

## Shrewsbury Storm Swimming Programme

August 2011 will see the launch of the newly revitalised swimming excellence programme, based around the latest sports science research and in particular the Long Term Athlete Development Programme (LTAD).

The Shrewsbury Storm Swimming Excellence programme will consist of 8 squads, blue at the entry level through to platinum at the elite end of the programme.



Every swimmer who wishes to be part of the programme will have a place in one of the squads; the programme is firmly based on skills, technique and personal bests. Whilst every swimmer would like to achieve a medal, this is only ever possible for 3 swimmers in each race. Every swimmer who enters a swim meet is able to achieve personal best (PB) time and this is the firm foundations to the swimming programme.

Entry into the new programme is through a time trial, these will be held in the first week of term:

| Year 1 & 2   | Year 3&4  | Year 5&6  | Year 7 -13   | Anyone who has missed their session                  |
|--|---|---|--|--|
| Monday<br>29 <sup>th</sup> August 2.40 –<br>5.00pm | Tuesday<br>30 <sup>th</sup> August<br>2.40 – 5.00pm | Wednesday<br>31 <sup>st</sup> August<br>2.40 – 5.00pm | Thursday<br>1 <sup>st</sup> September<br>2.40 – 5.00pm | Friday<br>2 <sup>nd</sup> September<br>2.40 – 5.00pm |

Students who wish to join later in the year will be required to attend one of the stroke swimming meets throughout the year.

Stroke swim meets will be held throughout the year, providing ample opportunity for swimmers to acquire their required times to progress to the next squad.

| <b>Freestyle</b> | <b>Backstroke</b> | <b>Breaststroke</b> | <b>Butterfly</b> |
|------------------|-------------------|---------------------|------------------|
| 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         |

Depending on their squad swimmers will be required to attend a minimum of 1 or 2 days training per week, in order to be considered to compete for the school.

Swimmers will be required to achieve qualifying times and skills to progress to their next squad, full details of the skills and times required can be found in the Parents Guide to the swimming programme.