



Tuggeranong Vikings Swim Club 2022-23



Squad Handbook

Swimmer Development Pathways

Squad Entrance Criteria

Squad Training Expectations

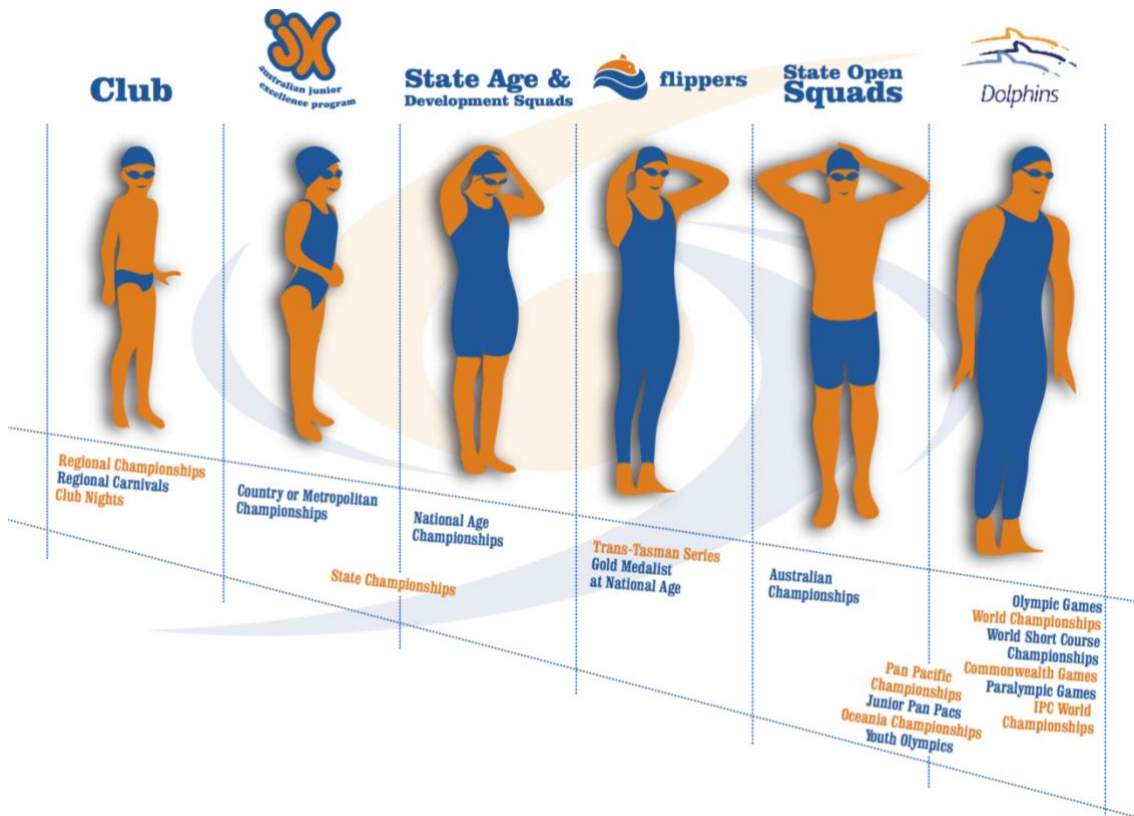
Squad Timetables

1 May 2022

TUGGERANONG VIKINGS SWIM CLUB – AIMING FOR EXCELLENCE

The Swimming Australia development pathway recognises that clubs provide a strategic pathway from learn to swim, right through to elite performance.

Tuggeranong Vikings Swim Club aims to assist all swimmers to be the best swimmers they can be. It is a program predominantly for competitive swimmers and their families.



DEVELOPMENT PATHWAY – GENERAL COMMENTS

The ideal age of entry into the sport is 7-10 years old.

Through a swimmer's formative years in the sport, training intensity and focus is built upon each season.

Each quarter all squads are reassessed to quantify the current standard of swimmers and identify which squad is appropriate for the next preparation cycle.

Progression through the development pathway is dependent upon the coaching staff's assessment of the swimmer's progress, training application, maturity and current results as well as the availability of a vacant position in the appropriate squad.

