



SHREWSBURY
INTERNATIONAL
SCHOOL
BANGKOK

Shrewsbury Storm

Swimming Programme

Squad Structure -

Parents Guide

"For myself, losing is not coming second. It's getting out of the water knowing you could have done better. For myself, I have won every race I've been in."

Ian Thorpe

“Good, better, best,
never let it rest...
'til your good is better
and your better is best”

Unknown

Squad Structure

The Shrewsbury Storm Swimming Excellence programme squad structure is based on the Long Term Athlete Development programme (LTAD); using the latest sports science research the LTAD has identified the need for achieving the correct training, competition and recovery throughout a young athlete's career, particularly in relation to the important growth and development years of young people. Whilst all athletes go through the same developmental stages from childhood to adulthood, they occur at different times and last for differing periods of time. The LTAD model also recognises that girls tend to develop earlier than boys.

“Scientific research has indicated that it takes at least 10 years or 10,000 hours for talented athletes to achieve sporting excellence. There are no short cuts.”

The Storm Swimming Excellence programme squads are based upon the ability to meet set qualification times and skills, irrespective of class year. Swimmers must meet both the time and skill criteria to progress through the programme. The stroke times criteria have been set based upon the ASA School Speed and Competitive Swimming Performance awards.

Stroke swim meets will be held on a Tuesday on a fortnightly basis. Every swimmer will be expected to compete in either 25m or 50m (dependant on their squad) and one other distance of their choice from 50m, 100m, 200m and 400m (400m for freestyle only). Swimmers must register for the gala by the cut off date which will be advertised on the swimming notice board.

Stroke Gala Dates:

Freestyle	Backstroke	Breaststroke	Butterfly
13/09/11	27/09/11	01/11/11	15/11/11
29/11/11	13/12/11	10/01/12	24/01/12
06/02/12	28/02/12	12/03/12	27/03/12
01/04/12	15/05/12	29/05/12	12/06/12

It is essential that swimmers also achieve good skills and technique in their strokes and importantly that they understand what they are doing. Swimmers will be given a mark out of 10 for each skill criteria over a half term period. Before they are moved up, swimmers are expected to fulfil the full criteria set for their group, sometimes swimmers with small faults can be moved (these swimmers would be expected to have met 3 out of the 4 stroke times along with their IM time before being considered), and any skills that are weak can be easily identified from the checklists lists, and worked on further in the next group. Any squad moves will be announced after the holiday periods on the swimming notice boards.

Skills Assessments:

Assessment	Squad moves announced
w/c 29/08/11 - w/c 10/10/11	w/c 24/10/11
w/c 24/10/11 - w/c 12/12/11	w/c 09/01/12
w/c 09/01/12 - w/c 13/02/12	w/c 27/02/12
w/c 27/02/12 - w/c 02/04/12	w/c 23/04/12
w/c 23/04/12 - 01/06/12	w/c 04/06/12
w/c 04/06/12 - 18/06/12	w/c 25/06/12

All swimmers moving to the bronze squad and above must also hold the ASA competitive start award, to demonstrate their competence diving from the starting blocks and into shallow water. There will be an assessment session held once a month.

ASA Competitive Start Award Assessments:

26/09/11	31/10/11	28/11/11	12/12/11	30/01/12	27/02/12	02/03/12	11/04/12
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Swimming Attendance

Swimmers will be required to attend a minimum of one or two sessions per week (depending on their squad) to be eligible to represent Shrewsbury International School at any swim meets, this will be in addition to attendance at any time trials required for the event.

Swimmers who are not regular trainers or who do not attend swim trials will not be asked to represent Shrewsbury at any swim meets.

Blue Squad max 30 (10 per session)

Green Squad max 30 (10 per session)

Yellow Squad max 24 (12 per session)

Red Squad max 24 (12 per session)

Bronze Squad max 24 (12 per session)

Silver Squad max 24 (10 per session)

Gold Squad max 16 (8 per session)

Platinum Squad max 16 (8 per session)

LTAD Stage - Active Start: Storm Blue

For those young athletes whom are interested in joining the swim team and are confident in the water.

Sessions

1 per week

Emphasis:

Introduction to all four strokes

Basics FUNdamental skills

Short repetitions for stroke correction

Push offs (streamlining and kicking)

Breakdown:

40% swim

30% skills

30% kicking (all strokes)

Progression:

To progress from Storm Blue to Storm Green swimmers must be able to:

Complete a push and glide for 5 metres on the front and back in a streamlined position.

