

# Grove ASC Development

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
	Michelle, Jack, Erin and Christie Assistance from Kirsty, Emily, Sophie				
<b>Stroke Technique</b>	Teaching practices to introduce and develop correct stroke technique; recognised practices, sculling, streamlining		Introducing drills to refine stroke technique	Drills focussing on perfecting stroke technique and reducing stroke count/rate making full use equipment; fins, kick boards, paddles & fins	
<b>Starts</b>	Teaching practices to develop dives introducing grab & track starts alongside Backstroke starts; kneeling, crouching		Refinement of starts introducing blocks	Perfection of starts focussing on reaction time off blocks and maximising efficiency of flight and entry	
<b>Turns</b>	Teaching practices to develop turns working on forward rolls into tumble turns and touch turns		Refinement of turns reducing time spent at wall	Perfection of turns working on maintaining speed into and out of turn	
<b>Under water phase</b>	Teaching practices to introduce underwater phases for each stroke and develop streamlining; underwater fly kicks, Breaststroke phases		Refinement maximising distance & transition to stroke	Perfection of underwater phases working on maintaining distance off wall and transition into stroke	
<b>Speed</b>	Introduce faster swims focussing on maintaining technique as speed increases		Introduce sprints ensuring technique maintained	Perfection of speed ensuring perfect technique maintained and consistency of times, heart rate and stroke count; DIRT, sprints, anaerobic	
<b>Distance</b>	Introduce distance swims focussing on maintaining technique as distance increases		Introduce larger distances ensuring technique maintained	Perfection of distance ensuring perfect technique maintained and consistency of times, heart rate and stroke count; DIRT, Fartlek, over distance, interval, aerobic	
<b>Land Warm Up</b>	-		Introduction to land exercise prior to swim Levels 1, 2 and 3 (12-14 year olds)	Increase in land exercise prior to swim Levels 2, 3 and 4 (14-16 year olds)	
<b>Personal Development</b>	Become aware of opportunities available through swimming. Experience a range of disciplines; competing, lifeguarding, synchro, water polo, teaching.			Opportunity's to explore funding and training for different disciplines such as teaching and coaching courses; help out on pool side, external visits, volunteering	