Athlete Development Module

Synchro - Competitive Development

1. All training sessions are planned and delivered by a licenced coach trained at least to Level 3 UKCC* Synchro (CM5)

Athlete Development Module

Synchro - Competitive Development

2. When Level 3 coach is absent, a licenced coach qualified to at least Level 2 UKCC Synchro and working towards Level 3 UKCC Synchro delivers the programme (CM5)

Athlete Development Module

Synchro - Competitive Development

3. All training and competition is planned around cyclical goals appropriate to each athlete's stage of development

Athlete Development Module

Synchro - Competitive Development

4. Each athlete can access 8-12 hours water time each week, which should include fitness training and Synchro skills working towards LTAD principles (CM1)

Athlete Development Module

Synchro - Competitive Development

5. Each athlete can access 2 hours of club dry-land training plus 2 hours of individual dry land training per week (as recommended by the club); all dry land training must be tailored for the individual and directed by a suitably qualified and experienced coach/trainer (CM1)

Athlete Development Module

Synchro - Competitive Development

6. Athletes train in a deep pool (2m) on a regular basis (CM8)

Athlete Development Module

Synchro - Competitive Development

7. Athletes have access to appropriate and relevant sports science/medicine support

Athlete Development Module

Synchro - Competitive Development

8. Club has a progressive competitive programme and competes in Regional, Multi-Regional, National Age Group, British Championships and/or International events as part of a published Club Competition plan (CM3)

Athlete Development Module

Synchro - Competitive Development

9. Athletes have short and long term aims mutually agreed with coach, which is documented in a personal log book

Athlete Development Module

Synchro - Competitive Development

10. At least 1 athlete from the club is a regular member of the National Development Squad (see Guidance Notes)

Athlete Development Module

Synchro - Competitive Development

11. Club and its coaches demonstrate a commitment to supporting

National Programme initiatives (e.g. Regional, Multi-Regional and National Training Opportunities)

Athlete Development Module

Synchro - Competitive Development

12. Club provides an annual education programme for athletes, coaches and parents regularly delivering topics such as doping protocols, nutrition, time and lifestyle management (CM28)