Rotate from the front to the back and the back to front longitudinally and horizontally.

Scull head first 5 metres.

Kick 10 metres all four strokes in a streamlined position.

Perform a mushroom float for 5 seconds.

Tread water for 30 seconds.

Perform a hand stand for 5 seconds.

Plus meet 2 of 4 the following times:

Freestyle 25 metres	30.50
Backstroke 25 metres	33.00
Breaststroke 25 metres	36.40
Butterfly 25 metres	32.60

LTAD Stage - Active Start / FUNDamentals: Storm Green

For those who are unable to make required times for Storm Yellow, but are able to complete all the outcomes from Storm Blue.

Sessions

1 per week

Emphasis

Learn basic stroke techniques

FUNDamentals

25 metres all four strokes meeting stroke laws

Introduction to Starts, Turns and Finishes

Introduction to basic stroke drills

Short repetitions for stroke correction

Push offs (streamlining and kicking)

Breakdown:

40% swim

30% skills

30% kicking (all strokes)

Tests:

10 metres Times – dolphin Leg kick (front and back) completed once every 4 weeks.

Progression:

To progress from Storm Green to Storm Yellow swimmers must be able to swim 25m of 4 strokes. demonstrating stroke legal technique.

Complete a push and glide for 5m on the front and back in a streamlined position.

Rotate from the front to the back and the back to front longitudinally and horizontally.

Scull head first 25 metres.

Kick 25 metres all four strokes.

Tread water for 2 minutes.

Perform a sitting dive.

Plus meet 2 of 4 the following times:

Freestyle 25 metres	23.50
Backstroke 25 metres	27.00
Breaststroke 25 metres	29.40
Butterfly 25 metres	25.60

LTAD Stage - FUNDamentals: Storm Yellow

Sessions:

Max of 2 sessions per week
400 - 1,000 metres

Emphasis:

FUNDamentals
50 metres all four strokes meeting stroke laws (25 metres efficient butterfly)
Starts (ASA competitive start award)
Introduction to short speed (10-15 metres), emphasis on enjoyment of swimming fast
Turn practice and correction - all strokes plus medley (speeding into the wall, kicking off the wall)
Introduction to basic stroke drills
Short repetitions for stroke correction
Push offs (streamlining and kicking)
Basic flexibility

Tests:

10 metres Times - dolphin Leg kick (front and back) completed once every 4 weeks

Breakdown:

50% swim
25% starts turns and finishes
25% kicking (All Strokes)

Key Meets:

ASA School Speed award galas
ASA Competitive Start Award
Patana Tiger Prawns
Shrewsbury Relays

Progression:

Meet 2 of the 4 stroke times below, plus Individual medley time

Freestyle 25 metres	21.00
Backstroke 25 metres	24.70
Breaststroke 25 metres	27.20
Butterfly 25 metres	23.20
Individual Medley (100 metres)	1:58.60

And

Score 10/10 in every skill criteria

Good Listening skills	
No breathing, fast last 5 metres EVERY finish	
No breathing 1 in + 1 out on freestyle turns	
High elbow recovery on freestyle	
Competent freestyle tumble turn	
ASA Preliminary Start Award	
Has basic knowledge of pace clock	
Able to set self off at 5 second intervals EVERY time	
Accelerates into every wall	
Streamlined push offs	
Regular attendee	
Always brings a water bottle and understands hydration	
Able to complete all Blue and Green skills	

LTAD Stage - FUNdamentals:

Storm Red

Sessions:

Max of 2 sessions per week

800 - 1,500 metres

Emphasis:

Stroke technique improvement

Short repetitions for stroke correction

Swim all four strokes (butterfly: progression from 25 - 50 metres)

Introduction to longer swims 100, 200, 300, 400 metres (STROKE TECHNIQUE MUST BE HELD)

10 - 15 metres speed swims every session

Learn to check pulse rate (two fingers on neck, count beats for 6s, multiply by 10)

Development of breaststroke and butterfly leg kick

Turn practice and correction - all strokes plus medley (speeding into the wall, kicking off the wall)

Start practice and correction (track and grab)

Learning training techniques - clock reading, punctuality, lane discipline, and benefits of regular attendance

Flexibility

Tests:

10 metres Times - dolphin Leg kick (front and back) completed once every 4 weeks

Breakdown:

