

# Nippers

## Introduction to a Competitive Environment

### Nippers - Entry Requirements

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

- 7 years old minimum
- 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 Back Stroke starts
- Be able to swim 25m Free, Back and Breaststroke
- Understand 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.

### Nippers - Squad Aims

- Attend 1 session per week
- Should cover between 800m/1.5km per session
- 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 to every session.

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

### Progression to Group 1

#### Group 1 - Entry Criteria

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

Swimmers will be invited to move to Group 1 at the designated Club Coach's discretion, when sufficient progress towards meeting the Group 1 entry criteria is met:

- 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.

#### Group 1 - Minimum Meet (Competitions) Attendance

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

- 2 x Clubs Competitions
- 2 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.

### 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.

# 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.

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.

### 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.

# 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.

# Swim Fit Group

## Retention and Aquatics for Life

### Swim Fit - Entry Requirements

In order to join or progress to Swim Fit, athletes are required to meet the following criteria which will be assessed by designated Club Coach:

- 13 years old minimum
- Successfully completed Group 2, with no desire to follow the competition pathway in Group 3
- New swimmers who come from the higher level of swimming lessons program may join this group - assessment by a designated Club Coach is required
- Swim 400m Freestyle with bilateral breathing and correct tumble turns
- Swim 200m Backstroke legally with correct turns
- Swim 200m Breaststroke legally
- Swim 100m kick on 4 strokes
- Swim 100m Butterfly legally
- Swimmer will affiliate to Swim Ireland.

### Swim Fit - Squad Aims

- Attendance at 3 training sessions per week is encouraged
- One morning session is required
- Should cover between 2.0/3.5 km per session
- Master competency across the 4 strokes and starts/turns
- Train within coaching framework
- Improve fitness level
- 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.

Swimmers who do not meet the minimum training attendance requirements, may not be guaranteed a position in Swim Fit for the next season. This falls under the discretion of the Head Coach.

Swimmers attending the Swim Fit group, who also attend the minimum competition attendance requirement for Group 3, may be invited to join the competition pathway the following season. This falls under the discretion of the Head Coach.

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

Retention and Aquatics for Life - Male and Female 13 and Over

# 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).

# 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).