



Dereham Otters

Dereham & District Amateur Swimming Club

Foundation Squad Policy

Squad Objectives

The goal of Foundation squad is to train at the 'FUNDamentals' stage of the Dereham Otters LTAD pathway and demonstrate good commitment, attitude, and training/competition skills.

When swimmers join Foundation squad, the likelihood is the time spent in the water is far greater to that of swimming lessons. One session in Foundation is often double the duration of a single swimming lesson.

Swimmers are encouraged to attend at least 1 session per week when starting in Foundation and can start on a reduced duration such as 30 mins or 45 mins if they wish subject to agreement with the coach. After three to four weeks, when they have adapted to this level, they should aim to increase to the full hour. Adaptations can be made to session to suit swimmers needs.

This squad includes the following work and expectations:

1. Stroke technique on all four competitive strokes, using coach-controlled sets and single-lap work.
2. Stroke drill progressions for all four competitive strokes, initially using fins to perform coach-controlled sets and single-lap work.
3. Very basic endurance and speed training.
4. Introduction to IM swimming.
5. Starts, turns and finishes for all four competitive strokes.
6. Sculling and games. The sculling teaches the difference between wrist-up, wrist-down, and flat-wrist sculling actions.
7. Basic introduction to using a pace clock
8. Training in a group environment and lane discipline
9. Rules of the sport
10. Club time trials on a variety of strokes and distances periodically
11. Introduction to low-level competition such as development galas
12. Punctual start times for all sessions.
13. Taking ownership and responsibility of personal training equipment

Squad entry standard

- Passed Stage 6 of the National Plan for Teaching Swimming
- Passed trial swim with Dereham Otters squad coach
- Reached their 7th birthday

Squad Age Range

7-10 years. Once an athlete is 11 years of age, they must earn a place in Bronze Squad to stay within the club programme. After the age of 11 years should an athlete not meet Bronze Squad minimum entry criteria, we will offer a place in one of our partnership schemes.

Squad Recommended Commitment

Athletes are recommended to attend a minimum of 1 hour per week.

Assessments

Athletes in Foundation Squad will be assessed periodically for progression. They must meet the Development Squad minimum entry requirement before being recommended for a squad progression by their coach.

Target Competitions

Athletes in Foundation Squad are encouraged to attend the following competitions: -

- Club Championships
- 2 x Development/mini meet galas per year

Kit requirements

Athletes are encouraged to bring all equipment from the Foundation Squad kit list to all their training sessions.

Code of Conduct

All athletes are expected to follow the Swimmers Code of Conduct