

# Developing and Supporting the County Age Group Swimmer

ASA England Programmes  
in conjunction with  
Gloucester County Swimming Association



# Today's Workshop ...

Highlight and explain the key cultural and organisational changes that have taken place since London 2012 in relation to:

- The Competition Pathway
- The Development Programme Pathway

Consider the role of the Parent/ Guardian in supporting the development of young swimmers within these pathways

# The Competition Pathway



# Aims of Competition Structure

- An increased emphasis on swimmers having clear periods in their training plan which focus on the development of skill and training capacities.
- The presence of clear competition periods where individuals learn to produce peak performance on the day when it most matters.
- More swimmers training for the full season with access to a quality end of season competition at a relevant standard.
- A progressive provision of Championship competition as swimmers get older and progress through the performance pathway.

# County Championships (x 33)



## Age Groups

- 11 years and upwards (age as at 31<sup>st</sup> December)
- 10 year olds may compete if they meet the 11 year old qualification standard
- 10/11 years, 12 years, 13 years, 14 years, 15 years, 16 years and over



## Qualification

- Time standards for each event
- Must be achieved in a licensed competition



## Additional Information

- Take place in January and February each year (weeks 2 – 9)
- 25m or 50m pool – NGB preference is LC (50m) where possible. Option to also consider offering a long course meet to swimmers aged 14 years and over only

# County Championships Events

EVENT / AGE	10/11 years	12 years	13 years	14 years	15 years	16 years & over
50m Freestyle	R	R	R	R	R	R
100m Freestyle	R	R	R	R	R	R
200m Freestyle	R	R	R	R	R	R
400m Freestyle	R	R	R	R	R	R
800/1500m Freestyle		R	R	R	R	R
50m Backstroke	R	R	R	R	R	R
100m Backstroke	R	R	R	R	R	R
200m Backstroke	R	R	R	R	R	R
50m Breaststroke	R	R	R	R	R	R
100m Breaststroke	R	R	R	R	R	R
200m Breaststroke	R	R	R	R	R	R
50m Butterfly	R	R	R	R	R	R
100m Butterfly	R	R	R	R	R	R
200m Butterfly	R	R	R	R	R	R
100m I.M.	R	R	R	R	R	R
200m I.M.	R	R	R	R	R	R
400m I.M.		R	R	R	R	R
Relay Events	As appropriate to the individual event. No specific requirement.					

## Discussion ...

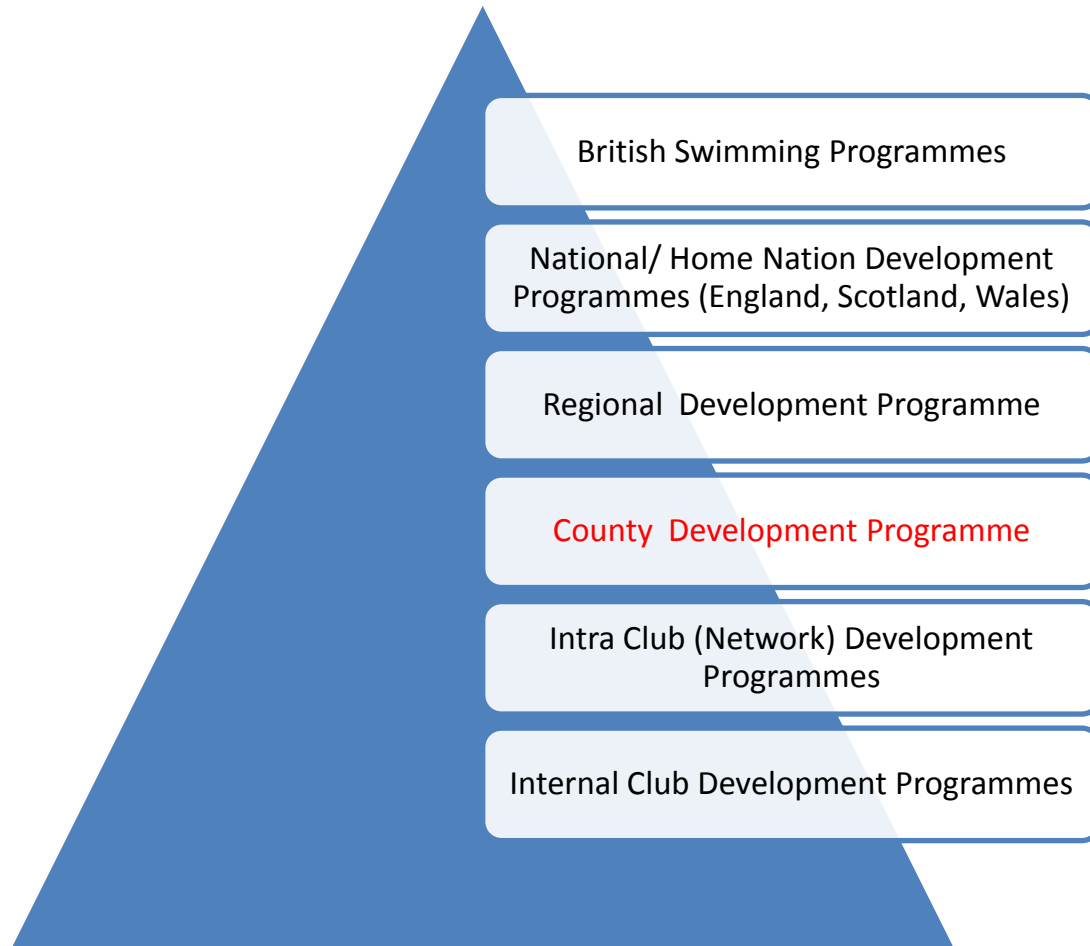
Based upon your experience of attending the County Championships, what jobs do you feel are undertaken by volunteers?

