

## 2015 AREA DEVELOPMENT SQUAD SUMMARY

### A SQUAD

#### Aim

Equip the athletes with the skills to qualify for the following 2016 National Age Championships and step up to finals.

#### Selection Criteria

- Able Bodied Swimmers aged 12-18 years of age that competed in an individual event at the 2015 Australian Age Championships in individual events *or*
- Multi Class Swimmers aged 12-18 Years of age that competed in an individual event at the 2015 Australian Age MC Championships *or*
- Open Water Swimmers aged 12-18 Years of age that competed in an individual event at the 2015 Australian Age Open Water Championships.
  
- In addition to the relevant criteria above swimmers must have also competed in an individual event at NSW State Championships in the 2015 season (Open, Age, MC or Open Water) *and*
- Swimmers must also attend the relevant Area LC Championships.

#### Education Curriculum Activities

- Team Bonding and what it means to be part of a Team Culture
- Recovery
- Performance Analysis Basics
- Swimming Biomechanics
- Technical Skills Presentation (Starts, Turns, Finishes)

#### Pool Session:

- Focus upon Skills (Starts, Turns, Finishes, Underwater)
- Limited Skills Testing (4 x 25m, 8 x 50m, Starts, Turns, Finish, Underwater)
- Technical Focus
- *Home coaches will be requested to execute and submit the Aerobic Capacity, 200 Pull and 200 Kick test results for their athlete ahead of the Development weekend.*

#### Competition Activities

- Compete at the SNSW Area A Squad LC meet (Duel style meet) to be held on 8<sup>th</sup> and 9<sup>th</sup> August 2015 at Knox Grammar School, Wahroonga
- Education/Pool Sessions to be held on Saturday and Sunday am with the Meet to be held in the afternoon on both days.

## **B SQUAD**

### **Aim**

Prepare swimmers to qualify for the following 2016 National Age Championships.

### **Selection Criteria**

- Able Bodied Swimmers aged 13-18 years that competed in an individual event at the 2015 State Age LC Championships *or*
- Multi Class Swimmers aged 13-18 years that competed in an individual event at the 2015 Country/ Metro LC Championships/ SNSW MC Championships *or*
- Open Water Swimmers aged 13-18 years that competed in an individual event at the 2014 State Open Water Championships.
  
- In addition to the relevant criteria above swimmers must have also competed in an individual event at the relevant Area LC Championships.

### **Squad Activities**

- Two Development Days to be held, covering education and pool focus areas.
- Development Days to be held on specified dates.

### **Education Curriculum Activities**

- Social Media and Drugs in Sport
- Swimming Development Pathway
- Team Culture and what it means to be a member of a Team Culture
- Technical Skills Presentation (Starts, Turns, Finishes)

### **Pool Session:**

- Focus upon Skills (Starts, Turns, Finishes, Underwater)
- Limited Skills Testing (4 x 25m, 8 x 50m, Starts, Turns, Finish, Underwater)
- Technical Focus
- *Home coaches will be requested to execute and submit the Aerobic Capacity, 200 Pull and 200 Kick test results for their athlete ahead of the Development weekend.*

### **Competition Activities**

- Compete at the SNSW Area B & C Squad meet (Duel style meet), to be held at the Central Coast on the 19<sup>th</sup> and 20<sup>th</sup> September, 2015.

## **C SQUAD**

### **Aim**

Prepare swimmers to qualify for the 2016 National Age Championships.

### **Selection Criteria**

- Able Bodied Swimmers aged \*10-12 years that competed in an individual event at the 2015 State Age LC Championships *or*
- Multi Class swimmers aged \*10-12 Years that competed in an individual event at the 2015 Country/Metro LC Championships/SNSW MC Championships *or*
- Open Water Swimmers aged \*10-12 years that competed in an individual event at the 2014 State Open Water Championships.
  
- In addition to the relevant criteria above swimmers must have also competed in an individual event at the relevant Area LC Championships.

### **Squad Activities**

- Two Development Days to be held, covering education and pool focus areas.
- Development Days to be held on specified dates.