Each year, the Development Pathway (including adjustments to the Squad Criteria) is reviewed by the Vikings coaching team and a structure is provided for the year season that compliments the maintenance and progression of the highest quality coaching program.

TVSC DEVELOPMENT PATHWAY – COMPETITION

- Young swimmers are socialised into the squad program through our Development and Junior squads. The aim of these squads is to further the technical ability and training capacity of young swimmers, introducing them to competition swimming.
- Swimmers who achieve ACT, Country and State qualifying times may move through to the Bronze and Silver squads.
- Swimmers performing at State Championships and achieving National qualifying times are eligible for consideration to our Gold squad.

Progression: Swim Schools > Development > Junior > Bronze > Silver > Gold

NON-COMPETITION SWIMMERS

Tuggeranong Vikings provides a limited pathway for non-competitive swimmers due to lane hire and coaching costs. We coach swimmers from a perspective of preparing them for competition, so that they can measure their own improvement over time.

“When I go out and race, I'm not trying to beat opponents, I'm trying to beat what I have done ... to beat myself, basically. People find that hard to believe because we've had such a bias to always strive to win things. If you win something and you haven't put everything into it, you haven't actually achieved anything at all. When you've had to work hard for something and you've got the best you can out of yourself on that given day, that's where you get satisfaction from.”

Ian Thorpe

This Squad Handbook outlines squad entrance criteria, timetables and seasonal cycles and key competitions. For any questions, please contact your individual coach.

DEVELOPMENT PATHWAY TVSC

Squad Structure

TVSC strives to provide a comprehensive program from learn-to-swim through to elite swimmers competing at national and international level. Within this program a formal squad structure exists providing a pathway for progression. Consideration is given to:

- Overall club numbers
- How many swimmers currently fit within each training band
- Squad size
- Lane and gym availability (including private memberships and/or club organised programs)

Progression through the Development Pathway

At the completion of the three major competition periods each year, NSW State Age and Open, Australian Age & Open, and NSW Short Course Championships, swimmers in all squads are assessed by coaching staff to identify which squad is appropriate for the coming preparation cycle. Progression through the development pathway is determined by the coaching staff's assessment of a swimmer's progress, training application, maturity and competition results as well as the availability of a vacant position in the appropriate squad.

Squad Criteria

In developing squad criteria TVSC considers:

- Age, maturity and social and physical development
- ACT, Country, State and National qualifying times
- Training standards
- Number of sessions per week (swimming and gym)
- Competition requirements

The Head Coach retains overall discretion and may allocate swimmers to a squad where criteria have not been met.

Squad Summary

Full details for each squad, including coach name, email address, training times and equipment requirements, can be found at Appendix D.

- **In addition to the qualifying criteria listed in the table below swimmers will be assessed against a range of training criteria and behaviours prior to any change of squad.**
- **This will ensure all members of a squad will be able to train at similar capacity.**

NAME	FOCUS	GENERAL QUALIFYING CRITERIA
Gold	Preparation for National Age and Open Championships and international competition.	State Age 12 & Over qualifying times, National Open Water qualifying times, National Age and Open. Age 12 years and Over.
Silver	Preparation for State Age to Age National Championships	NSW Country qualifying times. State open water qualifying time. Aged 11-17 years.
Bronze	Develop skills in all strokes to qualify for NSW State Age, Country and ACT Championships	Age 9 - 13 years. Competes in all strokes at ACT to NSW Championships level.
Junior	Develop skills in all strokes to qualify for ACT Championships	Age 9 - 12 years. Competes in all strokes up to ACT Championships
Development	Develop skills in all four competitive strokes	Age 7 – 13. Years. Competent in Freestyle and Backstroke

Development Squad

Coaches:

David Murphy, Angus Funnell, Abbey Christensenn, Ben Gow

Aim	To develop and foster skills and abilities in all four competitive strokes.
General Qualifying Criteria	50 metres Backstroke and Freestyle with the ability to repeat the swims on reasonable times.
Swimmer Commitment	Swimmers are encouraged to attend two - four sessions per week, with more in school holidays.
Racing Commitment	Swimmers are encouraged to race monthly in practice, club nights, ACT Development Meets and other the major listed competitions suitable for such swimmers (e.g. ACT Relay Championships).
Training Cycles	There is a "stroke of the week" with a continued emphasis placed on aerobic conditioning especially through kick and drill sets.

