
- Regional Development Meet (as required to achieve 'A' qualifying times)
- 5 x Regional Qualifying Meet (if qualified to attend)
- 2 x Regional Championships (if qualified to attend)
- 3 x National Events (if qualified to attend)
- SWML (if selected for the Team)
- 3 x 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

Training to Train Training to Compete - Male (15-18 years) Female (14-16 years)

- Development Phases: Competitive / Physical Development
- Session Numbers: Sport specific training 6-12 per week plus participation in other sports
- Session Length: 2 hours
- Training Hours: 16-24 hours in water; 3-4 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).