### **Education Curriculum Activities**

- Technical Skills Presentation (Starts, Turns, Finishes)
- Social Media and Introduction to Drugs in Sport
- Swimming Development Pathway
- Team Culture and what it means to be a member of a Team Culture

### **Pool Session:**

- Focus upon Skills (Starts, Turns, Finishes, Underwater)
- Limited Skills Testing (4 x 25m, 8 x 50m, Starts, Turns, Finish, Underwater)
- Technical Focus
- *Home coaches will be requested to execute and submit the Aerobic Capacity, 200 Pull and 200 Kick test results for their athlete ahead of the Development weekend.*

### **Competition Activities**

- Compete at the SNSW Area B & C Squad meet (Duel style meet), to be held at the Central Coast on the 19<sup>th</sup> and 20<sup>th</sup> September, 2015.

*\* Athletes aged 9 years old may be included in squad selections at the Area's discretion.*

## **D SQUAD**

### **Aim**

Swimmers qualify for the 2016 State Age Championships.  
Increase participation and improve swimmer retention.

### **Selection Criteria**

- Able Bodied Swimmers aged \*10-16 years that competed in an individual event at the 2014/2015 Area LC Championships *or*
- Multi Class Swimmers aged between \*10-16 years that competed in an individual event at the 2014/2015 Area LC Championships or the NSW Multi Class Championships *or*
- Open Water Swimmers aged between \*10-16 years competed in an individual event at the 2014/2015 Area Championships and the NSW Open Water Championships.
  
- Swimmers who achieve times which qualify them for Development Squad qualification and fail to compete are ineligible to swim or participate in any Development Squad Meet.

### **Squad Activities**

- Two Development Days to be held, covering education and pool focus areas.
- Development Days to be held on specified dates.

### **Education Curriculum Activities**

- Social Media
- Swimming Development Pathways
- Technical Skills Presentation – Breast/Fly
- Technical Skills Presentation – Free/Back

### **Pool Session:**

- Focus upon Skills (Starts, Turns, Finishes, Underwater)
- Limited Skills Testing (4 x 25m, 8 x 50m, Starts, Turns, Finish, Underwater)
- Technical Focus
- *Home coaches will be requested to execute and submit the Aerobic Capacity, 200 Pull and 200 Kick test results for their athlete ahead of the Development weekend.*

### **Competition Activities**

- Compete at the SNSW LC D Squad meet, to be held at SOPAC on the 26<sup>th</sup> September, 2015

*\* Athletes aged 9 years old may be included in squad selections at the Area's discretion.*

## **E SQUAD** (7-16 Years)

### **Aim**

Provide an opportunity for each Area to meet the needs of swimmers that are currently missing out on Development opportunities through the current structure.

### **Selection Criteria**

- Area discretion (Examples below)
  - An Area may request each Club to select 3 swimmers to represent the Club based on a pre-determined criteria
  - Athletes who have not yet achieved Area Championship Qualifying times
  - Top 5 athletes per age group based on the point score from Area Championships.

### **Squad Activities**

- One Development Day to be held, age and skill appropriate education.
- Pool session to meet the requirements of targeted swimmers.

### **Education Curriculum Activities**

- Entry level swimmers
  - Parent and swimmer introduction to the swimming sport structure
  - Meet preparation skills (How to enter a meet, when to claim, marshalling, starts, exit the water, what to pack for a meet etc...)
- More experienced swimmers
  - Swimming pathways starting at club level
  - What it requires to progress in your swimming

### **Pool Session:**

- Fun novelty races, Crazy cap making contest etc...
- Fun mini meet containing 50's
- Skills based pool session

### **Competition Activities**

NIL

## **E SQUAD**      (Open – 19 and Over)

### **Aim**

Provide an opportunity for each area to meet the needs of swimmers that are currently missing out on Development opportunities through the current structure.

### **Selection Criteria**

- Area discretion (Examples below)
  - Any swimmer who is 19 years and over and not currently exposed to a development squad/activity.

### **Squad Activities**

- One Development Day to be held, age and skill appropriate education
- Pool session to meet the requirements of targeted swimmers.

### **Education Curriculum Activities**

- Time Management
- Achieving life balance
- Skills Presentation (Refer to B Squad Presentation)

### **Pool Session:**

- Skins Racing Meet
- Underwater Skills, Dives, Starts
- Skills based pool session

### **Competition Activities**

NIL

**NOTES:**

- Area Development Plans must be submitted by COB 9<sup>th</sup> March, 2015
- The specified Area Development Activities must be carried out to receive funding (Athlete – Aquatic/Education, Coach Education, TO Education).
- SNSW will work with the Area's to identify areas of assistance following submission of the Area Development plans i.e. Coaches, Presenters.