

### Junior Competitive

Junior Competitive Squad is for swimmers focussed on competing at the County Championships and working towards Regional level swimming in the future. The training program targets stroke and skill development with an increase in stamina and endurance, preparing for maintenance of skills in competition. Competitions for this squad will mainly be within in the Region, but 1 or 2 may take place outside the Region for swimmers to experience away meets. Swimmers will be invited to a Mini Swim Camp each season and are encouraged to attend this.

Swimmers have achieved a County qualifying time for the season. At the Head Coach's discretion other swimmers may be deemed eligible for this squad if they meet the squad expectations and can withstand the training intensity maintain the desired skill standards.

Ages: Male 10-14 / Females 9-14 as of 31st December

#### Training Sessions

	Pool Sessions		Strength & Conditioning Sessions	
Monday	7.00-8.00pm	King's Lynn		
Tuesday	7.15-8.15pm	King's Lynn		
Wednesday	8.30-9.30pm	Downham Market	5.45-6.15pm	Zoom
Thursday				
Friday	8.00-9.30pm	Downham Market		
Saturday				
Sunday	5.00-6.30pm	Downham Market		

#### Specific Squad Expectations

- Swimmers are constantly look to learn, improve and challenge themselves to develop the characteristics, attributes, behaviours, attitudes and habits that will give our swimmers a strong foundation in the sport and optimise their long term development. **Reference the OADF** at the end of this document.
- Swimmers demonstrate a strong work ethic and good commitment to the training programme regularly attending the majority of swimming sessions plus the land training session each week.
- A positive mindset both in training and competition.
- A team player, respectful, supportive and caring.
- Work towards individual and squad goals each session.
- Swimmers are working towards achieving process objectives in competition.
- Consistently demonstrate 3 fly kicks of all walls in a streamlined position.
- Can hold 10 x 100 FC @2.20
- Can hold 10 x 100 IM @2.30
- Can kick 100m on 2 different strokes in under 2mins 30sec
- Become comfortable with race day, learn to enjoy the environment and process and develop independence at competition.
- Swimmers are learning to be accountable for their own effort, actions and behaviours.

- Swimmers 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, 400 FC and 400 IM.
- Swimmers are encouraged to attend the seasonal Mini Training Camp

## Equipment

- Stretch band for Land Training
- Finis Steamlined Kickboard or Similar
- Fins
- Pull Buoy
- Finger paddles
- Snorkel
- Drinks bottle

## Criteria to move to Youth Competitive or Junior Performance\*

- 10 x 100m FC @ 1.45
- 10 x 100m IM @ 2.00
- Can kick 100m on 2 different strokes in under 2mins 10sec
- Consistently maintains good stroke technique, turns and 3 Fly kicks off all walls during sets.
- Execute all squad goals consistently to a good standard
- Regularly attend 80% + swim sessions and the land training session available in Junior Competitive Squad
- Display the characteristics, attributes, behaviours, attitudes and habits that we are looking to develop in our swimmers to optimise their long term development, **reference the OADF** at the end of this document.
- For movement to Junior Performance Swimmers should be within 5% of two East Region long course qualifying times for the season (at least 1 time must be in an event longer than 50m)

\*For use as a guideline, squad movement is at the discretion of the Head Coach

**The Optimal Athlete Development Framework (OADF) within WNSC** - a set of characteristics, attributes, behaviours, attitudes and habits to promote the optimal development of swimmers within WNSC, based on British Swimming's OADF. The identified characteristics etc for swimmers within your squad are mentioned below along with how coaches and swimmers can aim to develop these areas. The OADF is split into three clear areas, the Person, the Athlete and the Performer.

Person						
		Enjoys the Journey	Resilient & Robust	Driven	Good Learner	Independent
Junior Competitive	Behaviours, attitudes and characteristics	Enjoy swimming and that's the main reason for attending	Challenged within a controlled environment e.g. within training	Motivation comes from enjoyment of swimming	Listens to feedback and wants to learn	Takes responsibility for their own equipment and makes sure they have everything they need
		Making friends and forming bonds within the team		Thirst to learn and improve technique and skills	Asks questions and shows they want to learn	
	How?	Regular attendance	Challenges and opportunities for failure planned into training sessions	Sessions are structured to give swimmers opportunities to be challenged, develop, learn and improve as well as to learn to work as a team and compete	Feedback and education	Makes sure drinks bottle are filled
		Mini Training camp / clinics			Asking questions	

Athlete					
		Performance Behaviours	Physically Suitable	Coachable	Technically Excellent
Junior Competitive	Behaviours, attitudes and characteristics	Focus is on long term not short term success, focuses on skills and technique rather than time	Developing movement patterns, stability and mobility in land training	Accepting feedback and not being dismissive of it	Training for all strokes and distances not specialising in any one stroke or distance
		Listens to feedback	Participating in other sports	Respecting everyone around them	Always working to improve technique and skills
	How?	Core values	Attending as many pool and land sessions as possible	Getting to know coaches and other swimmers	Medley based training
		Education	Taking part in other sports outside of swimming		Skills and strokes are tested and challenged in training

Performer					
		Loves Race Day	Execute your Race Plan	Perform when it Matters	
Junior Competitive	Behaviours, attitudes and characteristics	Enjoy competition for the experience not to chase success	Race focus is on skills and technique not outcome	Experience swimming multiple races in one day by entering a variety of strokes and distances	
		Be involved, learn about and enjoy the team and competition environment		Not letting how others are doing effect your own performance	
	How?	Compete regularly in planned meets for your squad	Pre and post race talks with coach	Entering a variety of strokes and distances across the weekend and not being afraid to try new events	
		Supporting team members in every race	Experience failure and learn how to bounce back from it	Any withdrawals agreed with the coach	

