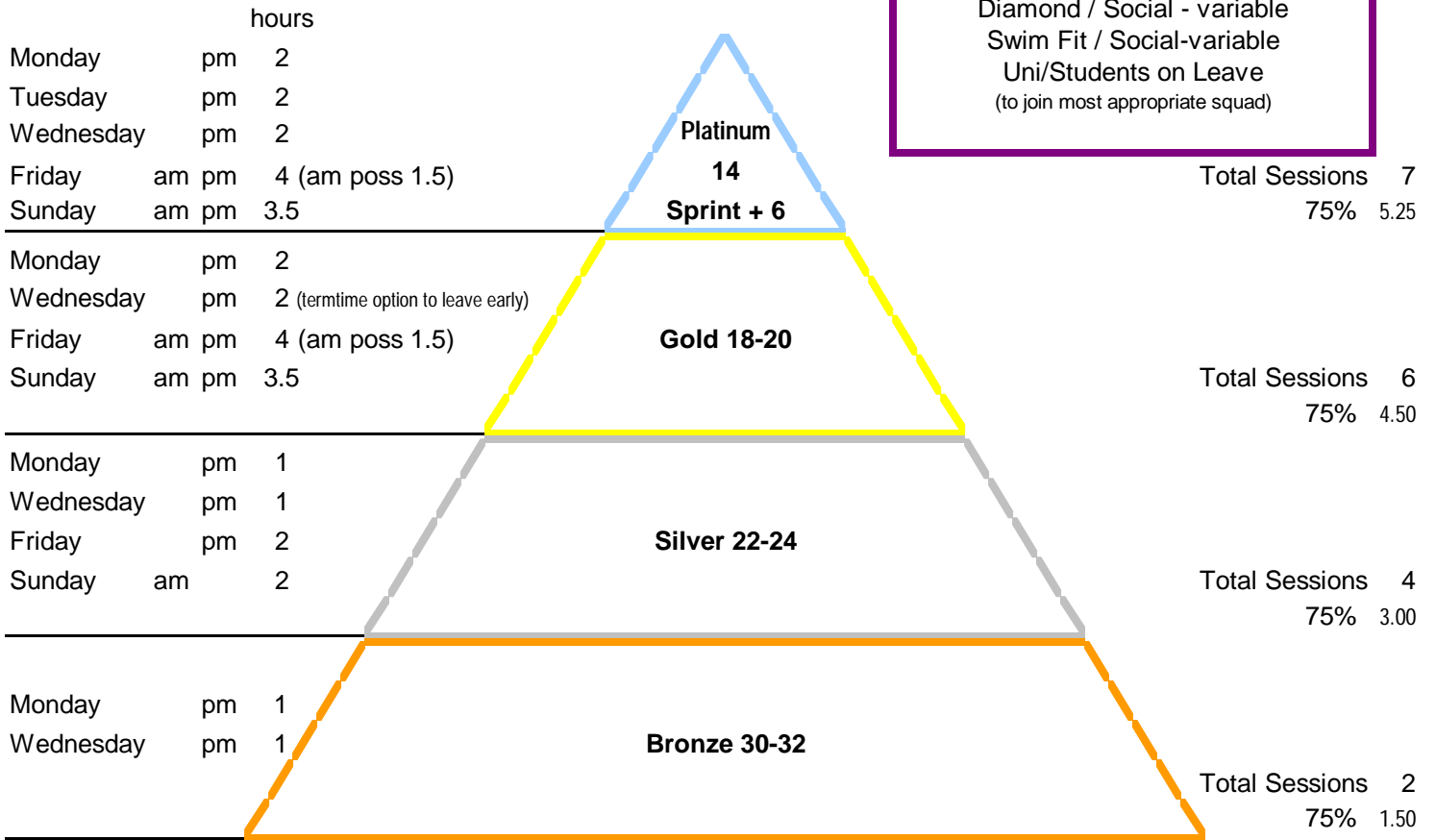


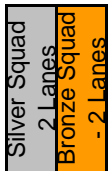
Flitwick Dolphins SC

Squad Structure

Diamond / Social - variable
Swim Fit / Social-variable
Uni/Students on Leave
(to join most appropriate squad)