50% swim

25% starts turns and finishes

25% kicking (All Strokes)

Key Meets:

ASA School Speed award galas

ASA Competitive Start Award

Harrow 2 Fast 2 Furious

Patana Tiger Prawns

Shrewsbury Relays

BISAC Junior

Progression:

Hold ASA competitive start award

Meet 2 of the 4 times below, plus Individual Medley Time

Freestyle 50 metres	47.00
Backstroke 50 metres	54.40
Breaststroke 50 metres	1:00.40
Butterfly 50 metres	52.40
Individual Medley (200 metres)	4:17.20

And

Be able to complete the following skills assessment

Good Listening skills	
No breathing, fast last 5 metres EVERY finish	
No breathing last / 1 st stroke fly turns	
No breathing 2 in + 2 out on freestyle turns	
Clean, no splash entry freestyle / backstroke /butterfly	
High elbow recovery on freestyle	
Backcrawl start with arched back	
ASA competitive start award	
Can do medley turns legally	
Competent freestyle tumble turn	
Has basic knowledge of pace clock	
Accelerates into every wall	
Streamlined push offs	
Regular attendee	
Always brings a water bottle and understands hydration	

LTAD Stage - FUNdamentals / SwimSkills: Storm Bronze

Sessions:

Max of 2 sessions per week
800 – 2,000 metres

Emphasis:

Stroke Technique
Increase in volume of endurance and repeat sets (holding technique)
Short repetitions from stroke development and correction
Correct understanding of pace clock and lane discipline
Development of speed (with good technique) up to 25 metres
Further development of breaststroke and butterfly leg kick
Stroke counting, stroke holding
Introduction to flexibility and stretch cords
Preparation for silver, gold and platinum squads and ongoing Long Term Athlete Development
Start practice and correction (grab and track)
Turn practice and correction – all strokes plus medley (speeding up into the wall, kicking off the wall)
Take over practice and correction

Breakdown:

Swim 20% Freestyle 20% Backstroke 20% Individual Medley
20% starts, turns and drills
20% kicking (all strokes)

Tests:

(Completed once every 4 weeks)
10 metres times dolphin leg kick (front and back)
200 metres time trial (FC)
100 metres time trial (IM)

Key Meets:

ASA School Speed award galas
ASA Competitive Speed Award galas
ASA Competitive Start Award
BISAC - Juniors
Primary FOBISSEA
Harrow 2 Fast 2 Furious
ISB Swim Fest
Shrewsbury relays
Patana Tiger Prawns

Progression:

Meet 2 of the 4 times below, plus Individual Medley Time

Freestyle 50 metres	47.00
Backstroke 50 metres	54.40
Breaststroke 50 metres	1:00.40
Butterfly 50 metres	52.40
Individual Medley (200 metres)	4:17.20

And

Be able to complete the following skills assessment

Good Listening skills	
No breathing, fast last 5 metres EVERY finish	
No breathing last / 1 st stroke fly turns	
No breathing 2 in + 2 out on fc turns	
Can swim at speed and hold technique / Distance Per Stroke	
Can do stroke drills competently	
Experience of endurance type sets	
Fast racing dives (& takeovers)	
Can swim fly over 25 metres competently	
Exceeds 5 metres off all turns	
Can go on turnarounds on the pace clock	
Accelerates into every wall	
Regular attendee	
Always brings a water bottle and understands hydration	

LTAD Stage - Swim Skills: Storm Silver

Sessions:

Must attend minimum of 2 swim sessions per week, 1 must include land training session - early morning training sessions are by invitation only.

1 - 1.5 hours

1,500 - 4,000 metres per session

Emphasis

Perfection of stroke technique

Aim to master training techniques

Development of:

- General endurance

- Specific aerobic capabilities

- Basic Speed

- Kicking (all strokes)

- Pull and paddle work (finger paddles and hand paddles)

- Starts, turns, push offs (streamlining)

- Stroke counting and stroke holding

- Tactical and mental preparation

Key Meets:

ASA Competitive Speed Award galas

Primary FOBISSEA

U13 FOBISSEA

BISAC - Seniors

Shrewsbury relays

Harrow 2 Fast 2 Furious

Patana Tiger Sharks

ISB Swim Fest

Tests:

(completed every four weeks)

200 metres timed kick (Freestyle)

400 metres time trial (Freestyle)

200 metres time trial (Individual Medley)

