

WTHSC Progression Flow Chart

<p style="text-align: center;">DIAMOND</p> <p>AIMED AT Our elite swimmers who have demonstrated to their coach that they possess the drive, determination and the ability to excel in the sport of swimming. Have achieved or be close to achieving county qualifying times. They must be willing and able to place swimming as their main focus and be prepared to work to the best of their ability. Training will be individually tailored around a swimmers chosen stroke/s to ensure they achieve the best possible success in their swimming journey. The focus of this squad is on county competitions and sessions will be planned in cycles around the season's competition calendar.</p> <p>CRITERIA Must be able to sustain the training program to a reasonable standard. Perform all four strokes and execute all starts and turns to an exceptional standard. They must possess the necessary ability to excel in the sport of swimming as well as the commitment to represent their club in external competitions. Be able to lead an efficient warm-up and cool-down to their peers.</p> <p>EXPECTATIONS Attend at least 3/4 training sessions a week. Attend land training every week. Enter all internal, external, team and individual galas. Disciplined, self-motivated and not cause any disturbance during the training session for themselves, their coach or their peers.</p>
<p style="text-align: center;">PLATINUM</p> <p>AIMED AT Older/Advanced swimmers who have demonstrated to their coach that they are focused in their training, disciplined and self-motivated. They have the potential to excel in the sport of swimming and demonstrate they are striving to reach county times. Training can be individually tailored to a swimmer's chosen stroke and event they wish to compete in. The focus on this squad is to refine a swimmer's performance with the aim of qualifying for county competitions.</p> <p>CRITERIA Must be able to sustain the training program to a reasonable standard. Perform all four strokes to an exceptional standard and execute all competitive starts and turns to a high standard. Be able to perform their own efficient warm-up and cool-down.</p> <p>EXPECTATIONS Attend at least 2/3 training sessions a week. Attend at least 2 land training sessions a month. Enter all internal and team galas and numerous external individual galas. Disciplined, self-motivated and not cause any disturbance during the training session for themselves, their coach or their peers.</p>
<p style="text-align: center;">GOLD</p> <p>AIMED AT Older/Advanced swimmers still training on all four strokes. There will be some emphasis given to swimmers who are seen to have the individual ability to compete in their chosen stroke/s. The focus of this squad is to identify our more dedicated/competitive swimmers who could potentially (at the coach's discretion) sidestep to one of our more competitive squads. PLEASE NOTE; THIS IS OUR TOP SQUAD FOR SWIMMERS WHO WISH TO SWIM FOR PHYSICAL DEVELOPMENT ONLY.</p> <p>CRITERIA Must be able to sustain the training program to a reasonable standard. Perform all four strokes to a very good standard. Execute all turns, including the Individually medley turns, correctly. Complete a competent competitive dive from the block. Explain the importance of a warm-up and cool-down.</p> <p>EXPECTATIONS Attend at least 1 training session a week. Attend at least 1 land training session a month. Enter internal galas.</p>
<p style="text-align: center;">SILVER</p> <p>AIMED AT Swimmers who have successfully made the transition from teaching to squad level. The focus is now on building up fitness and stamina through regular inclusion of training sets that develop endurance. Refining of all four strokes is still placed highly at this stage.</p> <p>CRITERIA Must be able to sustain the training program to a reasonable standard. Be able to perform all four strokes to a good standard and execute competitive starts from the block and turns to a satisfactory standard. Be able to swim within the lane without encroaching other swimmers.</p> <p>EXPECTATIONS Attend at least 2 training sessions a week. Attend at least 1 land training session a month. Enter internal and individual external galas (Swimmers can be introduced into official, competitive external gala's once they reach the age of 9).</p>
<p style="text-align: center;">BRONZE</p> <p>AIMED AT Our younger/newer squad members who are becoming competent in all four strokes but still need to develop competitive starts and turns. Bronze squad aids the transition from teaching to squad level whilst ensuring swimming technique remains the number one focus as it must be constantly improved and refined.</p> <p>CRITERIA Must be able to sustain the training program to a reasonable standard. Be competent in all four strokes. Complete a safe dive from the side of the pool. Demonstrate a desire to increase their swimming training.</p> <p>EXPECTATIONS To attend at least 1 training session a week. Attend at least 1 land training session a month. Enter internal galas. (Swimmers can be introduced into official, competitive external gala's once they reach the age of 9).</p>