# Volunteer Roles ...

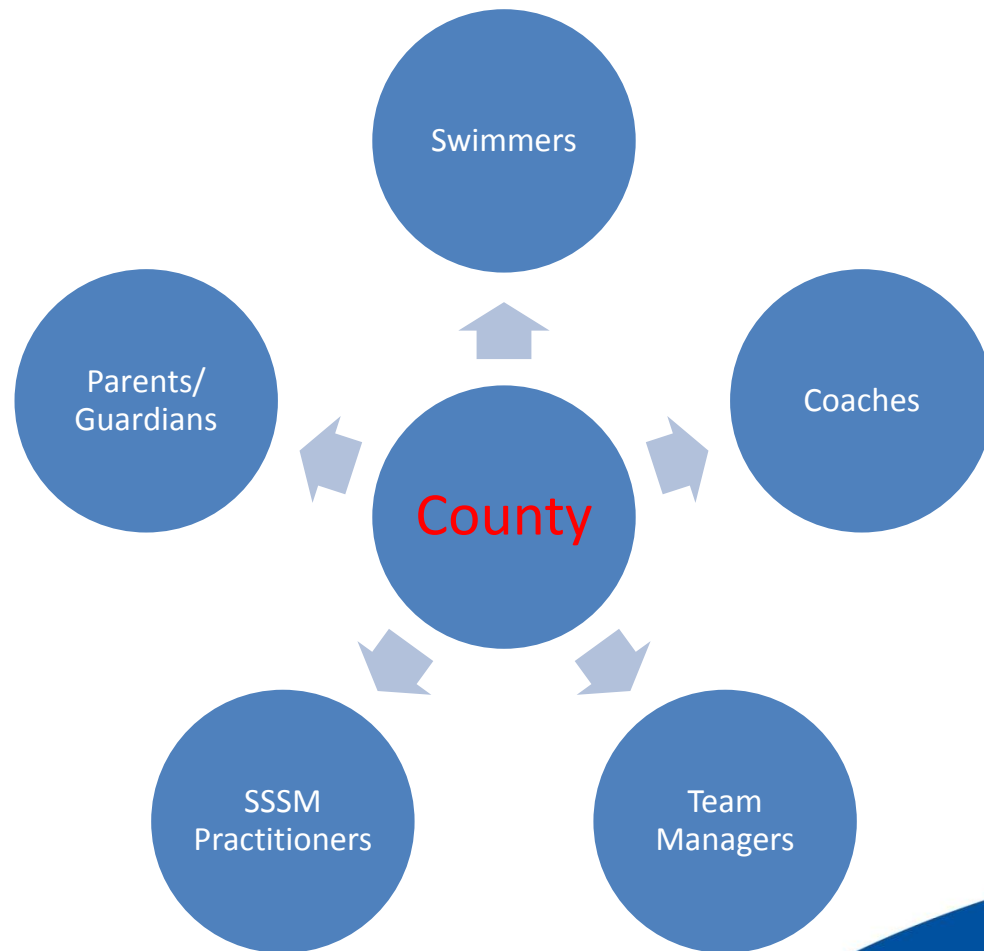
- Team Managers
- Referees
- Judges
- Timekeepers
- Marshalls (Warm Up/ Swim Down/ Events)
- Collating/ managing entries
- Producing the programme/ start lists
- Selling entry tickets/ programmes/ raffles
- Catering for other volunteers/ coaches
- Announcer/ Competition