10 x 50 on 2:30 stroke efficiency

Progression:

Meet 2 of the 4 times below, plus Individual Medley Time

Freestyle 50 metres	41.00
Backstroke 50 metres	47.50
Breaststroke 50 metres	52.70
Butterfly 50 metres	45.70
Individual Medley (200 metres)	3:44.60

And

Be able to complete the following skills assessment

Good Listening skills	
No breathing, fast last 5 metres EVERY finish	
No breathing last / 1 st stroke fly turns	
No breathing 2 in + 2 out on freestyle turns	
Has a responsible attitude to land training	
Understands stroke drills and importance	
Understanding of endurance sets	
Has achieved BISAC qualifying times in all strokes for 100 metres	
Attends regular (weekly) early morning training	
Exceeds 5 metres off all turns	
Understands stroke counting and Distance Per Stroke	
Accelerates into every wall	
Can still do all storm Red and Bronze Skills	
Regular attendee	
Always brings a water bottle and understands hydration	

LTAD Stage - Training to Train: Storm Gold

Sessions:

Must attend a minimum of 2 swim sessions per week (including 1 land training session)

1 - 2.25 hours

3,000 - 5,000 metres per session

Emphasis

Perfection of stroke technique

Aim to master training techniques

Development of:

- General endurance

- Specific aerobic capabilities

- Introduction of lactate tolerance, lactate removal and heart rate sets

- Basic Speed

- Kicking (all strokes)

- Pull and paddle work (finger paddles and hand paddles)

- Starts, turns, push offs (streamlining)

- Stroke counting and stroke holding

- Tactical and mental preparation

- Land conditioning (core and shoulder stability, medicine balls, swiss balls, flexibility)

Key Meets:

U13 FOBISSEA

U15 FOBISSEA

BISAC - Seniors

Shrewsbury relays

Thai National Swimming Championships

Singapore National Age Group Championships

Patana Tiger Sharks

ISB Swim Fest

Harrow 2 Fast 2 Furious

Tests:

(Completed every four weeks)

400 metres Kick test (No 1)

1,500 metres time trial (Freestyle)

400 metres time trial (Individual Medley)

10 x 50 on 2:30 stroke efficiency

Progression:

Meet 2 of the 4 times below, plus Individual Medley Time

Freestyle 50 metres	37.20
Backstroke 50 metres	43.00
Breaststroke 50 metres	48.00
Butterfly 50 metres	41.50
Individual Medley (200 metres)	3:24.10

LTAD Stage - Training to Compete: Storm Platinum

Sessions:

Must attend a minimum of 2 swim sessions per week, (including 1 land training session)

1 - 2.25 hours

4,500 - 8,000m per session

Emphasis

Perfection of stroke technique

Aim to master training techniques

Development of:

- General endurance

- Specific aerobic capabilities

- Introduction of lactate tolerance, lactate removal and heart rate sets

- Basic Speed

- Kicking (all strokes)

- Pull and paddle work (finger paddles and hand paddles)

- Starts, turns, push offs (streamlining)

- Stroke counting and stroke holding

- Tactical and mental preparation

- Land conditioning (core and shoulder stability, medicine balls, swiss balls, flexibility)

Key Meets:

U15 FOBISSEA

BISAC - Seniors

Shrewsbury relays

Thai National Swimming Championships

Singapore National Age Group Championships

Patana Tiger Sharks

ISB Swim Fest

Harrow 2 Fast 2 Furious

Tests:

(Completed every four weeks)

- 4 x 100 metres No 1 Max on 3:00

- 2,500 metres time trial (Freestyle)

- 400 metres time trial (Individual Medley)

- 7 x 200 metres step test

ASA Competitive Start Award

The ASA competitive start award is designed to assess the swimmer's ability to perform a safe racing start into shallow water from a starting block and to demonstrate a variety of techniques.

The standard shown must be equal to that required to meet the ASA competitive laws. Monthly assessment sessions will be held on a Monday throughout the school year. Swimmers must achieve the preliminary competitive start award before they can progress to the competitive start award.

The standards of the preliminary competitive start award must first be achieved before the competitive start award can be commenced.

