



# HADEN HILL SWIMMING CLUB

(AFFILIATED TO ASA AND ASA WEST MIDLAND REGION AND WCSA)



## THE COMPETITIVE DEVELOPMENT GROUP

### MEMBERSHIP OF THE GROUP

Members of this group will usually be of mixed sex and

- a) Usually between the ages of 8 and 10 though ability, development or previous education and history in another swimming regime may determine that there may be members older or younger than the anticipated age range
- b) Be in possession of NPTS stage 7 be able to demonstrate sound technique on at least three of the four strokes
- c) Demonstrate the ability to swim consecutive lengths of the pool
- d) Convey an enthusiasm of swimming and an ability to face new challenges and respond to teacher instruction
- e) May be swimmers who have gained NPTS stage 7 and are undecided about commitment to competitive swimming can be admitted to this group for a one month trial. Swimming three times per week
- f) Be supported by their families to ensure attendance and interest

### THE AIM

Members of this group will aim to achieve:

- Stages 8,9 and 10 of the NPTS
- The asa competitive start award
- Achieve bronze sprint awards in 3 strokes over 25m and one of 200m
- Sound techniques to swim three legal strokes over 50m in a 25m facility
- The ability to read a pace clock
- Swim set repetition times created by the poolside staff
- Lane discipline
- The ability to read a basic session off a training board
- Competitive awareness and skills relevant to race situations
- Skills needed as a pre requisite for entry to the Junior Age group Squad

### AWARDS AND COMPETITIVE OPPORTUNITIES

Members of this group will have the opportunity to enhance their skills by having continued access to:

1. Rainbow distance awards
2. Good stroke awards
3. Sprint awards
4. Competitive start awards
5. Badge Nights
6. Team and individual races during training times
7. Club championships





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8. Inter-club competition
9. Team and individual competition in the PGL Ross League and the Nuneaton Junior League (NJL)

## TIME AVAILABLE (ALL SESSIONS AT HHLC)

Thursday	20.30 - 21.15
Friday	19.30 - 20.30
Sunday	17.00 - 18.00

**TOTAL SWIMMING TIME:** 2 ¾ hours

**TARGET ATTENDANCE:** 3 sessions per week

## COST

The cost for membership of this group is a sessional fee set by the Management Committee and paid to the Treasurer on the first Thursday of the month. Payment by Standing Order can be agreed between the family and the Hon Treasurer.