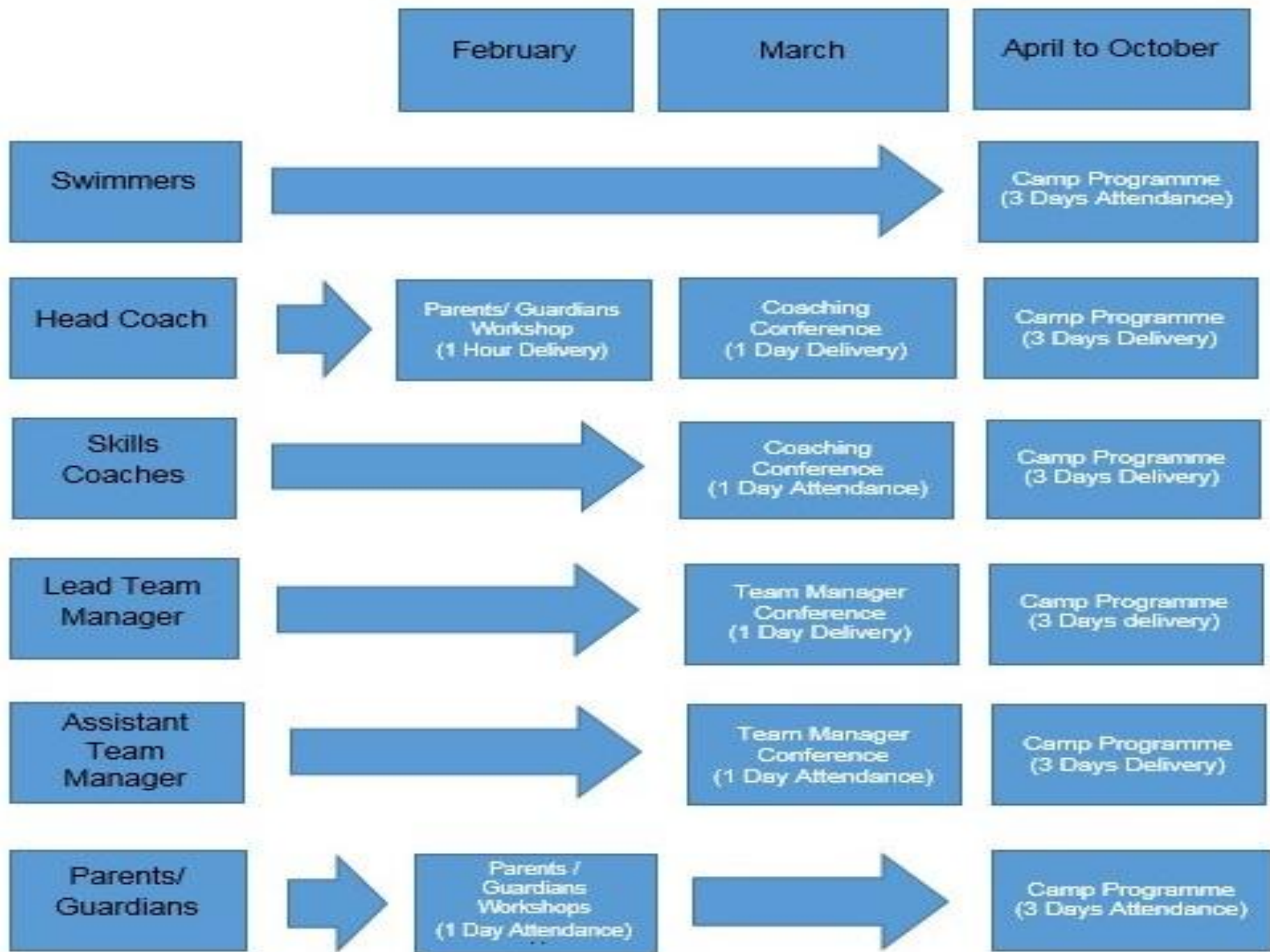


# The Development Programme Pathway



# The County Development Programme





# County Development Programme

## Swimmer Programme:

- 3 x 1 day camps (April, July, October)
- 24 – 36 swimmers (12 – 18 girls and 12 – 18 boys) aged 11 years in the year of competition
- Selected from rankings (selection policy available on the County website)



## Selection Policy

- Minimum activity level: attendance at three x one day events in April, July, October (various dates/ locations within the County).
- A minimum of 24 (12 Male/ 12 Female) and a maximum of 36 swimmers (18 Male/ 18 Females) will be selected as follows:
  - The ASA rankings database will be used for selection purposes. Only times achieved between September 1<sup>st</sup> 2016 and the Monday following the final County Championship weekend in 2017 will be considered.
  - The highest ranked 11 year old Male and Female (age as at 31<sup>st</sup> December in the year of competition), in each event competed at County Championships will be initially selected.
  - Further selections will be made from the 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> etc ranked swimmers.
  - Where swimmers have an equal ranking, selections will be prioritised according to the highest Fina Point Score in a single event.
- Selections can be from either short or long course rankings but should be congruent with your County Championships mode (for example, if your County Championships are held in a long course pool, then long course rankings should be used for selection purposes and vice versa).
- Swimmer selections must be completed within one week of the completion of the County Championships.
- **Swimmers/ Parents and Home Coaches must be informed within two weeks of the completion of the County Championships.**
- Swimmers must reply to confirm whether they will be accepting or declining their place on the programme within three weeks of the completion of the County Championships.
- Any reserve swimmers and their respective Home Coaches should then be informed within four weeks of the completion of the County Championships.
- All places on the programme must be filled and all paperwork returned by the end of March 2017, ready for the first camp of the programme which is scheduled to take place in April 2017.

# County Development Programme

## Swimmer Programme:

### Pool Sessions

- Held short course, focus on:
  - aquatic alignment
  - streamlining
  - stroke technique

### Dry Land Training

- Pre and Post pool activities

### Workshops

- Principles of effective and efficient stroke technique
- Introduction to Performance Lifestyle
- Nutrition



# County Development Programme

## Parent Programme:

- County parents Workshop
- Attendance at the workshops on the 3 x 1 day County Camps (as outlined on the previous slide)



## Discussion ...

Over the course of the County Championships when you watch the 11 year old events taking place, what factors do you think have contributed to the success of the highest performing swimmers?



