



# **BEXLEY Swimming Club**

Registered Charity No: 1156407



## **Group Training Objectives & Criteria - Bexley Swimming Club**

### **Development Group**

The age of swimmers within this group should not exceed 11 years.

<b>Development</b>		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Swim							
PM	Land							
	Swim	1630-1730 (Sidcup)				1830-1930 (Sidcup)		1600-1730 (Sidcup)

### **Training aims & objectives**

- Develop & consolidate stroke technique on all four strokes
- Develop & consolidate starts, turns & finishes on all four strokes
- Training in a group environment & lane discipline
- Introduction to using a pace clock
- Rules of the sport
- Punctuality
- Have all training equipment (kickboard, fins & drink bottle)
- Introduction to external competitions, participation in club time trials & championships

### **Criteria for consideration of movement to Progressive Group**

- Participate in club time trials & low level competitions
- Attend all 3 training sessions on a regular basis
- Swim 400m freestyle with bi-lateral breathing
- Swim 200m backstroke with tumble turns
- Swim 200m breaststroke with correct underwater pullouts
- Swim 200m IM with correct turns
- Participation in competitions when selected
- Respect for coaching staff
- Willingness to learn
- Good lane discipline
- Punctuality