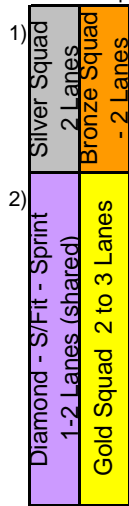


MONDAY
FLITWICK
7.00 - 8.00 pm



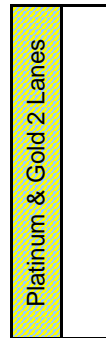
TUESDAY
FLITWICK

WED'SDAY
FLITWICK
1) 7.00-8.00 pm
2) 8.00-10.00 pm



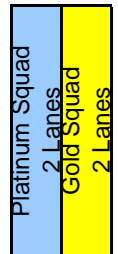
THURSDAY
FLITWICK

FRIDAY
FLITWICK
6.00 - 8.00 am

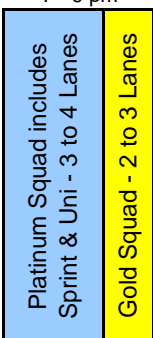


SATURDAY
FLITWICK

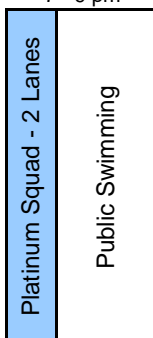
SUNDAY
FLITWICK
7.00 - 8.30 pm



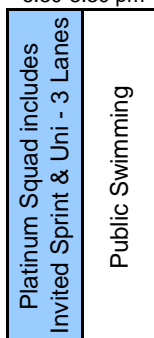
BHS
7 - 9 pm



BHS
7 - 9 pm

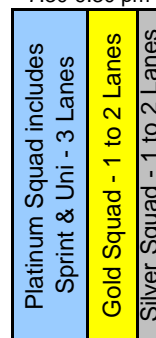


BHS
6.30-8.30 pm



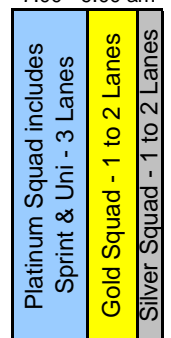
BHS

BHS
7.30-9.30 pm



BHS

BHS
7.00 - 9.00 am



Advancement is NOT guaranteed even if the criteria is achieved. All Squad moves are at the coaches' discretion and can be up, down or sideways.

Flitwick Dolphins SC

	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>	<u>Platinum</u>	<u>Platinum Sprint</u>	<u>Diamond / SwimFit</u>
Entry Criteria	<p>9 yrs / under</p> <p>ASA NTP Level 9 or similar (see trial form)</p> <p>10 / 11 yrs</p> <p>ASA NTP Level 11 or similar (see trial form)</p>	<p>BAGCATs</p> <p>1 x IM (100, 200 or 400)</p> <p>1 x Distance Free</p> <p>1 x #1 Form (Not 50m)</p> <p>Competitive Start Award (or standard of)</p>	<p>BAGCATs</p> <p>Within 10% of DQT in</p> <p>1 x IM (200 or 400)</p> <p>1 x Distance Free</p> <p>1 x #1 Form (Not 50m)</p> <p>G 14+, B 15+</p> <p>A Grade Times in</p> <p>Any 2 events</p>	<p>G 13, B 14</p> <p>Within 5% of DQT in</p> <p>1 x IM (200 or 400)</p> <p>1 x Distance Free</p> <p>1 x #1 Form (Not 50m)</p> <p>G 14+, B 15+</p> <p>DQT in</p> <p>Any 2 events</p> <p>G&B 18+</p> <p>DQT in Any 1 event</p>	<p>G 13+, B 14+</p> <p>Ex Competitive Swimmers</p>	<p>G 13+, B 14+</p> <p>Non Comp Swimmers</p> <p>Attempt at 100m each on 3/4 strokes and a wish to improve. Minimum distance ability 400m.</p> <p>Masters</p> <p>Attempt at 100m each on 3/4 strokes and a wish to improve. Minimum distance ability 400m.</p>
Expectations	<p>Galas as selected</p> <p>Min Training Attendance 75%</p>	<p>Training Log Book</p> <p>Galas as selected</p> <p>Min Training Attendance 75%</p> <p>Yardage</p> <p>Ave = 7 000m / week</p>	<p>Training Log Book</p> <p>Galas as selected</p> <p>Min Training Attendance 75%</p> <p>Yardage</p> <p>Ave = 18 000m / week</p>	<p>Training Log Book</p> <p>Galas as selected</p> <p>Min Training Attendance 75%</p> <p>Yardage</p> <p>Distance Swimmers Ave = 25 000m / week</p> <p>Middles Distance Swimmers Ave = 20 000m / week</p> <p>Platinum Sprint Ave = 15 000m / week</p>	<p>Galas as selected</p> <p>Min Training Attendance 75%</p> <p>Yardage</p> <p>Ave = 12 000m / week</p>	<p>Min Training Attendance 75%</p> <p>Yardage</p> <p>Ave = 6 000m / week</p>

