



Wellington
(Telford) ASC

www.wellingtontelfordasc.co.uk



Wellington (Telford) ASC Swimming Pathway

An overview of our teaching and coaching structure, to help parents and swimmers alike to understand our methodology, ensure the swimmers get the best instruction and realise their full swimming potential.



Issue 1: Sept 2018

PENGUINS

DOLPHINS

PIRANHAS

SHARKS

POLO/SQUAD



FORWARD & INTRODUCTION

Wellington (Telford) ASC is a competitive swim club. We work closely with Wellington Leisure Centre to ensure that a child who doesn't yet meet our entry criteria is given every chance to rise to that level through the centre's 'Learn to Swim' programme.

Our swimming pathway has been carefully designed to introduce essential swim skills earlier to enable swimmers to progress through to either competitive swimming or water polo.

Implementation of these skills earlier, enables a swimmer to develop sooner and ensures when they reach competition age they are fully prepared.

We teach swim skills in order of importance and take particular care to introduce new skills as and when the children are mentally and physically ready in line with LTAD (Long Term Athlete Development) principles. LTAD ensures that athletes receive the appropriate training based on their own physical & mental development.



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Stroke descriptors are used to try to explain the level and stroke expectations of our groups. Widths based teaching ensures that the swimmers perfect correct technique before being introduced to lengths. Coaching then moves into maximizing the effectiveness of the stroke to increase speed for competition.



GROUPS

Our swimming pathway simply involves teaching and coaching.

Our teaching groups are:

Widths (basic stroke development see 'stroke descriptors')

Penguins/Dolphins/Piranhas

Additional lengths sessions for Piranhas are available by agreement with the Head Teacher.

Lengths (efficient stroke development see 'stroke descriptors')

Sharks

Additional stamina sessions are available for Sharks swimmers again are by agreement with the Head Coach.

Our coaching groups are:

Competitive Swimming Squad - Maximise effectiveness of stroke (see 'stroke descriptors') and enhance racing skills

Water Polo – Coach swimmers in water polo at Wellington Leisure Centre.

The timetable of our sessions can be viewed on our website: wellingtontelfordasc.co.uk or notice boards at: Wrekin College and Wellington Leisure Centre.



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PENGUINS WIDTHS TEACHING GROUP

Penguins is our entry level group. Our assessment criteria is that a swimmer should show water confidence and basic stroke technique.

The main focus in Penguins is to:

Improve kick in all 4 strokes, improve buoyancy awareness & skills, introduce push & glide, introduce sculling

To progress from Penguins to Dolphins a swimmer will need to:

Demonstrate understanding of buoyancy

Perform a tuck float for 5 seconds

Perform a sequence float pencil>mushroom>pencil

Push & glide from pool wall to pool floor

Kick 10 metres Back Crawl

Kick 10 metres Front Crawl with kick board

Kick 10 metres Butterfly on Front & Back

Kick 10 metres Breaststroke on Front & Back

Scull on Back head first for 10 metres



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DOLPHINS WIDTHS TEACHING GROUP

After successful completion of the Penguin stage the swimmers are now competent enough to move to Dolphins. This group develops basic full stroke across all 4 of the strokes. We add in longitudinal & axial rotation at this stage along with treading water and surface diving.

Sculling is also improved in this group.

To progress from Dolphins to Piranhas a swimmer will need to:

Perform stationary scull on back

Scull on back feet first for 10 metres

Tread water for 30 seconds

Switch F/C to B/C correctly within 10 metres

Switch B/C to F/C correctly within 10 metres

Swim 25 metres Front Crawl & Back Crawl

Swim 10 metres Breaststroke & Butterfly

Perform handstand and hold for 3 seconds

Swim Front Crawl with somersault into Front Crawl

Perform surface dive



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PIRANHAS WIDTHS TEACHING GROUP

Progression from Dolphins will now see a swimmer competent in all 4 strokes with added rotational skills, all of which will be further improved during their time with Piranhas group.

