Athlete Development Module
Swimming - Performance

1. Head Coach has written a personal coaching model (individual philosophy on coaching) on which all aspects of coaching are based (CM5).

Athlete Development Module
Swimming - Performance

2. The Club has produced and delivers an annual training and competition plan based on cyclical goals appropriate to the stage of development of each athlete.

Athlete Development Module
Swimming - Performance

3. A licensed coach, qualified to asaCoach or UKCC standard plans all training sessions (see Guidance Notes) (CM5).

Athlete Development Module
Swimming - Performance

4. When asa Coach is absent, a licensed coach, qualified (as a minimum) to asa Club Coach or UKCC standard delivers the session (CM5).

Athlete Development Module
Swimming - Performance

5. Structures are in place to include disabled athletes at standards appropriate to the individual and the club.

Athlete Development Module
Swimming - Performance

6. Disabled athletes have an IPC Classification (see Guidance Notes).

Athlete Development Module
Swimming - Performance

7. Club consistently produces and average of 3 athletes per year over 3 years who achieve top 16 positions in individual (Olympic) events at senior British Swimming and asa Championships or are in top 16 in end of season rankings

Athlete Development Module
Swimming - Performance

8. Athletes compete in 12 competitions per year where performances meet the guidelines provided (see Guidance Notes) (CM3).

Athlete Development Module
Swimming - Performance

9. At maturation, performance level athletes access a minimum of 20 hours pool time per week, undertaking 50,000+ metres per week for a minimum of 45 weeks per year (see Guidance Notes) (CM1).

Athlete Development Module
Swimming - Performance

10. Co-ordinated long course (50m) training and competition opportunities are included in cyclical training plan.

Athlete Development Module
Swimming - Performance

11. All athletes access a land training programme in line with current British Swimming approved guidelines – a minimum of 3 sessions (see Guidance Notes)

Athlete Development Module
Swimming - Performance

12. All athletes maintain a personal logbook that is regularly reviewed regularly by the Head Coach.

Athlete Development Module
Swimming - Performance

13. Coaches, with the club's support have ongoing communication with the World Class team.

Athlete Development Module
Swimming - Performance

14. Club publishes criteria for progression from internal and external feeder programmes. This includes reference to minimum attendance requirements.

Athlete Development Module
Swimming - Performance

15. Club has structured links with sports support services such as
Further Education and /or the private sector.

Athlete Development Module
Swimming - Performance

16. Athletes access relevant support services from organisations such as the Regional Institute for Sport

Athlete Development Module
Swimming - Performance

17. The club has direct links with athletes' schools in order to support athlete and parent (CM27)

Athlete Development Module
Swimming - Performance

18. Club provides an annual education programme for athletes – minimum 2 workshops per year (CM28).

Athlete Development Module
Swimming - Performance

19.All athletes that compete have achieved the ASA Competitive Start standard (CM8)