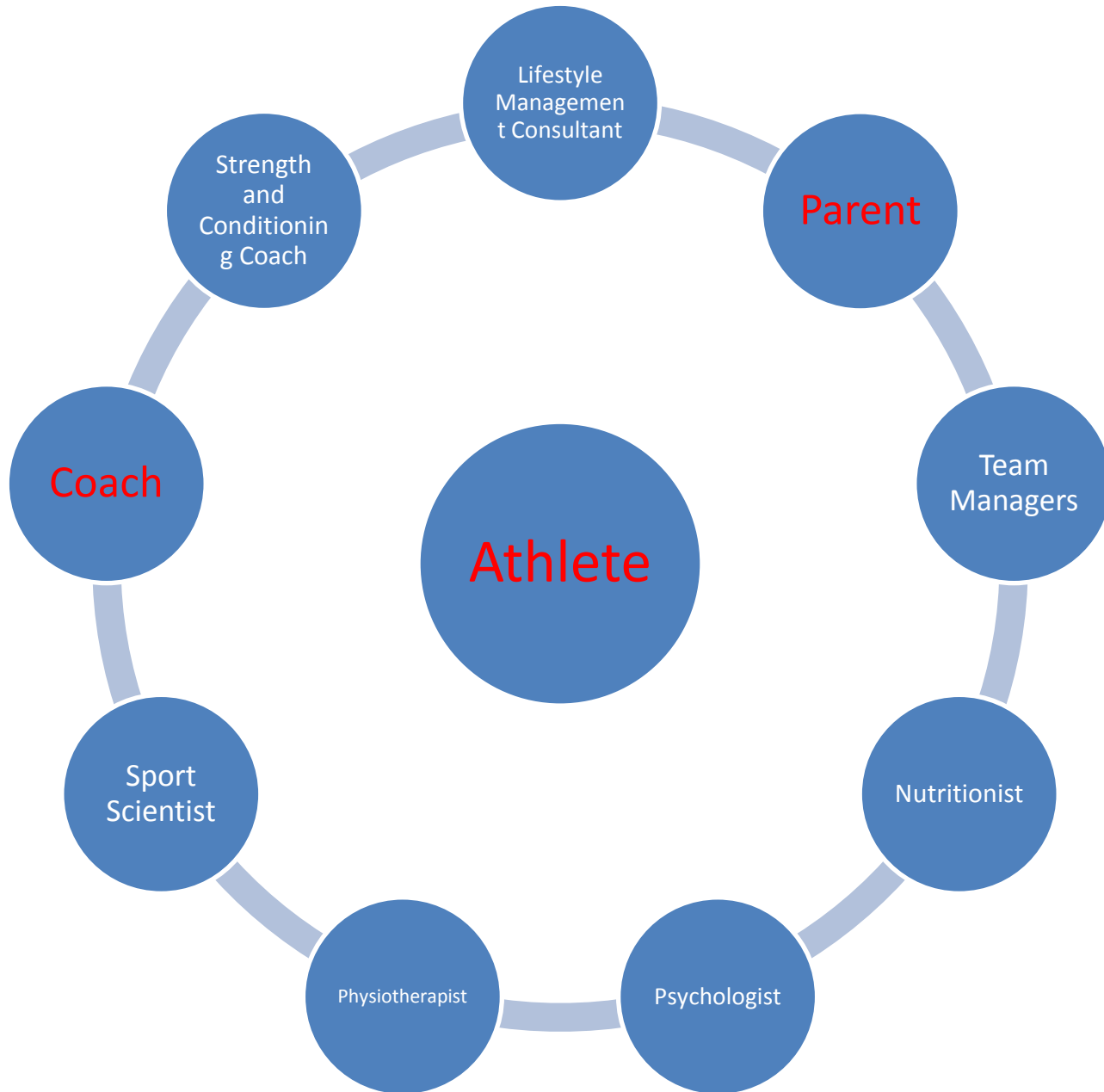
# Potential Factors ...

- Early Maturation (physically bigger and stronger than their peers, psychologically more astute)
- Season of birth bias (born early in the calendar year)
- Exposure to higher quality coaching expertise
- Early sport specialisation
- Undertaking greater training loads
- Training at higher intensities
- Highly developed capacity for learning
- Able to execute quality skills consistently under pressure
- Access to Sports Science and Sports Medicine support
- Familial support

# The Athletic Triangle

The athletic triangle, consisting of the coach, athlete and parent(s), is a natural aspect of the youth sport setting. The coach's and parents' roles in this process are critical to the success of any program.





# 23:1 Rule

**23: 1? 2? 3? 4? 5? 6? 7? 8?**

- Time away from the training environment often allows the athlete to undermine their hard work in the pool!
- England programmes commitment to parents/guardians to improve education on how they can better support their child.

# Coach and Parental Support

## Coaches provide:

- Informational Support
- Emotional Support
- Esteem Support

## Parent/ Guardians provide

- Emotional Support
- Esteem Support
- Tangible Support



## Discuss ...

Provide an example of a situation where a parent/guardian may choose to provide informational support to their young swimmer?

What might be the negative consequences of this for the swimmer?

# Social Support

Perceived sport competence

Self – confidence

Self – esteem

Enjoyment

Commitment

Successful performance  
outcomes



Anxiety

Drop Out



# The Dream Starts Here ...





# Further Information

## Key Websites

- County Swimming Association Website Address
- Regional Swimming Association Website Address
- [www.swimming.org/asa](http://www.swimming.org/asa)
- [www.britishswimming.org](http://www.britishswimming.org)

## County Head Coach: James Richards

- [richardsjames@hotmail.co.uk](mailto:richardsjames@hotmail.co.uk)

## ASA England Programmes Officer: Lindsay Dunn

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# Any Questions?

