

BPSC Squad Structure for 2011

ADULTS – Adult Development, Masters & Competitive Masters (no change)

Active

Senior Active

- Training focuses on stamina, core body strength and the work rate increases whilst improving technique.
- Swimmers are aiming to improve speed and stamina – key events being 400 & 800m freestyle, 200m backstroke.
- Age range usually 14 and above.
- 5 hours over 5 sessions are available + land training.

Junior Active

- Training focuses on stamina, core body strength and the work rate increases whilst improving technique.
- Swimmers are aiming to improve speed and stamina – key events being 200m & 400m freestyle + 200m backstroke.
- Age range usually 10 through to 13.
- 5 hours over 5 sessions are available + land training.

Development Active

- Training focuses on continuing to develop basic skills in all 4 strokes technique and building endurance.
- Swimmers are aiming to improve speed and stamina – key events being 200m freestyle and 200m backstroke.
- Age range usually 8 through to 12.
- 4 ½ hours over 5 sessions are available.
- Swimmers should have reached ASA NPTS STAGE 6 already.
- Swimmers learn lane etiquette and are given tools to help them train such as using the pace clock.

- The active groups will be swimmers who largely focus on keeping fit to compliment other sports and activities.
- Swimmers may be attending 1 or more sessions per week.
- Training will improve technique but be balanced more towards aerobic and stamina training.
- The training sessions will allow them to have a more relaxed environment in which to enjoy their swimming.
- Land training sessions for all round core fitness.
- They will also be encouraged to enter competitions where appropriate.

Competitive

Competitive

- Swimming is likely to be your main sport.
- Competitive swimmers should be meeting the minimum amount of recommended sessions.
- Competing in meets and team galas that are recommended to them.
- Training emphasis will be on technique and everything that will lead to success in competitions.
- The key 'Blue Ribbon' events being the 200m + 400m IM i.e. proficient technique in all four strokes at high intensity.
- Aim is to compete at Middlesex County level Bagcat & Youth championships and then go on to progress further.
- These squads need a very high commitment from all parties: Parent, Swimmers and Coaches to succeed and enable the swimmer to reach their full potential.

Senior Competitive

- Training focuses on stroke technique, stamina, core body strength and the work rate increases.
- Swimmers are aiming to qualify at County level and above for the 200m Individual Medley along with at least two other individual events.
- Age range usually 14 and above.
- 8 hours over 6 sessions are available.
- Minimum attendance is 3 sessions a week with the recommended being 4-5 sessions per week.

Junior Competitive

- Training focuses on stroke technique, stamina, core body strength and the work rate increases.
- Swimmers are aiming to qualify at county level for the 200m Individual Medley along with other events recommended by British swimming leading to maximum Bagcat points.
- Age range usually 9 through to 13.
- 8 ½ hours over 6 sessions are available.
- Minimum attendance is 3 sessions a week with the recommended being 4-5 sessions per week.

Development Competitive

- Training focuses on continuing to develop basic skills in all 4 strokes, technique, development of racing skills and building endurance.
- Swimmers learn lane etiquette and are given tools to help them train such as using the pace clock.
- Swimmers are aiming to compete in one or more strokes at 200m + 100m IM.
- Age range usually 8 through to 12.
- Swimmers should have reached ASA NPTS STAGE 7 already.
- 6 ½ hours over 6 sessions are available.
- Minimum attendance is 2 sessions per week with the recommended being 3-4 sessions per week.