**Teaching & Squads**

September 2011 will see Winsford launch its new teaching and squad system and will involve the following levels: -

**Teaching:**

Teaching will form the basis upon which our levels 1 – 6 will be taught the fundamentals of stroke principles along with aquatic skills to enable them to develop and perform movements within the ASA (Amateur Swimming Association) guidelines for early learning.

This section will be Teacher led with an overseer to guide and direct all aspects of teaching principles.

Children will enter a club that is friendly and a system that is FUNdamental in its nature.

Progression from one level to another will be subject to passing a set of skills based on the NPTS (National Plan for Teaching Swimming).

The continuous assessment principle will be adopted so that a true reflection on a child’s ability can be properly measured with a final assessment at the end of the term to finalise progression into the next level.

**Transition Squad:** (new)

This squad will combine levels 7 to 9 and will form the first phase of a competitive environment for swimmers of this level.

This squad will be coach led with 2 qualified teachers providing support.

Under the NPTS, swimmers at level 7 and beyond will have developed skills that embrace the concept of advanced movements with competitive elements being introduced.

With a structured programme, it will be possible to incorporate a teaching and coaching environment that will have the ability to develop both the physical and psychological aspect of a child, so they are able to make a formative decision about the direction they wish to go, i.e. participation **without** commitment or participation **with** commitment.

This squad will introduce swimmers to a level of performance that will teach them the principles of training methods and to a terminology that is often used by coaches when training athletes.

Progression from this squad will depend on the following principles: -

1. Ability
2. Attitude
3. Commitment
4. Aspiration
5. Attendance

**Development Squad:**

This squad is sub-divided into three ability levels:-

1. Bronze
2. Silver
3. Gold

As swimmers progress through a system that teaches them to swim, trains them to compete and coaches them to perform, the level of expectations increases as each stage is reached.

The club’s Development Squad provides our swimmers with a level of coaching and at a level of work which will indicate the seriousness of our intentions.

Progression into this squad will mean you showing us that you have understood our ethos as a competitive swimming club. You will have:-

* Developed an understanding of competitiveness
* Embraced the concept of training to train
* Committed yourself to training hard at all times

And you will be expected to:-

* Abide to the rules of training ethics
* Show respect at all times
* Compete as when required

Progression from this squad into the next tier of training requires a level of commitment that must be agreed by the Head Coach and Assistant Head Coach

Failure to fulfil your obligations after a period of time will result in you moving back into either the squad you came from or into a programme that limits your competitive outcomes.

**Competition Squads:**

We started last season off with three squads: -

1. National Squad
2. Regional Squad
3. County Squad

The aim of having three levels was so provide swimmers with appropriate training to suit their individual needs.

However, managing and directing swimmers to the various levels of competitions can become frustrating if athletes are not prepared to commit themselves to the level of work that is required of them.

To enable me to manage and direct the competition squads better, I have decided to combine the National and Regional Squad and to upgrade the County Squad to Regional level.

Starting this September 2011, the National and Regional squad will be known as ***Competition Squad A*** and the County Squad will be known as ***Competition Squad B***

Ex-regional swimmers will now be able to train on National Squad days and times and ex -county swimmers will be able train on Regional Squad days and times.

**Your club:**

Winsford Swimming Club is the most progressive Swim21 Competitive Development Club in Cheshire, with a teaching programme that delivers ***Quality***, a Development section that promotes ***Awareness*** and a Squad system that produces ***Champions.*** We are a club that can make a difference....

Dave