This stage of our swimming pathway will see stroke timing introduced, further develop breathing and introduce basic diving and basic starts, turns & legal finishes

To progress from Piranhas to Sharks a swimmer will need to:

Sink, push off from wall on side, glide, kick & rotate into Front Crawl and Back Crawl

Swim 20 metres F/C & B/S with rhythmical breathing & correct turn & finish

Swim 10m Butterfly with rhythmical breathing and correct finish

Swim 50 metres choice of stroke with legal start/turn/finish

Perform sitting or kneeling dive

Scull 20 metres feet first on back

Scull 20 metres head first on front or back

Swim 25 metres Back Crawl with legal start & finish

ALTHOUGH PIRANHAS IS WIDTHS BASED WE ENCOURAGE SWIMMERS TO ADD A LENGTHS BASED PIRANHA SESSION TO PREPARE FOR THE MOVE TO SHARKS



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SHARKS LENGTHS TEACHING GROUP

Progression to Sharks will now see a swimmer with all of the basic skills necessary to ensure continued improvement, to eventually make the transition through to full coaching. In Sharks we look to improve the efficiency of all of the basic skills so that, once the assessment criteria are reached and completed, the swimmer can make an educated and confident decision on their next step along the Wellington Swimming Club Pathway

To complete the teaching program a swimmer will need to:

Swim 50 metres B/C, B/S and F/C with legal start/turn/finish

Swim 50 metres Butterfly as 25 metres swim 25 metres kick (front or back) with legal start, turn and finish.

Scull 25 metres head first on front

Scull 25 metres head first on back

Scull 25 metres feet first on back

This is when a swimmer now needs to make their choice as to their next step on the Wellington Swimming Pathway.

So, WHAT NEXT????

The next steps are competitive swimming and/or water polo.



WHAT NEXT.....????

If the decision is competitive squad swimming then the next step is the ASA Preliminary Competitive Start Award. All competitive swimmers will need to demonstrate shallow diving competence before being permitted to dive into shallow water (depth 0.9 metres to 1.5 metres). This will normally be completed before the swimmer joins squad sessions.

WATER POLO

Some of our teaching groups will possibly have already tried their hand at Water Polo under the guidance of our Water Polo Head Coach & Commonwealth medalist Jenny Braddock. If that's your favoured route then expectations are you can attend training sessions as agreed with the Polo Head Coach, plus league matches of course.

If you want to do both competitive swimming and Water polo it will mean a lot of time in the pool but sessions are such that a swimmer can, indeed, continue with both options.

If you fancy your hand at Polo get in touch with Jenny Braddock at: waterpolo@wellingtontelfordasc.co.uk

WHAT NEXT?????The choice is YOURS



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COMPETITIVE SWIM SQUAD

Competitive swimming needs commitment from both the swimmer and the family. We offer 4 sessions to competitive swimmers and it is important to attend as many sessions as possible to maximize development of race skills, stroke effectiveness and stamina and fitness. Squad swimmers must attend 3 sessions minimum. Attend 4 and you will definitely improve more. The more you put in, the more you get out.

You will also need to enter our targeted open meets and be available for selection in our team competitions.

Galas & Open Meets

Galas tend to be a series of competitions within a league such as Diddy & Crusader Leagues, where swimmers are selected to swim as part of a team.

Open Meets are competitions, usually organized by one club, 'open' to entries from other clubs. They are held on a single day or over a weekend. Although we attend as a team, the swimmer is swimming as an individual representing their club. They often have QTs (qualifying times) and some have upper limits too.

Club Championships are organised by us and only for swimmers who are members of our club.

The rules of swimming really count in all competitions to ensure a swimmer does not get disqualified (DQ'd).



FRONT CRAWL STROKE DESCRIPTORS

	BASIC	EFFICIENT	EFFECTIVE
Body Position	Face in the water	Looking forward & downwards Head steady & central	Shoulder & upper body rotation
Feet & Legs	Steady alternate kick Toes pointed Small splash	Legs & feet pass close to each other Kick from the hips	Steady for longer, slower swims Fast & powerful for short, fast swims
Hands & Arms	Entry in front, fingers first Over the water recovery	Bent elbow entry between shoulder & head Finger, wrist, elbow entry Hand sweeps under the body to the	Increased stroke length
Breathing	Breathing to the side Regular pattern	Breathing out into the water Head returned to central position	Bi-lateral breathing
Timing	Co-ordination of kick, pull & breathing into a smooth continuous movement	Consistent movement pattern Smooth controlled stroke	Development of stroke rate and length to meet requirement of swim



