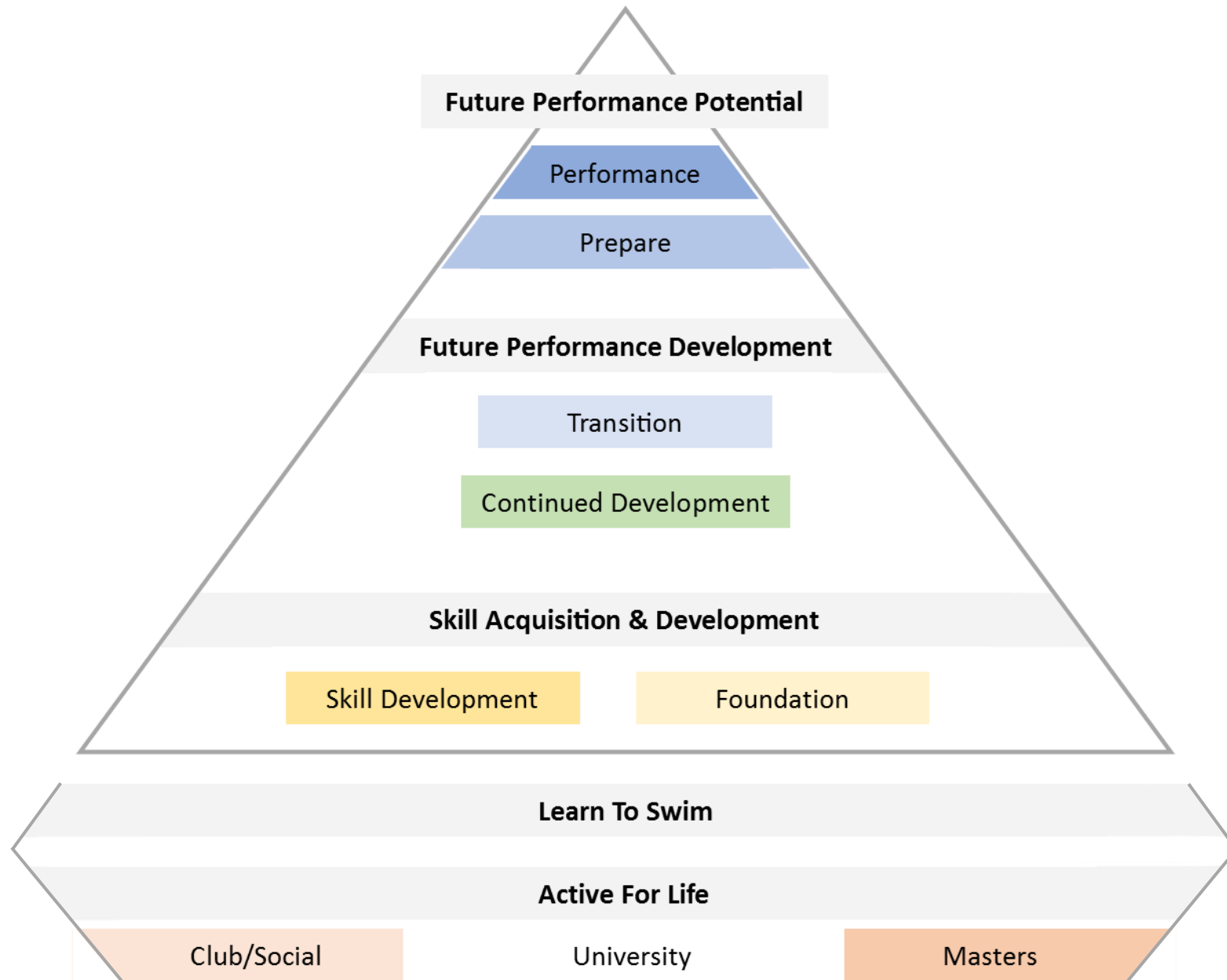


Halesowen Swimming Club - Squad Pathway Arrowhead



PERFORMANCE

Swimmers with numerous RQT's - Aiming for NQT and beyond

REQUIREMENTS

Arrive to sessions in good time & perform pre-pool foam rolling,
Injury prevention and RMAP routine set out by the coach.

Minimum age 15

Have multiple Regional qualifying times.

Attend club supported Level 1 & 2 meets & enter a wide range of events.

Swimmers should only start to specialise in events or strokes after the age of 16

Excellent attitude towards training and a desire to progress.

High work ethic.

Conscious of setting a good example to younger swimmers

8 sessions available - 11.5Hrs Minimum required 6 hrs

2 Land Training session available - 1.5 hrs - Mandatory

Be coachable.

Bear in mind that what we ask you for is the minimum - Give 5%+ more than we ask...

Don't be afraid to hurt.

HSC IS A COMPETITIVE CLUB

Swimmers who are selected to represent the club in galas should endeavour to attend and part of the team.

Gala dates are made available months in advance and should be kept available to swim.

Swimmers should participate in Club Championships

PREPARE

Swimmers with numerous WCQT's - Aiming for RQT's

REQUIREMENTS

Arrive to sessions in good time & perform pre-pool foam rolling,
Injury prevention and RMAP routine set out by the coach.

