



DISS OTTERS

A local swimming club at the heart of the community



Junior Performance Squad Policy

Squad Objectives

The goal of Junior Performance Squad is to train at the 'Learn to Train' level of the DOSC LTAD pathway and demonstrate good commitment, attitude, and training/ competition skills ready to make performance squads. To develop consistent technical skills under incremental stressors. Swimmers in Junior Performance must increase their attendance commitment as their age and physiological stature grow.

When swimmers reach this level, they are introduced to more types of training sets. Swimmers in this squad are steered towards swimming 200m IM as their main event. Four training sessions available each week.

Squad Age Range

9-12 years.

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. Independently monitor training by 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.
Swimmers are encouraged to have up to date licensed times (within the last 6

months) in the following events as a minimum: All 50s and 100s, 200 Free, 200 IM plus at least one other 200m event.

13. Become comfortable with race day, learn to enjoy the environment and process, and develop independence at competition.
14. Swimmers are learning to be accountable for their own effort, actions, and behaviours.
15. Work towards individual and squad training goals.
16. Abide by the clubs training and competition values.

Squad Entry

- Passed Stage 10 of the National Plan for Teaching swimming.
- Passed and maintained the Junior Performance Squad minimum entry requirement.
- Reached their 10th birthday.

Squad Minimum Commitment

Swimmers should be able to commit to a minimum of 3 hours per week but aiming for 4 hours once settled.

Assessments

Swimmers in Junior Performance will be assessed periodically for progression. Please find the criteria for Junior Performance Squad ([Here](#)) For use as a guideline, squad movement is at the discretion of the Head Coach.

Target Competitions

Swimmers in Development Squad are expected to attend the following competitions:

- Club Championships
- 2 x level 3 competition per year
- Qualify for the Norfolk County Championships in at least 1 event.

Kit Requirements

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

Code of Conduct

All swimmers are expected to follow the swimmers code of conduct.