

# ***TECHNICAL SECTION***

## ***Junior Olympic Squad***

### ***Daventry Dolphins Swimming Club***

Squad	Description	Target age	Fast track age	Program	Swim awards/ Program Contents	Metres per hr	Hrs per wk
Junior Olympic	Skills	10-12	9-11	Upto 6 hrs p.w.	Swim Skills	2000	3x2 hrs
						2500	
Olympic	Performance	12-15	11-14	Upto 6.5hrs p.w.	Training to train	2200	2x2 hrs
						2800	1x2.5 hrs

## **JUNIOR OLYMPIC SQUAD**

- Monday 19:00-21:00(2hrs)
- Thursday 19:00-21:00(2hrs)
- Sunday 18:00-20:00 (2hrs)
- These sessions are for stroke development, skills, aerobic and speed work
- Average per week 11Km

### Criteria:

- Must attend a minimum of 2 FULL sessions each week. Not arriving late or leaving early.
- Must be on poolside 10minutes prior to the start of the session. Completing Blood Flow Land Warm Up.
- Have or have the potential to achieve NASA County Qualifying times & enter the County Swimming Championships if qualified
- Must be available for team competitions as advertised on the fixture list, unless discussed with the coach in advance.
- Attend ALL Team Competitions if selected, unless discussed previously.
- Enter the Regional Championships if qualified
- Be available for selected open meets as recommended by Coach or Link Club Coach
- Must be able to complete sets on times equivalent to times of
  - 2m10s for Front Crawl per 100m repeat
  - 2m 20s for Medley/Backcrawl per 100m repeat
  - 2m 25s for Breaststroke per 100m repeat
  - 2m30s for ALL kick per 100m repeat

# Junior Olympic Squad COMPETITIVE SWIMMING

**At the end of this stage swimmers will be able to:**

1. Complete a set lasting 2200 metres (either 22 x 100 metres; 11 x 200 metres; 5 x 400 metres) on a specific turn around time set by the coach (e.g 1m50s for the 100 metres; 3m40s for the 200 metres; 7m 20s minutes for the 400 metres). Using the pack clock to set off on each repeat without instruction from coach.
  - a. Equivalent of 1m for every 50m for Frontcrawl
  - b. Equivalent of 1m5s for every 50m for Backcrawl
  - c. Equivalent of 2m10s for every 100m for Individual Members
2. Swim 1500 metres continuously choosing one stroke.
3. Perform a continuous 400 metres Individual Medley kick without using a float.
4. Swim a continuous 400m Individual Medley using legal turns.
5. Complete a kick set lasting 800 metres (either 16 x 50 metres; 8 x 100 metres; 4 x 200 metres) on a specific turn around time set by the coach. (e.g 1m5s for the 50 metres; 2m10s for the 100m). Using the pack clock to set off on each repeat without instruction from coach.
  - a. Equivalent of 1m5s for every 50m for Butterfly, Backcrawl, Breaststroke with/without kickboard, Frontcrawl with kickboard.
  - b. Equivalent of 1m10s for every 50m for Frontcrawl without kickboard.

**Where participants are physically unable to ever achieve an outcome listed, the award should be granted based on the achievement of the remaining outcomes or a suitable adaptation to meet the needs of the individual.**

## Junior Olympic Glossary

A **'Set'** is a collective term referring to a complete distance that may be swum as 'one distance' without stops or split into sections that total the complete distance. **'Turn around'** time is the time in which a given distance must be completed and any rest must be taken within this time.

**'IM'** refers to Individual Medley.

**'Legal Turns are briefly detailed as follows, and for in depth reference please refer to the FINA Swimming Rules.'**

**Butterfly to Backstroke** – 2 handed touch, push off on the back in a streamlined position hands one on top of the other, kick underwater to a maximum distance of 15m. **Backstroke to Breaststroke** – 1 handed touch on the back, followed by either (swimmer's choice) a flip turn or a swivel turn. Swimmer then pushes from the wall in a streamlined position, hands

one on top of the other and into a one and a half Breaststroke pull underwater into the Breaststroke swim.

**Breaststroke to Front Crawl** – 2 handed touch, hands placed onto the wall simultaneously. One arm stretches to the front over the water and one arm stretches to the front under the water resulting in a streamlined position, one hand on top of the other. On surfacing and commencing front Crawl, the swimmer must not take a breath until three arm pulls have been completed.

### Land Conditioning

Other Sports/ Physical activities	✓				
<i>Flexibility &amp; Stretching</i>	✓				
<i>Developing a full range of limb movement</i>	✓				
<i>Body Weight Exercises</i>	✓				
Introduce Core Strength & Balance	✓				
Focus on Technique	✓				
Develop Core Strength ( Swiss Balls)	✓				
Progress Body Weight Exercises	✓				
Introduce Medicine Ball work					
Tubing exercises					
Integrate Land & Water work					
Partner Flexibility					
Basic Machine Weights					
Lifting Education					
Develop Weight Lifting Exercises					
Dumbbells & Bar bells					
Specific power Development					



## **Competitive Swimming Junior Olympic -> Olympic – Standards Expected.**

### **Junior Olympic -> Olympic**

**1. Complete a set lasting 2200m (either 22 x 100m; 11 x 200m; 6 x 400m) on a specified time turn around time as set by the Coach (e.g. 1m50 for 100m's; 3m40 for 200m's; 7m20 for 400m).**

- a. Complete the set whilst using the pace clock correctly and obeying the lane discipline procedures of setting off at intervals of 5 seconds between swimmers, finishing on a full stroke on the wall and overtaking using the inside of the lane.
- b. Complete the set with excellent technical skills and with good pace judgement either a slight negative split or even paced.
- c. Sets started at a moderate pace with effort increasing and the repetition times gradually improving throughout the set.

**2. Swim continuously for 1500m choosing one stroke.**

- a. Complete the 1500m without stopping using correct starts, turns and finish that comply with FINA law.
- b. The stroke chosen should conform to the FINA rules throughout the 1500m.

**3. Perform a continuous 400m Individual Medley kick without using a kick board.**

- a. The butterfly kick can be completed either on the front, side or back.
  - i) If on the front the arms will be streamlined in front and breathing will take place at the side or front.
  - ii) If on the side, one arm will be close to the hips, and not aiding propulsion, and one arm will be in front of the head in a streamlined position. Breathing will take place to the side.
  - iii) If on the back the arms will be above the head in the water in a streamlined position.
- b. The backstroke kick will be completed with the arms above the head in the water in a streamlined position.
- c. The breaststroke kick will be completed, the hands will be streamlined in front and the head will come up to breathe at the front.
- d. The front crawl kick can be completed either on the front, side or back, as in a).

**4. Swim a continuous 400m Individual Medley .**

- a. Complete the 400m Individual Medley without stopping using correct starts, turns and finishes that comply with FINA laws.
- b. The strokes should conform to the FINA stroke rules throughout the 400m.

**5. Complete a kick set lasting 800m (either 8 x 100m; 4 x 200m; 2 x 400m) on a specified time turn around time as set by the Coach (e.g. 2m10 for 100m's; 4m20 for 200m's; 8m24 for 400m).**

- a. Complete the set whilst using the pace clock correctly and obeying the lane discipline procedures of setting off at intervals of 5 seconds between swimmers, finishing on a full stroke on the wall and overtaking using the inside of the lane.
- b. Complete the set with excellent technical skills and with good pace judgement either a slight negative split or even paced.
- c. Sets started at a moderate pace with effort increasing and the repetition times gradually improving throughout the set.