



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.

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