Major Competitions

Season	Competition	Breaks
Summer	Club Nights ACT Development Series ACT Age Championships	Christmas / New Year Public Holidays Saturday Mornings of ACT, Country and Stage Age Championships
Winter	Club Nights ACT Winter Development Series (4)	

TRAINING SESSIONS - Development

Monday to Friday	4:00-5:00pm
Saturday	7:00-8.30am

All swimmers must have all their own fins; pull buoy, water bottle and spare goggles

- Attendance at other squad sessions is not permitted unless authorised by Head Coach.
- Please advise your coach if you need to get out early for any session.

Note: ▪ We understand that swimmers may have difficulties arriving to training at 4:00pm.

Junior Squad

Coaches: David Murphy, Angus Funnell, Abbey Christensenn, Ben Gow

Aim	To further develop and foster skills and abilities in all four competitive strokes.
General Qualifying Criteria	Generally aged 9 - 13 years. Competes in all strokes up to ACT Championships. Ability to do the following set with good technique and basic turns: <ul style="list-style-type: none"> • 2 x 100 freestyle on 2.30 minutes • 2 x 50 Backstroke on 1.15 • 2 x 25 Butterfly on 45. • 2 x 50 Breaststroke on 1.30 Selected at the discretion of the Senior Coach in accordance with the swimmers current level of ability and experience in swimming.
Swimmer Commitment	Swimmers are encouraged to attend three - four sessions per week, with more in school holidays.
Racing Commitment	Swimmers are encouraged to race monthly in practise, club nights, ACT Development Meets and other the major listed competitions suitable for such swimmers (e.g. ACT Relay Championships).
Training Cycles	There is a "stroke of the week" with a continued emphasis placed on aerobic conditioning especially through kick and drill sets.

Major Competitions

Season	Competition	Breaks
Summer	Club Nights ACT Development Series ACT Age Championships	Christmas / New Year Public Holidays Saturday Mornings of ACT, Country and Stage Age Championships
Winter	Club Nights ACT Winter Development Series (4)	

TRAINING SESSIONS - Junior

Monday - Friday	4:00-5:00pm (those in transitioning to Bronze, 5:00 to 5:30 Monday to Thursday, 5:00-7:00pm Friday-Technique Session)
Tuesday	5:30-7:15am (Technique Session)
Saturday	7-8.30am

All swimmers must have all their own fins; pull buoy, water bottle and spare goggles

- Attendance at other squad sessions is not permitted unless authorised by Head Coach.
- Please advise your coach if you need to get out early for any session.

Note: We understand that swimmers may have difficulties arriving to training at 4:00pm.

Bronze Squad

Coaches: Angus Funnell, Abbey Christensenn, Ben Gow

Aim	To further develop and foster skills and abilities in all four competitive strokes whilst encouraging participation in competitive swimming, with the aim of qualifying for the NSW State Age Championships.
Entrance Criteria	Generally aged 9 -12 Years. Swimmers are selected at the discretion of the Head Coach, after demonstrating abilities to compete in all four competitive strokes. Performance Criteria below. Swimmers selected in accordance with the swimmers current level of ability and experience in swimming. Ability to do the following set with good technique and basic turns: <ul style="list-style-type: none"> • 5 x 100 IM on 2.15 (with at least 5 seconds rest per swim). • 5 x 100 metres Freestyle on 1.50 minutes each (with at least 5 seconds rest per swim) or T30 average of 1.50.
Swimmer Commitment	Swimmers are expected to attend 3-5 sessions per week. The Club recommends 9/Under – 3 to 4 sessions per week, 10 years – 4 to 5 sessions, 11+ years – 5 to 6 sessions. Morning training is encouraged especially on Tuesday (Technique Session) and Saturday.
Competition Commitment	Swimmers are expected to compete regularly in club nights, ACT Development Meets and other the major listed competitions suitable for such swimmers (e.g. ACT Championships, ACT Relay Championships).