BACK CRAWL STROKE DESCRIPTORS

	BASIC	EFFICIENT	EFFECTIVE
Body Position	Horizontal, straight, streamlined	Head still, central position Controlled rolling of	Increased shoulder & upper body rotation
Feet & Legs	Steady alternate kick Toes pointed Small splash Knees under surface	Legs & feet pass close to each other Kick from the hips Slightly in-toed	Continuous, powerful kick
Hands & Arms	Alternating circular motion Stretched hand entry in line with shoulder	Little finger entry with straight elbow Bent elbow pull, finishing with arm straight at thigh Shoulder leads, straight arm recovery	Deep catch with shoulder roll Strong bent elbow pull to thigh
Breathing	Regular breathing	Regular in relation to effort of arms	Regular in relation to effort of arms
Timing	Co-ordination of kick, pull & breathing into continuous movement	Consistent movement pattern Smooth controlled stroke	Development of stroke rate and length to meet requirement of swim



BREASTSTROKE STROKE DESCRIPTORS

	BASIC	EFFICIENT	EFFECTIVE
Body Position	Stretched, on front after kick Lifting head to breathe during pull	Stretched, head in line, face in the water Head and upper body rise and fall during stroke cycle	Undulating, wave-like flow during stroke cycle Stretched, streamlined position at end of kick
Feet & Legs	Simultaneous kick Feet turned out to kick back	Heels drawn to seat under the water Flat feet kick round and slightly down Legs straight with toes pointed at end of kick	Strong, accelerating drive of feet
Hands & Arms	Small, circular action in front of the shoulders	Hands press out to 'Y' position Hands press downwards and inwards, bringing hands together under chin	Strong inward sweep of hands and forearms Controlled drive forward to full stretch
Breathing	Head lifts to front during arm action	Every stroke cycle Breathing out into the water	Breathing in during arm pull Breathing out at end of stretch
Timing	Pull, breathe, kick, stretch	Pull, breathe, kick, stretch	Development of stroke rate and length to meet requirement of swim



BUTTERFLY STROKE DESCRIPTORS

	BASIC	EFFICIENT	EFFECTIVE
Body Position	On the front Undulating throughout the stroke cycle	Hands stretched in front, face in the water. Head and upper body rise & fall in relation to undula-	Face in the water before hands enter
Feet & Legs	Simultaneous kick from hips	Hips rise & fall Knees bend & straighten Feet & toes long and point- ed	Strong, rhythmic, whip-like kick Begins at hips, flows through to the toes
Hands & Arms	Simultaneous circling action Hands enter in front of shoul- ders Pull under body to hips Recovery low in	Hands enter between shoulder and head Hands press out and slight- ly down to catch Sweep in under body, then back to the thighs Smooth double arm recov- ery over water	Strong pull under the body to the thigh
Breathing	Breathing to the front during arm action	Chin pushed forward to breathe before arms com- plete their push	Controlled, regular breathing related to the effort phases of
Timing	Kick, pull, kick Breathing during the pull	Steady, constant undulation Two kicks to each arm cycle Breathing once either every arm stroke or alternate strokes	Steady, rhythmic, controlled balance of kick & pull



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Supporting the club:

Support the club:

Did you know that whenever you buy anything online - from your weekly shop to your annual holiday - you could be collecting free donations for Wellington Swimming Club? It's as easy as 1, 2, 3...

1. **Head to** <https://www.easyfundraising.org.uk/causes/wellington-swimming-club/> **and join for free.**
2. Every time you shop online, go to easyfundraising first to find the site you want and start shopping.
3. After you've checked out, that retailer will make a donation to your good cause for no extra cost whatsoever!

PLEASE NOTE: Parents or guardians **MUST** remain at the facility during all teaching sessions at Wellington pool. Parents of older swimmers in squad can drop off swimmers but they remain their responsibility until the sessions starts and we ask that parents return by the scheduled end of the session.

Please ensure the club have up to date contact details and if any medical condition changes notify us as soon as possible.

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For all additional information check on the following websites

www.wellingtontelfordasc.co.uk

www.swimming.org/swimengland

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CONTACT US:

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