Minimum age 13

Have multiple County qualifying times.

Attend club selected Level 2 & 3 meets & enter a wide range of events.

Swimmers should only start to specialise in events or strokes after the age of 16

Excellent attitude towards training and a desire to progress.

Conscious of setting a good example to younger swimmers

Striving to always improve technically on all strokes, starts and turns

8 sessions available - 11.5Hrs Minimum required 6 hrs

2 Land Training session available - 1.5 hrs - Mandatory

Trust the process. Enjoy the process.

Get comfortable being uncomfortable

HSC IS A COMPETITIVE CLUB

Swimmers who are selected to represent the club in galas should endeavour to attend and part of the team.

Gala dates are made available months in advance and should be kept available to swim.

Swimmers should participate in Club Championships

TRANSITION

Swimmers with WCQT's - Aiming for finals and RQT's

REQUIREMENTS

Arrive to sessions in good time & perform pre-pool foam rolling,
Injury prevention and RMAP routine set out by the coach.

Minimum age 12

Must have achieved Worcester County Qualifying Time.

Attend club selected meets & enter a wide range of events.

Excellent attitude towards training and a desire to progress.
Striving to always progress technically on all strokes, starts and turns.

Listen to coaches and ask questions. Show a willingness to learn.

6 sessions available - 9.25 hrs Minimum required 5 hrs

2 Land Training session available - 1.5 hrs

Trust in your coaches.

Understand good things take time - progress is progress.

HSC IS A COMPETITIVE CLUB

Swimmers who are selected to represent the club in galas should endeavour to attend and part of the team.

Gala dates are made available months in advance and should be kept available to swim.

Swimmers should participate in Club Championships

CONTINUED DEVELOPMENT

Swimmers with one or aspiring to WCQT

REQUIREMENTS

Arrive to sessions in good time.
Listen to coaches instructions. Show a willingness to learn.

Aiming for Worcester County Qualifying Times.
Attend club selected meets & attempt new events.
Learn personal best times.
Go to coaches for feedback at both training and competitions.

Challenge yourself.
Begin to learn the rules of the sport & legality of strokes & turns.

Excellent attitude towards training and a desire to progress.
Displays competence on all strokes, dive starts and turns.

4 sessions available - 4.5 hrs Minimum required 2 hrs

1 Land Training session available - 0.5 hrs

HSC IS A COMPETITIVE CLUB

Swimmers who are selected to represent the club in galas should endeavour to attend and part of the team.

Gala dates are made available months in advance and should be kept available to swim.

Swimmers should participate in Club Championships

SKILL DEVELOPMENT

Swimmers aspiring to achieve WCQT

REQUIREMENTS

Arrive to sessions in good time.
Listen to coaches instructions. Show a willingness to learn.

Minimum age 8
Aiming for Worcester County Qualifying Times.
Attend club selected meets & attempt new events.
Learn personal best times.
Go to coaches for feedback at both training and competitions.

Challenge yourself.
Begin to learn the rules of the sport & legality of strokes & turns.

Excellent attitude towards training and a desire to progress.
Displays competence on all strokes, dive starts and turns.

4 sessions available - 4.5 hrs Minimum required 2 hrs

1 Land Training session available - 0.5 hrs

HSC IS A COMPETITIVE CLUB

Swimmers who are selected to represent the club in galas should endeavour to attend and part of the team.

Gala dates are made available months in advance and should be kept available to swim.

Swimmers should participate in Club Championships

FOUNDATION

Learning correct techniques on all strokes

REQUIREMENTS

Arrive to sessions in good time.
Listen to coaches instructions. Show a willingness to learn.

Minimum age 7

Challenge & enjoy yourself.
Begin to learn the rules of the sport & legality of strokes & turns.

Excellent attitude towards training and a desire to progress.
Striving for competence on all strokes, dive starts and turns.

Swimmers should now enter Club Championships and appropriate club supported open meets at the discretion & guidance of the coaches.

3 sessions available - 2.5 hrs Minimum required 1 hr

HSC IS A COMPETITIVE CLUB

**Swimmers who are selected to represent the club in galas should endeavour to attend and part of the team.
Gala dates are made available months in advance and should be kept available to swim.**

Swimmers should participate in Club Championships

LEARN TO SWIM

Learning the fundamentals and improving confidence in the water

REQUIREMENTS

Arrive to sessions in good time.
Listen to the teachers instructions.
Show a willingness to learn.

Minimum age 5

Have fun.
Trust teachers and coaches.

1-2 sessions available - 1 hr

CLUB/SENIOR SOCIAL SWIMMERS

Non Competitive swimmers who enjoy the social side of the team

REQUIREMENTS

Arrive to sessions in good time & perform pre-pool foam rolling,
Injury prevention and RMAP routine set out by the coach.

Listen to coaches instructions. Show a willingness to learn.

Minimum age 15

Continue to set a good example to younger swimmers.
Still expect to work hard in sessions and challenge yourself.

3 sessions available - 3.25 hrs

MASTERS

Active for life

REQUIREMENTS

Arrive to sessions in good time.
Challenge & enjoy yourself.

Minimum age 18-25, 25+

Continue to set a good example to younger swimmers.

2 sessions available - 2 hrs