



BEXLEY Swimming Club
Registered Charity No: 1156407



Group Training Objectives & Criteria - Bexley Swimming Club

Competitive Group

The age of swimmers within this group should not exceed 13 years.

Competitive		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Swim						0830-0930 (Crook Log)	
PM	Land					1900-1930 (Sidcup)		
	Swim	1730-1930 (Sidcup)	1800-1900 (Sidcup)			2000-2130 (Sidcup)		1800-1930 (Sidcup)

Training aims & objectives

- Variety of aerobic/endurance swimming sets introduced into the programme
- Attend all sessions as directed by the Group coach
- Introduction to log books, containing all training & competition results
- Goal setting with the squad coach
- Use the pace clock independently
- Develop land conditioning programme
- Have all training equipment (fins, kickboard, pull buoy, drink bottle & skipping rope)
- Participation in competitions as directed by the group coach

Criteria for consideration of movement to Performance Group

- Excellent attitude & behaviour at both training & competitions
- Display appropriate development of swimming skills (stroke & transitions)
- Qualify for Kent County Championships on a minimum of 1 event
- To have competed in all designated competitions as directed
- Attend a minimum 5 of the 6 sessions available on a regular basis
- Parents & swimmers to agree to undertake the training commitment required in Performance Group
- Evidence of Log book completion
- Respect for coaching staff
- Willingness to learn
- Good lane discipline
- Punctuality