TRAINING CYCLES AND MAJOR COMPETITION

The year is divided into three major cycles with preparation for the following major competitions:

Season	Major Competition	Breaks
Cycle 1	26 April – 1 September <i>Club Nights, ACT Development Series (4), ACT SC Championships, State Age and Country Championships (August)</i>	Immediately after State Age swimmers are encouraged to take a two-week break. Swimmers are then asked to attend MORE in school holidays.
Cycles 2	3 Oct – Early January <i>Club Nights, ACT Development Series (4), Preparation for NSW Age Championships.</i>	Swimmers who have not qualified for ACT Championships will have a week off between Christmas and New Year (program to be published).
Cycles 3	Mid January – April <i>Preparation for NSW Country Championships, ACT Schools, ACT Championships</i>	Two weeks in the April School Holidays suggested for those who have not made ACT School Swimming Championships.

TRAINING SESSIONS - Bronze

Monday	5.30 to 7.30am
Tuesday	5.30 to 7.30am, 5.00 to 7pm (4.30 to 5pm - Dryland)
Wednesday	5.30 to 7.30am, 5.00 to 7pm
Thursday	5.30 to 7.30am, 5.00 to 7pm (4.30 to 5pm - Dryland)
Friday	5.30 to 7.30am, 5.00 to 7pm
Saturday	7.00am to 9am

All swimmers must have all their own fins; pull buoy, kickboard, water bottle and spare goggles

- Attendance at other squad sessions is not permitted unless authorised by Head Coach.
- Swimmers asked to join Teen Gym to access gym and do extra dryland set by strength and conditioning coach, Angus Shaw.

Note:

- We understand that swimmers may have difficulties arriving to training at 4:30pm.
- Swimmers are expected to remain in the water until the end of the session and not leave early. If this can't be achieved the swimmer should not train that session.

Silver Squad

Coach: David Murphy

Aim	To further skills and abilities whilst developing fitness aimed at developing high performance at the State Championship level.
General Qualifying Criteria	NSW Country qualifying times or above. State open water qualifying time. Aged 11-17 years. Swimmers training in Silver Squad are competing at or striving to be competitive at an ACT, Country, State and National level. Swimmers must be able to do a minimum of 10 x 100 free on 1.35 (with at least 5 seconds rest per swim) or T30 Average of 1.35 and/or 10 x 100 IM on 1.45 (with at least 5 seconds rest per swim).
Swim/Gym Training Commitment	Swimmers are expected to do stretches for 10 to 15 minutes before afternoon sessions and attend 5-8 swim sessions per week. Should swimmers be provided with gym sessions they are expected to attend from 12 years of age.
Swimmer Commitment	Swimmers are expected to attend 5- 8 sessions per week. The Club recommends 10 & 11 years – 5 to 6 sessions, 12 years 6 to 7 sessions, 13 years + - 7 to 8 sessions.
Racing Commitment	Swimmers are expected to race monthly in practise, club nights, qualifying meets and other the major listed competitions suitable for such swimmers (e.g. NSW Country Championships).

TRAINING CYCLES AND MAJOR COMPETITION

The year is divided into three major cycles with preparation for the following major competitions:

Season	Major Competition	Breaks
Cycle 1	April – September <i>Preparation for ACT Schools, Australian Schools, NSW Country Championships, NSW Short Course Championships (August)</i>	Immediately after SC State Age swimmers are encouraged to take a two-week break. Swimmers are then asked to attend MORE in school holidays.
Cycles 2	October – December <i>Preparation for NSW Age Championships</i>	Nil.
Cycles 3	Mid January – March/April <i>Preparation for NSW Country Championships, ACT Schools, National Age and Open Championships</i>	Immediately after ACT Championships, swimmers who have not qualified for National Age Championships are encouraged to take a two-week break. Swimmers are then asked to attend MORE in school holidays. Two weeks suggested for those who have swim at National Age Championships.