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Flitwick Dolphins SC

	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>	<u>Platinum</u>	<u>Platinum Sprint</u>	<u>Diamond / SwimFit</u>
Practices	Frontcrawl Catch Up Bi-Lateral Breathing 3 sec hold (roll drill) Kicking on side Single Arm - Hand in front Dog Paddle - Long Turns Tucked Roll Streamlined push and glide Leaving Wall on back Roll onto front then swim	Frontcrawl Catch Up Bi-Lateral Breathing Pull (no / finger paddles) Long Axis Drill Pattern High Elbow Drills DPS (Distance Per Stroke) Single Arm - Hand by side Turns 2 strokes in no breathing Tucked Roll Streamlined push and glide Corkscrew onto front 2 strokes before breathing	Frontcrawl Catch Up Bi-Lateral Breath Patterns Pull (with paddles) Long Axis Drill Pattern High Elbow Drills DPS (Stroke Reduce) Single Arm - Hand by side Scull Fists Oposite Hip Turns 2 strokes in no breathing Tucked Roll Streamlined 5m P&G Corkscrew onto front 2 strokes before breathing	Frontcrawl Catch Up Bi-Lateral Breath Patterns Pull (with paddles) Long Axis Drill Pattern High Elbow Drills DPS (Stroke Reduce) Single Arm - Hand by side Scull Fists Oposite Hip Turns 2 strokes in no breathing Tucked Roll Streamlined 7m P&G Corkscrew onto front 2 strokes before breathing	Frontcrawl Catch Up Bi-Lateral Breath Patterns Pull (with paddles) Long Axis Drill Pattern High Elbow Drills DPS (Stroke Reduce) Single Arm - Hand by side Scull Fists Oposite Hip Turns 2 strokes in no breathing Tucked Roll Streamlined 7m P&G Corkscrew onto front 2 strokes before breathing	Frontcrawl Catch Up Bi-Lateral Breathing Pull (no / finger paddles) Long Axis Drill Pattern High Elbow Drills DPS (Dist Per Stroke) Single Arm - Hand by side Turns 2 strokes in no breathing Tucked Roll Streamlined P&G Corkscrew onto front 2 strokes before breathing
Practices	Backstroke Sculling Streamlined Kicking Kicking on side Double Arm 6 beat Kick Single Arm - Hand by side 3 sec hold (roll drill) Turns Stroke Count from Flags Tucked Roll Streamlined push and glide	Backstroke Scull - U/W phase only Streamlined Kicking Pull (no / finger paddles) Long Axis Drill Pattern High Elbow - Lane Rope DPS (Distance Per Stroke) Single Arm - Hand by side Turns Stroke Count from Flags Tucked Roll Streamlined P&G 5m	Backstroke Scull - U/W phase only Streamlined Kicking Pull (with paddles) Long Axis Drill Pattern High Elbow - Lane Rope DPS (Stroke Reduce) Single Arm - Hand by side Pause in Recovery Turns Stroke Count from Flags Tucked Roll Streamlined P&G 7m	Backstroke Scull - U/W phase only Streamlined Kicking Pull (with paddles) Long Axis Drill Pattern High Elbow - Lane Rope DPS (Stroke Reduce) Single Arm - Hand by side Pause in Recovery Turns Stroke Count from Flags Tucked Roll Streamlined P&G 10m	Backstroke Scull - U/W phase only Streamlined Kicking Pull (with paddles) Long Axis Drill Pattern High Elbow - Lane Rope DPS (Stroke Reduce) Single Arm - Hand by side Pause in Recovery Turns Stroke Count from Flags Tucked Roll Streamlined P&G 10m	Backstroke Scull - U/W phase only Streamlined Kicking Pull (no / finger paddles) Long Axis Drill Pattern High Elbow - Lane Rope DPS (Dist Per Stroke) Single Arm - Hand by side Turns Stroke Count from Flags Tucked Roll Streamlined P&G 5m

Advancement is NOT guaranteed even if the criteria is achieved. All Squad moves are at the coaches' discretion and can be up, down or sideways.