ASA Preliminary Competitive Start Award

From the poolside at the deep end of the pool (minimum water depth 1.5 metres, maximum freeboard 0.38 metres)

Under normal starting conditions

1. Perform a shallow dive followed by a glide of at least 5 metres
2. Perform a shallow dive followed by a Frontcrawl leg kick to the surface
3. Perform a shallow dive followed by Dolphin leg kick to the surface
4. Perform a shallow dive followed by a Breaststroke arm pull and leg kick to the surface
5. Perform a Backcrawl start using the side / ride followed by a Backcrawl leg kick to the surface

From a starting block at the deep end of the pool (minimum depth 1.5 metres, maximum height of the starting block from the water 75cm)

6. Perform a shallow dive followed by a glide of 5 metres
7. Perform a grab start followed by a Frontcrawl leg kick to the surface
8. Perform a grab start followed by a Dolphin leg kick to the surface
9. Perform a grab start followed by a Breaststroke arm pull and leg kick to the surface
10. Perform a wind up start for a stroke decided by the examiner
11. Perform a Backcrawl start using the starting blocks followed by a backcrawl kick to the surface.

ONLY ONCE ALL THE PRECEDING SKILLS HAVE BEEN ACHIEVED MAY THE SWIMMER PROGRESS TO THE REMAINING SECTION OF THE AWARD

From the poolside at the shallow end of the pool

12. Perform a shallow water dive followed by a glide of at least 5m decided by the examiner
13. Perform a grab start followed by a Frontcrawl leg kick to the surface
14. Perform a grab start followed by a Dolphin leg kick to the surface
15. Perform a grab start followed by a Breaststroke arm pull and leg kick to the surface
16. Perform a wind up start for a stroke decided by the examiner
17. Perform a Backcrawl start using the side / rail followed by a backcrawl kick to the surface

ASA Competitive Start Award

From the poolside at the shallow end of the pool (minimum water depth 0.9 metres, maximum water depth 1 metre, maximum freeboard 0.38 metres)

Under normal starting conditions

1. Perform a track start followed by a glide of at least 5 m
2. Perform a Backcrawl start followed by a Dolphin leg kick to the surface

From a starting block at the shallow end of the pool (minimum depth 0.9m, maximum depth 1.0m, maximum height of the starting block from the water 0.75m)

3. Perform a shallow dive followed by a glide of at least 5 metres
4. Perform a wind up start with a glide of at least 5 metres
5. Perform a grab start with a glide of at least 5 metres
6. Perform a track start with a glide of at least 5 metres
7. Perform a Backcrawl start using a starting block followed by a Dolphin leg kick to the surface
8. Perform a minimum of three starts, under normal conditions, as described by the examiner, showing the appropriate transition into the swimming stroke. One of the starts included must be for Breaststroke.

Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
6.30 - 7.30am Pool 3	Storm Platinum Storm Gold 6.30 - 7.10am		Storm Platinum Storm Gold 6.30 - 7.30am	Land Training 6.30 - 7.30am (Storm Platinum Gold, Silver (by invitation))	Storm Platinum Storm Gold Storm Silver 6.30 - 7.30am
Lunch	Water Polo 12.10 - 12.35pm	Synchronised swimming 12.10 - 12.35pm	Water Polo 12.10 - 12.35pm	Recreational Senior Swim	Recreational Senior Swim
Pool 2 2.45 - 3.30pm	Storm Green / Storm Blue	Top - up junior swimming lessons	Storm Blue/ Storm Yellow	Storm Green / Storm Yellow	Storm Blue/ Storm Green
Pool 2 3.30 - 4.30pm	Storm Red		Storm Red	Recreational Senior Swim Storm Yellow	Storm Red
Pool 3 2.45 - 3.30pm	Storm Silver Storm Bronze Storm Gold Storm Platinum	Recreational Senior Swim	Recreational Senior Swim 2.45 - 3.15pm	Synchronised swimming 2.45 - 4.00pm	Water Polo 3 - 4pm
Pool 3 3.30 - 5pm	land training 2.45 - 3.15pm Swimming 3.30 - 5pm	Aqua Aerobics 3.30 - 4.30pm	Storm Silver Storm Gold Storm Platinum land training 2.45 - 3.15pm swimming 3.30 - 5pm Storm Bronze 3.30 - 4.30pm swim	Storm Silver 4 - 5pm Storm Gold 4 - 5pm Storm Platinum 4 - 5pm Storm Bronze 4 - 5pm	Storm Silver 4 - 5pm Storm Gold 4 - 5pm Storm Platinum 4 - 5pm Storm Bronze 4 - 5pm

Recreational swimming is available to all competent swimmers as part of the "You-Time!" programme

