



# **BEXLEY Swimming Club**

Registered Charity No: 1156407



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

### **Progressive Group**

The age of swimmers within this group should not exceed 12 years.

| <b>Progressive</b> |      | Monday                | Tuesday               | Wednesday | Thursday | Friday                | Saturday                 | Sunday                |
|--------------------|------|-----------------------|-----------------------|-----------|----------|-----------------------|--------------------------|-----------------------|
| AM                 | Swim |                       |                       |           |          |                       | 0730-0830<br>(Crook Log) |                       |
| PM                 | Land |                       |                       |           |          |                       |                          |                       |
|                    | Swim | 1730-1900<br>(Sidcup) | 1700-1800<br>(Sidcup) |           |          | 1900-2000<br>(Sidcup) |                          | 1700-1800<br>(Sidcup) |

### **Training aims & objectives**

- Develop & consolidate stroke technique on all four strokes
- Develop & consolidate starts, turns, & finishes on all four strokes
- Introduction of aerobic FS and IM sets into programme
- Learn to read the pace clock independently
- Learn and practice basic stretching exercises
- Increase the distance covered in training sessions to improve endurance
- Punctuality
- Have all training equipment (kickboard, fins & drink bottle)
- Participation in external competitions, introduction to open meets

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

- Excellent attitude & behaviour at both training & competitions
- Display appropriate development of swimming skills (stroke & transitions)
- Working towards qualifying/consideration times for the Kent County Championships
- To have competed in all designated competitions as directed
- Attend a minimum 4 of the 5 sessions available on a regular basis
- Parents & swimmers to agree to undertake the training commitment required in Competitive Group
- Respect for coaching staff
- Willingness to learn
- Good lane discipline
- Punctuality