



Dereham Otters

Dereham & District Amateur Swimming Club

Gold Squad Policy

Squad Objectives

The goal of Performance squad is to perform at the 'Train-to-Compete' level of the Dereham Otters LTAD pathway. In this squad swimmers prepare to race County Championship level across multiple events. They should be striving for a top 10 finish at the County Championships. The workload and expectations increase significantly in this squad. Swimmers are exposed to an increase in hours, distances, and level of competition. Within this squad some swimmers may show a preference towards specific events. The swimmer will have a favourite event but will be expected to compete in all events, especially IM's. Training frequency builds to training four times per week, of which they will follow a 12-week training cycle aiming to peak at selected competitions throughout the year. A normal 12-week training cycle for this squad covers all types of training. The constant for this squad is the distance covered each week. The intensity of individual sessions and weeks may change, but the distance covered remains relatively the same.

This squad includes the following work and expectations:

1. Develop and improve stroke technique on all four competitive strokes.
2. Develop stroke drill progression for all four competitive strokes.
3. Aim for 5 fly kicks off all walls in a streamlined position
4. Practice IM training sets.
5. Perfect start, turns, and finishes for all four competitive strokes, including IM turns.
6. Perfect relay takeovers.
7. Use of the pace clock in all training sets without coach support.
8. Complete a well-balanced training programme that includes varied pace swims (build, negative split swims, descending sets, basic swimming speed, pacing and over distance swims).
9. Increase distance covered in training sessions to improve endurance.
10. Practice good lane etiquette.
11. Practice swimming within the rules of the sport.
12. Enter team events, and open meets at the direction of your squad coach.
13. Swimmers are learning to be accountable for their own effort, actions, and behaviours.

Squad entry standard

- Passed Stage 9 of the NPTS.
- Passed and maintain the gold squad minimum entry requirement.
- Reached their 10th birthday.
- Show a high standard of competitive start, turns, and finishes on all 4 strokes.

Squad Age Range

10-15 years. Once an athlete is 16 years of age, they must earn a place in Performance 2 to stay within the competitive programme. At the age of 16 years should an athlete not meet Performance 2 minimum entry criteria, we will offer a place in one of our partnership schemes.

Squad Minimum Commitment

Athletes should be able to commit to a minimum of 4 hours per week.

Assessments

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

Target Competitions

Athletes in gold squad are expected to attend the following competitions: -

- Club Championships
- 3 x Level 3 competition per year
- 1 x Level 1 competition per year
- County Challenge in multiple events
- County Championships in best events

Kit requirements

Athletes are expected to bring all equipment from the Performance 1 squad kit list to all their training sessions.

Code of Conduct

All athletes are expected to follow the Swimmers Code of Conduct