

County Sligo Swim Club - Squad Entry Criteria 2022-23

Squad	Performance / Training Criteria
Entry into Nippers	<p>No performance entry criteria, based on skills BLAB system of scoring will be used for assessment</p> <ul style="list-style-type: none">- Body- Legs- Arms- Breathing <p>All swimmers must score a minimum of 44 point with no more than one score of 3 in any learning outcome, which are listed. Each criteria is worth maximum of 5 points each (1 being the lowest and 5 being the highest)</p> <ul style="list-style-type: none">- Demonstrate a standing dive- Demonstrate a front somersault from a standing position- With the use of a pull-bouy demonstrate sculling, on back, both feet first and head first- Swim 25m freestyle with good technique- Swim 25m backstroke with good technique- Swim 25m breaststroke with good technique and body/head position- Swim 15m butterfly using the a good arm position, with correct timing and good head/body position- Tread water for 45 seconds- Swim 50m with 2 different strokes maintaining techniques as listed above- Kick 2x25m freestyle with small kick board off off a turnover of 1.15 and under 55 seconds for each 25m
	<p>The final decision will always remain with the Head Coach and will be made in the best interests of the individual swimmer</p>

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Group 1 from Nippers	Aerobic test sets <ul style="list-style-type: none"> - 6 x 750 FS off 1.30, hold 26 sec - 6 x 25 BS off 1.10, hold 26 sec - 6 x 25 BrS off 1.15, hold 18 sec - 6 x 25 BF off 75 with fins, hold 16 sec - All must be done with 5m turns , correct underwater work and streamlining 	At this stage swimmers should be <ul style="list-style-type: none"> - Lane and clock discipline - Be coachable - All of the above must be achieved and maintain in order to progress squads 	75% Attendance with a review over a 2 month period 75% Gala attendance <ul style="list-style-type: none"> - Must understand Pre-pool - Demonstrates an understanding of sportsmanship - Target competitions, Aspiring and club galas - Recommended by Assistant Coach and approved by Head Coach 	
	Kick test sets <ul style="list-style-type: none"> - 6 x 50 Choice kick off 2.30, under 2.00 			
	Target times / meets <ul style="list-style-type: none"> - 75 FS, 2.15 - 100 IM, 3.00 - Novice meets, Aspiring Champions meets, Regional Club meets, Northern League 	The final decision will always remain with the Head Coach and will be made in the best interests of the individual swimmer		

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Group 2 from Group 1	Aerobic test sets <ul style="list-style-type: none"> - 8 x 750 FS off 2.15, hold 24 sec - 8 x 50 BS off 1.45, hold 24 sec - 8 x 50 BrS off 2.00, hold 16 sec - 8 x 25 BF off 65 with fins, hold 15 sec - All must be done with 5m turns , correct underwater work and streamlining 	At this stage swimmers should be <ul style="list-style-type: none"> - 5m turns - Constant streamlining - Breath control - Ability to adjust pace - Know difference between maximum, fast, steady and slow swimming - Must understand and demonstrate accurate stroke counting - Lane and clock discipline - All of the above must be achieved and maintain in order to progress squads - Be coachable 	80% Attendance with a review over a 2 month period 75% Gala attendance <ul style="list-style-type: none"> - Must understand the importance of flexibility/stretching - Demonstrates an understanding of sportsmanship - Target competitions SU Development and Quality meets - Recommended by Assistant Coach and approved by Head Coach
	Kick test sets <ul style="list-style-type: none"> - 10 x 50 Choice kick off 2.15, under 1.40 		
	Target times / meets <ul style="list-style-type: none"> - 100 FS, 3.00 - 100 IM, 2.30 - Competing at Swim Connacht meets, Club meets and Novice meets 	The final decision will always remain with the Head Coach and will be made in the best interests of the individual swimmer	

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Group 3 from Group 2	Aerobic test sets <ul style="list-style-type: none"> - 16 x 100 FS off 2.0, hold 20 sec - 14 x 100 BS off 2.15, hold 22 sec - 12 x 100 BrS off 2.45, hold 14 sec - 12 x 50 BF off 80 with fins, hold 12 sec - 12 x 100 IM off 2.15, correct turns - All must be done with 5m turns , correct underwater work and streamlining 	At this stage swimmers should be <ul style="list-style-type: none"> - 5m S/L turns - Breath control - Ability to adjust pace - Know difference between race pace, heart rate, aerobic sets - Ability to take own heart rate - Must understand and demonstrate accurate stroke counting, be mature and be coachable - All of the above must be achieved and maintain in order to progress squads 	85% Attendance with a review over a 2 month period 80% Gala attendance <ul style="list-style-type: none"> - Must understand the importance of flexibility/stretching - Demonstrates an understanding of sportsmanship - Target competitions, Connacht Schools, Connacht LC Championships, age groups and IAG Div 2 - Recommended by Assistant Coach - Approved by Head coach
	Kick test sets <ul style="list-style-type: none"> - 12 x 75 Choice kick off 2.15, under 1.45 - 10 x 50 FS kick off 90, under 1.15 		
	Target times / meets <ul style="list-style-type: none"> - IAG Division 2 	The final decision will always remain with the Head Coach and will be made in the best interests of the individual swimmer	

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Group 4 from Group 3	Aerobic test sets <ul style="list-style-type: none"> - 30 x 100 FS off 1.40, hold 18 sec - 20 x 100 BS off 1.50, hold 20 sec - 12 x 100 BrS off 2.15, hold 12 sec - 12 x 50 BF off 70, hold 14 sec - 8 x 200 IM off 3.40, correct turns - All must be done with 5m turns , correct underwater work and streamlining 	At this stage swimmers should be <ul style="list-style-type: none"> - Making 7m turns - Constant streamlining - Breath control - Ability to adjust pace - Know difference between race pace, heart rate, aerobic sets - Ability to take own heart rate - Must understand and demonstrate accurate stroke counting, be mature and be coachable - All of the above must be achieved and maintain in order to progress squads 	90% Attendance with a review over a 3-4 month period 90% Gala attendance <ul style="list-style-type: none"> - Must understand the importance of flexibility/stretching - Understand and apply heart measurements - Demonstrates an understanding of sportsmanship - Attendance at key meets - Target competitions, Connacht age groups and IAG Div1 - Recommended by Assistant Coach - Approved by Head coach
	Kick test sets <ul style="list-style-type: none"> - 10 x 100 Choice kick off 2.10, under 1.55 - 10 x 50 FS kick off 75, under 55 		
	Target times / meets <ul style="list-style-type: none"> - 2/3 Irish Summer National qualifying times - Irish AG/Y/Open championships - If too young for Summer Nationals then 4 Qualifying times for Division 2 	The final decision will always remain with the Head Coach and will be made in the best interests of the individual swimmer	

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