TRAINING SESSIONS - Silver

Monday	5.30 to 7.30am, 4.30 to 7pm (30 mins Dryland)
Tuesday	5.30 to 7.30am, 5.00 to 7pm
Wednesday	5.30 to 7.30am, 5.00 to 7pm
Thursday	5.30 to 7.30am, 5.00 to 7pm (30 mins Dryland)
Friday	5.30 to 7.30am, 5.00 to 7pm
Saturday	7.00am to 9am

All swimmers must have all their own fins; pull buoy, kickboard, central snorkel, paddles, anti-paddles, water bottle and spare goggles.

- Swimmers asked to join Teen Gym to access gym and do extra dryland set by strength and conditioning coach, Angus Shaw.
- Attendance at other squad sessions is not permitted unless authorised by Head Coach.

Note:

- We understand that swimmers may have difficulties arriving to training at 4:30pm.
- Please email your coach if you need to get out early. Swimmers are expected to remain in the water until the end of the session and not leave early. If this can't be achieved the swimmer should not train that session.

Gold Squad

Coach: David Murphy

Aim	To further skills and abilities with the intention of being competitive at National Age and Open Championships
General Qualifying Criteria	National Age or Open qualifying time 50m/1500. Swimmers are primarily 12 years and over with the intention of being competitive at State Age, National Age and Open Championships. Swimmers training in Gold Squad are expected to make a full commitment to the training and competition schedule (including dry land) laid out by the Head Coach. Swimmers must be able to do a minimum of 10 x 100 free on 1.25 (with at least 5 seconds rest per swim) or 2000 metre average of 1.25.
Swim/Gym Training Commitment	Swimmers are expected to do stretches for 10 to 15 minutes before afternoon sessions and attend a minimum of 6 swim sessions per week. Should swimmers be provided with gym sessions they are expected to attend from 12 years of age.
Swimmer Commitment	Swimmers are expected to attend 7 - 10 sessions per week. The Club recommends 12 years 6 to 7 sessions, 13 years - 7 to 8 sessions, 14 years + - 8 and more sessions with distance swimmers training an additional session.
Racing Commitment	Swimmers are expected to race monthly in practise, club nights, qualifying meets and other the major listed competitions suitable for such swimmers (e.g. NSW Country Championships).

TRAINING CYCLES AND MAJOR COMPETITION

The year is divided into three major cycles with preparation for the following major competitions:

Season	Major Competition	Breaks
Cycle 1	April – September <i>Preparation for ACT Schools, Australian Schools, NSW Short Course Age and Open Championships.</i>	Immediately after State Age swimmers are encouraged to take a two-week break. Swimmers are then asked to attend MORE in school holidays.
Cycles 2	October – December <i>Preparation for NSW Age Championships.</i>	Swimmers who have not qualified for ACT Championships will have days off between Christmas and New Year Z (program to be published)
Cycles 3	January – March/April <i>Preparation for NSW Country Championships, ACT Schools, National Age Championships</i>	Two weeks in the April School Holidays suggested for those who have not National Age Championships.

TRAINING SESSIONS - Gold

Monday	5.30 to 7.30am, 4.30 to 7pm
Tuesday	5.30 to 7.30am, 5.00 to 7pm (30 mins Dryland 4.30-5pm)
Wednesday	5.30 to 7.30am, 5.00 to 7pm
Thursday	5.30 to 7.30am, 4.30 to 7pm (30 mins Dryland 4.30-5pm)
Friday	5.30 to 7.30am, 5.00 to 7pm
Saturday	7.00am to 9am (including before qualifying meets).

All swimmers must have all their own fins, pull buoy, kickboard, central snorkel, paddles, anti-paddles, water bottle and spare goggles.

- Swimmers asked to join Teen Gym to access gym and do extra dryland set by strength and conditioning coach, Angus Shaw.
- Attendance at other squad sessions is not permitted unless authorised by Head Coach.

Note:

- We understand that swimmers may have difficulties arriving to training at 4:30pm.
- Please let your coach know if you need to get out early. Swimmers are expected to remain in the water until the end of the session and not leave early. If this can't be achieved the swimmer should not train that session.

Relief Coaches

Jaan Murphy, Bethany Hooper, Rebekah McCoy, Courtney Taylor.