

TECHNICAL SECTION

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 2500	3x2 hrs
Olympic	Performance	12-15	11-14	Upto 6.5hrs p.w.	Training to train	2200 2800	2x2 hrs 1x2.5 hrs

OLYMPIC SQUAD

- Monday 19:00-21:30(2.5hrs)
- 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 14Km

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.
- Must be available for team competitions as advertised on the fixture list, unless discussed with the coach in advance.
- Attend ALL selected open meets as recommended by Coach or Link Club Coach, unless discussed previously.
- Attend ALL Team Competitions if selected, unless discussed previously.
- Have a regional time
- Have County qualifying times & enter County Championships
- Enter Regional Championships if qualified.
- Must be able to complete sets on times equivalent to times of
 - 1m50s for Front Crawl per 100m repeat
 - 2m for Medley/Backcrawl per 100m repeat
 - 2m5s for Breaststroke per 100m repeat
 - 2m10s for ALL kick per 100m repeat

Olympic Squad COMPETITIVE SWIMMING

During this stage swimmers will be able to:

1. Complete a set lasting 3000 metres (either 30 x 100 metres; 15 x 200 metres; 8 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 Medley
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 1200 metres (either 24 x 50 metres; 12 x 100 metres; 6 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 1m10s for every 50m for Butterfly, Backcrawl, Breaststroke with/without kickboard, Frontcrawl with kickboard.
 - b. Equivalent of 1m15s 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.

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 & 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 Olympic – Standards Expected.

Olympic

1. Complete a set lasting 3000m (either 30 x 100m; 15 x 200m; 8 x 400m) on a specified time turn around time as set by the Coach (e.g. 1m50s for 100m's; 3m40 for 200m's; 7m20s 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 1200m (either 12 x 100m; 6 x 200m; 4 x 400m) on a specified time turn around time as set by the Coach (e.g. 2m10 for 100m's; 4m20 for 200m's; 8m40 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.