

## **NEWTON ABBOT SWIMMING CLUB SQUAD STRUCTURE**

### **National/District Squad.**

Must have a National or District qualifying time or be within 10% of a District qualifying time.  
Training: Minimum 5 swimming sessions plus 1 land training session per week.

### **County Squad.**

Must have County qualifying times in 3 events or be within 5% of 3 County qualifying times.  
Training: Minimum 4 swimming sessions plus 1 land training session per week.

### **Development Squad.**

Ages 9 to 13 years. Swimmers aim to compete at County Championships and work towards being within 20% of the 200 I.M. qualifying time.  
Training: Minimum 3 swimming sessions plus 1 land training session per week.

### **Train to Train Squad.**

Ages 7 to 13 years. Swimmers who train for a minimum of 2 x 1 hour lane sessions per week with the aim of building stamina and improving technique to enable them to move on to the Development Squad.

#### **Criteria for movement to Development Squad:**

- 200m f/c with tumble turns and bi-lateral breathing.
- 200m b/c with tumble turns and bent arm pulling action.
- 200m breaststroke with correct 'A' pulls.
- 100m fly with fins and correct turns.
- Competition racing start.
- Correct finishes on all 4 competitive strokes.

### **Fitness Squad.**

Ages 12+ years. Swimmers training to build and/or maintain fitness. These swimmers sometimes represent their Club at local open meets and Galas.  
Training: Less than the minimum required for County Squad.

### **N.T.P. Squad.**

Swimmers who are moving through levels 4 to 10 of the National Teaching Plan in order to become competent and confident swimmers in all strokes and skills.

Training: 30 minutes session once per week to incorporate swimming lengths on a regular basis.

### **L.T.S. Squad.**

Ages 3+ years. Children learning to swim in small groups through structured and inter-active play based on water skills and moving through levels 1 – 3 of the National Teaching Plan.

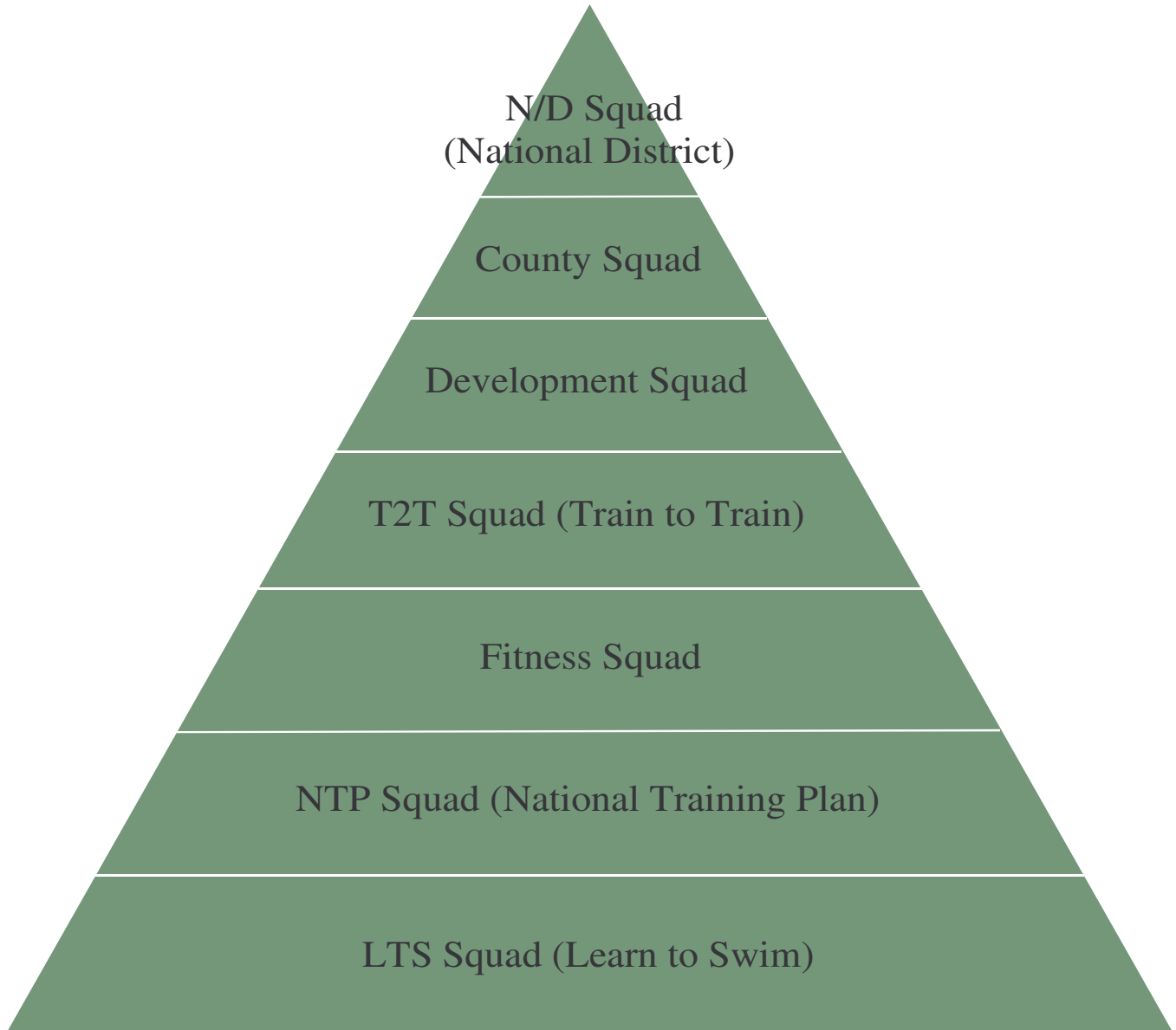
Training: 30 minutes once per week to include building water confidence in deep water.

**N.B.** The Head Coach will determine which sessions each swimmer should attend dependant on the Squad level of that swimmer.

Age as of 31<sup>st</sup> December.

It is expected that all swimmers in National/District, County, Development and Fitness Squads will have read, agreed, signed and returned the 'Swimmers Agreement'.

# NASC New Squad Structure



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**This will be implemented as from Sunday 30th September**

**Check the website and notice board for squad information.**

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