

Wear Valley ASC Squad Structure

Masters squad is for adults that wish to continue their competitive swimming or indeed just maintain a healthy lifestyle. There is also scope for Masters to train alongside Senior Squads

A squad is designed for senior athletes that are aiming to maximise their swimming technique and training to meet their potential. Athletes must maintain extremely high levels of commitment and attendance to stay in the programme. Morning training is very much advised.

Training: The majority of focus will be based around a 400m IM training plan (alongside **B Squad**) with added focus on individual events. Athletes on the programme will have access to some small group sessions, individual plans and one to one coaching..

Age Range: 14yrs + (female) / 14yrs + (male)

Target Meets: L1 / Counties / Regional / National

B squad is for athletes that have qualified for, or have demonstrated the potential to qualify for county and regional championships. Athletes on the programme should be fully focused on achieving high standards and an excellent attendance record is required and weekday morning training is strongly advised.

Training focus will be around a 200m/400m IM plan with equal emphasis on all 4 strokes and aerobic / skill development.

Progression: Athletes meeting the criteria and demonstrating continued progress will be considered for movement into **A Squad**. At 14yrs, athletes maintaining high levels of commitment will advance to **A Squad**. Athletes may move to **A Squad** at a younger age (13yrs) in cases of accelerated development.

Age Range: 12-14yrs

Target Meets: L1-3 / County / Regional / National

Sprint 1 + 2 squads are for athletes that wish to continue their competitive swimming journey with like-minded swimmers of a similar age. Athletes should maintain attendance levels required to achieve their desired result. **Sprint** Squad has an emphasis on maintaining a healthy and fit lifestyle and there is room in this squad for other interests/sports. Competing is optional.

Training and Progression: Training will focus on all 4 competitive strokes. There will be an emphasis on both skill and aerobic development. Athletes in **Sprint** squad demonstrating the potential to achieve county qualifying times **and/or** wishing to meet training criteria for **B Squad** (13yrs and under) or **A Squad** (14yrs+) will be considered for movement.

Age Range: 12-18yrs

Target Meets: L3

Competitive Development

Competitive Development athletes continue to develop competitive swimming strokes, along with honing racing skills/turns/starts. **Training** focus will be high on skill and technique with moderate aerobic development. The ideal **Age Range** will be 9-12yrs (though there will also be room for late developers) and **Target Meets** include L3, County and SC Regional.

Academy Group 2 (Skills Development)

Academy 2 swimmers learn racing skills/turns/starts to go with competitive strokes developed in A1, attending L3/L4 competitions. They also develop further an understanding of 'club' swimming for movement into competitive squads.

Academy Group 1 (Stroke Development)

Academy 1 swimmers learn and develop all 4 competitive swimming strokes as well as an understanding of club swimming, in a fun environment.

Woodhouse LC LTS / School Swimming + Other LTS Schemes