Flitwick Dolphins SC

	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>	<u>Platinum</u>	<u>Platinum Sprint</u>	<u>Diamond / SwimFit</u>
Practices	<p>Breaststroke Streamlined Kick on Back 3 sec Glide Drill 2 Kicks to 1 Pull drill 2 Pulls to 1 Kick drill Timing-Brth, pull, kick, glide</p> <p>Turns 2 Hand Simultaneous Tch Fast Turn Streamlined Glide on Front Easy Transition to Swim</p>	<p>Breaststroke Short Axis Drill Pattern 3 sec Glide Drill 2 Kicks to 1 Pull drill 2 Pulls to 1 Kick drill Timing-Brth, pull, kick, glide DPS (Distance Per Stroke)</p> <p>Turns 2 Hand Simultaneous Tch Fast Turn Streamlined Glide on Front Full Push Back, Kick, Glide into Transition to stroke</p>	<p>Breaststroke Short Axis Drill Pattern 3 sec Glide Drill 2 Kicks to 1 Pull drill 2 Pulls to 1 Kick drill Timing-Brth, pull, kick, glide DPS (Stroke Reduce) Kick - Hands behind hips Sculls</p> <p>Turns 2 Hand Simultaneous Tch Fast Turn hand past ear Streamlined 5m Glide Full Push Back, Kick, Glide into Transition & Swim</p>	<p>Breaststroke Short Axis Drill Pattern 3 sec Glide Drill 2 Kicks to 1 Pull drill 2 Pulls to 1 Kick drill Timing-Brth, pull, kick, glide DPS (Stroke Reduce) Kick - Hands behind hips Slide and Glide Fast Pull + Single Dolphin Sculls</p> <p>Turns 2 Hand Simultaneous Tch Fast Turn hand past ear Streamlined 7m Glide Full Push Back, Kick, Glide into Transition to stroke</p>	<p>Breaststroke Short Axis Drill Pattern 3 sec Glide Drill 2 Kicks to 1 Pull drill 2 Pulls to 1 Kick drill Timing-Brth, pull, kick, glide DPS (Stroke Reduce) Kick - Hands behind hips Slide and Glide Fast Pull + Single Dolphin Sculls</p> <p>Turns 2 Hand Simultaneous Tch Fast Turn hand past ear Streamlined 7m Glide Full Push Back, Kick, Glide into Transition to stroke</p>	<p>Breaststroke Short Axis Drill Pattern 3 sec Glide Drill 2 Kicks to 1 Pull drill 2 Pulls to 1 Kick drill Timing-Brth,pull,kick,glide DPS (Dist Per Stroke)</p> <p>Turns 2 Hand Simultaneous Tch Fast Turn Streamlined Front Glide Full Push Back,Kick,Glide into Transition to stroke</p>
Practices	<p>Butterfly Dolphin K on Back +/- Fins Dolphin K on Front +/- Fins Dive Fly +/- Fins Glide Fly +/- Fins</p> <p>Turns 2 Hand Simultaneous Tch Fast Turn Streamlined Glide on Front Kick for Transition to Swim</p>	<p>Butterfly Short Axis Drill Pattern Dolphin K on Front +/- Fins Dive Fly +/- Fins Glide Fly +/- Fins Single Arm - brth to front</p> <p>Turns 2 Hand Simultaneous Tch Fast Turn Streamlined Glide on Front Fast, Hard Fly Flick Kicks into Transition & Swim</p>	<p>Butterfly Short Axis Drill Pattern Dolphin K on Front +/- Fins Dive Fly +/- Fins Glide Fly +/- Fins Single Arm - brth to front Timing Pattern 3R:3L:3Sw Breathing every 3 Scull - U/W Phase only Pull</p> <p>Turns 2 Hand Simultaneous Tch Fast Turn hand past ear Streamlined 5m Glide Fast, Hard Fly Flick Kicks into Transition & Swim</p>	<p>Butterfly Short Axis Drill Pattern Dolphin K on Front +/- Fins Dive Fly +/- Fins Glide Fly +/- Fins Single Arm - brth to front Timing Pattern 3R:3L:3Sw Breathing every 3 Scull - U/W Phase only Pull (Paddles)</p> <p>Turns 2 Hand Simultaneous Tch Fast Turn hand past ear Streamlined 7m Glide Fast, Hard Fly Flick Kicks into Transition & Swim</p>	<p>Butterfly Short Axis Drill Pattern Dolphin K on Front +/- Fins Dive Fly +/- Fins Glide Fly +/- Fins Single Arm - brth to front Timing Pattern 3R:3L:3Sw Breathing every 3 Scull - U/W Phase only Pull (Paddles)</p> <p>Turns 2 Hand Simultaneous Tch Fast Turn hand past ear Streamlined 7m Glide Fast, Hard Fly Flick Kicks into Transition & Swim</p>	<p>Butterfly Short Axis Drill Pattern Dolphin K Front +/- Fins Dive Fly +/- Fins Glide Fly +/- Fins Single Arm - brth to front</p> <p>Turns 2 Hand Simultaneous Tch Fast Turn Streamlined Front P&G Fast, Hard Fly Flick Kicks into Transition & Swim</p>