

Aylesbury District Swimming Club – Squad Structure @ June 08

<p><u>Learn to Swim</u></p> <p>Based at the Grammar School Pool, the aim is to develop swimmers through stages 1 to 7 on the new ASA National Plan. The early session takes swimmers through to stage 3/4 when they are then able to move to the later session to start swimming lengths</p>	<p><u>Parry Squad</u></p> <p>Based at the Guttman, Stoke Mandeville, the aim is to develop swimmers through stages 8 to 10 of the new National Plan. Here the emphasis is on the overall development of physical capacities fundamental movement skills and the "ABCs" of athleticism – agility, balance, coordination and speed.</p>	<p><u>Goodhew Squad</u></p> <p>Swimmers learn to perform skills acquired under a variety of competitive conditions. The squad is aimed at swimmers aged 9 (at the next County Championships) who are within 10% of County Accepted times and BAGCAT swimmers (aged 9 to 13 for girls or 14 for boys) who are between 10-20% of County Accepted times.</p>
<p><u>Gibson Squad</u></p> <p>Swimmers develop efficient stroke techniques, build stamina and either compete in targeted galas and open meets or use swimming to support their overall fitness programme. The squad is aimed at swimmers aged 9 through to 18 who are outside 20% of the County Accepted times for their age group.</p>		<p><u>Moorhouse Squad</u></p> <p>Swimmers improve the skills needed to compete as well as develop their aerobic base and anaerobic threshold. The squad is aimed at BAGCAT swimmers who are within 10% of the County Accepted times and are looking to compete in A Grade Open Meets throughout the year.</p>
<p><u>Foster Squad</u></p> <p>Swimmers look to enhance their aerobic base and improve anaerobic capacity in order to improve competitive performance. The squad is aimed at swimmers aged 11 to 15 who are within County Accepted times and swimmers aged 15 to 18 who are within 10% of County Accepted times.</p>	<p><u>Hickman Squad</u></p> <p>Swimmers look to improve strength, speed and stamina through an intensive training programme. Aimed at swimmers aged 14 to 18 who are either within 20% of County Accepted times or have developed a sufficiently high aerobic base and anaerobic capacity that will allow them to train at high intensities.</p>	<p><u>Masters and Students</u></p> <p>Aimed at swimmers aged over 19 who still like to train hard and compete up to a National level but need to fit their training around a busy life schedule. Training targets the development and maintenance of stamina and strength. Swimmers will also be asked to represent ADSC in certain inter-club galas</p>